

ARYA PARIVAAR

March 2025, ISSUE NO. 3 - Parinita Gupta

MANTRA

Ishwar Stuti Prathana Upaasana Mantra 2

Om Hiranyagarbhabh samavartataagre bhootasya jaataah
patirekaaseet isa daadhara prithvam dhyamutemaam kasmai
devaayahavisaa vidhema ||

ॐ हिरण्यगर्भः समवर्तताग्रे भूतस्य जातः पतिरेकासीत ।
स दाधारं पूर्वीं ध्यामुतेमां कस्मै देवायहविषा विधेम ॥

God is the creator of the universe; He is the most important entity; He is the master of all living beings; He sustains the earth, the sun, the moon, the stars, i.e., the entire universe. We understand that He showers bliss. We worship Him with selfless service and self-sacrifice.

UNSCRAMBLE

Names of 10 Upanishads (Dashoupanishads)

ashivasya _____
aenk _____
atkha _____
ahapnsr _____
akdayymn _____
taittiriya _____
aitareya _____
handogyac _____
akaynaradahirb _____
undam _____

Answer Key - Page 2

HOLI CRAFT

HOLI POPPERS

Holi Popper is a fun way to play holi color with your friends and family. ENJOY!!!

You will need

1. Colored tape
2. Strong tape
3. Scissors
4. Thick rectangle paper
5. Balloon,
6. Holi color



I. Roll up the piece of paper and secure it with tape



HAPPY VASANTHI NAVASASYESHTI (HOLI)

A long time ago this festival was called "Vasanthi Navasasyeshti" which means a special celebration with new grains in spring. The outer cover of grains like wheat, barley, and peas is called "Holika." It protects the grain inside, just like a mother protects her child. The grain inside is called "Prahlaad." When we roast these grains, the outer cover (Holika) burns first to save the grain (Prahlaad) inside. This shows how Holika sacrificed herself to protect Prahlaad. Half-burnt food is called "Holak," and that's why this festival is known as "Holikotsav." In spring, people celebrate by offering new grains in a special ritual. That's why it's also called "Vasanti Nav Sasya Ishti" because it means offering new grains in spring!

STORY OF HOLI

Scan here to read my script about one of the mythological stories about Holi!



MARCH CELEBRATIONS

March 8th - International Women's day

March 13th - Holika Dahan

March 14th - Holi - Vasanthi Navasasyeshti

March 17th - Chatrapati Shivaji Maharaj Jayanti
March 30th - Ugadi/ Gudi Padwa

2. Next put a balloon around one of the sides of rolled paper



3. Then take a piece of tape to attach the balloon and paper. You can decorate with paint



4. Pour Holi powder in and shake it so it goes down into the balloon



5. Test it out! Pull on the balloon and let go to watch the color fly!



HOLI WORDSEARCH

HMWKMOWHPICHKARITDAF
 GAOZHUGKANGDBMMNFGNQ
 JUUPIISHSPVTHFPFRJAH
 BRAJIDRIKBPLVUZUIAVO
 GULAAFLACIOILNGIERAL
 LP LDKVLENCHONJUNNASI
 WOOMAKUASYFVREQJDNAK
 UFRSULAOUTAAIWSOSGSA
 UVSDIFHIBGIKMBOSHVYB
 WYNMVTOOIHVAIROIRES
 GZHICIIIRLPATASLAPJSX
 SOLTTRSVGIRAEHLHYNZHT
 SPKHBTSHIIHANRJYVTTE
 PIRATRIENTVAHGUDARIG
 RUKIPHNTGUYEILHSSPUU
 ICNZNNGEVVVNNHATAENJ
 NKMXXFGLDANCESEBDNCII
 GYGOODOVEREVIILSUTJTY
 TRADITIONBUZRHRSHOYA
 VNEWBEGINNINGSFHIYUH

Hiranyakashyap	Navasasyeshti	New Beginnings	Sing
Goodoverevil	Forgiveness	LordVishnu	Joy
Friendship	Tradition	Happiness	Fun
Festival	Positivity	HoliHai	
Vasanthi	Laughter	Pichkari	
Vibrant	Mithai	Prahlad	
Gulaal	Spring	Bhaang	
Dance	Family	Music	
Gujiya	Holika	Spring	
Unity	Rang		

USHA MEHTA (1920-2000)

Imagine a world where telling the truth could get you thrown in jail. Where everything you read or learn is censored. Well, that was India during the British rule. However, some people couldn't keep quiet. Usha Mehta, a 22 year-old girl living under the British Raj, set up a secret radio station to spread real news to the people who didn't have access to uncensored media. She called this the Congress Radio and broadcasted from hidden locations, encouraging everyone to stand up against the British and expose their lies. Many people were certain she would get caught, but she was able to inspire millions of people until she was arrested for over four years! When she was released after India's independence, she was recognized as a national hero. Usha shows us that anyone's voice can change history!

- Prerna Gupta

ABOUT NEWSLETTER

Namaste friends! This month the newsletter is dedicated to one of my favorite festival Holi! I appreciate your email comments and encouragement. This Holi special includes two beliefs about why it is celebrated as the festival of colors. The themes of this month's puzzles are the Upanishads and Holi. Also I have made a script on the story of Holi. I hope you all enjoyed this newsletter as much as I enjoyed writing it. If you have any feedback about this newsletter please let me know at paris10.gupta@gmail.com.

- Parinita Gupta