

Sanatana Dharma Workshop

Agenda/Syllabus- 7th September 2025

Punditji Address & Course Objectives.

- **Start of Course**

9:10am-12:25pm

What is Sanatana Dharma...

Hindi,Tamil,Gujrathi- Origination?

Sastram /Sastra?: Scriptures/ Ancient or Root of Science.

- **Tea /Coffee**

Who is GOD?

Avatar: Concept of Incarnation.

Kalachakra : Cycle of time..

Varna Vyavastha : Caste System.

Puja / Pooja- Basic Understanding.

Purpose of doing Puja.

Journey after Death...

- **Lunch**

12:30- 13:30

Q& A session -VERY Beneficial

13:30-15:50

- **Closing**

16:00





WESTRAND HINDU CULTURAL ASHRAM
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Welcomes you to

Sanatan Dhrama Workshop

hosted by:

Pt Bikash Mishra



Remember..... Take lots of notes.

Please hold questions for
Q & A sessions after lunch
for ALL to participate...



CHAPTER 1:

What is SANATAN ???



“Explanation ...”

CHAPTER 1:

What is SANATAN Vaidic / Vedic Dharma

What is Vaidic /Vedic ?

“Explanation ...”

What is Dharma?

“Explanation ...”



CHAPTER 2:

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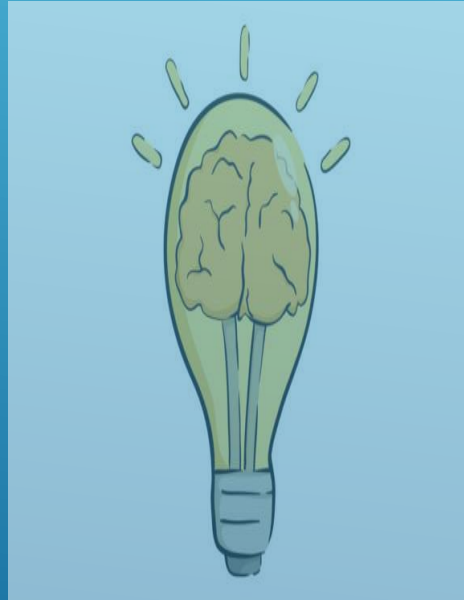
Hindustan ?

Land from Himalaya to Kanyakumari

How did the name originate ?

Where is Hindustan ?

What is Hindustan ?



Śāstram / Shastra

- Vidhi : Rules & laws
- Nishedha : No no's ... Unlawful actions
- 9 Types of Śāstram

1. Vedas: Source of Knowledge

2. Vedanga

- ❖ Academic
- ❖ Karma Kand, dealing with actions or Ceremonies (Fasting ,prayer,etc.)
- ❖ Grammar
- ❖ Art of creating Stories (Narrative Art) or Poems (Ars Poetica)
- ❖ Art of Etymology (Word creation) & Lexicography (Creations of Dictionaries)
- ❖ Astrology/ Ether / Space Science.

3. Upaveda :Supporting / Secondary information for the Vedas

- ❖ Ayurveda: Medicine / Health linked to Rigveda.
- ❖ Dhanurveda: Focus on Warfare/ Archery associated with Yajurveda
- ❖ Gandharva Veda : Related to music and dance linked to Samaveda
- ❖ Sthapatya Veda: Design , construction , architecture, vastu.



CHAPTER 3: Continued...

- 4. **Nigama** : Black magic , practice or follower of forms of dark arts.
- 5. **Dharsan**: Knowledge, Philosophy or vision.
- 6. **Smriti** : Regulation of Constitution of Sanatan Dharma. Concept of memory and recollection

7. **Puranam: Epics**

- | | |
|----------------------|---------------------------|
| 1. Brahma Purana | 10. Brahmavaivarta Purana |
| 2. Padma Purana | 11. Linga Purana |
| 3. Vishnu Purana | 12. Varaha Purana |
| 4. Shiva Purana | 13. Skanda Purana |
| 5. Bhagavata Purana | 14. Vamana Purana |
| 6. Narada Purana | 15. Kurma Purana |
| 7. Markandeya Purana | 16. Matsya Purana |
| 8. Agni Purana | 17. Garuda Purana |
| 9. Bhavishya Purana | 18. Brahmanda Purana |



8. **Ithihas:** Ancient History or “that which happened/occurred” examples are Ramayana and the Mahabharata.

9. **Prasthanatrayi :** 3 Types

- i. **Upanishads:** Known as the Upadesha Prasthanana or Shruti Prasthanana, these are the primary texts of revelation and are the starting point for spiritual instruction.
- ii. **Brahma Sutras:** Also called the Nyaya Prasthanana or Yukti Prasthanana, this is a logical text that systematizes the philosophy presented in the Upanishads and the Bhagavad Gita.
- iii. **Bhagavad Gita:** Known as the Sadhana Prasthanana or Smriti Prasthanana, it is a text of remembered tradition, providing practical instruction and guidance for spiritual life.

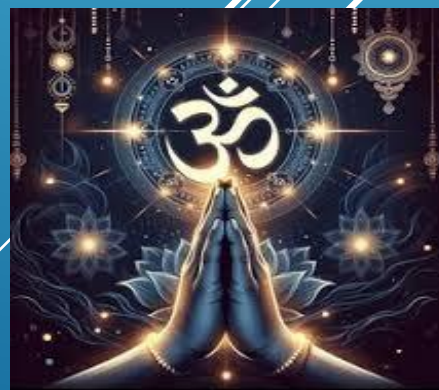


GOD ,Bhagwan Paramātmā,Eshwar ...

& many more names of god.

WHO IS GOD ???

Explanation... PLEASE TAKE NOTES



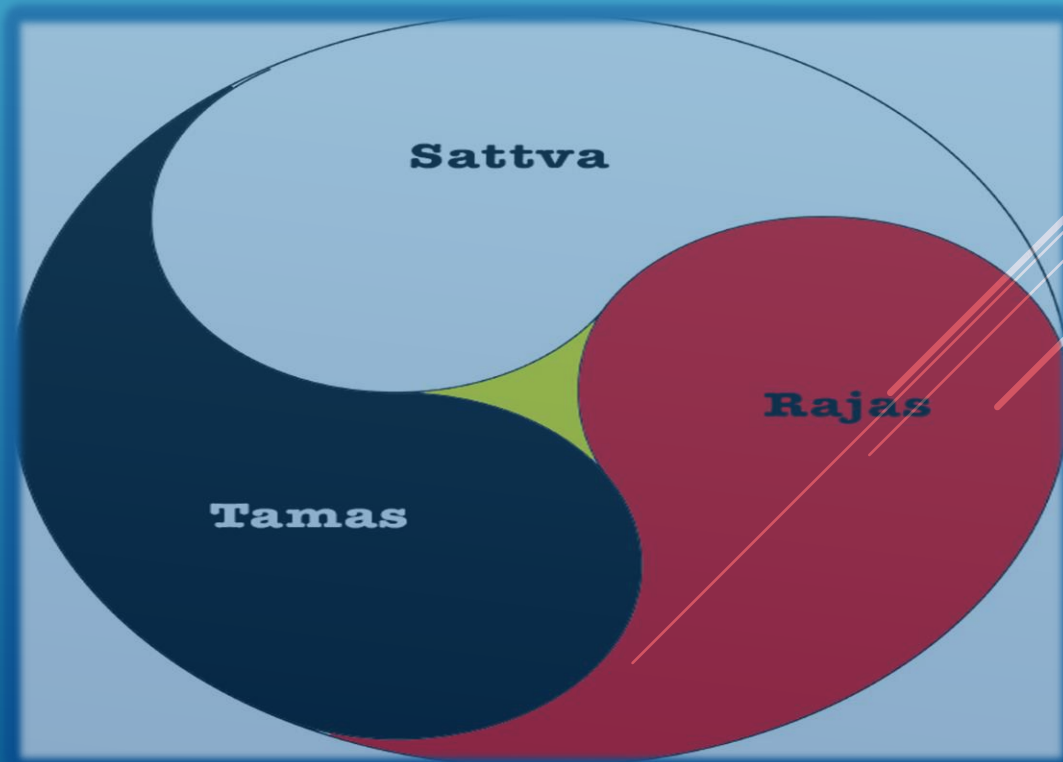
Avatar:

Concept of Incarnation

1: **Guna** : Refers to the three fundamental tendencies or forces that constitute nature, or the matrix of material existence in Hindu philosophies.

Varna=Guna/Qualities

- ✓ Satvik /Sattva
- ✓ Rajisik/Rajas
- ✓ Tamasik/Tamas



CHAPTER 5: Continued...

- | | |
|--------------------|--------------------------------------|
| 1. Guna Avatar : | <i>Brahma, Vishnu, Mahesh</i> |
| 2. Ansha Avatar : | <i>Narasingha</i> |
| 3. Kala Avatar : | <i>Matsya, Kurma, Varaha</i> |
| 4. Gyana Avatar : | <i>Dakshinamurti, Shankaracharya</i> |
| 5. Sfurti Avatar : | <i>Mahatma</i> |
| 6. Artha Avatar : | <i>Murti</i> |
| 7. Aavesh Avatar : | <i>Parshuram</i> |
| 8. Purva Avatar : | <i>Ram, Krishna</i> |



CHAPTER 6: Kalachakra: Wheel / Cycle of Time...

Concept of time:

- Paramanu **x2** = Ghanuk
- Ghanuk **x2** = Trasaranu
- Trasaranu **x2** = Vedha
- Vedha **x2** = Lava'
- Lava' **x2** = Nimis (Seconds)
- Nimis ... Time as we know it.



$$\text{Time} = \frac{\text{Distance}}{\text{Speed}}$$

...it's about **time**



CHAPTER 6: Continued...

- **Calendar = Kalandar**

Types of Calendars :

- Lunar Calendar (Follows the movement of the MOON)
- Solar Calendar (Follows the movement of the SUN)

- **Tithi:** Is the conception point in time , whereby a change is the moment of time takes place, this happens between 21hrs or 22hrs in the day.

- **Paksha & Basic concept of time**

- 15x **Tithi** = 1 **Paksha**
 - Krishna Paksha
 - Sukla Paksha
- 2x **Paksha** = 1 **Maas** (Month)
- 2x **Maas** = 1 **Rithu**(Season)

NB: There are 6 Rithu's

- 3x **Rithu's** = 1 **Ayanum**(Uttarayan,Dakshinayan)
 - **Uttarayan** : Movement of the son in Northern direction
 - **Dakshinayan**: Movement of the son in Southern direction
- 2x **Ayanum** = 1 **Calendar Year**.



...that's **time** as we know it ☺☺☺

Varna Vyavastha Caste System

Conception of Caste System.

Brahman = 80% S, 10% R, 10% T

Kshatriya: 60% R, 30% S, 10% T

Vaishya = 70% R, 15% S, 15% T

Sudra = 80% T, 5% S, 15% R

Varna=Guna/Qualities

- ✓ Satvik /Sattva
- ✓ Rajisik/Rajas
- ✓ Tamasik/Tamas



What is Prayer?



6 Types of Prayer in Sanatan Dharma

1. **Vaidic** : Meditation
2. **Tantric** : Hawan/ offering to fire, sacrificial prayer
3. **Puranic** : Bhajans, Satsang, Katha
4. **Aagama** : Fasting /abstinence
5. **Panchratic** : Pilgrimage, long term prayer.
6. **Pradeshic** : Copying of prayer with background knowledge.



Importance of doing Pooja / Puja.

Why is there a need for Prayer, puja, pooja?

- ❖ Pay back debts spiritual in nature.
- ❖ Gain favour/fruit /punya of **GOOD** actions.
- ❖ To offer gratitude.
- ❖ Heal & cleanse our body, mind & intellect.

Do I have any debts that need to be settled?

The debts we have are called **Panchrin**

The 5 Panchrin/debts that we are born with.

- ❖ Deva Rin : Debt to supreme /divine lord.
- ❖ Rishi Rin : Debt to our guru, teacher & sages.
- ❖ Pitra Rin : Debt to our ancestors.
- ❖ Manushya Rin : Debt to mankind.
- ❖ Bhuta Rin : Debt to all other living being and nature (Animal & Trees)



CHAPTER 10 Journey after death...

9 Types of Journeys after death

- ❖ **Kayvalyam** : Moksha, Mokshi –Liberation
- ❖ **Krama Mokthi** : On the path of liberation
- ❖ **Eshta Mokthi / Lok** : to take aboard into your favourite of lord.
- ❖ **Satya Mokthi /Lok**: To go to Bramha Lok
- ❖ **Swarga Lok**: go to Heaven
- ❖ **Pithr Lok**- reside with our ancestors
- ❖ **Prithavi** : Earth
- ❖ **Jalook** : Creatures of Earth.
- ❖ **Narak** : HELL...

Preet.....Ghost ...Bhoot



Ways of prayer.

1. In house prayer. **Daily prayer**
2. In community / temple prayer. **Special occasions**
3. In pilgrimage prayer. **Sacred venue**

Requirements for Prayer :

- ❖ Performer
- ❖ Idol /Murthi.

Types of Idols:

1. Altar
2. Lamp
3. Kalas
4. Frame/ Picture
5. Symbol/ Signs
6. Murthi / Statue
 - Clay
 - Wood
 - Stone
 - Iron
 - Precious Metals(Gold, Silver)
7. Devasthan
 - Temple
 - Goshala
 - Ashram



Thank You !!!



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