



SHRI SURYA NARAYAN MANDIR

Youth Group Newsletter



February, 2010

Volume 1 , Issue II

MAHA SHIV RATRI

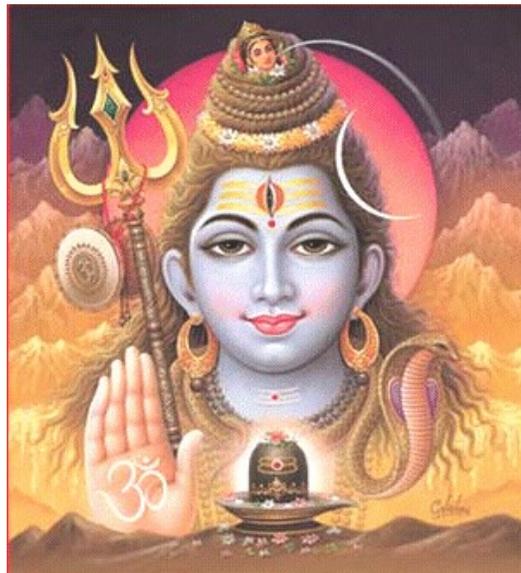
BY, DEVAN OODAL

Shivaratri or Maha Shivratri is the Great Night of Shiva; it is one of the major Hindu festivals celebrated by Hindus worldwide. The night of the worship of Lord Shiva occurs on the 14th night of the new moon during the dark half of the month of Phalgun. It falls on a moonless night February 11th 2010. Shivratri is the night when it is said that Lord Shiva performed the Tandava Nritya or the dance of primordial creation, preservation and destruction. This festival is observed for one day and one night. According to the Puranas, during the great churning of the Samudra Manthan Ocean a pot of poison emerged and the god and demons were terrified that it could destroy the universe. To save themselves and the universe they went to Lord Shiva for help. For the world's safer existence and the survival of living beings Lord Shiva drank the "Kaal koot visha" and kept this deadly poison in his throat instead of swallowing, his throat turned blue hence the great "Neelakanta", blue-throated one. During this auspicious day, one should chant all 108 names of Lord Shiva, fast, perform yoga, and offer Bael leaves to the Lord. Shivratri is considered especially auspicious for women. Married women pray for the well being of their husbands and their families, while unmarried women pray for an

ideal husband like Lord Shiva. But generally it is believed that anyone who utters the name SHIVA during Shivratri with pure devotion is freed from all sins. He or she can reach the abode of Lord Shiva and be liberated from the cycle of birth and death. Lord Shiva is Mahadev, the Supreme God, he posses the three principles of Absolute Purity, Absolute Knowledge and Absolute Spiritual Practice.



Guruji, Pt. Ram
Hardwar



February Birthdays

Preeya Goberdan (2/5)
Chaitram Hariprasad (2/20)
Danesh Persaud (2/20)
Devika Balkaran (2/27)

Join Shri Surya Narayan Mandir for its 3rd Annual Spiritual Winter Retreat and Help Our Children Grow Spiritually and Create Unforgettable Memories

February 13th - 15th 2010

Winter Camp Memories

By: Nalanie Hariprasad

As we know, Winter Camp 2010 is coming soon. If you were one of the people who didn't attend last year, then you missed out a lot! This camp is a lot of fun and filled with unforgettable memories.

One of the things that make winter camp exciting is the rotating of activities. Over the course of three days, you can try out different areas. Last year there was improv class. I learned to perform in front of an audience without rehearsing any lines. This helped me get over being shy when public speaking.

Another activity is chowtal singing. Winter camp is before Holi, so we get to do plenty of singing. This can't be done during the summer camp because by then Holi has already passed. Last year we had chowtal competitions!

We are able to focus on a lot of yoga and controlling the mind during the camp.

This is lead by Guru Ma. She taught us how to do Surya Namaskar properly and the twelve names to say while doing the positions.

When I look back, I always recall what I did, friends I met up with, and new ones that I've made. I can't wait for Winter Camp 2010 to start and I'm sure I'll see you there as well!



Bhagavad Gita Quote

“O Sinless One! I have imparted to you this scripture containing most secret doctrine. Having known this, O Bharata! a man becomes wise (a man of true understanding) thereby he will accomplish all that is to be accomplished by him.” (excerpt from Chapter 15)

India

By: Neil K. Narayan

India is a country in South Asia and is The Republic of India. The coordinates of India are, 21 north and 71 east. India is the 7th largest country in the world. India is the second largest populated country in the world. The capital of India is New Delhi. The largest city in India is Mumbai. The two most spoken languages are Hindi and English. The president for India is Pratibha Patil. She was the president for Indian since 2007. Manmohn Singh is the prime mister for India. India is a democratic country. India is considered a subcontinent country. India is parallel wit the Arabian Sea.

Senior Youth Group Organization

President: Reshma Oodal

Cultural Vice President: Trinauth Maniram

Educational Vice President: Ajay Persaud

Secretary: Suraj Hardowar

Vice Secretary: Jaya Hariprasad

