

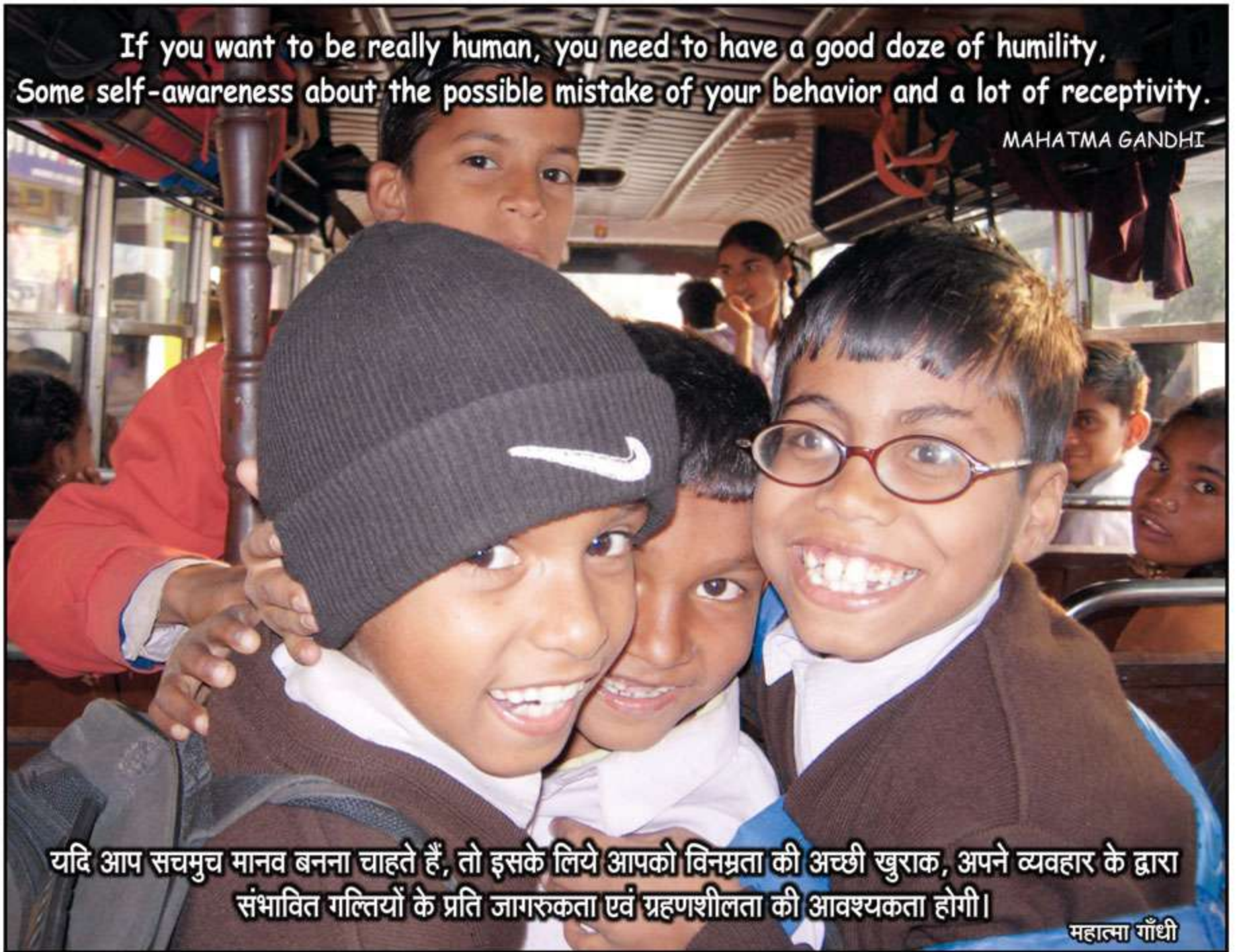
2010 વર્ષોનું



**KIRAN**

If you want to be really human, you need to have a good doze of humility,  
Some self-awareness about the possible mistake of your behavior and a lot of receptivity.

MAHATMA GANDHI



यदि आप सचमुच मानव बनना चाहते हैं, तो इसके लिये आपको विनम्रता की अच्छी खुराक, अपने व्यवहार के द्वारा संभावित गलतियों के प्रति जागरुकता एवं ग्रहणशीलता की आवश्यकता होगी।

महात्मा गाँधी

January

2010

जनवरी

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
31										1		2	
											Holiday	DLW Sports Day	
3		4		5		6		7		8		9	
		Outreach Camp 4 to 8											
10		11		12		13		14		15		16	
								Makar Sankranti		Staff Bus returning at 4:30 p.m.			
17		18		19		20		21		22		23	
City Youth Meeting						Basant Panchami							
24		25		26		27		28		29		30	
				Republic Day		KIRAN Foundation Day						St. Ravidas Jayanti	

Joy is the most infallible sign of the presence of God.

LEON BLOY



खुशी ईश्वर की उपस्थिति का प्रभावशाली प्रतीक है।  
लियोन ब्लॉय

February

2010

फरवरी

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
		1		2		3		4		5		6	
7		8		9		10		11		12		13	
14		15		16		17		18		19		20	
21		22		23		24		25		26		27	
28													



KIRAN

Every leaf of the trees becomes a holy scripture as soon as the soul has learnt to read.

SUFI TEXT OF 13TH CENTURY



वृक्ष की प्रत्येक पत्ती पवित्र धर्मग्रंथ बन सकती है, यह तभी संभव है जब हमारी आत्मा इसको शीघ्र पढ़ना सीख ले।

13वीं शताब्दी के सूफी

March

2010

मार्च

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
		1 		2		3		4		5		6	
7		8  Outreach Camp 8 to 12		9		10		11		12		13	
14		15		16		17		18		19		20	
21		22		23		24 		25		26		27	
28 		29		30		31							

The best and most beautiful things in this world cannot be seen with our eyes or even touched with our hands. They must be felt with our heart!

HELEN KELLER



दुनियाँ में सबसे अच्छी और सुन्दर वस्तु हम अपनी आँखों से देख नहीं सकते हैं और न तो हाथों से छू सकते हैं। इसे केवल दिल से महसूस किया जा सकता है।

हेलन केलर

April

2010

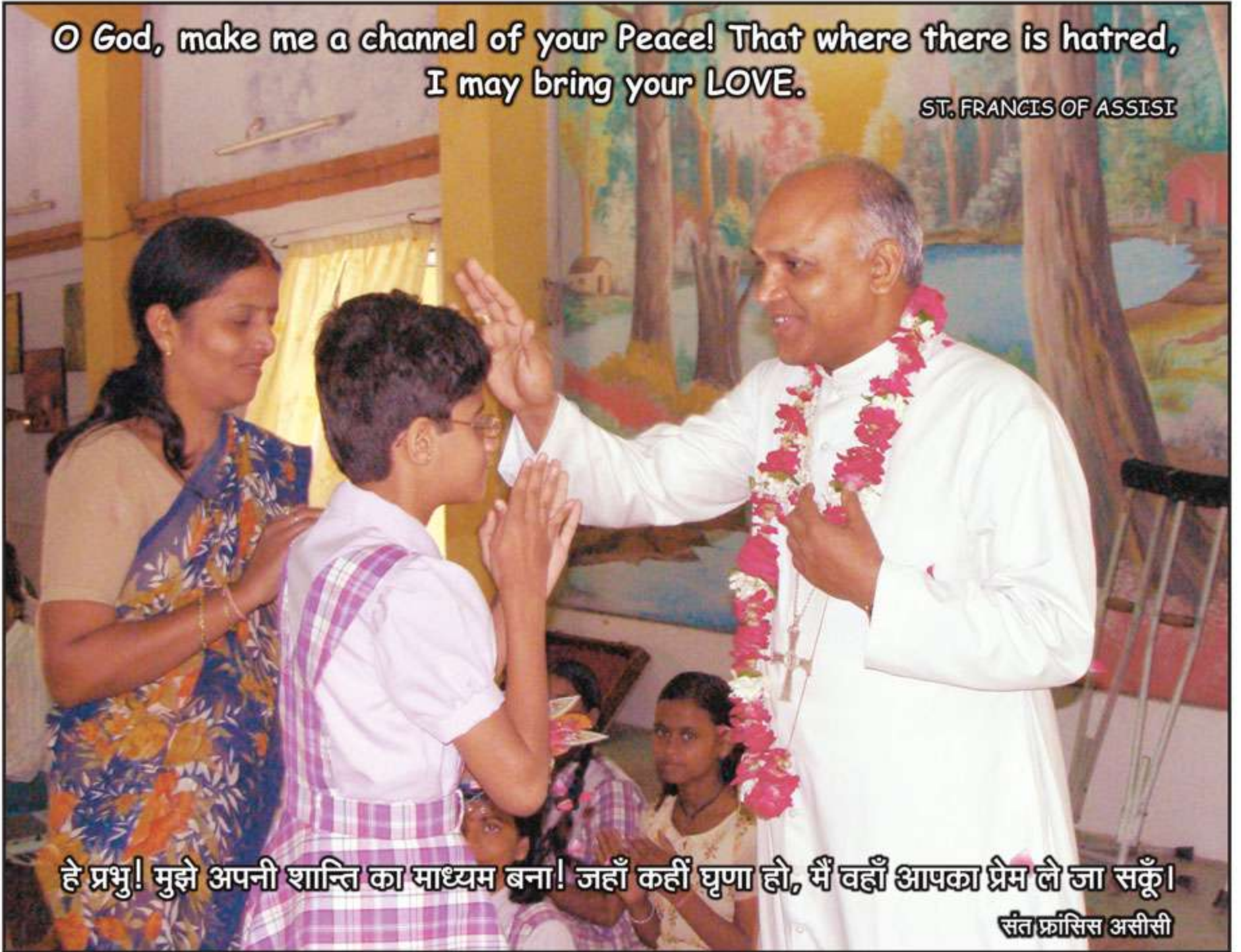
अप्रैल

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
								1		2		3	Holiday for all
4		5		6		7		8		9		10	Working day
11		12		13		14		15		16		17	
18		19		20		21		22		23		24	
25		26	Annual Examination 19 to 29	27		28		29		30			

KIRAN

© God, make me a channel of your Peace! That where there is hatred,  
I may bring your LOVE.

ST. FRANCIS OF ASSISI



हे प्रभु! मुझे अपनी शान्ति का माध्यम बना! जहाँ कहीं घृणा हो, मैं वहाँ आपका प्रेम ले जा सकूँ।

संत फ्रांसिस असीसी

May

2010

मई

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
30		31										1	
2		3		4		5		6		7		8	
9		10 Parents Meeting	11 Outreach Camp 10 to 14 English/Summer Camp Start	12		13		14		15		16	
16		17 Summer Camp End City Youth Meeting	18	19		20		21		22		23	
23		24	25	26		27 KARRA Budh Purnima		28		29		30	

Rejoice ! whatever happens, Life is still beautiful.



खुश रहो! कुछ भी हो, जीवन फिर भी सुन्दर है।

June

2010

जून

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
				1		2		3		4		5	
					Start Summer Vacation for all								
6	7	8	9	10	11	12							
13	14	15	16	17	18	19							
20	21	22	23	24	25	26							
27	28	29	30										
							End Summer Vacation for Staff						

KIRAN

Watching and listening are a great art, it sharpens your senses.

KRISHNAMURTI



ध्यान से देखना व सुनना एक बहुत बड़ी कला है। इससे हमारी ज्ञानेन्द्रियाँ तीव्र होती हैं।

कृष्णमूर्ति

July

2010

जुलाई

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
								1		2		3	
									School Reopen for Staff				
4		5		6		7		8		9		10	
			School Reopen for Children										
11		12		13		14		15		16		17	
			Outreach Camp 12 to 16										
18		19		20		21		22		23		24	
	City Youth Meeting												
25		26		27		28		29		30		31	

KIRAN



The strength of a nation is measured by the well-being of its weakest member.



किसी राष्ट्र की प्रगति, उसके सबसे कमजोर सदस्य की खुशहाली के द्वारा मापी जाती है।

August

2010

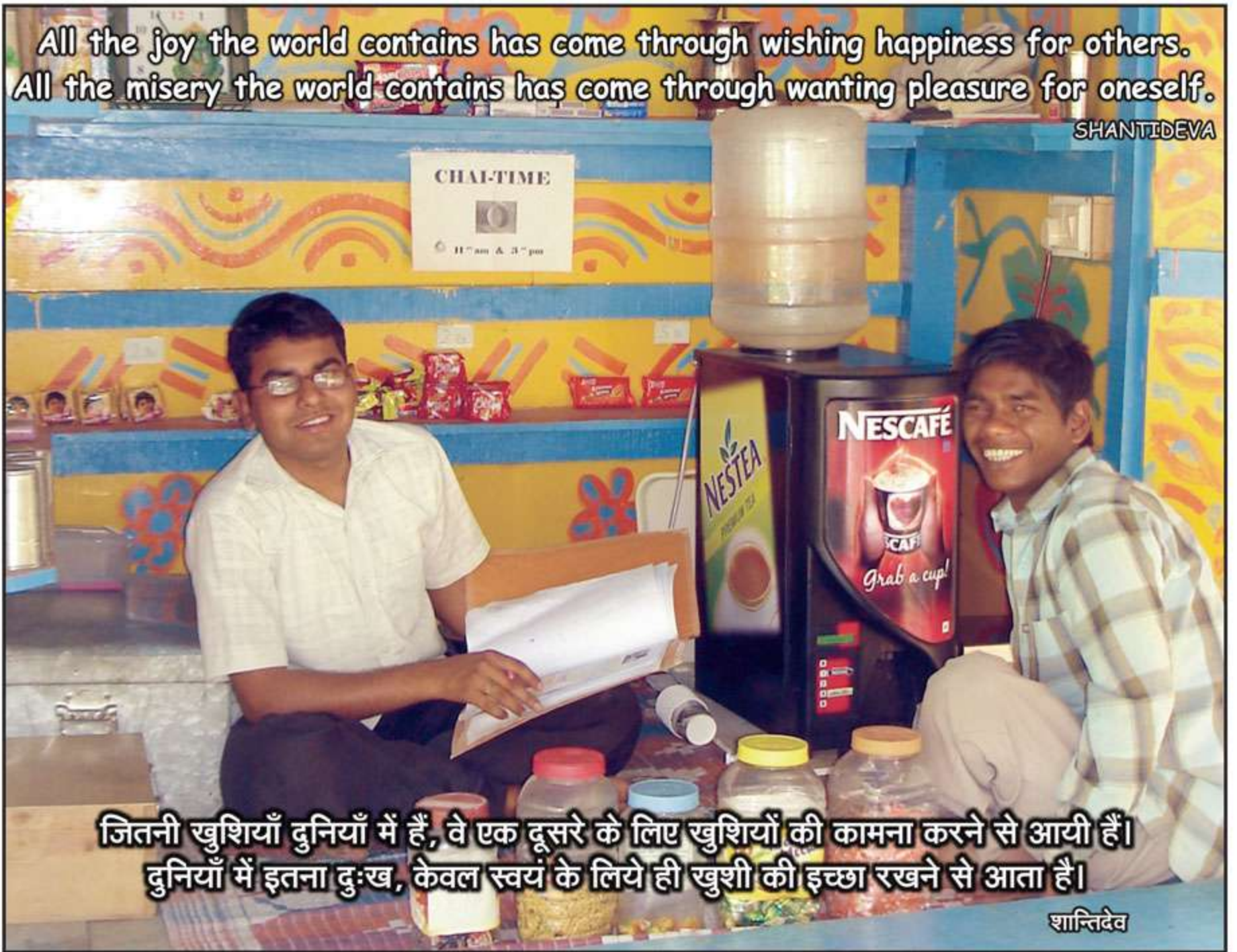
अगस्त

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
1		2		3		4		5		6		7	
8	Parents Meeting	9		10		11		12		13		14	
15	Independence Day	16		17		18		19		20		21	
22		23		24	Rakshabandhan	25		26		27		28	
29		30	Last Monday of Sawan Holiday for Children	31									

KIRAN

All the joy the world contains has come through wishing happiness for others.  
All the misery the world contains has come through wanting pleasure for oneself.

SHANTIDEVA



जितनी खुशियाँ दुनियाँ में हैं, वे एक दूसरे के लिए खुशियों की कामना करने से आयी हैं।  
दुनियाँ में इतना दुःख, केवल स्वयं के लिये ही खुशी की इच्छा रखने से आता है।

शान्तिदेव

September

2010

सितम्बर

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
						1		2		3		4	
5		6		7		8		9		10		11	
	Teacher's Day												
12		13		14		15		16		17		18	
19		20		21		22		23		24		25	
	City Youth Meeting		Outreach Camp 20 to 24										
26		27		28		29		30					

You shall be perfect just as God is perfect. Whatever you do, do it fully, do it well, do it with putting heart, mind and hands together.






आप ईश्वर जैसे परिपूर्ण होंगे; जो भी करें उसे पूरी तरह और ठीक से करें।  
ऐसा करने के लिये मन, दिल और हाथों का एक साथ इस्तेमाल करें।

October

2010

अक्टूबर

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
31										1		2	 Gandhi Jayanti KIRAN Festival
3		4		5		6		7	 Pitruvisarjan	8		9	
10		11		12		13		14		15	 Dussehra Holiday for Children 15 to 18 for Staff 16 to 17	16	
17		18		19		20		21		22		23	
24		25		26		27		28		29		30	

KIRAN

To celebrate means to say thanks for the gift of life which God has made us,  
by leading us from loneliness to the experience of togetherness and friendship.

JEAN VANIER

EDICAL ASSESSMENT CAMP  
IRAN CENTRE, CBR MIRZAPUR



त्यौहार का अर्थ है- ईश्वर को धन्यवाद देना जिसने हमें जीवन का उपहार दिया है।  
यह हमें हमारे अकेलेपन से मित्रता और साथ-साथ रहने का अनुभव कराता है।

जीन वेनियर

November

2010

नवम्बर

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
		1		2		3		4		5		6	
							Dhanteras Half day for all	 Diwali Holiday for all from 4 to 7					
 7 Bhaiyadooj		8		9		10		11		12		13	
			Begin of Winter Timing										Working day for all
14		15		16		17	 Bakrid	18		19		20	
	Baldiwas								Half yearly Exam form 18 to 30				
21	 Gurunanak Jayanti City Youth Meeting	22		23		24		25		26		27	
			Outreach Camp 22 to 26										
28		29		30									

KIRAN



**When will Christmas begin ?**

When the one who is weak will forgive the one who is strong...

When the strong one loves the strength of the weak...

When the one who has starts to share with the one who has not...

When the one who makes much noise starts to listen to the one who cannot express himself...

When in the midst of darkness a tiny little light starts to shine and is leading those who wish to a life of acceptance and love ...

And when you do not hesitate to walk towards this light which can transform you and make you part of this life of sharing and love!

ROLF KRENZER

**December**

**2010**

**दिसम्बर**

SUN	रवि	MON	सोम	TUE	मंगल	WED	बुध	THU	गुरु	FRI	शुक्र	SAT	शनि
						1		2		3		4	
										International Disab. Day			
5		6		7		8		9		10		11	
12		13		14		15		16		17		18	
Parents Meeting													
19		20		21		22		23		24		25	
										Christmas Celebration	Christmas Holiday 24 to 25		
26		27		28		29		30		31			

KIRAN

## Festival descriptions

**Hindu Calendar** In the Hindu calendar every month is divided into two parts. The first part is called Krishna Paksh from the full moon (*Purnima*) through to the night without moon (*Amavasya*). The second part is called Shukla Paksha and is considered to be the 'good' side of the month. It begins with *Amavasya* and ends with *Purnima*. Each month therefore does not have a fixed amount of days. The Hindu New Year begins in April of the Roman Calendar and ends in March. The year in the Hindu calendar is 57 years ahead of the Roman calendar so 2009 is 2066 in the Hindu calendar.

**Makar Sakranti/Khichari** Khichari is the Varanasi name for the festival Makar Sakranti. Makar Sakranti means 'Scorpio Fusion', relating to the planetary alignment at this time. The month considered inauspicious by Hindus from the 14<sup>th</sup> December to 14<sup>th</sup> of January ends on this day. The month is considered inauspicious or 'bad' because it is believed that during this time the gods are inactive and that their mood is not good, therefore no new enterprises are begun or special occasions marked during this time. Khichari heralds a new season and from this day all the weddings and new businesses, etc, may begin. People fly kites and enjoy being out in the sun, and a dish of rice and lentils called 'Khichari' is eaten. It is a significant day to bathe in the Ganges as it is believed that on this day all your sins may be washed away. It is also an important day for giving alms.

**Independence Day/Republic Day** On August 15<sup>th</sup> 1947 India became independent from the British Empire. On January 26<sup>th</sup> 1950 India became a Republic and the new constitution was ratified. Both of these days are celebrated every year with special programs. On these days the Indian flag and other patriotic memorabilia are sold in the markets. These items are only available on these days and are not typically displayed otherwise, except on government buildings.

**Basant Panchmi/Saraswati Puja** On this day a big *puja* (worship) is held in schools and colleges in honour of Saraswati, the goddess of learning. It is a holiday from studies, but the coming year of learning is dedicated to her. Idols of Saraswati are set up in shrines on the streets, and people dance and play loud music all night. In the morning the idols are taken in procession to be submerged in the river. Yellow food and clothes are used as a symbol of spring.

**Holika Dahan** In the weeks leading up to this day bonfires can be seen being slowly built in the streets. Effigies of Holika are placed on top of the bonfires and in the evening they are burnt. Holika was the evil sister of the wicked King Hiranyakashyap, who was very proud and evil. One day he decided that everyone should worship him. However his small son Prahalad was a devotee of Vishnu, and refused to worship his father as God. When his father found out, he was furious and decided to kill Prahalad. He summoned his sister Holika, and asked her to help him. Now Holika had been given a boon from the gods, which meant that on one occasion she could survive being burnt without any harm coming to her. The King and Holika planned to build a pyre and have Holika hold Prahalad in the flames and thereby kill him. So it came to pass, but to the surprise of the King when the flames died down he saw that it was Prahalad who was alive and unharmed, and Holika who had been burnt to nothing. Vishnu had seen the devotion of Prahalad and saved him, and for the misuse of her boon Holika had perished... During the day, families will massage their bodies with a paste of oil and mustard seeds. They collect the paste, dead skin, and hair that comes off with the massage. This paste is then taken to the bonfire and thrown in, symbolizing all the bad things being cast off and burnt up in the purifying fire.

**Holi** This is the day that people celebrate spring joyfully by throwing colored powder and liquid over each other. Families play colors in their own homes during the day, but men and boys roam the streets from Holika Dahan until the afternoon of Holi playing colors and ripping each others clothes! A parade of the god Shiva riding on a horse comes through the streets in the morning, accompanied by the men. In the afternoon, people stop playing and put on new clothes and visit their friends and neighbors and

**Lolark Chhat** Once upon a time there was a Raja of Benaras who had a uncomfortable skin condition. At that time the Tulsi Ghat/Lolark Kund area was all jungle. He was walking in this area one day and became very thirsty, and so sent his servant to the river to fetch water. On the way the servant found a small pond, and, feeling lazy to walk to the river, he filled water from there instead. The Raja drank the water and his skin condition was instantly healed! He asked the servant from where he had fetched the water, but the servant was ashamed to tell him. When he was finally persuaded to speak the truth, the king had a well built on the spot. The place is called Lolark Kund and once a year people gather there to ask for special healings. Most of the people who come are couples who want to have a child. People come to the *kund* (well) to bathe, pray, and to give offerings. After bathing, they leave all their wet clothes and ornaments there as a symbol of the bad things they are leaving behind.

**Pitr Paksh** This is two weeks of ancestor worship. Each day people take rice and black sesame seeds and oats/barley to the river at 6am. After bathing, they take the *Ganga Jal* (water from the Ganges) and pour it out as an offering to the seven generations that have passed away. This is only done by sons and is one of the reasons why it is so important for Hindus to have sons. It is believed that for the 15 days of Pitr Paksh the doors of heaven or the afterlife are open and the ancestors are wandering and looking for these water offerings. The *puja* (worship) gives them peace and ensures blessing for their descendants.

**Jeevitputrika (Jeeootiya) Vrat** - This is a fast which women do for the long life of their sons. The women fast without food or water (as in Teej) but instead of breaking their fast at dawn they must wait until a time announced by the *pundits* (Hindu priests) the next morning. In Laksha in Varanasi there is a Lakshmi *kund* (well) and a Jeeootiya Maa (form of Lakshmi) temple there. Sixteen days before the fast, a *mela* (fair) begins in this area.

**Vishwakarma Puja** A day of worship for the god of metal workers and machines. Special *pujas* (worship) happen in certain shops, and afterwards the idol is taken to be submerged in the river.

**Navaratri/Durga Puja** This is a nine-day fast for the goddess Durga. Since the goddess has nine different forms, each day's worship reflects that. The form worshipped on the fourth day is found in the large red Durga temple in Varanasi, so crowds flock there particularly on that day. It is believed that Durga took nine different forms so that she could defeat *rakshas* (demons). Large temporary temples are built housing large, highly decorated idols of the goddess. The idols are taken in procession to the river afterwards. There are often music programs and *melas* (fairs) held near the temples.

**Dussehra** *Duss* (ten) + *hera* (heads) refers to the ten heads of the demon Ravan who was defeated by the god Ram. Therefore Dussehra celebrates the day when the demon was defeated. The story is celebrated with plays called the Ram Leela. One of the most famous of these takes place in Ram Nagar (across the river from Varanasi) and stretches over an entire month. **Bharat Milaap** is the day celebrating the return of Ram to his kingdom and his *milaap* (meeting) with his brother Bharat.

**Karva Chauth** On this day ladies fast for their husbands and don't eat until they see the moon (through a mirror or sieve). The next thing she should see is her husband's face, after which he will feed her the first mouthful of food to break her fast.

give *mithai* (sweets). They give each other a *tika* (mark) of colored powder on the forehead and eat special food.

**Navaratri/Ramnavmi** This festival is nine days of fasting dedicated to Ram. People restrict their diet to certain 'fasting' foods that may be consumed. They do special daily *pujas* (worship) and visits to the temple during this time. On the last day, Shri Ramnavmi Vrat, is a celebration of Ram's birth and is the last day of fasting. Everyone eats special food and holds a special *puja* in their home. Ram is an incarnation of Vishnu and his story is told in the Ramayana, the most famous and well-loved Hindu epic.

**Rathyatra** This is a three-day festival, but the six days leading up to it are also important. It is considered that during these days Jagannath Ji (a title of Krishna, meaning 'Lord of the World') becomes ill due to the weather changes and develops a common cold. A large quantity of a traditional cold remedy is offered and distributed at the Jagganath temple. It is believed that if you drink it you will not develop a cold the whole year! On the first day, a large chariot (*rath*) and idol are made and taken in a procession, signifying the journey (*yatra*) that Krishna makes to his wife's family home where he will rest and get better. A *mela*, or fair, is held at that location for the three days, after which people go to worship in the temple since Krishna is now considered to be recovered and available once more.

**Guru Purnima** This happens once a year and is the day dedicated to the family *Guru*. On this day, if you don't have a *guru* it is an auspicious day to get one. When one becomes a disciple of a *guru* he receives a special *mantra*, this is called '*Guru Diksha*' (initiation under a *Guru*).

**Nag Panchmi** This is the first festival of the Hindu year and is very important. It falls in the month of *Sawan*, which is dedicated to Shiva. Shiva wears a snake around his neck and it is considered as a god because of its association with him. Nag Panchmi is the day of worship of the snake. Snake charmers come into the city and charm their snakes for a few rupees or food. A special *puja* (worship) is done in every home. Images of snakes are pasted on doors and worshipped.

**Raksha Bandan** This festival celebrates the special relationship between brother and sister. On Raksha Bandan, sisters tie *rakhis* (protection bands or bracelets) on their brothers and the brothers in turn pledge to protect them. The sisters bring a *thali* (plate) with *tika* (marking) powder, dry rice, an oil lamp, sweets, and the *rakhi*. A *tika* is placed on the brother's forehead along with rice. *Aarti* (waving of the light) is done with a lamp to honor him. The sister feeds her brother the sweet and then ties the *rakhi* on him. He gives her a small gift or money. Some trace the origins of Raksha Bandan to the story of Krishna protecting Draupadi in the Mahabharat (the epic Hindu story), but it was also a strategic move between kings and queens in the past - a story is told of how a Hindu queen sent a *rakhi* to a Muslim king of a rival territory, thereby honoring him as a brother and claiming his protection.

**Janmashtami** Krishna's birthday is celebrated with a household *puja* (worship) at midnight on this day. Families decorate their *puja* area with toys for Krishna to play with. Special food is made and dedicated to Krishna before being eaten.

**Teej** This is a day of fasting dedicated to Shiva. Women fast food and water for a full 24 hours, which is a particularly difficult fast considering the climate. Married women fast and pray for the long life of their husbands. Single girls fast and pray to get a good husband. New clothes are worn and married women decorate themselves like new brides with makeup, henna on their hands, and many bangles. The story behind Teej is of how Parvati did a very difficult *tapasya* (ascetic action to gain merit and favor with the gods) in order to be able to marry Shiva.

**Tulsi Vivah** This day marks the marriage of Tulsi (the plant holy to Hindus) to Vishnu. The small, green basil-like plant is dressed like a bride with a veil and *sindoor* (red powder used by married ladies) and a special *puja* (worship) is done. The plant Tulsi was considered as a weed, but after her complaint to Vishnu he raised her status and decreed that she would reside in every Hindu home and receive worship.

**Dhanteras** This is the first of the five days of the Diwali celebrations. Lakshmi (goddess of wealth) and Dhanteras (god of medicine) are worshipped on this day. It is considered auspicious to buy items made from gold, silver, or steel on this day and they are used for a Lakshmi *puja* (worship) on the third day of Diwali (the main day). On this day a minimum of 11 earthen lamps are lit (always a number such as 21, 31, 41 etc.). On the next day, known as 'Chhotti Diwali' (Small Diwali) a minimum of 21 lamps will be lit and the entire house will be cleaned thoroughly as it is believed Lakshmi will not visit or bless a dirty home.

**Diwali** The largest festival of the year (along with Holi), it celebrates the day that the god Ram returned to his kingdom after defeating Ravan (a demon). Since he returned on a night without moon the people of his kingdom lit lamps to light his way and welcome him back. Many earthen lamps are lit, and a special *puja* (worship) is done to Lakshmi, the goddess of wealth. Houses will have been cleaned nicely (often beginning many days before and involving new paint or renovations) and sweets and special food are prepared. New clothes are worn and people give Diwali greetings to their friends and neighbors sometimes with cards or sweets. The whole city will be full of light (modern strings of lights as well as the traditional oil lamps) and fireworks are set off with much enthusiasm.

**Govardhan Puja & Bhaiya Dhu** The fourth day of Diwali is marked by a *puja* (worship) for Krishna. It recalls the story of how he picked up Govardhan mountain in order to shelter the people of Mathura, who were suffering from heavy rains and flooding. The fifth and final day of Diwali is called Bhaiya Dhu and is a festival for brothers and sisters. They exchange gifts and do *puja* (worship) similar to Raksha Bandan, but this ceremony may only be done between blood relatives and not close friends. The five days of Diwali are connected because Ram and Krishna are both incarnations of Vishnu, and Lakshmi is his wife.

**Dev Diwali** Ten days after Diwali comes Dev Diwali. This celebration happens only in Varanasi. The *ghats* (step along the river) are decorated with lights and people put small floating lamps into the river as offerings.

**Solar Eclipse** A solar eclipse holds much significance for Hindus. It is considered an inauspicious and 'bad' time, in which everything is impure. To reduce the ill effects some people stay indoors. Others go to the river and stay in the water throughout the eclipse praying for the sun god (Surya Bhagwan) to reappear. People often fast the day of the eclipse. It is an important day for giving alms and many beggars gather near the river.

**Other Fasting Days** Not marked on this calendar are the numerous monthly and weekly fasts. For instance, many women fast every Monday to Shiva, or on Thursdays for ones *Guru*. Four days after every full moon there is day of fasting for the elephant god Ganesh called Ganesh Chaturthi Vrat. People may not mark all of these different fasting days and most fasts are partial, restricting only certain foods.

Please note that this information is specific to Varanasi and tradition varies from family to family. The way of celebrating the festivals and the stories behind them differ greatly between the many people groups and different states in India. Research done by Karishma



**KIRAN**, literally means 'ray of light,' is a Centre for differently-abled children and youngsters. Founded in September 1990 by a small group of people from various social, cultural and religious background, it has continued its work based on the idea of togetherness, enriching everyone's talents and abilities. In 1998 KIRAN Centre shifted from the city Varanasi to Madhopur, a village near the famous Sultankeshwar Temple, located about 12 kms south to B.H.U. (Benares Hindu University). Today the KIRAN Centre functions as a small village where children and youngsters with different abilities receive education, skill & vocational training as well as physical rehabilitation. Most of the children and youngsters we work with are suffering from the consequences of polio, cerebral palsy, rickets or hearing impairments. Unfortunately, many such children suffer the fate of being hidden and kept at their homes and getting no access to education or rehabilitation. In such cases KIRAN offers chances and possibilities in various ways. At KIRAN we believe that 'family involvement' is an essential part of the recovery process. We remain in constant touch with the children's and youngster's families, discussing medical conditions, educational issues, as well as providing them counseling and support.

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