



# WELCOME & JAI SWAMINARAYAN

Shree Swaminarayan Yuvak & Mahila Mandal Oldham

[www.swaminarayan-oldham.org](http://www.swaminarayan-oldham.org)



# Quiz

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# Quiz



- What is mansi pooja and how does it benefit us?
  - Form of seva/service to bhagwan
  - Form of mediation

# Quiz



- How many and at what times should mansi pooja be done?
  - Early morning (4am-7am) during pooja
  - Lunchtime (11am-1pm)
  - Snack time (4pm-5pm)
  - Dinner time (6pm-8pm)
  - Bed time (9pm-10pm)

# Quiz



- How should one behave in mandir?
- NO talking during Sabha
- NO chewing gum
- Males and females avoid each other
- Don't do darshan whilst Maharaj is eating
- No sleeping during sabha

# Quiz



- Activities that women should refrain from during menstruation
  - Stay away from household activities
  - Delegate domestic responsibilities
  - Not wear kum kum no chandlo

# Quiz



- How did the Aarti come about?
  - Muktanand Swami believed Ramanand Swami as Lord
  - Ramanand Swami gave darshan to Muktanand Swami showing Maharaj as Almighty God Supreme
  - After realisation Muktanand Swami sang the aarti at the feet of Lord

# Quiz



- When does Ramvanmi/ Swaminarayan Jayanti fall this year?
  - Friday 7<sup>th</sup> April 2006



# Quiz



- What are the English and Indian dates for when Lord Swaminarayan was born?
  - 2nd April 1781 AD
  - Monday 9th day of the bright half of the month Chaitra VS 1837

# Quiz - 10 Indriyas



- 5 Gnaan Indriyas

➤ श्रोत्र - Hearing

➤ त्वक् - Touch

➤ चक्षु - Sight

➤ रसना - Taste

➤ घ्राण - Smell

# Quiz 10 Indriyas



- 5 Karma Indriyas

- વાકુ - Mouth
- પાણી - Hands
- પાદ - Legs
- પાચુ - Excrement path
- ઉપસ્થ - Urine path



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