



**Allentown Hindu Temple Society
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HTS Balvihar

Handbook 2019-20

While you are at the Balvihar:

- Please maintain silence in the temple hall
- Do not let your children run around in the temple.
- Dispose off trash in the trash cans.
- Keep your shoes in the shoe-cubicles
- Treat our Hindu Temple as you would your own home.
- Please silence your cell phones inside the temple.

Balvihar 2019-2020 Calendar

September	15th	First Day of Balvihar - Classes begin
	29th	Class
October	6th	Class
	20th	Dussehra Celebrations - No class.
November	3rd	Deepavali Celebrations - No class.
	17th	Class
December	1st	Class
	15th	Midterm tests - Early dismissal at 11:30 am
2020		
January	12th	Class
	26th	Class
February	9th	Class
	23rd	Class
March	8th	Bowling Day - No Class
	15th	Class
	22nd	Class
	29th	Class
April	19th	Holi Celebrations - No Class.

	26th	Tentative Field Trip Date/Snow Makeup Day
May	3rd	Last Balvihar Class
	10th	Final Exams
	30th - Saturday	Annual Day Prep
	31st - Sunday	Annual Day

Class Schedule

09:45 AM – 10:10 AM	Assembly
10:15 AM – 11:05 AM	Language
11:10 AM – 12:00 PM	Religion
12:05 PM – 12:35 PM	Satsang

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

वक्रतुण्ड महाकाय कोटिसुर्यसमप्रभा ।
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.

ॐ सह नावतु। सह नौ भुनक्तु। सह वीर्यं करवावहे ।
तेजस्विनावधीतमस्तु। मा विद्विषावहे" ॥
ॐ शान्तिः शान्तिः शान्तिः ॥१॥

om sa.ha nā.va.va.tu | sa.ha nau bhun.nak.tu | sa.ha vīr.yam ka.ra.vā.va.hai |
te.jā. 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.

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.śaṁ.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 ||

My Guru is Brahma, the creator. My Guru is Vishnu, the sustainer. My Guru is Maheshwara, the destroyer. My Guru is Parabrahma, the embodiment of the supreme god. We bow to that glorious 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'.yaṁ 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 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
jyotih = 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 भूर्भुवस्सुवः तत्सवितुर्वरेण्यम् ।
भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात् ॥

om bhūr.bhu.vas.su.vaḥ tat.sā.vi.tur.va.ré.ṇ.yam
bhar.gó de.vas.yā 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 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,
Kyaa Laagey Mera. Om Jaya Jagadeesha Harey

HTS Balvihar
2019-20
Code of Conduct

At HTS Balvihar, we strongly believe that students should reflect the standards of the Sanatana Dharma and stand up 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 and in their Sunday best. If they want to wear traditional clothes, this is the place for it.
2. Just like any school, toys, candy are not encouraged.
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. Bring your happiness, joy and smiles to share!
6. Be considerate of students younger than you.
7. We follow Guru Parampara, so be respectful of your teachers and show respect to their authority.
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 Aarti, sit with your group in front of the deities respectfully.
11. Parents shall help their children complete reading or writing assignment on time. On Friday before Balvihar, check to make sure that your child has done the homework and help them revise the material. When you leave home, make sure that your book bag contains this Mantra Folder, their Religion book, Language book, notebooks and pencil case.
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. It is the responsibility of the student and family to get the information on time.

13. We welcome parents staying back in Temple, however we cannot guarantee your wish to attend the classes unless they are 5,6 or 7 years of age, need special attention or have anxiety. Please do not bring friends, cousins of the student to attend without checking with the teacher at least few days in advance. Younger siblings should not disturb the classes.

14. Rules governing official Balvihar Graduation : Student should have attended Religion 3, 4 and 5 with HTS Balvihar or similar Sunday School. They should present on a topic under the mentorship of Religion 5 teacher. They should have proper attendance and values reflected in their time at Balvihar.

15. Since last few years we have given admission to students from age 5, these are the students who might graduate in Grade 8. It has been our observation in last decade that students who graduate in 9th grade manage to retain a lot of benefits of moral, cultural and ethical value when they study Bhagawad Gita in high school rather than middle school. We will not make any exceptions for kids who did not join HTS Balvihar from other grade levels to graduate early.

16. The family whose turn it is to bring Prasad will bring 50 servings of whole (not cut) fruit, such as apple, pear, banana, grapes. Please do not bring candies, cake, etc. which are likely to contain eggs.

17. The Prasad-bringing families are requested to stay in the temple during the Balvihar session and help in various ways:
 - For the general assembly, arrive at 9:30 am, wash the fruits and set up near Bhagwan area.
 - Check that all the shoes are placed properly in the racks in the shoe room. Help maintain discipline during the class.
 - At the end, help teachers put things away, clean the white board and clean the classroom floor of all rubbish.
 - Set up white boards from library to all the designated teaching areas.
 - You will receive an email in advance based on the signups.

We thank you for joining our Balvihar Family and hope that together we can bring value, harmony and enlightenment for our community's youngest members. Our children. Namaste.