

TOPIC 1:

Sanatana definition and simplified introductory explanation

1. Clarity between the terms Hinduism vs Sanatana Dharma
2. Acronym H.I.N.D.U.D.H.A.R.M.A with brief explanation of each one to understand the 11 core values.
3. What are basic or foundational or text books..vedas/ chaturdhasavidyasthan(14 main texts) or sacred scriptures explaining Atman(jiva),jagat(world) Paramatma or Brahman/Ishvara
4. Three main philosophies and four main Sampradayas.
 - Nirguna and Saguna Brahman
 - multiple gods and goddesses with both animal and man features
5. Importance of need for Guru in understanding scriptures and where to find sadgru.
6. Qualifications to be a student or teacher in spirituality.

TOPIC 2:

1. Tools or means of obtaining knowledge other than studying scriptures
2. Rituals and worship
 - pancopachara and sodopacharas and explain
 - Ringing of bells,blowing conch,breaking coconuts,kalasha,homa,japam,japamala ,Aarati,pradakshana,theertham,shatagopam,prasadam ,mantras and telling Santhi 3 times,ideals behind idols,abhishekam,Ista devata,prayers,meditation
 - why so many gods and types of puja

TOPIC 3:

1. Knowing the basics in visiting temples
 - why visit Temple or need for temple,prayer room
 - dress code, taking off chappals,washing the feet, visiting in groups or individual, silence, bending down and touching the entry gate floor
2. Acharas,signs and symbols
 - touching the feet of elders, pancanga or sastanga namaskaras ,greeting with namaste,or Hari OM or Hare Krishna or sai ram,
 - esoteric meaning behind AUM, Swastika,Sri Yantra,tilaks and vibhutis
3. Samskaras,do's and don'ts
 - ahimsa,ASANGA ,abhaya and Ananda
 - avoiding Lust,Anger and Greed

-16 samskaras

- why we don't touch the books and other beings with our feet

- why we offer food or water to God or guests first

- why certain plants ,flowers and animals are sacred

-varna-ashrama dharma

-law of karma,punya and papa,concept of heaven and hell

-purusharthas

-vegetarian food

- festivals and celebrations

- importance of visiting sacred places and historical places,attending melas and kumbhamelas