



Hindu Dharma, The Eternal Truth



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The Holy River Ganga flowing from the Himalayas

Shantiniketan Family Camp
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Fundamentals of Sanatan Dharma

- **Anaadi – No Beginning**
- **Ananth – No End**
- **No Founder**
- **Based on – Vedas - Vedo dharma mUlam**
- **Scientific – True for all time, place**
- **Accommodation for different subsets of philosophies**
- **Freedom**
 - **Deities**
 - **Worship**
 - **Methods**
 - **Language**
- **Provides clear path to achieve desired goals at all stages of life**



Distinct Tenets of Hindu Dharma

- All human beings are form of Ishvara
 - Relationships between Individuals holy
 - Enables orderly conduct of the world
- Cycle of Birth and Death
- Theory of Karma
- Right vs Responsibility
- Defines dharma for every individual
 - Men
 - Women
 - Children
- Relationship between food and gunas



Hindu Literature

○ Vedas

- Unique method of teaching and preservation
- Pursuit of eternal truth made possible by vedic teaching
- Forms the basis of all Itihasa and Puranas.

○ BhagavadGita

- Addresses all complex issues afflicting human mind, empowering the seeker with the knowledge
- Great Indian leaders have led life based on teaching of Gita

○ Sanskrit

- Amruta Vaani- The Nectar
- Panini's grammar provides brilliant foundation
- Language for every one
- Knowledge in all forms of science available in our shastras
- Ashtaanga Yoga conditions mind and body, providing total solution



Hindu Festivals, Temples, Rituals

- Festivals
 - Engages individuals and families in the observance of Dharma
 - Integrates members of the society, provides a common link
 - Economic activities bring livelihood for large sections of the society
 - Maintains dharmic order in the society
 - The Great Kumbh Mela – World's greatest event ever
- Temples
 - Symbols of great architecture
 - History of thousands of years
 - Offers happiness and peace of mind for the visitor
- Rituals
 - Sanskars – At every point of life, from before birth to Antyeshti



Hindu Families

- **Integral Unit**
- **Unbroken family tree with strong roots**
- **Each member complements others' weakness, ensuring a stable and strong functional unit**
- **Guaranteed social security**
- **Relationships – routed in tradition, strong and enduring**
- **Relatives form core group of well wishers**
- **A child is a child for ever**
- **Every day is father's day and Every day is Mother's day**



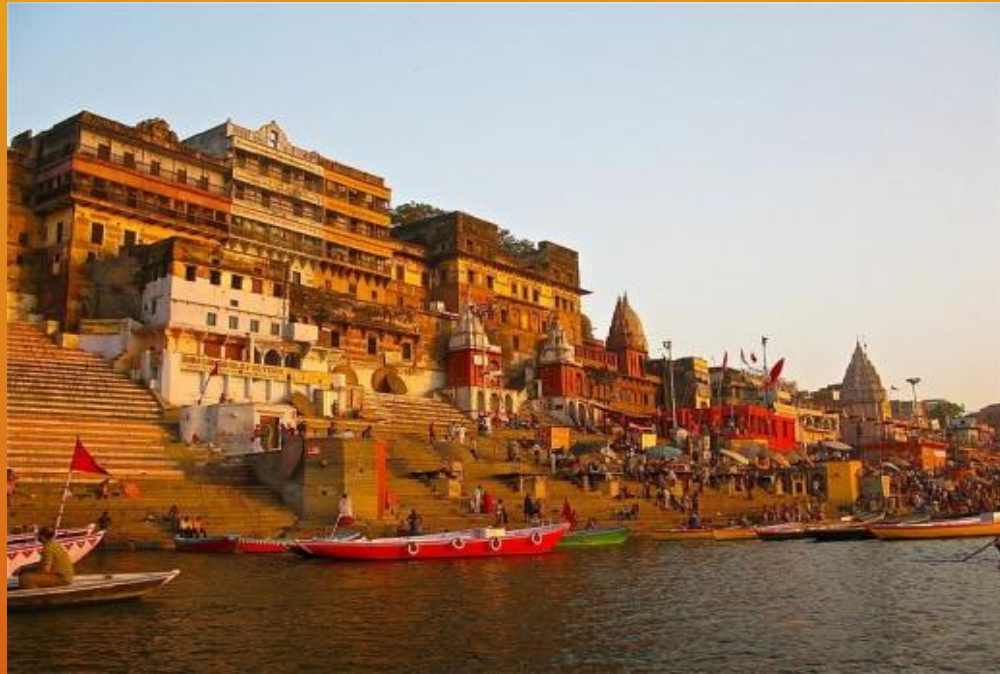
Challenges for Hindus

Average Hindu thinks there is something wrong with our religion

- Many do not understand that there is one God in Hinduism
- Unable to balance life between career and pursuit of dharmic path without realizing benefits of dharm in life
- No clear understanding of traditions , their strengths and the intangible benefits
- Lack of interest in dharmic path snow balls into acceptance of defeat, self denial and unhappiness
- Under an illusion that all other faiths have clear answers and are more suited to modern life
- Ready to accept other faiths and even forego the benefits our dharm due to
 - Ignorance
 - Sense of contempt for own faith without an attempt to introspect
 - Seeing our dharm through the eyes of others
- Passive, silent spectator ready to give up rights just to please others while hurting self, family and sanskriti



Questions?



Varanasi

Ayodhya Mathura Maya Kasi Kanchi Avantika
Puri Dvaravati chaiva saptaita moksadayikah

Ayodhya, Mathura, Maya (Haridwar), Kasi, Kanchi, Avantika (Ujjain)
and Dwanrika Puri all these seven puries (cities) bestow moksa
(emancipation) on human beings