



## **BMM Yuva Vani Newsletter October 2021**

**Welcome** all readers to Yuva Vani's October 2021 Edition.

The festive season has commenced with Ganesh Chaturthi and we are so proud of our young contributors who have indulged in various cultural activities and shared their experiences. **Thank you writers & artists!**

We hope you will enjoy their work.

Your comments and feedback to our young writers will be highly appreciated. Also, if you wish to contribute to upcoming monthly editions please feel free to whatsapp -

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(Editor & Compiler BMM Yuva Vani)

Enjoy Reading !

**Quote for the Month** - Give everyday a chance to become the most beautiful day of your life.



**\*Disclaimer -**

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**BMM Yuva Vani Team Wishes You All A Very Happy Navratra !!**

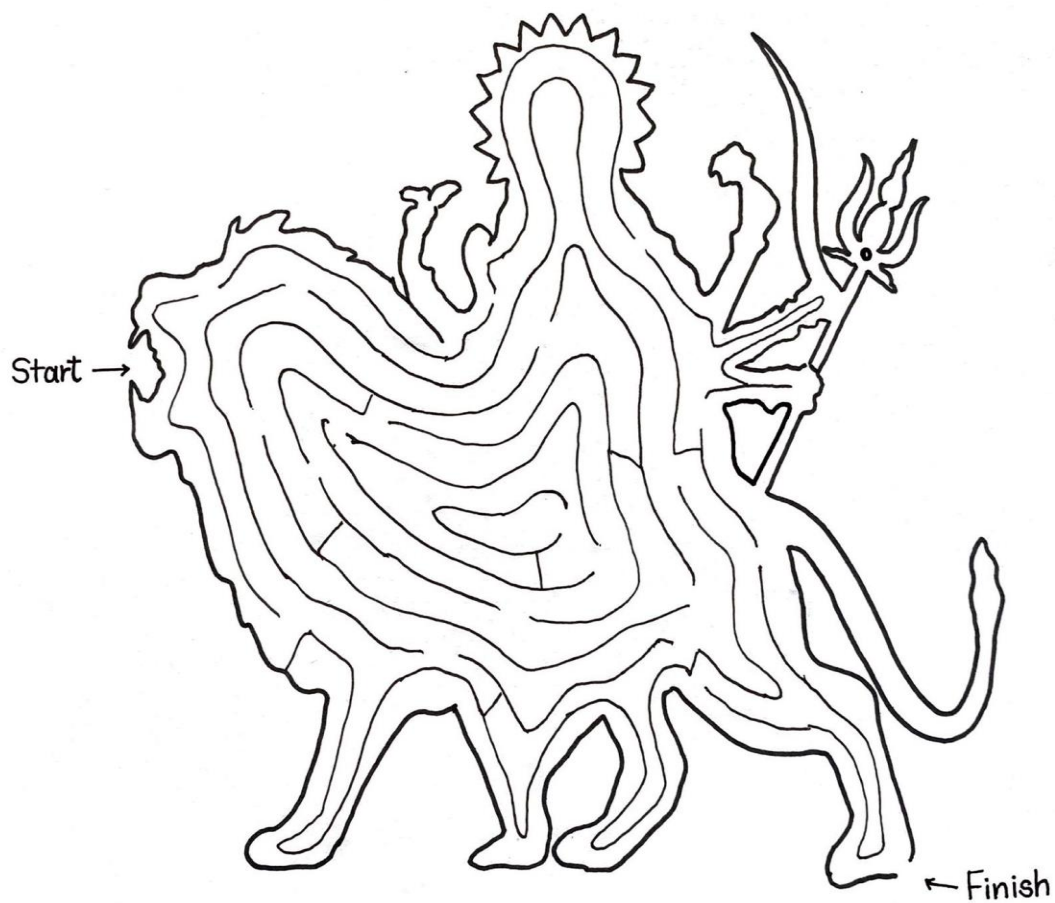
May Devi Durga Empower You and Your Family with Her Nine Swaroopa of  
Name , Fame , Health , Happiness , Humanity , Education , Bhakti and  
Shakti!

Art by Vaishali Shinde - Durga devi with aarti written in spiral aura.





Print it , solve it  
Maze Puzzle by Meera Kamble



**Meera Kamble, Age 9, Aurora IL**





## Shlokas

By Shlok Deshpande



ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।

उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात् ॥

*“I surrender myself to Lord Shiva,  
who has three eyes,  
who is as refreshing as sweet-smelling incense,  
and who gives vitality to the devotee to perform  
devotional service.”*

This is the **Maha Mrityunjaya Mantra**. This mantra is a prayer to Lord Shiva, which my family worships.

It is said that to overcome any kind of fear, Lord Mahadev (Shiva) himself gave humanity the Maha Mrityunjaya Mantra! Whenever there is stress, grief, or illness, or when fear of death intrudes in awareness, this divine mantra can be chanted for healing, for maintaining vitality, and for gaining courage!



During Covid-19 my dad had started chanting this prayer one-hundred eight times a day. Soon my entire family joined chanting this mantra one - hundred eight times every Monday. It took a little bit to adjust but now it is just our routine.

After listening to the mantra for a few weeks I started feeling more relaxed. Every Monday night after the mantra I felt more at peace and calm. I started getting less stressed and having more positive energy. I started focusing and doing better in school.

Also during the prayer, it gives you time to just relax and think. You get lost in thought and when it's over you feel refreshed.

Another prayer/shlok my family and I have started reciting is the **Atharvashirsha**. The Atharvashirsha prayer is devoted to Lord Ganesha. We started doing this prayer every Tuesday night.

Ganapati Atharvashirsha, dedicated to the God of Knowledge and Fortune helps in receiving divine grace and blessings of Lord Ganesha. It also brings success, prosperity and fortune, removes obstacles and helps in spiritual upliftment.

This Prayer helps you focus and use logical thinking. You start to look at the world in a different way.

With these two prayers, the Maha Mritunjay Mantra and the Atharvashirsha, I feel like my life has changed for the better. I have started to feel more at



peace and look at the world in a different way. These prayers give me positive energy and logical thinking skills. They help me calm down, decompress and relax.

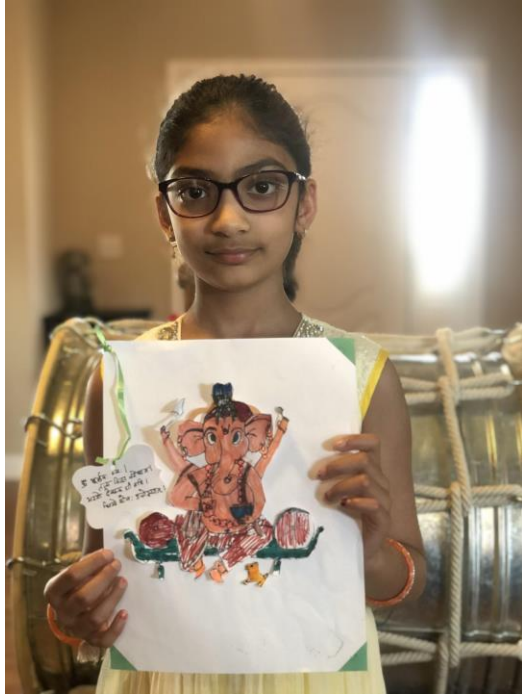
If your family worships Lord Ganesha or Lord Shiva, I urge you to try these prayers at home and see the effects they have.

There are many such Shlokas in Hinduism. But we picked these two and I have already seen its positive effect.



## Close to My Heart

By Prisha Athanikar



**Namaskar Friends!!** Whenever I think about someone or something close to my heart, I always think of Lord Ganesh, my favorite Hindu God.

Lord Ganesh is the youngest son of Lord Mahadev and Goddess Parvati. And do you know, whenever we start a new thing or a ritual, we always start with prayers for Lord Ganesh. He is the first to worship God.

He is **Vighnaharta Ganesh**. Vighna means obstacles and harta means one who removes. Lord Ganesh removes all the obstacles from our good deeds.

He is also called **Gajanan** because he has the head of an elephant. How he got an elephant head, it's a very interesting story. But I will tell you that story next time. How about I tell you some interesting things about his elephant head.

First is his large head, which represents thinking big with an open mind. Next are his large ears, which represent listening more and even the softest sound or voice.





Then come the small eyes, which represent keeping focus or having concentration while doing every task.

Next is only one tusk, which represents the retention of only good thoughts and getting rid of bad habits.

And lastly, a small mouth, which represents less talking. So, Lord Ganesh is **God of Wisdom and Prosperity.**

As I said earlier, he is the First Worship God, which means **Pratham Puja** God. This is a much more interesting story of Lord Ganesh's wisdom and how he became Pratham Puja God.

So, one day, all gods gather in front of Lord Mahadev, Vishnu and Brahma and ask them who can lead us in the fights with evil and bad, who can remove all the obstacles and always keep us positive. Tridev decided to conduct a race. The race of completing 3 laps around the universe including Heaven and the Earth. All the gods started the race. But Lord Ganesh's mount, a mouse, was not a speedster. So, Lord Ganesh comes up with a brilliant idea. He rode his mount, the mouse, and completed 3 laps around his parents, Lord Mahadev and Goddess Parvati.

As per his logic, for a son or a young child, his parents are his entire universe. His day starts with his mother and father and then ends in the night again with his mother and father.



Everyone was so impressed by his wisdom, Lord Mahadev announced him as First Worship God. Nice story, right? So, we worship him before starting any new work or a ritual to receive his blessings.

We also celebrate Ganesh Chaturthi, Lord Ganesh's birthday, every year in late summer. It's a 10 day festival when Lord Ganesh stays with us, we worship him in our house and on the last day, he goes back to his own house.

This year, we celebrated Ganesh Chaturthi between September 10<sup>th</sup> and September 19<sup>th</sup>. Do you know that Ganesh Chaturthi celebrations started as early as 230 BC by Saatvahan kings in India. But now, we see several countries along with India, celebrate Ganesh Chaturthi.

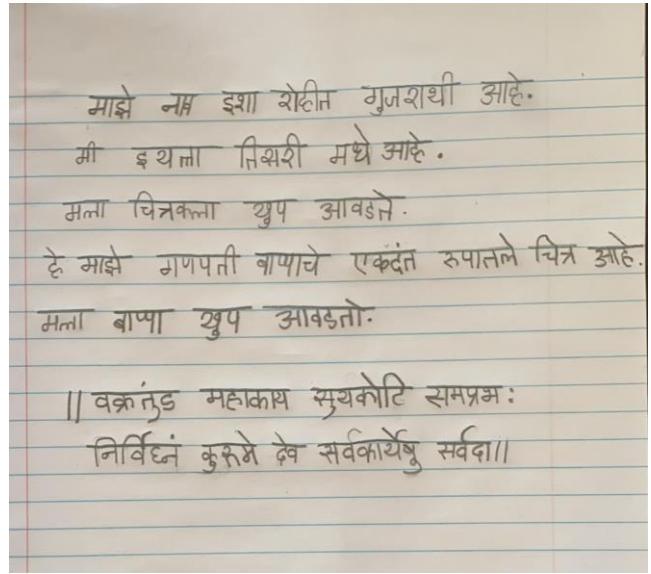
I hope you liked my Lord Ganesh and his stories.

**Ganapati Bappa Moraya!!!**



## Ganesha - Ekdanta..!

By Isha Gujarathi



❓ Note from Isha about her work.









## Let's celebrate Ganesha Chaturthi !

By Siyona Abhyankar



**Ganesha Chaturthi** is a Hindu festival that falls in the month August or September. It celebrates Lord Ganesha's birthday.

When we start new things we pray to Lord Ganesha, so for example if you one day say that you want to start swimming you can pray to Ganesha to help you succeed.

Lord Ganesha is half elephant, half human. Lord Ganesha's head was cut off, so they went to search for a head and they found an elephant's head so Lord Ganesha is half human half elephant

In my family my mom and brother made moduks , they followed a video from YouTube.

I went to get flowers on our patio. There were roses so I picked out 1 then I went to my neighbor's house and asked if I could pick out some flowers. I picked some flowers and told her about the festival. She was very interested. Then I went to my house and the moduks were cooked!

Then my friend came and asked if we could play. My mom said we should look for 3 stranded grass for Ganapti Bappa. So if we pray to god with that grass the wish comes true!



Then we sang prayers and I rang the bell. After that our friends came over and



we stuffed ourselves with moduks. **Ganapati Bappa Morya!**





## Mangal Murty Morya

By Ira & Shreya Godbole







Ganesha is our favorite God! We feel like he is a kid's God. But he is for everybody. Our Mom tells us to write his name on the first page of the book whenever we start writing.

We have heard and watched many stories of Lord Ganesha. We recited 'Ganapati Stotra' when we were 2 and half years old.

We are trying to recite other Shlokas too.

We love making many play doh or clay things. First time we have created the Murty of 'Ganpati Bappa' on our own.

We really enjoyed making it and we were very happy and delighted when we worshiped the Murty with flowers, dhup.

We recited Aarti with our musical instruments called Zanja. This teamwork really gave us bliss. We are so pleased to do worship and Aarti.

In Our prayer we have requested Our Ganpati Bappa to fight with the Corona and defeat it with your Great power.

You are **“Vighnaharta and Sukhakarta”**, which means we know that you will definitely remove this obstacle of COVID from everyone's life in the world. We know, we just need to pray every day!! 🙏





# Ganpati Bappa Morya!!

Asach Amchya Pathishi Raha!! 😊🙏



By - Ira Godbole



By - Shreya Godbole



## Out to Forest Preserve

By Keya Chandge



**Hello Friends !!**

I am Keya Chandge.

I live in Aurora IL.

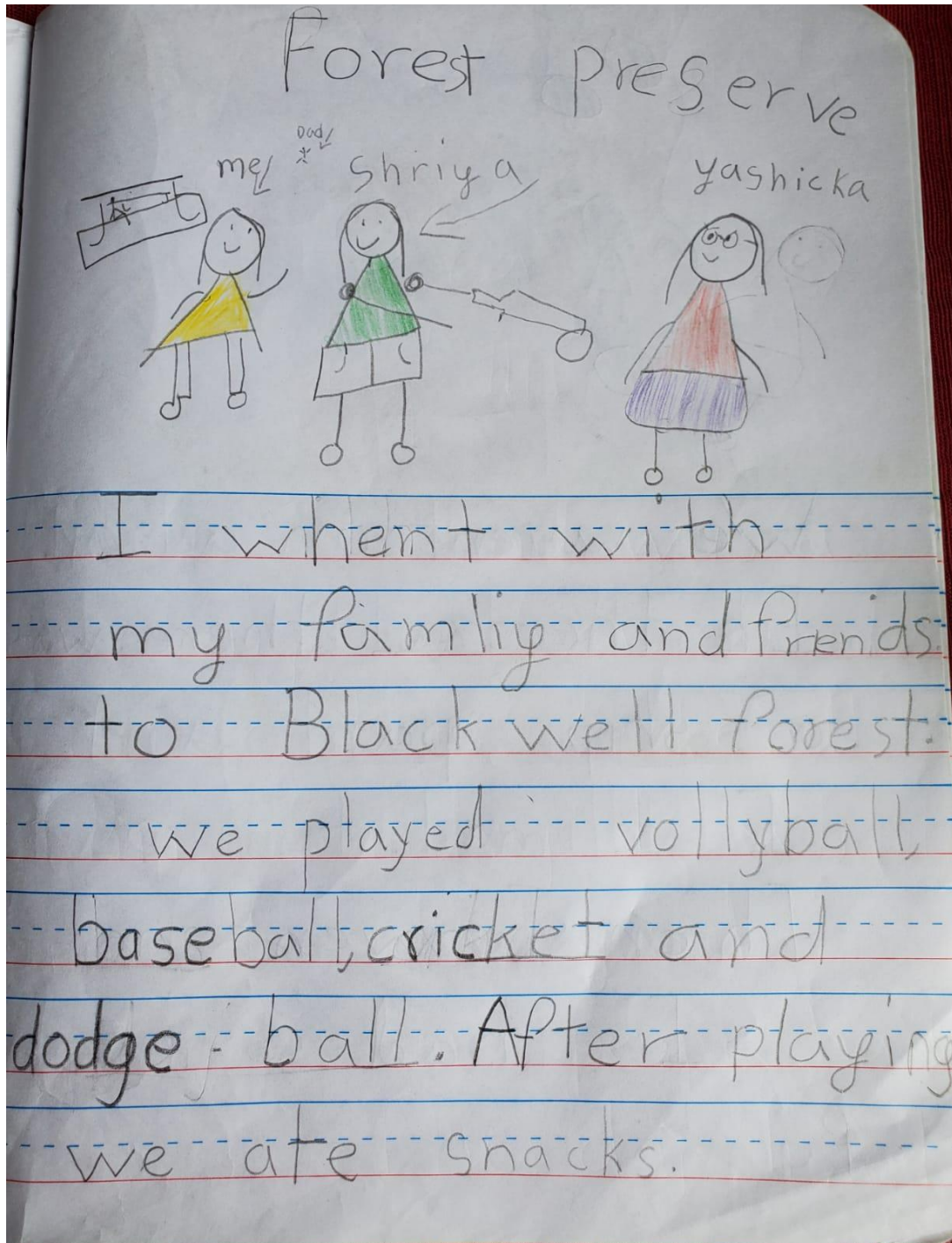
I am in Grade 2.

I went on a day trip to a Forest Preserve.

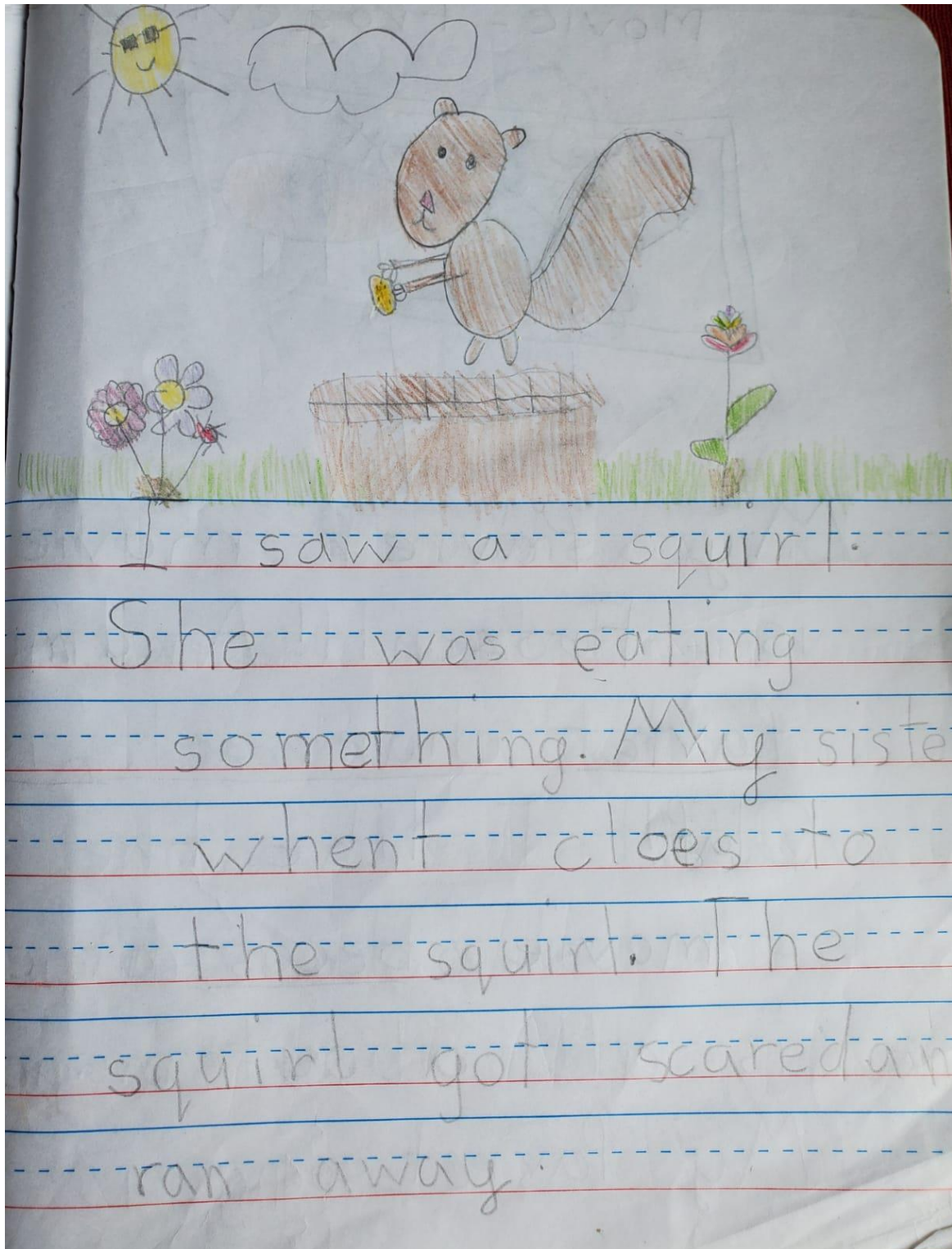
I wrote all about it in my journal. I even drew pictures !!

Now I want to share the same with you all.

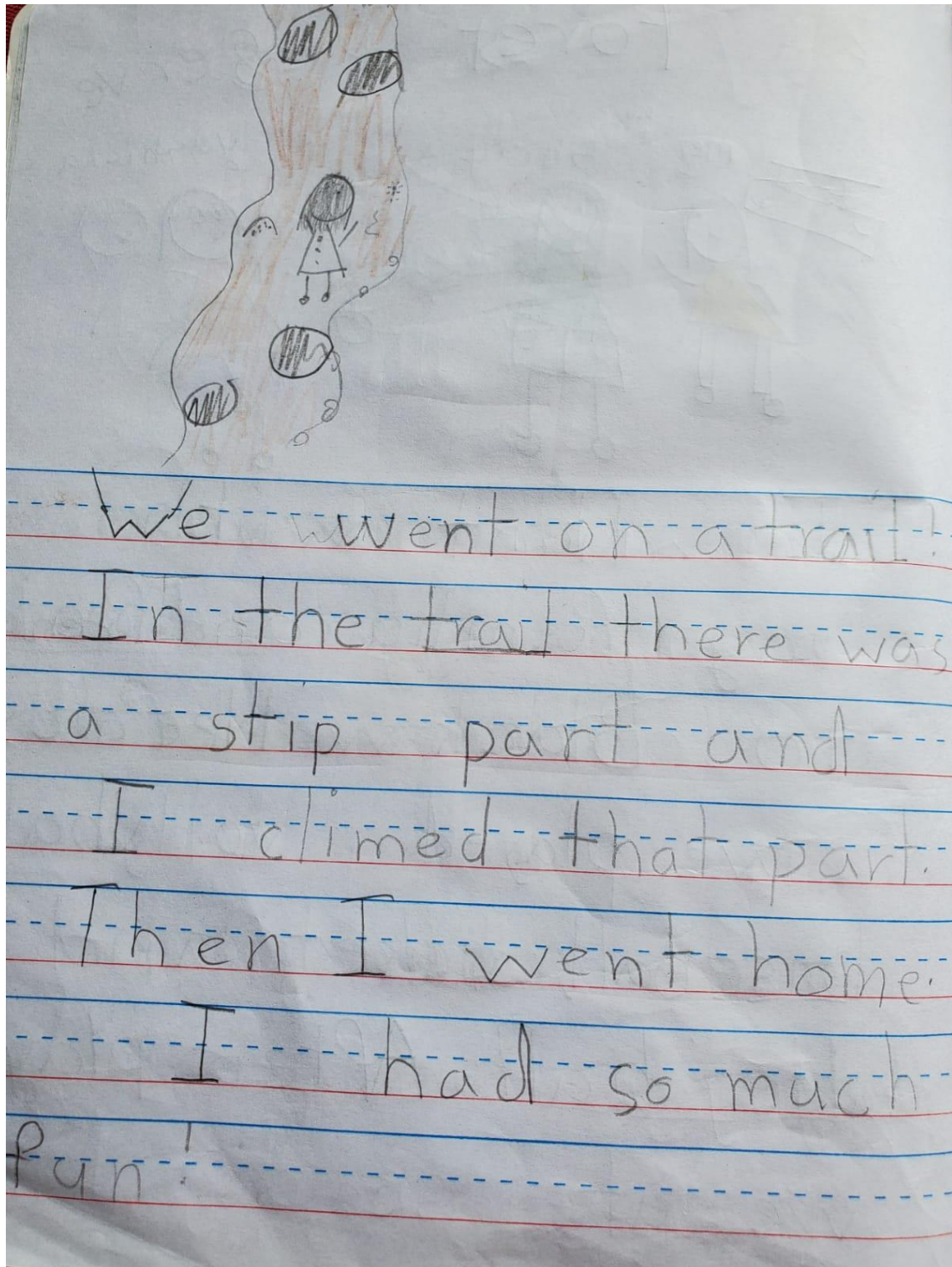
Hope you like it !







I saw a squirrel.  
She was eating  
something. My sister  
went close to  
the squirrel. The  
squirrel got scared and  
ran away.







**Thank You!**

We look forward to hearing from you ...

## Contact Us -

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