



HINDUISM

# Hinduism for Beginners

LESSON 1

1 HOUR

# Topic 1 (10 minutes)

 Gayatri Mantra

Om Bhur Bhuva Suvaha,  
Tat Savithurvarenyam,  
Bhargo Thevasya Dhiimahi,  
Dhiyoyo nah Prachodhayat.



<https://www.youtube.com/watch?v=8W7hKDgaouc>

# Topic 2 (10 minutes)

 Ganesh Mantra

Vakra Thunda Maha Kaya  
Surya Koti Samaprabha  
Nirvignam Kurumedeva  
Sarva Kaaryeshu Sarvadha



<https://www.youtube.com/watch?v=caAKBaZZPol>

# Topic 3 (10 minutes)

## HARE KRISHNA MAHAMANTRA

Hare Krishna Hare Krishna Krishna Krishna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare

Recite this mantra daily to always be happy!



# Topic 5 – Thevaram (10 minutes)



Ainthu Karathanai  
Aanai Mugathinai  
Inthin Ilampirai  
Polum Eiyitrana  
Nanthi Maganthanai  
Nyaana Kozhunthinai  
Punthiyil Vaithadi  
Potrugindreneh

## கணபதி துதி

ஐந்து கரத்தனை யானை முகத்தினை  
இந்தின் இளம்பிறை போலும்  
எயிற்றனை  
நந்தி மகன்றனை ஞானக்  
கொழுந்தினைப்  
புந்தியில் வைத்து அடி  
போற்றிகின்றேனே



- Follow mutharamman satsangam on 

<https://www.youtube.com/watch?v=a26VhDSDMBU>

# Topic 6 – Value Education – Using Your Intelligence to Solve Your Problems (10 minutes)

Discuss the ways to show kindness to all living beings.

Ask each one of them how they would be kind to other animals or people.

Watch a video



<https://www.youtube.com/watch?v=IPOHviHXBUI>

Do a worksheet

<https://www.liveworksheets.com/si1668105mk>

# Topic 7 – Temple Worship (10 minutes)



1. Always wash our hands and legs before entering a temple.
2. Always leave your footwear in a proper place at the designated area.
3. As we enter the temple, our hearts must be pure.
4. Always bring some flowers or fruit to offer to the deity in the temple.
5. You can have a silent conversation with God for about 1 minute by practising meditation.
6. Always sit for at least 5 minutes after prayers.