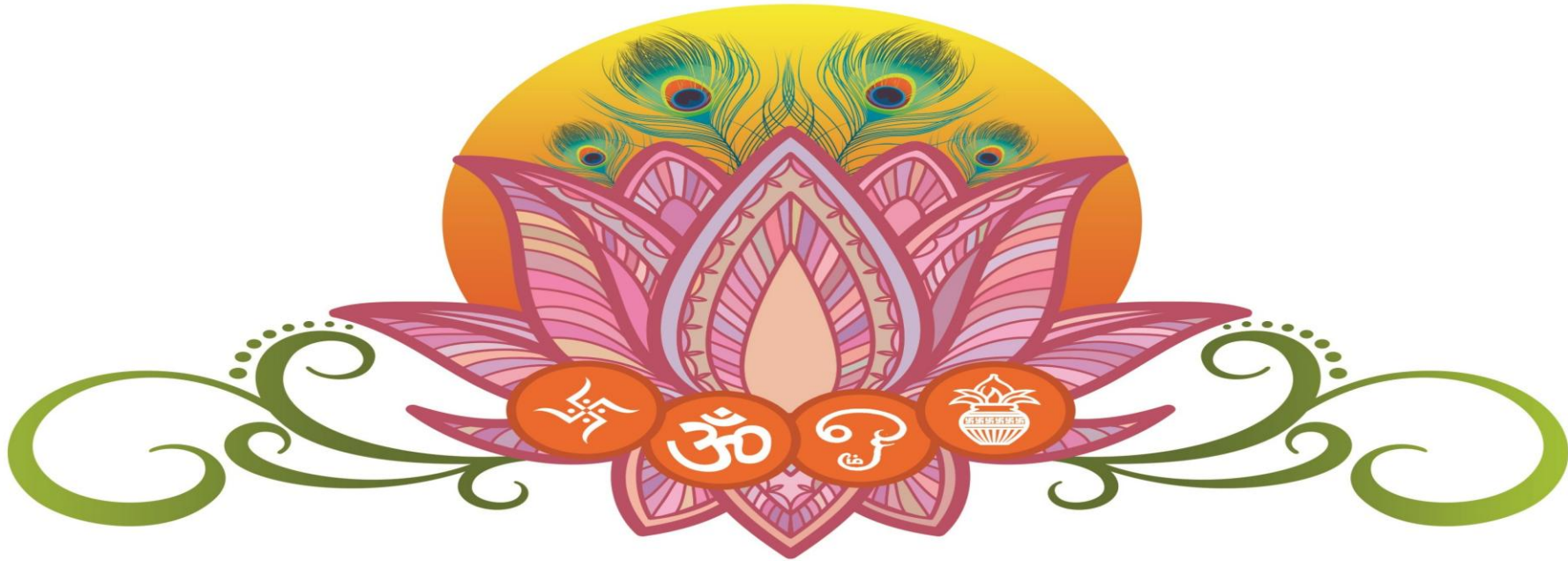


Welcome to Sanatan Foundation Workshop

Level 2



WESTRAND HINDU CULTURAL ASHRAM

ESTABLISHED 2010



• Arrival + Welcome(ALL)	• 8:30 for 9:00am
• Introduction to Course & House Rules RECAP*(MC)	9:00 am
<u>Pandit Address and course commence.</u> • What is Pooja/Puja • Karma Kand-Spiritual/ Traditional Based Action • The 4 Vedas • Yajur Veda • Karma (Action) • Types of Niskama Karma • Types of Sakama Karma • Tea / Coffee Break • POOJA -Daily Practice from age of 7 • Sakama Karma-Types of Pooja • Q& A session • UPCOMING COURSE Announcement 12 April 2026 • COURSE ENDS	9:10am- 10:30am 10:30-10:45
• Lunch	13:00
• Closing (ENDS)	14:00



Course Recap: Workshop Level 1

- What is Sanatan?

External Way of Life

- What is Sanatan Vedic Dharma?

Comes from the Veda's, written knowledge ,bases of life.

- Origin?

Bharat ,Sindu's Valley

- Śāstram:

Rules, unlawful actions, 9 types of Shastra.

- Who is God?

Bhagwan, Owner of the Universe. He who is beyond forms.

- Avatar :

Concept of Incarnation, Guna (Qualities)& different types of Avatars

- Caste System :

Conception,Types : Brahman,Kshatriya,Vaishya,Sudra

- Cycle of Time :

Basic concept of time before and as we know it.

- Basic understanding of pooja :

6 Types of prayer in Sanatan Vedic Dharma

- Importance of doing pooja :

Reasoning of why we do pooja, Debts we born with & have to pay back called Panchrin(5 types of debts)

- Journey after death :

9 types of journeys, levels of deliverance, return of the soul to other forms, Heaven and hell.

- Ways to Pray :

Daily prayer, special occasions, scared venues, requirements for prayer, 7 types of idols



SANATAN DHARMA WORKSHOP

Presented by: Pandit Bikash Mishra

LEVEL 2 Syllabus

- 01 What is Pooja / Puja
- 02 Karma Kand –Traditional /Spiritual based actions
- 03 The 4 Vedas
- 04 Yajur Veda
- 05 Karma – (Action)



LEVEL 2 Syllabus

- 06 Types of Nishkama Karma**
- 07 Types of Sakama Karma**
- 08 Pooja-Daily Practice from age of 7 years old**
- 09 Types of Pooja – Sakama Karma**





01.

WHAT IS POOJA /PUJA?

.....Explanation

02. KARMA KAND



Rituals

Actions performed to Vedic scriptures for desired result.



Goals

Aimed for both worldly and spiritual achievement



Diversity

Practices can vary based on traditions, deities or influences



Upliftment

Inspiring adherence to scriptures leading to detachment of material desires over time.

03. THE 4 Vedas



Rigveda

The oldest Veda, It consists with hymns and prayers dedicated to deities, also known as the
Book of Mantra



Yajurveda

This Veda provides the formulas and information for performing rituals, sacrifices & ceremonies, known as the
Book of Rituals



03. THE 4 Vedas



Samaveda

This Veda comprises of chants and melodies related to Rigveda, known as the
Book of Chants



Atharvaveda

This Veda contains spells, incantations & charms to protect against enemies, disease or other aspects of life, known as the
Book of Magic & Charms



04. Yajur Veda



Krishna Yajurveda

Known as the dark or black Yajurveda, implies unarranged or unclear. Primarily focusing on practical aspects of sacrificial rituals and ceremonies.



Shukla Yajurveda

Known as bright or white Yajurveda, implies well arranged clear. It is a collection of Vedic Sanskrit text/ scriptures that contains hymns and prayers for sacrifices.

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05. **KARMA**

TYPES OF KARMA

01

Nishkama Karma

Actions are done desireless or deemed to be selfless acts where one performs duties without any attachment for reward.

02

Sakama Karma

Actions with desires, that are deemed to be selfish in nature for personal gain e.g. Wealth, power and rewards.



06. TYPES OF NISHKAMA KARMA



Fasting

*Devotion ,Self discipline
bring closer to Bhagwan
(God)*



Daily Prayer

*Making offering,
meditation, worship of
Ishta Devata*



Temple Service

*Offering help or support to the
temple without any
expectation.*



Chanting /Japa

*Reduce stress and anxiety,
boost mood and increase focus
and concentration.*



Volunteering

*Benefit community,
establish social
connection that improves
health and well being.*



Study of Scriptures

*Cleansing the mind of
impurities, sins and ego, to
create higher spiritual
realization.*

07. TYPES OF SAKAMA KARMA



Pooja /Prayer

Fulfilment of material desires e.g. good health



Offerings /Daan

In order for accumulation of merits



Pilgrimage

Atonement of sins, future benefit for next life, benefit of earnings deity's grace



Vows / Sunkalp

Taking a sacrifice for personal gain.



Long term prayer (Anusthan)

For specific types of material gain, Solemn goal orientated.

TEA / COFFEE BREAK-15 MINUTES ONLY

We stand as one FAMILY bound to each other with love & respect.

Eveready to fight against ALL low tendencies and false values within & without us.

————— Swami Chinmayananda —————



08. Pooja-Daily Practice from age of 7 years old

STEPS TO FOLLOW :



KARA DARSHAN

*Karāgre vasate lakṣmīḥ karamadhye
sarasvatī Karamūle tu govindah prabhāte
karadarśanam*



NAMASKAR –TO ALL OUR DEITIES

*Brahmā murāriḥ tripurāṃtakārī bhānuḥ
śaśī bhūmisuto budhaśca Guruśca śukraḥ
śani rāhu ketavaḥ kurvatu sarve mama
suprabhātam*



08. Pooja-Daily Practice from age of 7 years old

STEPS TO FOLLOW :



ॐ



BATH (SNAAN) MANTRA

*Gaṅge ca yamune caiva godāvari
Sarasvati Narmade sindhu kāveri
jale'smin saṁnidhiṁ kuru*



APPLYING OF CHANDAN

*Following can be used, Kum
kum, Basma, Gopi Chandan, Chud &
Tumeric, Saffron(Kersar with water)*

08. Pooja-Daily Practice from age of 7 years old

STEPS TO FOLLOW :



OFFERING WATER TO SURYA BHAGWAN

*Japaa kusuma Sankaasam – Kaasyapeyam
Mahaath' yuthim Thamo'urim sarva Paapa
ganam – Pranathosmi Dhiwaakaram*

TULSI DARSHAN

*Tulsi Devi represents the purest form of devotion (bhakti)
and selflessness. Worshipping her helps devotees cultivate
these qualities and attain pure love for Krishna.*



08. Pooja-Daily Practice from age of 7 years old

STEPS TO FOLLOW :



DAILY PRAYER

Lighting of lamp, Japa, Mala, offering of food, any other pooja that is currently conducted at home



GANGA ACHAMANAM

Sipping of water associated with the sacred River Ganga for physical and spiritual purification.

08. Pooja-Daily Practice from age of 7 years old

STEPS TO FOLLOW :



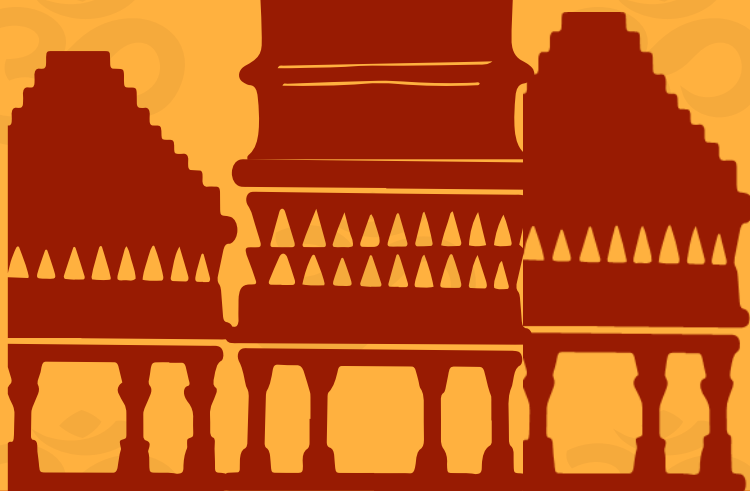
NORMAL DAILY ACTIVITY

Work, university /college, school, gym ,etc



ON RETURN –AFTERNOON/SUNSET

*Bath, remember to recite Bath Snaan
Mantra*



08. Pooja-Daily Practice from age of 7 years old

STEPS TO FOLLOW :



BOW DOWN-(PROSTRATION)

Before going to bed to Pooja place and offer Namaskar and give thanks for the day.

OPTIONAL :

Put lamp off, use flower or hand ,fan.

*******DON'T BLOW OFF. ******



08. Pooja-Daily Practice from age of 7 years old

STEPS TO FOLLOW :

ॐ



GOING TO BED MANTRA

*Kara-Caranna Krtam Vaak-Kaaya-Jam
Karma-Jam Vaa Shravanna-Nayana-Jam
Vaa Maanasam Va-Aparaadham
Vihitam-Avihitam Vaa Sarvam-Etat-
Kssamasva
Jaya Jaya Karunna-Abdhe Shrii-
Mahaadeva Shambho.*



09. SAKAMA KARMA

TYPES OF POOJA :



DEVATA POOJA

Shiva Pooja, Ganesh Pooja, Durga Pooja, Vishnu Pooja, Hanuman Pooja, Navagrah Pooja, Ganga Pooja, Sarawasthi Pooja, Luxmi Pooja and our forms of bhagwanji



HOUSE PRAYER

Vastu Shanti, Satyanarayan Pooja, Junda, Bandi Puja, Durga Pooja, Veda Pooja, Brahmin Bhojan, Sant Sanyasi Bhojan, Shanti Hawan.

09. SAKAMA KARMA

TYPES OF POOJA :



FESTIVAL PRAYERS

Maha Shivarathri, Ramayan Week, Sri Ram Naumee, Hanuman Jayanti, Gita Week, Krishna Janmashtami, Navarathri, Diwali, Luxmi Pooja



TEMPLE PRAYERS

Weekly prayers, Monthly prayers, Ekadasi, Full moon, Pradosh Pooja.



09. SAKAMA KARMA

TYPES OF POOJA :



SPECIAL POOJA

New Temple Consecration, community prayer, new house, Vahan puja(Car prayer) Birthday prayer, Promotion. Etc...



Q & A

SAVE THE DATE !!!

12 APRIL 2026



जय
श्रीराम

धन्यवाद – Thank you for attending



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