

Hindu Swayamsevak Sangh



Ramayana Vaibhavam

16 Contests based on 16 Kalyana Gunas of
Shri Rama
Organized by Hindu Swayamsevak Sangh
(HSS)

Details



- Registration fee – 11\$ per kid
- Kids can participate in as many contests as they want
- Details of each contest are given in below slides
- Please reach out to swsambhagbala@gmail.com for any questions

General Rules



Shishu (3-6 years) - will have only 1 contest per Guna

Balas (7-12 years) - have to complete shishu spardha as well as the additional spardha mentioned

Some submissions should be hand written, some should be typed and printed, please follow instructions

Please write your first and last name, Shakha name, parent email id and Guna/spardha name on every submission

Some contests require a video recording. Start the video by telling your name , age, and for what guna you are recording the video

Some contests will be in person

Kalyana Guna 1 - Gunavaan



Meaning - Gunavaan / Sousheelyam: Be unconditional
Accept everyone unconditionally and treat equally. Shri Rama accepted and treated Guha, Sugriva, Hanuman and Vibhishana unconditionally and so he was able to build a better connect with them, thus leading to a peaceful environment.

Type of contest – Write @home and submit the paper on the day of final contest

Shishu Spardha – Write down 5 Gunas of Sri Rama that you like and why should be handwritten by the contestant in one page.

Bala Spardha – Interview your parent or grandparent and write down 3 gunas they learned from Shri Rama and practiced in their life.
Questions and their answers should be typed and printed
Include the details of whom you interviewed - name, age, relationship

Kalyana Guna 2 - Veeryavaan



Meaning - Be assertive

Be Strong and powerful yet empathetic at the same time. Shri Rama was a fierce warrior and had unusual power and strength. However, He never misused these. The balance between the two is a rare find. To be greatly successful like Shri Rama, you need to develop the boldness of being fierce and empathetic at the same time.

Type of contest – In person

Shishu Spardha – Demonstrate 2 variations of Virabhadrasan

Bala Spardha – Talk for a minute when Shri Rama depicted this guna

Kalyana Guna 3 - Dharmagnya



Meaning - Be righteous

Make the right choice between sticking to good values and going against them. Shri Rama always followed Dharma (the path of righteousness) be it leaving his kingdom to be in exile or destroying the evil in the form of Vaali (Sugriva's brother) and later Ravana – His values were never compromised.

Type of contest – In person , Writing @home and submit the paper on the day of final contest

Shishu Spardha – Contestant will be given 10 cards with some activities mentioned on the card. They have to put these cards in 2 piles – right action, wrong action

Bala Spardha – Write about an incident why Rama/Sita/Lakshmana/anyone performed that action to defend **Dharma**.

Ex: why sita didn't go with Hanuman /Why Rama punished Vali/ why did Lakshmana followed ShriRama

Answer should be typed and it should fit on a single page in Word format using Font: Verdana Size: 12.

Kalyana Guna 4 - Kritagnya



Meaning - Be grateful

Be thankful and appreciate others for the help they have offered you be it small to deepen the connections with your fellow human beings. Shri Rama wholeheartedly thanked the *Vanaras* (Monkeys) for their help and felt indebted to Lord Hanuman for his selfless service.

Type of contest – Greeting card/Poster board @home and submit on the day of final contest

Shishu Spardha - Prepare a greeting card to whom you are grateful to. Use your creativity. Can be colorful. Card will be returned after evaluation

Bala Spardha – Prepare a poster with any sewa project that you did for Mother Earth with pictures.

ex: planting a tree/cleaned a park/earth day/clean-green/save soil

Kalyana Guna 5 - Sathyavaakyaha



Meaning - Be True

Be Honest not only to win over the trust of people around you but also to lead an insanely easy life. Shri Rama always spoke the truth and nothing but the truth.

Type of contest – Write @home and submit the paper on the day of final contest

Shishu Spardha – Write 5 names who *always* spoke truth despite of all challenges

Bala Spardha – Write about any scenario from Ramayana and who exhibited a high amount of Integrity.

Essay should be typed and printed and it should fit on a single page in Word format using Font: Verdana Size: 12.

Kalyana Guna 6 - Drudavrathaha



Meaning - Be steadfast

Take ownership, critically analyze things, and then finalize what steps you need to take. Once decided, stick to it. Commit wholeheartedly. Let nothing come in your way. Shri Rama gladly accepted to live in exile. Even when Bharat came to request him to come back to Ayodhya and take charge of the kingdom, He refused.

Type of contest – Video recording @home, and share on final day

Shishu Spardha – Talk for a minute and explain when you are most determined ,you didn't yield to temptations (sleep/candy/video game) and completed your task

Bala Spardha – Talk about a person/situation from Ramayana , whom you think are most determined (other than Shri Rama)
ex: Hanuman/Bharata/Lakshmana/Urmila/Sabari

Kalyana Guna 7 - Chaarithrenacha koyuktaha



Meaning - Be charismatic

Confidence, communication, and the ability to connect with people makes you charismatic. Shri Rama had an impeccable character and without any blemish and so was he was able to greatly succeed in all his endeavors.

Type of contest – Coloring /Writing @home, and share on final day

Shishu Spardha – Color the page. The link to the coloring page pdf can be found at <https://drive.google.com/file/d/1NF1YhXLyflpdeSMziThn2Qj1SOUr1wSZ/view?usp=sharing>

Printout must be A4 size and can only be colored with crayons, color pencils, or markers.

Bala Spardha - Write about the person whom you think is the most charismatic/confident and why do you think.

Essay should be typed and printed and it should fit on a single page in Word format using Font: Verdana Size: 12.

Kalyana Guna 8 - Sarvabhuteshu hitaha



Meaning - Be emancipative

Help people as much as you can. Instead of being only concerned about yourself when you help others - even when you have no personal gain, you are bound to get ahead fast. Shri Rama, though a king performed the last rites of Jatayu and transformed a stone into a damsel thus setting Ahilya free from the curse.

Type of contest – Picture /video recording @home, and share on final day

Shishu Spardha – Bring a picture where you are taking care of an animal (visit to Gaushala/ walking your pet etc)

Bala Spardha – Talk about 3 incidents from your life, where you are helping others, without expecting any favor from them – video recording

Kalyana Guna 9 - Vidwaan



Meaning - : Be proficient

Learn from the past, examine the present and brighten the future with your expertise. Shri Rama had mastery over all subjects. He had the knowledge of the *Astra* – the weapons, (being a Kshatriya) and the *Shaastra* – the *Vedas*. He thus has been rightly described as the *Vidwaan*.

Type of contest –Video recording @home, and share on final day

Shishu Spardha – Memorize and sing Naama Ramayanam - bala kanda

Bala Spardha - Memorize and sing Naama Ramayanam

or

play Shri Rama Chandra Kripalu Bhajan on any Ghosh Vayidya and record it

Kalyana Guna 10 - Samartaha



Meaning - : Be capable

Take up whatever you can. Acquire adequate knowledge and use them appropriately to solve any challenge that comes your way. So don't just be learned – be capable. Shri Rama was considered as capable of doing absolutely anything in this world. As a child, He defeated the demoness named Taadaka and her sons, single-handedly. At Mithila (present day Nepal), he is said to have lifted the *Shiva Dhanush* - the bow of Lord Shiva, which no one could and thus was married to Goddess Sita.

Type of contest – In person, before the contest

Shishu Spardha – Tell Amritvachan as part of shakha activities at least once and notify your bala shikshak

Bala Spardha – Conduct any activity in shakha atleast 4 times and notify your Bala shikshak/adhikari that you are doing this activity as part of RV spardha

Kalyana Guna 11 - Priyadarshanaha



Meaning - : Be presentable

Work on yourself – not just on the physical appearance but also on your internal well-being. A book is always judged by the cover. What is attractive gets sold. Also, people like to connect and work with those who are presentable.

Type of contest - Video recording @home, and share on final day

Shishu Spardha – Take a video of your daily routine for being healthy and presentable (food habits/cleanliness/yoga routine). Video length should be less than 2 minutes.

Bala Spardha – Talk about what do you think Shri Rama’s daily routine during vanavas was, to keep him healthy and strong

Kalyana Guna 12 - Aatmavaankaha



Meaning - : Be spiritual

The more spiritual you are, better you can engage in your work and the result will undoubtedly be more efficient. Spirituality goes hand in hand with the knowledge and skills required for one's growth. Shri Rama was a spiritual master. He was aware of the significance of the atman – the inner soul.

Type of contest - Video recording @home, and share on final day

Shishu Spardha - Chant at least 2 shlokas from Ish Chintan lyrics @ <https://www.hssus.org/ish-chintan>

Bala Spardha – Talk about the spiritual practices that you and your family practice video should be less than 2 minutes

Kalyana Guna 13 - Jithakrodaha



Meaning - : Be calm

Learn to be calm. Anger takes away your ability to think and in the sway of emotions you cause yourself an irreparable damage. Ravana was very learned scholar and an ardent devotee of Shiva. But only Shri Rama is worshipped. One of the main reasons is Shri Rama's ability to stay calm even in the fiercest situations thus having complete control over his emotions, including anger.

Type of contest – Write @home, and share on final day

Shishu Spardha – Write about an incident where you stayed calm, when someone is yelling at you for others mistake

Bala Spardha – Write about the incident where Shri Rama exhibited calmness

Kalyana Guna 14 - Dyuthimaan



Meaning - : Be radiant

Be able to work effectively with everyone around you, inspiring and influencing with our love and care. The moment Hanuman had set his eyes on Shri Rama's face, he was shaken. His bones were melting, he felt goose bumps all over his body and tears of joy and love started flowing automatically from his eyes. This is the *Tejas* or the radiance.

Type of contest – Pictures/ Video record

Shishu Spardha – Dress up like any one character from Ramayana. Be Radiant

Bala Spardha – Talk for 2 mts about which quality you want to take, from Rama/Sita/Hanuman and how will you practice to incorporate it.

Kalyana Guna 15 - Anasuyakaha



Meaning - : Be admirable

Never be jealous, envious, or greedy. These qualities will not get you grow higher. But understanding what another person has better than you and implementing it will help you rise. Shri Rama had a very strong control over self and emotions. So, he was neither jealous of anyone, nor did he envy someone. He was far away from greed.

Type of contest – Video record @home

Shishu Spardha - Who in Ramayana is full of jealousy and what did he/she do. Do you think it is correct

Bala Spardha –

- 1) Talk about the jealous person and provide options of what he/she could have done differently
- 2) Explain about your reaction in a jealous situation (ex – friend gets a better grade or they new toy or some thing you don't have)

Kalyana Guna 16 - Bibyati devaha



Meaning - : Be dreaded

Never tolerate any injustice being done to the others. During the war, when Ravana attacked, Shri Rama was patient – far away from being angry. However, the moment Ravana attacked Hanuman, Shri Rama got angry and started to fight Ravana in the war and eventually defeated him.

Type of contest – In person

Shishu Spardha - Perform 1 Surya namaskar

Bala Spardha – Perform SN with Perfect poses, tell Asana names, all mantras in Suryanamaskar set, beginning and ending sloka