



Allentown Hindu Temple Society
4200, Airport Road
Allentown, PA 18109

Phone: 610-264-2810

<http://www.balviharallentown.org>

Email : htsbalvihar@gmail.com

HTS BalVihar

Handbook
2018-19

While you are at the BalVihar:

- Please maintain silence at all times.
- Do not let your children run around in the temple.
- Keep your shoes in the shoe-cubicles
- Treat our Allentown Hindu Temple as you would your own home – do your part and keep our temple clean.
- Please silence your cell phones inside the temple.

Balvihar 2018-2019 Calendar

September	16th	First Day of Balvihar - Classes begin
	30th	Class
October	7th	Class
	14th	Class
	28th	Dussehra Celebrations - No class.
November	11th	Deepavali Celebrations - No class.
	18th	Class
December	9th	Class
	16th	Midterm tests - Early dismissal = 11:30 am
2019		
January	13th	Class
	27th	Class
February	10th	Class
	24th	Class

March	3rd	Bowling Day - No Class
	10th	Class
	17th	Class
	24th	Class
April	21st	Holi Celebrations - No Class.
	28th	Tentative Field Trip Date/Snow Makeup Day
May	5th	Class
	12th	Final Exams
June	1st - Saturday	Annual Day Prep
	2nd - Sunday	Annual Day

Class Schedule

9:45 AM – 10:05 AM	Mantra Chant, Arati
10:10 AM – 11:05 AM	Language
11:05 AM – 12:00 PM	Religion
12:05 PM – 12:30 PM	Satsangh
	Fruit, Prasad and Snacks

Note: Some of the dates may be changed due to conflicts with the school holidays, other programs in the temple, or weather emergency. Please visit www.balviharallentown.org for up to date information.



प्रार्थना - prārthanā
Prayer

ॐ सह ना॑वतु। स॒ह नो॑ भुनक्तु। स॒ह वी॑र्यं करवावहै ।
ते॒ज॒स्वि॒ना॒वधी॑तमस्तु। मा वि॑द्विषावहै" ॥
ॐ शान्तिः॒ शान्तिः॒ शान्तिः॑ ॥१॥

om sa.ha nā.va.va.tu | sa.ha nau bhun.nak.tu | sa.ha vīr.yam ka.ra.vā.va.hai |
te.ja. svi.nā.va.dhīta.mas.tu | mā vid.vi.ṣāva.hai" ||
om śāntiḥ śāntiḥ śāntiḥ ||1||

saha = both
bhunaktu = may he nourish

nau = for us
ma vidvisavahai = may we not argue with each other.

nau = us
viryam karavavahai = may we acquire the capacity
adhitam = what is studied

avatu- = may he protect
tejasvi = be brilliant

astu = let it be

May the Lord protect us both (the teacher and the student). May He nourish us both. May we make the effort (to study) together.
May our study be brilliant. May there be no miscommunication between us.
May there be no disturbances from our own-body-mind, our immediate surroundings or the rest of the world.

वक्रतुण्ड महाकाय कोटिसूर्यसमप्रभा ।
निर्विघ्नम् कुरु मे देवा सर्व कार्येषु सर्वदा ॥२॥

vak.ra.tuṇ.ḍa ma.hā.kā.ya ko.ṭi.sur.ya.sa.map.ra.bhā |
nir.vigh.nam ku.ru me de.vā sar.va kār.ye.ṣu sar.va.dā ||2||

vakratunda = curved trunk
sama prabha = with the brilliance of
me = my
sarvada = always

mahakaaya = large bodied
nirvighnam = free of obstacles
deva = Lord

surya kotee = million suns
kuru = make
sarva kaaryeshu = in all work

I pray to Lord Ganesha, who has a crooked trunk and a colossal body and whose splendor equals millions of suns, to always remove obstacles from my undertakings.

या कुन्देन्दुतुषारहारधवला या शुभवस्त्रावृता
या वीणावरदण्डनण्डितकरा या श्वेतपद्मासना।
या ब्रह्माच्युतशंकरप्रभृतिभिः देवै सदा वन्दिता।
सा मां पातु सरस्वती भगवती निःशेष जाड्यापहा ॥ ३ ॥

ya kun.den.du.tu.ṣār.ahāra.dha.va.lā yā śubh.ra.vas.trā.vr.utā
yā vī.ṇā.va.ra.daṇ.ḍa.maṇ.ḍi.ta.ka.rā yā śve.ta.pad.mā.sa.nā |
yā brah.mā.cyu.ta.śam.ka.ra.pra.bhr.ti.bhiḥ de.vai sa.dā van.di.tā |
sā māṁ pā.tu sa.ra.sva.tī bha.ga.va.tī niḥ.śe.ṣa jā.ḍyā.pa.hā || 3 ||

ya = one who
tushara = dew
shubra = white
Vina vara danda = boon giving stem of vina
sveta = white
brahma achyut shankara = brahma
Vishnu shankara
sada = always
nihsesa = without residue

kunda = jasmine flower
hara = garland
vastra = cloth
mandita = adorned
padma = lotus
prabhrtibhih = from the very beginning
vandita = praised by
jadya = ignorance, numbness

indu = moon
dhavala = white
Avruta = wear
kara = hand
asana = seated
Devai = divine forms
bhagavati = great, devine
apaha = one who destroys, removes, repels

The goddess of knowledge Saraswati, who is as pure (and white) as the *kunda* flower, the moon and a garland of dew drops, is clad in white sari, has veena in her arms, is seated on a white lotus, and who is revered by Brahma, Vishnu, Mahesh, and all the celestial beings – may she shower her grace on me and completely remove my ignorance.

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।
गुरुः साक्षात्परंब्रह्म तस्मै श्री गुरवे नमः ॥ ४ ॥

gu.rur.brah.mā gu.rur.viṣ.ṇuḥ gu.rur.de.vo ma.he.śva.raḥ |
gu.ruḥ sāk.ṣāt.pa.raṁ.brah.ma tas.mai śrī gu.ra.ve na.maḥ || 4 ||

guru = guru
maheshvarah = siva
tasmai = to him
Namah = salutation

brahmaa = the creator
sakshat = embodiment
sri = glorious

vishnu = the sustainer
para brahma = supreme Brahman
guruve = to guru

अखण्ड मण्डलाकारं व्यापतं येन चराचरम्।

तत्पदं दर्शितं येन तस्मै श्री गुरवे नमः ॥ ५ ॥

a.khaṇ.ḍa maṇ.ḍa.lā.kā.raṁ vyāp.taṁ yena cha.rā.cha.ram |
tat.pa.daṁ dar.śi.taṁ ye.na tas.mai śrī gu.ra.ve na.maḥ || 5 ||

akhand = unfragmented
yena = by which
darshitam = has shown
sri = glorious

mandalakaram = one infinite whole
char acharam = movable & immovable
yena = by whom
guruve = guru, teacher

vyaptam = pervades
tadpadam = That state
tasmai = to that
namah = my salutations

My Salutations to that Guru who revealed to me that Truth, which is unfragmented, infinite, timeless divinity, and which pervades the entire universe – movable or unmovable.

स्वस्ति प्रजाभ्यः परिपालयन्ताम् न्याय्येन मार्गेण महीं महीशाः।

गोब्राह्मणेभ्यः शुभमस्तु नित्यम् लोकाः समस्ताः सुखीनो भवन्तु॥ ६॥

Svas.ti pra.jā.bhyaḥ pa.ri.pā.la.yan.tām nyāy.yena mār.ge.ṇa ma.hīm ma.hī.śāḥ |
Go.brāh.ma.ṇe.bhyaḥ śu.bha.ma.stu ni.t.yam lo.kāḥ sa.ma.stāḥ su.khī.no bha.van.tu || 6 ||

svasti = may there be happiness
nyayena = by righteous
mahisah = rulers, king

prajabhyah = for all people
margena = by means
gobrahmanebhyah = for cows and men of wisdom

paripalayantam = may rule
mahim = earth
subham = welfare

astu = may there be
samastah = all

nityam = at all times
sukhinah = happy

lokah = beings
bhavantu = be

Let good things occur to the king of the country, Who looks after his people well, in the path of justice,
Let Cows and Brahmins have a pleasant life daily; let all people of the world have a very pleasant life.

काले वर्षतु पर्जन्यः पृथिवी सस्यशालिनी ।

देशोऽयं क्षोभरहितः ब्राह्मणाः सन्तु निर्भयाः ॥ ७॥

Kā.le var.ṣa.tu par.jan.yaḥ pr.ithivī sa.sya.śā.linī
De.śo'.yam kṣo.bha.ra.hi.taḥ brāh.ma.ṇāḥ san.tu nir.bha.yāḥ || 7 ||

kale = at proper time
prithivi = earth
desah = country
sasntu = be

varsatu = may rain
sasya-salini = (be) producer of grains
ksobha-rahitah = (be) free from famine
nirbhayah = fearless

parjanya = clouds
ayam = this
brahmana = men of wisdom

Let the monsoon be timely and plentiful, Let earth be covered with vegetation.
Let the country live without problems; Let good people never have fear.

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग् भवेत् ॥ ८ ॥

om sar.ve bha.van.tu su.khi.naḥ sa.rve san.tu ni.rā.ma.yāḥ
sar.ve bha.drā.ṇi paś.yan.tu mā kaś.cit duḥ.kha.bhā.g bha.vet

sarve = all
santu = may be
pasyantu = may enjoy
dukhhabhag = one who expresses sorrow

bhavantu = may be
niramayah = free from disease
ma = not
bhavet = may be

sukhinah = happy
bhadrani = prosperity
kascit = anybody

May all beings be happy. May all be free from disease.
May all experience the good. May no one come to grief.

ॐ भूर्भुवस्सुवः तत्सवितुर्वरेण्यम् ।
भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात् ॥

om bhūr.bhu.vas.su.vaḥ tat.sà.vi.tur.va.ré.ṇ.yam
bhar.gó de.vas.yà dhī.ma.hi dhi.yo yo naḥ pra.co.da.yāt

Aum = Brahma or Almighty God
swaH = embodiment of happiness
vareNyaM = best, choicest
dhiimahi = may imbibe
naH = our

bhuuH = embodiment of vital spiritual energy (pran)
tat.h = that
Bhargo = destroyer of sins
dhiyo = intellect
prachodayaata = may inspire

bhuvaH = destroyer of sufferings
savituH = bright, luminous like sun
devasya = divine
yo = who

O Lord illuminating the earth, the sky, and the space (heaven)! We mediate upon the glorious splendor of the Sun God. May he illuminate our intellect with knowledge.

ॐ असतो मा सद्गमय। तमसो मा ज्योतिर्गमय। मृत्योर्मा अमृतं गमय॥ ९ ॥

om a.sa.to mā sad.ga.ma.ya | ta.ma.so mā jyo.tir.ga.ma.ya | mṛt.yor.mā a.mṛ.taṁ ga.ma.ya || 9 ||

asatah = from unreal
gamaya = lead
gyotih = to light
ma = me

ma = me
tamasah = from darkness
gamaya = lead
amrtam = to immortality

sad = to the real
ma = me
mṛtyoh = from death
gamaya = lead

Lead us from the unreal to the real, from darkness (of ignorance) to light (of knowledge), from death to immortality.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥ १०॥

om pūr.ṇa.ma.daḥ pūr.ṇa.mi.daṁ pūr.ṇāt.pūr.ṇa.mu.da.cy.ate |
pūr.ṇa.sya pūr.ṇa.mā.dā.ya pūr.ṇa.me.vā.va.śiṣ.ya.te || 10 ||

purnam = is fullness
idam = this
udacyate = has come
adayah = having removed
avasisyate = remains

adah = that
purnat = from that fullness
purnasya = of that fullness
purnam = the fullness

purnam = is fullness
purnam = this fullness
purnam = this fullness
eva = only

That is fullness (whole, lacking nothing). This is fullness. From that fullness this fullness came. From that fullness this fullness is removed, what remains is fullness.

ॐ शान्तिः शान्तिः शान्तिः ॥

om śān.tis śān.tis śān.tiḥ ||



Aarti
Jai Jagadeesha Harey

Om Jaya Jagadeesha Harey, Swaami Jaya Jagadeesha Harey
Bhakta Janon Ke Sankata, Daas Jano Ke Sankata,
Kshana Men Door Karey, Om Jaya Jagadeesha Harey

Jo Dhyaavey Phala Paavey Dukha Vinasey Mana kaa
Swami Dukha Vinasey Mana Kaa
Sukha Sampati Ghara Aavey, Sukha Sampati Ghara Aavey,
Kashta Mitey Tana kaa, Om Jaya Jagadeesha harey

Maat Pitaa Tum Merey, Sharana Gahoon Main Kiski
Swami Sharana Gahoon Main Kiski
Tum Bin Aur Na Doojaa, Tum Bin Aur Na Doojaa
Aash Karoon Main Jisaki, Om Jaya Jagadeesha Harey

Tuma Purana Paramaatmaa, Tuma Antaryaami
Swami Tuma Antaryaami
Par-Brahma Parameshvara, Par-Brahma Parameshvara
Tuma Sabake Swami, Om Jaya Jagadeesha Harey

Tuma Karunaa Ke Saagar, Tuma Paalana Kartaa
Swami Tuma Paalana Kartaa
Mai Moorakh Khal-Kaami, Mai Sevaka Tum Swami
Kripaa Karo Bharataa, Om Jaya Jagadeesha Harey

Tum Ho Ek Agochara, Sabkey Praanapati
Swami Sabkey Praanapati
Kisa Vidhi Miloon Dayaamaya, Kisa Vidhi Miloon Dayaamaya
Tuma Ko Main Kumati, Om Jaya Jagadeesha Harey

Deena Bandhu Dukha Harataa, Tum Rakshaka Merey
Swaami Tum Rakshaka Merey
Karuna Haasth Badhaao, Apney Charan Badhaao,
Dwaar Para Main Terey, Om Jaya Jagadeesha Harey

Vishaya Vikaar Mitaa, Paap Haro Devaa
Swami Paap Haro Devaa
Shraddhaa Bhakti Badhaao, Shraddhaa Bhakti Badhaao
Santan Ki Sevaa, Om Jaya Jagadeesha Harey

Tan Man Dhana Sab Hai Tera, Swami Sab Kuchh Hai Tera,
Tera Tujhko Arpan, Tera Tujhko Arpan,
Kya Laagey Mera. Om Jaya Jagadeesha Harey

HTS Balvihar
2018-19
Code of Conduct

The Allentown Temple Society strongly believes that the Bal-Vihar students should reflect the standards of the Sanatana Dharma belief and consideration for the rights and well-being of others. The following guidelines are provided for students, teachers, and parents to work together to establish a learning environment to foster mutual respect, trust, and personal caring:

1. On the BalVihar day, encourage the kids to take bath, wear clean clothes and be comfortable yet conservative. If they want to wear traditional clothes, this is the place for it.
2. Do not bring chewing gum, bubble gum, candy or toys to the class.
3. Put your shoes in the shoe cubicle and coats on the hangers.
4. If you have come early, please help in setting up the prayer or class items.
5. Enter the class quietly. Be enthusiastic. Show it with a smile.
6. Be considerate of students younger than you.
7. No cross-talking during the class. Listen attentively to your teachers.
8. Maintain sanctity, cleanliness, discipline and an overall pleasant atmosphere in the building.
9. If you see any mess on the floor, please clean it. Do not worry who did it. We work as a family.
10. When you come to the arati, sit with your group in front of the deities respectfully.
11. Parents shall help their children complete reading or writing assignment on time. Fifteen minutes before leaving home for the Bal-Vihar, parents and students shall go over the previous classes' coverage and assignments. When you leave home, make sure that your book bag contains this handout, the religion and language textbooks, notebooks, completed homework and two sharpened pencils with eraser tops.

12. An absent student must catch up with the class with the help of his classmates. The teachers shall not make concession for the absent students.
13. If the parents are staying in the Temple during the classes, they shall make sure that their non-Bal-Vihar children do not disturb the classes, or damage the Temple Property. It will be appreciated if parents can sit in one of the classes and help maintain good learning environment.
14. Rules governing official graduation: The student must have completed the last five years of Bal-Vihar that is the Religion groups 3 and 4, during school grades 5 through 9. Furthermore, the student must complete an independent project during the last year at Bal-Vihar, on which they must make a short presentation on the Annual Day.
15. Often parents ask us to allow their kindergarten child to sit in the Religion Group 1 class. If we do, the parents must realize that the students will end up repeating one year of Bal-Vihar, because from School Grade 1 through 9, all students will be placed in Religion Groups under a common formula. (This is so that every student graduates when they are in the 9th grade.)
16. The family whose turn it is to bring "Prasad" will bring 40 servings of whole (not cut) fruit, such as apple, pear, banana, grapes. Please do not bring candies, cake, etc. which are likely to contain inappropriate ingredients.
17. Please sign up for volunteer seva:
 - Arrive at 9:15am and help setup classrooms
 - Wash the fruits which are in the kitchen and put them in the steel vessels and bring them near altar.
 - Check that all the shoes are placed properly in the racks in the shoe room. Help maintain discipline during the class.
 - At the end, put whiteboards, chairs and tables away, clean the classroom area.