



वक्रतुंड महाकाय सूर्यकोटी समप्रभ  
त्रिविख्णं कुरु मे देव सर्वकार्येषु सर्वदा ॥

# A CHILDREN'S GUIDE TO PERFORM SHRI GANESHA POOJA

Prepared by  
Hindu Swayamsevak Sangh (HSS), USA

## **PREFACE**

This year (year 2006) , Hindu Swayamsevak Sangh (HSS) is celebrating the birth centenary of Shri Madhav Sadashiv Golwalkar, also known as Shri Guruji. He was the Sara-Sanghachalak of RSS in Bharat for 33 years and is an inspiration to a whole generation of volunteers engaged in nation building activities. HSS, which takes inspiration from the life and teachings of Shri Guruji, is publishing this booklet as a part of birth centenary programs. This booklet is especially prepared for the Hindu children of America.

## **Dear Parents**

We are happy to publish this booklet on the pooja-vidhi of Lord Ganesha. Our only intentions are to provide Hindu children of America with the primary information of Lord Ganesha and let them know the simple way of performing pooja. Although the contents of this booklet are verified from the scholars, there may be inadequacies or differences from the regional pooja-vidhi. In this regards, your feedback will surely be helpful to improve the contents when it is printed next time. In case you want to participate and contribute to this and other such several activities taken up by HSS, please feel free to contact us at [info@hssus.org](mailto:info@hssus.org).

### **Publisher:**

Hindu Swayamsevak Sangh  
121 Hawthorne Ct  
Rockaway, NJ 07866

[www.hssus.org](http://www.hssus.org)

[www.balagokulam.org](http://www.balagokulam.org)

# Lord Ganesha

Hindus accept the existence of several gods, goddesses, and deities in the forms of animals and planets. Hindus also believe that all these gods/goddesses are not separate entities but different forms (modes) of the same supreme reality (Supreme-God or Paramaatman). Supreme God manifests himself in different forms or aspects for specific purposes. Hindus have free will to choose any form of the supreme God (*Ishta Devata*) to worship and pray. Whichever form they may choose to pray or worship, ultimately it leads to the supreme God.

Lord Ganesha is also one of the many forms of the God. He is also the first child of Lord Shiva and Goddess Parvati. He is known by various names such as Vinayaka (knowledgeable), Vighneshwara (remover of obstacles), Gajanana (elephant faced) or Ganapati (a leader). Lord Ganesha has all leadership qualities. HE is a very unique form of the Supreme God. HIS unique form also carries symbolic meaning. Scholars interpret it in various ways. Following is the most commonly believed symbolic meaning.

## **Symbolic Meaning:**

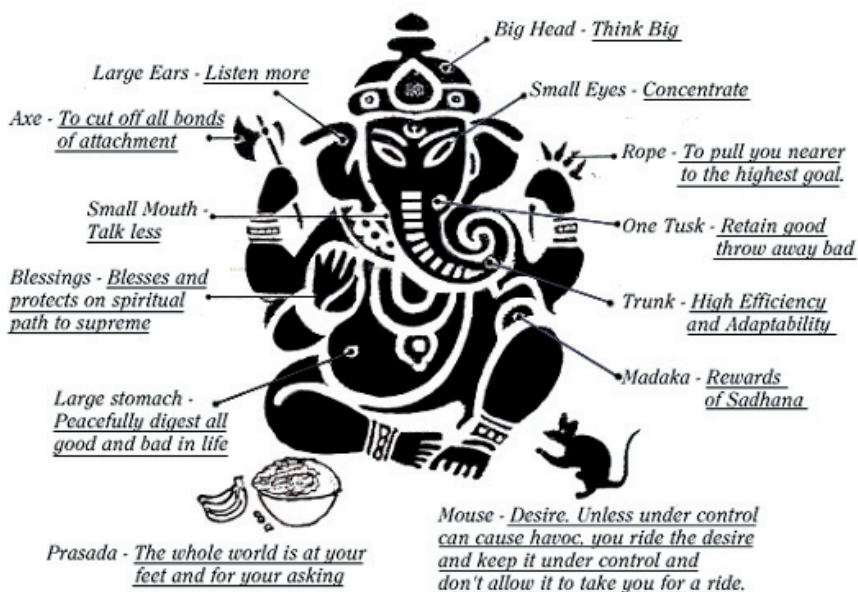
Ganesha has elephant's head, which is big. It symbolizes sharp intelligence and big thinking. An elephant's life is full of radiance, which comes from dignity and self-esteem. Also the elephant shares his food by scattering some around himself. It indicates the sense of generosity.

Ganesha has large ears, but small mouth. It indicates that one should talk less and listen more, but retain only the positive and constructive things. Large ears are also a symbol of acute and superior hearing. Ganesha's small eyes indicate sharp vision and concentration. Small eyes are also a symbol of foresight.

Trunk is the symbol of high strength, efficiency and adaptability. It can move the biggest obstacles and yet infinitely gentle in handling delicate objects.

Ganesha has one full and other half tusk. The partial tusk symbolizes intelligence and the full tusk symbolizes faith. Both are needed to progress in life. However the intelligence often falls short in providing answers to life's burning questions. When it falls short, faith in God and ourselves can lead us in life successfully. Full tusk also symbolizes that one should retain good and throw away bad things.

Ganesha's four hands have four things - Ankush (Elephant driver's iron rod or axe) It indicates us to cut off all bonds of attachment and restrain desires and passions. Paash (cord or rope) symbol of restrain and punishment. Modak is dry and hard from outside and sweet from inside and nourishing. This represents that



hard work (saadhana) brings joy, satisfaction and nourishment to

our souls. Aashirwaad means Ganesha blesses and protects us on our spiritual path to the Supreme.

Ganesha has large Stomach. HE peacefully digests all good and bad things without loosing control. Ganesha's small legs indicate that one should not move hastily. He must not rush into anything. Each step must be slow, deliberate and well thought of.

Mouse-vehicle of Ganesha symbolizes desire. Desire, if not in control, can cause havoc. Ganesha rides on the mouse. One should ride the desire and keep it under control and do not allow desire to take you for a ride.

Durva, meaning grass, is placed on the head of Ganesh. The grass is something that we constantly walk on or trample on, paying little heed to it, while in fact it contributes so much to our survival by giving us oxygen. But we give importance to Durva by placing them on his head. This tells us no matter how much you are looked down upon or insignificant to others or not given the importance you deserve, you are important to Him. Red Flower indicates red color. Red color stands for total change or revolution.

Lord Ganesha possesses all leadership qualities. The best pooja offered to Lord Ganesha is to inculcate those qualities in us.

### **Ganesha Chaturthi:**

Chaturthi means the 4th day of the month according to the Hindu calendar. It is the day of Lord Ganesha. Especially, 4th day of the month Bhaadrapada (August-September) is celebrated as a Ganesha Festival. It is the most popular festival of Hindus. People install Clay figures (moorti) of Lord Ganesha in their houses and perform pooja everyday in the morning and evening. The festival is so popular among the masses that its preparations start happening months in advance. His statues are also installed in the street corners and extravagant arrangements are made for decoration. Prayers are performed on the daily basis. The artists who make

Ganesh statues compete with each other to make bigger and more elegant statues. These statues are then carried on decorated floats to be immersed in the sea. This immersion is accompanied by drumbeats, devotional songs and dancing.

### **Pooja:**

Pooja is the Hindu ritual of worshiping God in a systematic manner as described in the Vedic scriptures. An image or symbol of the deity is kept and worshiped by chanting the mantras & verses. The various names of the deity and the mantras are recited. Various offerings like fruits, flowers, sweets, milk etc. are offered. It is a way of expressing ones faith in God, a way of seeking salvation and a way of seeking His blessings. It also gives you discipline, satisfaction and peace of mind.

Worship of God in any form and in any way one likes is good as it reduces the negative side of one's Karma and improves the positive effects. Before doing any auspicious work, Lord Ganesh is to be worshiped. Before doing any pooja, Lord Ganesh's pooja is to be performed first. Gather following items to do pooja.

- ❧ Lord Ganesh's Moorti (or a big framed photo)
- ❧ Plantain leaf (if available or a plate) and rice for installing Lord's pratimaa.
- ❧ One plate (preferably a metallic) and some rice (2-3 cups)
- ❧ Ghantaa (bell)
- ❧ two coconuts or bananas
- ❧ Betel leaves, supaari (Betel Nuts)
- ❧ haldi, kumkum, akshata, flowers, garlands
- ❧ panchaamrita (honey, milk, ghee, curds, sugar - all in one cup)
- ❧ 2 small lamps with ghee and a cotton wick
- ❧ Agarbatti (and no camphor) and a match-box
- ❧ 2 small cups and a spoon, preferably metallic



- ☞ Some money for Dakshina (Offering) to Lord Ganesha
- ☞ Sweets and other items for naivedya

Before doing pooja, keep the surroundings clean and nice. Be clean, neat and tidy and follow following instructions.

- 1) **Sit comfortably, fold your hands in namaste. Close your eyes, take a deep breath and chant OM ( ' ` ` ) slowly three times. Sound the bell for five seconds.**
- 2) **Chant the following prayers:**

### **Pray Lord Ganesha**

vakratuNDA mahaakaaya soorya koTi samaprabha |  
nirvighnam kuru me deva sarva kaaryeshu sarvadaa ||

वक्रतुण्ड महाकाय सूर्यकोटिसमप्रभ ।

निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

O, God Ganesha, you are as bright as ten million Suns. I pray to you please remove all obstacles from my path.

### **Pray Goddess Saraswati**

saraswati namastubhyam varade kaamaroopiNi |  
poojaarambham karishyaami siddhir bhavatu me sadaa ||

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।

पूजारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

Goddess Saraswati, my salutations to you. I am starting the pooja, please bless me with success.

### **Pray Guru (our teacher)**

gurur brahmaa gurur viShNuH guru devo maheshwaraH |  
guru saakshaat parabrahma tasmai shri gurave namaH ||

गुरुब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।

गुरुस्साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥



The teacher is the embodiment of the trinity – Lord Brahma, Lord Vishnu and Lord Shiva. To that Guru who is none other than the God Himself, I salute.

**Chant ‘sahana vavatu’**

OM sahanaa vavatu | sahanau bhunaktu

Saha veeryam karavaavahai ||

Tejaswi naava dheetamastu maa vidvishaavahai |

OM shaantiH shaantiH shaantiH

ॐ सहनाववतु सहनौ भुनक्तु । सह वीर्यं करवावहै ॥

तेजस्विनावधीतमस्तु मा विद् विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

OM. Let us protect each other. May we eat together, may we study together, and may we achieve together. May there not be any animosity amongst us. May there be peace, peace and peace.

**3) Make a resolve to perform the pooja.**

mama upaatta durita kshaya dwaaraa shree-parameshwara preeti  
artham sarva abhiishTa siddhi artham dhyaana vaahana aadi  
ShoDasha upacharaaiH shree-mahaagaNapati poojaam kariShye.

मम उपात्त दुरितक्षय द्वारा श्री-परमेश्वर प्रीत्यर्थं सर्वाभीष्ट सिद्धयर्थं

ध्यान वाहनादि षोडशोपचारैः श्री महागणपति पूजां करिष्ये ।

To forsake all my problems and to earn the Supreme Lord’s love, and for the fulfillment of all my wishes, I shall worship Lord Ganesha by several means.

**4) Meditate upon Lord Ganesha.**

shukla-ambara-dharaM viShNuM shashi-varNaM chatur-  
bhujam

prasanna-vadanaM dhyayet sarva-vighnopa-shaantaye ||

शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम्

प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥

I meditate upon Lord Ganesha who is wearing white clothes, bright colored and has four arms. Pleasant faced Lord Ganesha removes all obstacles.

gajaananam bhootagaNaadi sevitam  
kapittha jamboo phalasaara bhakshitam |  
umaasutam shoka vinaasha kaaraNam  
namaami vighneshwara paada pankajam ||

गजाननं भूतगणादिसेवितं कपित्थ-जम्बू-फलसार-भक्षितम् ।  
उमासुतं शोकविनाशकारणं नमामि विघ्नेश्वर पादपङ्कजम् ॥

I pray to the lotus feet of elephant headed Lord Ganapati, who is served by one and all, who likes fruits, who is son of Goddess Paarvati and who removes root cause of all miseries.

shrii mahaa gaNa adhipataye namaH dhyayaami.

श्री महागणाधिपतये नमः । ध्यायामि ।

5) **Invite the Lord to come to you to receive your worship.**

atra aagachcha jagadwandya suraraaja architeshwara |  
anaathanaatha sarvajna gourii garbha samudbhava ||  
Shrii mahaa gaNaadhi pataye namaH. Aavaahayaami.

अत्रागच्छ जगद्वन्द्य सुरराजाचितेश्वर ।

अनाथनाथ सर्वज्ञ गौरीगर्भसमुद्भव ॥

श्री महागणाधिपतये नमः । आवाहयामि ।

I invite you to come here, O Lord Ganesha, saluted by the world, the one worshipped by the king of Gods, lord of all, the all-knower, son of Goddess Gowri.

6) **Offer seat to Lord Ganesha.**

mouktikaiH puShya raagaishca naanaa ratna viraajitam |  
ratna simhaasanam caaru priiyyartham pratiguhyataam ||  
Shrii mahaa gaNaadhi pataye namaH. aasanam samarpayaami

मोक्तिकैः पुष्यरागैश्च नाना-रत्न-विराजितम् ।  
रत्नसिंहासनं चारु-प्रीत्यर्थं प्रतिगुह्यताम् ॥  
श्री महागणाधिपतये नमः । आसनं समर्पयामि ।

I offer to you, Lord Ganesha, to please you and seat you, all gems-studded throne. Please accept it.

7) **Offer Lord Ganesha water, milk and honey.**

mahaa gaNaadhi pataye namaH | paadayOH paadyam  
samarpayaami |

महागणाधिपतये नमः । पादयोः पाद्यं समर्पयामि ।

I offer water to wash the feet of Lord Ganesha, the leader of all troops.

gowrI putraaya namaH | hastayoH arghyam samarpayaami |

गौरीपुत्राय नमः । हस्तयोः अर्घ्यं समर्पयामि ।

I offer water to wash the hands of Lord Ganesha, the son of Goddess Gowri.

anaatha naathaaya namaH | aacamaniyam samarpayaami |

अनाथनाथाय नमः । मुखे आचमनीयं समर्पयामि ।

I offer drinking water to Lord Ganesha, who is the Lord of all.

gajavakraaya namaH | madhuparkam samarpayaami |

गजवक्राय नमः । मधुपर्कं समर्पयामि ।

I offer the traditional mixture of milk and honey to the elephant headed Lord Ganesha.

8) **Offer panchamritam (milk, curd, ghee, honey and sugar) to Lord Ganesha. Take milk, curd, ghee, honey and sugar in small cups. Use separate cups or mix them all in a cup. Dip a flower in the cup and worship with that flower.**

snaanam panchaamritaiH deva grihaaNa gaNa naayaka  
anaatha naatha sarvajna giirvaaNa paripoojita ||  
Shrii mahaa gaNaadhi pataye namaH. panchaamrita snaanam  
samarpayaami

स्नानं पन्चामृतैः देव गृहाण गणनायक ।

अनाथनाथ सर्वज्ञ गीर्वाणपरिपूजित ॥

श्री महागणाधिपतये नमः । पञ्चामृत-स्नानं समर्पयामि ।

Oh gaNa naayaka, Lord, God, all-knowledgeable! please accept  
panchaamirta snaanam.

mahaa gaNapataye namaH, kshiireNa snaapayaami |

महागणपतये नमः । क्षीरिण स्नापयामि ।

I wash him with milk

mahaa gaNapataye namaH, dadhnaa snaapayaami |

महागणपतये नमः । दध्ना स्नापयामि ।

I wash him with curd

mahaa gaNapataye namaH, aajyena snaapayaami |

महागणपतये नमः । आज्येन स्नापयामि ।

I wash him with ghee

mahaa gaNapataye namaH, madhunaa snaapayaami |

महागणपतये नमः मधुना स्नापयामि ।

I wash him with honey

mahaa gaNapataye namaH, sharkarayaa snaapayaami |

महागणपतये नमः । शर्करया स्नापयामि ।

I wash him with sugar

9) **Finally offer clean water to Lord Ganesha to finish his bath.**

gangaadi sarva tiirthebhyaH aahritaiH amalaiH jalaiH |  
snaanam kurushva bhagavan umaa putra namostute ||  
mahaa gaNapataye namaH, shuddhodaka sneanam  
samarpayaami |

गङ्गादि-सर्वतीर्थेभ्यः आहितैरमलैर्जलैः ।

स्नानं कुरुष्व भगवन् उमापुत्र नमोस्तुते ॥

महागणपतये नमः । शुद्धोदकस्नानं समर्पयामि ।

Salutations to you, O God, the son of umaa putra! Please take bath with this fresh, clean water from all the tiirthaas like ganga. I offer clean water bath to Lord Ganesha.

10) **Now offer dress-pair (clothes) to Lord Ganesha.**

mahaa gaNapataye namaH, vastra yugmam samarpayaami

महागणपतये नमः । वस्त्रयुग्मं समर्पयामि ।

I offer dress pair to Lord Ganesha.

11) **Worship the Lord Ganesha with a bit of turmeric, kumkum, sandal paste and akshata.**

candanaagaru karpooram kastoorii kumkumaanvitam |  
vilepanam sura shreshTa priityartham prati grihyataam ||

चन्दनागरु कर्पूरं कस्तूरी कुङ्कुमान्वितम् ।

विलेपनं सुरश्रेष्ठ प्रीत्यर्थं प्रतिगृह्यताम् ॥

I offer sandal wood paste (chandana), incense sticks (agaru), camphor (karpooram), kumkuma for applying, to Lord Ganesha.

mahaa gaNapataye namaH. gandhaan samarpayaami.

महागणपतये नमः । गन्धान् समर्पयामि ।

I offer sandal wood paste.

mahaa gaNapataye namaH. haridraa kumkumena cha  
poojayaami.

महागणपतये नमः । हरिद्रा कुंकुमेन च पूजयामि ।

I worship Lord Ganesha with haridra (turmeric) and kumkum.

mahaa gaNapataye namaH. akSataan samarpayaami.

महागणपतये नमः । अक्षतान् समर्पयामि ।

I offer grand, good akshataas (colored rice) to Lord Ganesha.

**12) Worship the Lord with flowers.**

sugandhaani pushpaaNi jaajikunda mukhaanicha |  
eka vimshati patraaNi samgruhaaNa namostute ||  
mahaa gaNapataye namaH. pushpaaNi poojayaami.  
sugNxain pu:pai[ jajlk...Ndmuoainc,

एकविंशति पत्राणि सङ्गृहाण नमोस्तुते ॥

महागणपतये नमः । पुष्पाणि पूजयामि ।

I offer fragrant flowers and 21 types of leaves. Please accept them.

**13) Praise Lord Ganesha by famous twelve names.**

I salute Lord Ganesha who is

Om sumukhaaya namaH	ॐ सुमुखाय नमः ।	Pleasant faced
OM ekadantaaya namaH	ॐ एकदन्ताय नमः ।	One toothed
OM kapilaaya namaH	ॐ कपिलाय नमः ।	Kapila
OM gaja karNakaaya namaH	ॐ गजकर्णकाय नमः ।	Elephant eared
OM lambodaraaya namaH	ॐ लम्बोदराय नमः ।	Big stomached
OM vikaTaaya namaH	ॐ विकटाय नमः ।	Wise
OM vighna raajaaya namaH	ॐ विघ्नराजाय नमः ।	Master of all obstacles
OM gaNaadhipataye namaH	ॐ गणाधिपतये नमः ।	Leader
OM dhoomaketave namaH	ॐ धूमकेतवे नमः ।	Powerful

OM gaNaadhyakShaaya namaH ॐ गणाध्यक्षाय नमः । President of all groups

OM phaalachandraaya namaH ॐ फालचन्द्राय नमः । Having crescent moon on forehead

OM gajaananaaya namaH ॐ गजाननाय नमः । Elephant faced

**14) Offer the Lord agarbatti (incense sticks) Take one or two sticks, lighten them and circle the photo/idol three to five times in clockwise direction.**

dashaamgam guggulopetam sugandham sumanoharam |  
umaa sutam namastubhyam gruhaaNa varadobhava ||  
mahaa gaNa pataye namaH. dhoopartham diipam darshayaami.

दशाङ्गं गुग्गुलोपेतं सुगन्धं सुमनोहरम् ।

उमासुतं नमस्तुभ्यं गृहाण वरदोभव ॥

महागणपतये नमः । धूपार्थं दीपं दर्शयामि ॥

**15) Show him deepam with a solitary lamp or a lamp with an oil soaked cotton wick.**

paadyam trivarti samyuktam vahninaa yojitam mayaa |  
gruhaaNa mangalam diipam iishaputra namostute ||  
mahaa gaNa pataye namaH. deepam darshayaami.

पाद्यं त्रिवर्तिसम्युक्तं वह्निना योजितं मया ।

गृहाण मङ्गलं दीपं ईशपुत्र नमोस्तुते ॥

महागणपतये नमः । दीपं दर्शयामि ।

**16) Offer Lord Ganesha all fruits that you have specially made for Him to eat. Take a flower along with few grains of colored rice in your right hand. Pour a spoon of water into your right hand. Sprinkle the water on all the items and offer the flower and rice to God. Feel as if God has actually eaten what you offered him.**



Fold your hands do namaste to God.

OM lambodaraaya namaH. mahaanaivedyam samarpayaami.

ॐ लम्बोदराय नमः । महानैवेद्यं समर्पयामि ।

- 17) Offer taamboolam – beetle leaves and supaari to Lord Ganesha after His Meal.

OM mahaagaNaadhipataye namaH. taamboolam samarpayaami.

ॐ महागणाधिपतये नमः । ताम्बूलं समर्पयामि ।

- 18) Now offer aarti to the Lord. Show the lamp and circle the image/photo three times in the clockwise direction. Sound the metallic bell as well.

OM mahaagaNapataye namaH. mangala niiraajanam samarpayaami.

ॐ महागणपतये नमः । मङ्गलनीराजनं समर्पयामि ।

- 19) Stand up straight. Fold your hands and do namaste. Turn clockwise three rounds.

yaani kaani cha paapaani janmaantara krutaanicha |  
taani taani praNashyanti pradakshiNam pade pade ||

यानि कानि च पापानि जन्मान्तरकृतानिच ।

तानि तानि प्रणश्यन्ति प्रदक्षिणं पदे पदे ॥

Please forgive all my mistakes.

- 20) Do saashTaanga namaskaar to the God (with your feet, knees, chest, palms and forehead touching the ground.)

anyathaa sharaNam naasti tvameva sharaNam mama |  
tasmaat vaatsalya bhaavena paahi maam gaNaadhipa ||

अन्यथा शरणं नास्ति त्वमेव शरणं मम ।

तस्मात् वात्सल्यभावेन पाहि मां गणाधिप ॥

You are the final solace and protector. That's why protect and guide me out of love.

- 21) **Take prasaad (anything offered to God is prasaad – including water, flower, fruits and other eatables.) Eat/ drink with a pleasant smile on your face.**

mahaa gaNapati prasaadam aanandena sviikaromi.

महागणपतिप्रसादम् आनन्देन स्वीकरोमि ।

I happily partake Lord Ganesha's prasad.

- 22) **Take akshataas and listen to the following story. At the end, do namaskaar to the God and your parents. Have your parents bless you with the mantra akshataas that you had in your hand.**

**Story:**

The great land of bhaarat (India), which is referred in all the dharma literatures, puraaNaas and itihaasaas (history), was full of greenery, beautiful landscapes, with all rivers giving fresh water, fertile land, eco-balance. In there, sage soota, who is an ancient historian, used to teach several shaastraas to other sages like Sounaka.

Dharmaraaja, who is born in the chandra dynasty, lost all his kingdom, wealth and power to kauravaas by loosing the gambling game. In the forests, during exile, he, along with his brothers and wife, visited several sages. He also visits sage soota and says “O great soul! We lost all our kingdom and wealth. We are pleased by your darshan now. Please prescribe any vrata with which we can get back all that we lost.” Sage Soota replied, “There is a vrata which removes all sins and gives all wealth. Bhagavaan Shiva first described this to kumara swami.” Sage soota continues to tell the vrata story details.

Shiva tells kumara swami “Vinaayaka vrata gives health and wealth. That needs to be done on the fourth day of shukla paksha of the Bhaadrapada month. Finish all ablutions early in the morning, and with whatever one can afford (Gold, silver or clay), make an

idol of Lord Ganesha. Install Him in the northern area of your home, on a dias well decorated with flowers, rice and rangoli. Do all the pooja activities like dhoopa, diipa, niiraajana, naivedya.... offerings. Meet friends and family and have lunch and dinner with them. Whoever does it this way, is always happy and meets all his wishes. This is one of the great vrataas, which is performed by several great people like Shri Krishna, Shri Rama, Bhagiratha and Indra. Soota tells dharmaraja “So, dharmaraja! You also do this ganesh pooja. You can win over your enemies and get back all the wealth.

Earlier, Shri Krishna also performed this vrata and obtained jaambavati along with shamantakamani. King satraajit obtained shamantakamani, a bright shining gem, as a gift from Lord soorya. Shri Krishna liked it and asked Satraajit for it. He denied giving it. Satraajit’s brother wore that shamantakamani and went for hunting. A lion killed him and was running away with the gem. Jaambavanta, a bear-king, killed that lion, and took the shamantakamani with him to his cave. Satraajit accuses Shri Krishna that he killed his brother and stole shamantakamani. Shri Krishna realizes and tells balaraama, that this is because he had to violate the ganesh chaturthi shaapa, not to see moon that night. He happened to see the reflection of moon in the cup of milk that he was having that night. Balaraama asks Krishna to tell the details of the shaapa.

Krishna tells “On this chaturthi day, vinaayaka had a heavy meal of all the sweets and dishes that he likes most. With a heavy, large stomach when he was walking, chandra looks at him and mocks. Indignified, vinayaka gives shapa to the moon, that whoever sees moon on this day, shall be falsely accused. Chandra realizes his mistake and begs pardon of Ganapati. He then tells that, as told by Shiva to kumara swami, if one does ganesh pooja on this 4th day of bhadrapada maasa, they will not face these blames. So, then onwards several people, including chandra did Ganesh

pooja.”

Then, Shri Krishna and balarama do Ganesh Pooja, had prasadam, and go to jaambavanta. Jaambavanta gladly gives back shamantakamani and offers jaambavati in marriage to Shri Krishna. Upon return, Shri Krishna goes to satraajit and gives back his shamantakamani. Satraajit feels sorry, and happily offers his daughter satyabhaama in marriage to him.”

Soota continues saying the story that “indra, in order to kill vruttaasrua, shri Rama, when searching for Sita, bhagiratha, when bringing ganga to earth performed this vrata.” Dharmaraja also performs this vrata and gets back all that he lost and lives happily. By doing this vrata, since everybody is able to fulfill (siddhi) his wishes, vinayaka has become popularly known as “siddhi vinayaka.” So, all people can do this vrata and may live happily forever.

**23) After reciting the following shaanti mantra, clean-up your pooja place.**

sarve bhavantu sukhinaH. sarve santu niraamayaaH..  
sarve bhadraaNi paSyantu. maa kashchid duHkha bhaag bhavet ..

OM shaantiH shaantiH shaantiH..

सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः ॥

सर्वे भद्राणि पश्यन्तु । मा कश्चिद् दुःखभाग् भवेत् ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

Let all live happily. Let all live without misery. Let all see, hear and perceive only good things. Let no one ever be sad.

# Vishnu Aarti

Om jai Jagdish hare Swāmi jai Jagdish hare  
Bhakt jano ke sankat Dās jano ke sankat  
Kshañ men door kare Om jai Jagdish hare

Jo dhyāve phal pave, Dukh bin se man kā  
Swami dukh bin se man kā  
Sukh sampati ghar āve, Sukh sampati ghar āve  
Kasht mite tan kā, Om jai Jagdish hare

Māta pitā tum mere Sharañ paḍoon main kiski  
Swāmi sharañ paḍoon main kiski  
Tum bin aur na doojā, Prabhu bin aur na doojā  
Ās karoon main jiski, Om jai Jagdish hare

Tum poorañ Paramātam Tum Antaryāmi  
Swāmi tum Antaryāmi  
Pār Brahm Parameshwar, Pār Brahm Parameshwar  
Tum sabke swāmi, Om jai Jagdish hare

tum karuñā ke sāgar tum pālan kartā  
Swāmi tum pālan kartā  
Main moorakh khalakhāmi, Main sevak tum swāmi  
Kripā karo Bhartā, Om jai Jagdish hare

Tum ho ek agochar Sab ke prāñ pati  
Swāmi sab ke prāñ pati  
Kis vidhi miloon Gosāi, Kis vidhi miloon Dayālu  
Tum ko main kumati, Om jai Jagdish hare

Deen bandhu dukh harta Thākur tum mere  
Swāmi Thākur tum mere  
Apne hāth uthao, Apni sharañi lagāo  
Dwār paḍā hoon tere, Om jai Jagdish hare

Vishay vikār mitāvo Pāp haro Devā  
Swāmi pāp haro Devā  
Shradhā bhakti baḍhāo, Shradhā bhakti baḍhāo  
Santan ki sevā, Om jai Jagdish hare

## Shri Ganesha Aarti

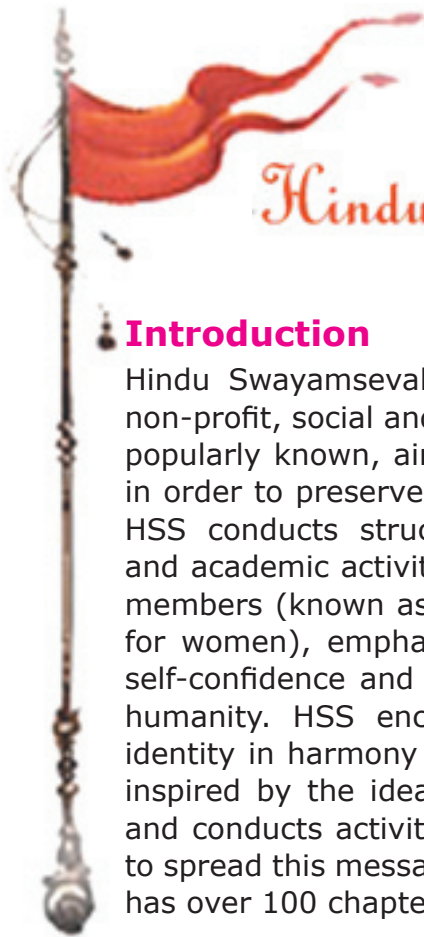
Jai Ganesha, jai Ganesha, jai Ganesha deva  
Mata jaki Parvati, pita Mahadeva....

Ek dant dayavant, char bhuja dhari  
Mathe par tilak sohe, muse ki savari  
Pan chadhe, phul chadhe, aur chadhe meva  
Ladduan ka bhog lage, sant kare seva.

Jai Ganesha, jai Ganesha, jai Ganesha deva,  
Mata jaki Parvati, pita Mahadeva....

Andhan ko ankh det, kodhin ko kaya  
Banjhan ko putra det, nirdhan ko maya  
Surya shaam sharan aye, safal kije seva.

Jai Ganesha, jai Ganesha, jai Ganesha deva,  
Mata jaki Parvati, Pita Mahadeva.....



# Hindu Swayamsevak Sangh

## Introduction

Hindu Swayamsevak Sangh (HSS) USA is a voluntary, non-profit, social and cultural organization. Sangh, as it is popularly known, aims to organize the Hindu community in order to preserve, practice and promote Hindu values. HSS conducts structured programs of regular athletic and academic activities to develop strong character in its members (known as swayamsevaks for men and sevikas for women), emphasizing values such as self-discipline, self-confidence and a spirit of selfless service (seva) for humanity. HSS encourages maintaining Hindu cultural identity in harmony with the larger community. Sangh is inspired by the idea that the whole world is one family and conducts activities across the United States in order to spread this message widely. Sangh in the United States has over 100 chapters (shakhas) across the country.

## Shakha Activities

Shakha is a weekly gathering for the entire family. The kids, youth and adults participate in activities such as games, songs, discussions, and lectures on Hindu culture. We strongly emphasize the physical, intellectual and spiritual growth of each individual and also promote a sense of discipline.





## Balagokulam

Children's program in the shakha is called Balagokulam. In the Balagokulams, children learn about their Hindu heritage through various means like stories, skits, shlokas, songs, bhajans, arts and crafts. They also learn yoga and have fun



playing games with the other kids. A strong emphasis is also given on developing leadership qualities and becoming confident representatives of Hindu Dharma.

## Some Special Events

**Yuva Sangam:** Yuva Sangams are a day long youth gatherings across the US. Participants engage in lively games, yoga, discussions and lectures.

**Sangh Shiksha Varg (SSV):** SSV is a week long training camp for swayamsevaks and sevikas. It gives attendees confidence and skills required to conduct shakha programs.

**Hindu Heritage Camp (HHC):** HHC is a day long gathering for the children. Through yoga, games, arts and crafts, stories and skits, HHC brings out hidden talents among the children. It has been a favorite event for the children in America.

**Festival Celebrations:** In addition to popular festivals like Diwali and Holi, shakhas celebrate six other festivals (utsavs) including Makar Sankranti, Varsha Pratipada (Hindu New Year), Hindu Sangathan Diwas (coronation of Shivaji Maharaj), Guru Pooja, Raksha Bandhan and Vijaya Dashmi.

Would you like to join HSS?

Email us at [info@hssus.org](mailto:info@hssus.org)

# Shri Guruji



Swami Vivekananda's clarion call - "*What we want is muscles of iron and nerves of steel. It is a man-making religion that we want for India*" - became the central inspiration and theme for the founding of Rashtriya Swayamsevak Sangh (RSS) by Dr. Hedgewar in 1925. Today, with the mission of re-energizing the Hindu society and rejuvenating Bharat, RSS has grown in to a national movement.

Shri Aurobindo gave the vision of rejuvenating Bharat when he said, "*It is the Sanatan Dharma, which for India is Nationalism,.... Sanatan Dharma should permeate every aspect of national life.*" It was Shri Guruji, the second head of RSS, who not only comprehended that vision in its entirety, but also brought it into action.

Madhav, popularly known as Guruji, was born on February 19, 1906 in Nagpur. During his student life, he immersed himself in books with an irrepressible passion for understanding almost everything. He gained proficiency in Sanskrit in order to delve deeply into the Vedas, Upanishads and Puranas. He completed his Bachelor of Science degree in 1926 and subsequently Masters degree in Zoology.

Bhayyaji Dani, a stalwart of RSS, brought Guruji in Sangh. Guruji keenly observed the sangh activities and recognized that these activities were dear to his heart as

well, and he became one with Sangh.

Spiritual Guruji's desire was to be a Sanyasi to pursue his sadhana under the guidance of his Guru, Swami Akhandananda. But Swami Akhandananda ordained Guruji for the service of Bharat Mata. Guruji then recognized the goal of his life and dedicated himself to the Sangh.

Dr. Hedgewar, in his last days, passed on the responsibility of Sangh to the able shoulders of Guruji. After becoming Sarsanghchalak, Guruji was like a wandering sanyasi, spending each night in a different city or village. He ceaselessly participated in meetings, discussions and training-camps, making contact with thousands of young people, educating them about the significance of Sangh work and instilling in them a missionary zeal for their whole hearted involvement in the task of National rejuvenation. Indeed, in response to the call given by Guruji, thousands of Swayamsevaks vowed to dedicate themselves entirely for Sangh work. Thus, more Sangh Shakhas sprouted even in the remote corners of the country.

Shri Guruji inspired and guided many dedicated Swayamsevaks to start organizations in various fields to reflect the values of Sanatana Dharma in every sector of life. Thus various organizations started under his guidance.

Shri Guruji traveled through out the country at least twice a year from 1940-1973. He personally wrote thousands of letters to various people. He was a friend of all and touched the lives of thousands of Swayamsevaks, social leaders and saints. In over three decades, he built RSS into a mighty organization until he breathed last on June 5, 1973. His life, dedicated to the awakening of national Hindu consciousness, continues to inspire and guide thousands of people even to this day.

Visit [www.shriguruji.org](http://www.shriguruji.org)

# Balagokulam...

Conducted all over United States  
& 40 other countries in the world

*...Teach your kids the Hindu way of life*



## Programs

- \* Games,
- \* Sanskrit Shlokas,
- \* Celebration of Hindu Festivals,
- \* Field Trips,
- \* Skits
- \* Arts and Crafts
- \* Sewa activities



Two Age Groups  
5-8 and 9-12

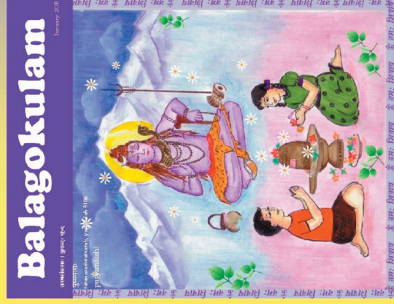
**All activities are Free!!**



**Balagokulam is a Hindu Swayamsevak Sangh Project**



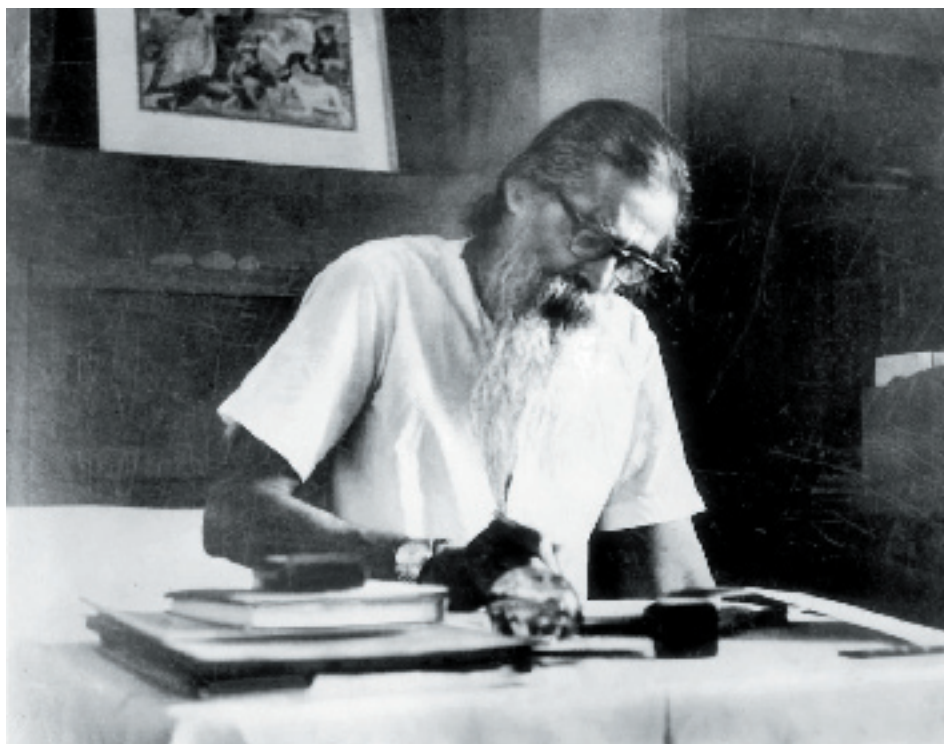
The First International Magazine For Hindu Children  
Subscribe at **www.balagokulam.org**



*\$11 for a year, \$20 for two, \$30 for three  
Published quarterly for last three years*

- To help children appreciate, learn and practice Hindu way of life.
- To instill pride and confidence in Hindu children about their identity.
- To raise Hindu awareness in the society.
- To develop social awareness and leadership skills among children.





Published on the occasion of birth  
centenary of

Shri Madhav Sadashivrao Golwalkar  
“Guruji”

(1906 - 1973)

For more information about Guruji visit:

**[www.shriguruji.org](http://www.shriguruji.org)**

For more informaton about HSS visit:

**[www.hssus.org](http://www.hssus.org)**

