

## **Weekly Update – Balavihar Sunday Jan 6, 2018 AM**

### **Class Summary -**

1. Opening Prayers followed by Shlokas - Vakratunda, Saraswathi, GuruBrahma
2. Review the Dhyana Shloka and the meanings - Buddhir Balam
3. Story - How Hanuman got his name?
4. Chanting of Hanuman Chalisa - upto Vidyavan Guni Athi Chaatur, Raam Kaaj Karibe ko atur
5. Brainstorm - Qualities of a Good messenger
6. Activity - Pass on the message
7. Story - Curse or Boon ?
8. Discuss Hanuman's various names - Pavanputra, Anjaniputra, Kesarinandan, Shankarsuvan
9. Worked on the Hanuman Backbone project - Yasas and Dhairyam

### **Questions Parents can ask children this week –**

Q. How did Hanuman get his name?

Ans. Hanuman was hit by Indra's Vajra on the chin when he tried to carry away the Sun under his arm thinking it to be a ripe mango.

Q. How did Shiva help Vishnu when Vishnu came to the Earth as Raama incarnate?

Ans. Shiva came to the Earth in the form of Hanuman and served Lord Raama in his mission to destroy evil Raavana.

Q. In the Hanuman Chalisa what do the following words mean?

RaamDoot, Pavansuta Naama, Kumati, Sumati, Haath Bajra, Dhawaja, Janaeu,

And. RaamDoot - Messenger of Lord Raama

Pavansuta Naama - Son of Wind God Pavan

Kumati - Bad or Evil thoughts

Sumati - Good thoughts or Wisdom

Haath Bajra - Holding a Vajra in the Hand

Dhawaja - Flag

Janaeu - Religious sacred thread