**Quarterly report for Shakti class: May 2013**

Last week in class:  We reviewed the material from this semester. Lot of children were absent last week so please make sure you review the following material with your children.

Spring Semester Review: Continuing our theme with Hinduism, culture and traditions.

Rivers:

* Ganga:
  + Also known as Bhagirithi
  + Alanknanda+Bhagirithi meets at Dev Prayag and is called Ganga from then on
  + Some of the Tirthsthans located on banks of Ganga are Haridwar, Varanasi and Rishikesh
* Yamuna:
  + Bhagwan Krishna's early life is associated with this river
  + Originates in Yamunotri
  + Tirthsthan located on Yamuna- Mathura
* -Narmada:
  + Devout HIndus undertake parikrama on foot around this river
  + One of the Tirthsthan-Omkeshwar
* Sindhu:
  + The religion Hinduism take its name
* Godavari:
  + Also known as Gautami
* Kaveri:
  + Sacred river of South India
  + Brought to earth by Sage Agastya

Tirth Yaatra:

* Why do we go to Tirth Yaatra?
* Some of the popular Tirthsthans
  + Char Dham (pg. 56 Hindu Dharma Book)
  + Four pilgrimage centers in HImalayas (Badrinath, Kedarnath, Gangotri, and Yamunotri )
  + Tirupati-Balaji
  + Ayodhya- Ram Bhagwan
  + Mathura- Krishna Bhagwan
  + Kashi- center of learning
  + Dwarka

Food:

Sattvic food:  Fruits, vegetables, whole grains, nuts, herbs and spices

brings vitality, cheerfulness and strength

eg. rice, wheat, milk, fruits, vegetables etc.

Rajasic food: stimulating in nature

eg. caffeinated, very spicy, non-vegetarian foods and hot food

Tamasic food: sedative in nature

numbs senses, evokes lethargy and dullness

eg. fermented foods and leftovers

Upaasana:

What does it mean? Up=near, Asana=to stay. Meaning staying near Ishwar.

Different ways to perform upaasana (these are described on page 74,75 in Hindu Dharma Book)

Yagna   
Puja/Archana  
Kirtan/bhajan/Prarthana  
Jap  
Yoga (there are four major types of Yoga). We will only cover one yoga this semester in detail.

* Bhakti Yoga- Bhakti is devotion towards Paramatma with full realization of His greatness, grandeur and glory.
  + Navadha Bhakti

Shravanam Bhakti - to listen to prayers/kirtans

Kirtanam Bhakti - to chant or sing Bhagwan's name

Smaranam Bhakti - meditating and remembering Bhagwan's name, form

Padsevanam Bhakti - known as seva bhakti, means to serve Bhagwan

Archanam Bhakti - physical offerings to Bhagwan such as fruits, flowers, water

Vandanam Bhakti - to humbly offer pranam to Bhagwan with faith and devotion

Dasyam Bhakti - to offer humble devotion and to surrender to Bhagwan as his servant

Sakhyam Bhakti - to have faith in Bhagwan and offer affectionate devotion to Him as friend  
Atmanivedam Bhakti - to surrender everything to Bhagwan (mind, body and soul)

Hindu Holidays and Festivals we discussed this year. (pg.77 to 83 in Hindu Dharma Book)

Hindu Traditions / "why do we?"  (pg. 66 to 68 in Hindu Dharma Book)