

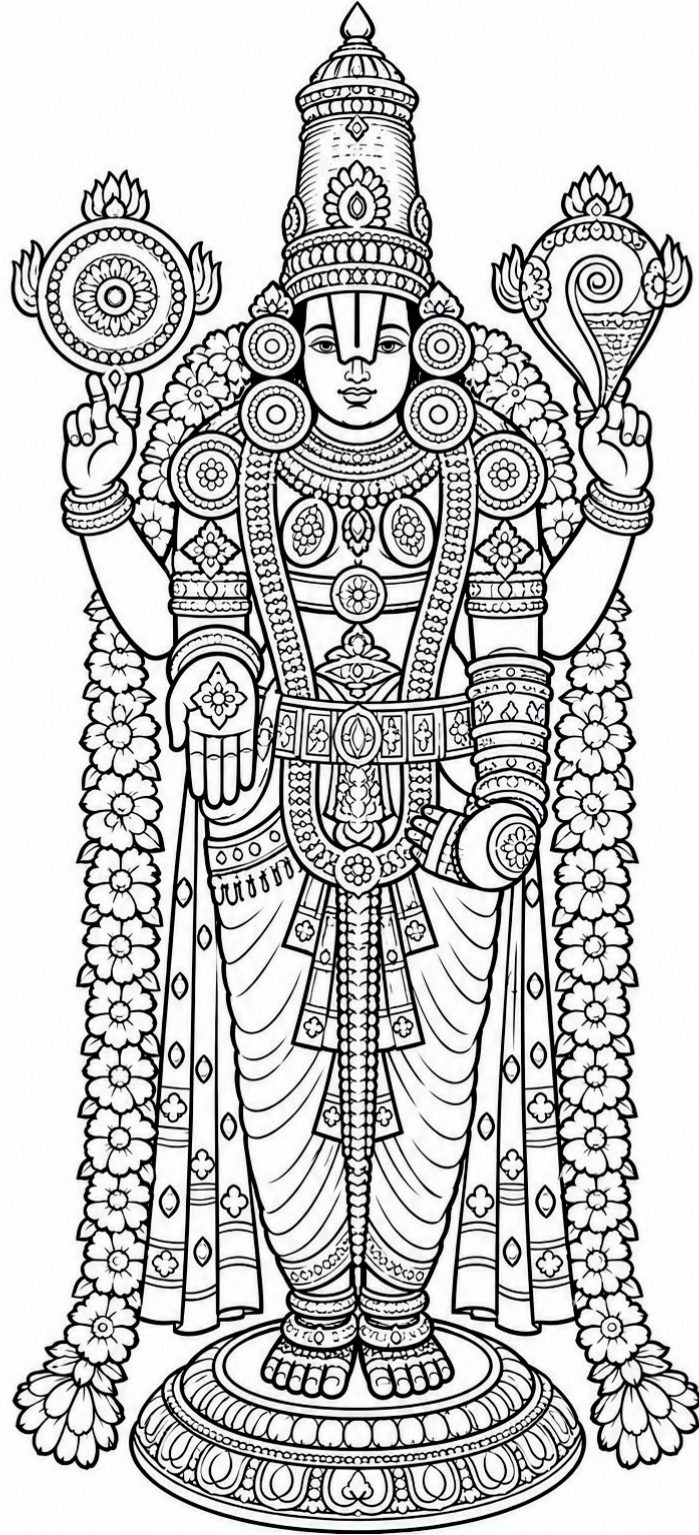


JOURNEY THROUGH PURTASSI

VOL 5



MY PURTASSI ACTIVITY BOOK



This Book Belongs To :

About The Book :

This activity book is designed and printed free of charge with the sole purpose of educating young minds. A print-ready PDF version is available, as books are not reserved and are distributed on a first-come, first-served basis.

The Purtassi Activity Book is thoughtfully designed to introduce children to the traditions and significance of Purtassi in a simple and engaging way. Through a variety of interactive activities such as coloring, drawing, puzzles, and reflection pages, young learners are encouraged to explore and understand the meaning behind this sacred observance.

The book presents information in a clear, child-friendly manner, making it easy for young minds to grasp, whilst inspiring creativity, curiosity, and devotion. By combining learning with hands-on activities, this resource not only educates but also helps nurture an early appreciation for cultural, spiritual, and community values.

The Significance of Purtassi

Purtassi, observed during the Tamil month of Purattasi (September–October), is a sacred period of devotion, prayer, and fasting dedicated to Lord Venkateswara, a manifestation of Lord Vishnu. For Hindus, this month is not merely a ritual observance, it is a spiritual journey that deepens faith, cultivates discipline and renews the soul's connection to the Divine.

The reason Purtassi is dedicated to Lord Venkateswara is rooted in the eternal promise of Vishnu to preserve creation. Through the ages, the Divine has taken different forms known as the Dashavatara, or ten avatars, to restore balance whenever righteousness (dharma) declined. As Matsya, he saved life from the flood; as Kurma, he supported the great churning of the ocean; as Varaha, he lifted the Earth; as Narasimha, he protected his devotee; as Vamana, he humbled pride; as Parashurama, he destroyed corruption; as Rama, he embodied virtue; as Krishna, he taught divine wisdom; as Buddha, he showed the path of compassion; and in the future, as Kalki, he will bring renewal at the end of the Kali Yuga. (The age we are living in now)

In this present age of Kali Yuga, marked by unrest, spiritual decline and attachment to material desires, it is believed that Lord Vishnu has manifested as Lord Venkateswara of Tirupati. He stands as the living embodiment of divine mercy and preservation, offering refuge to those who surrender with sincerity. Thus, Purtassi becomes a time when devotees consciously seek his grace, knowing that his protection shields them from hardship and draws them back to the path of dharma.

During Purtassi, devotees make small changes to their daily lives as a special offering to the Divine. Many families follow a vegetarian diet, spend more time in prayer and take part in meaningful traditions throughout the month. These practices help us to remember the importance of gratitude, kindness, respect and devotion, while bringing us closer to Lord Vishnu.

Spiritually, Purtassi teaches us that devotion is not only found in temples or rituals but must form part of daily life. Each prayer, each act of discipline, and each offering becomes a step toward realizing that Lord Venkateswara lives within and around us. By observing this month, families unite in faith, children learn the values of respect and sacrifice, and communities come together to uplift their spiritual vibrations.

Purtassi is a special month to grow closer to Lord Venkateswara through prayer and devotion. It reminds us to be thankful for his love, blessings, and guidance. During this time, families pray together and live with kindness and faith. Purtassi teaches us that God is always near and watches over us. It is a beautiful time to strengthen our love for the divine.

Dashavatara – The Ten Avatars of Lord Vishnu

1. ***Matsya (The Fish)*** – Saved humanity and sacred scriptures from a great flood by guiding King Manu's boat.
2. ***Kurma (The Tortoise)*** – Helped hold up Mount Mandara while the ocean was churned to find the nectar that gives everlasting life.
3. ***Varaha (The Boar)*** – Rescued the Earth (Goddess Bhudevi) from the demon Hiranyaksha by lifting it from the cosmic ocean (ocean of milk).
4. ***Narasimha (The Man-Lion)*** – Appeared to destroy the demon Hiranyakashipu and protect his devotee, Prahlada.
5. ***Vamana (The Dwarf)*** – Humbled King Mahabali by covering the universe in three steps, reminding all that creation belongs to God.
6. ***Parashurama (The Warrior Sage)*** – Destroyed corrupt rulers with His axe to restore righteousness.
7. ***Rama (The Prince of Ayodhya)*** – Defeated Ravana in the Ramayana and is known for his goodness and courage.
8. ***Krishna (The Divine Guide)*** – Gave humanity the Bhagavad Gita, symbol of love, wisdom, and devotion.
9. ***Buddha (The Enlightened One)*** – Taught compassion and non-violence, guiding people to inner awakening.
10. ***Kalki (The Future Warrior)*** – Yet to appear; will end the age of Kali Yuga and restore righteousness.

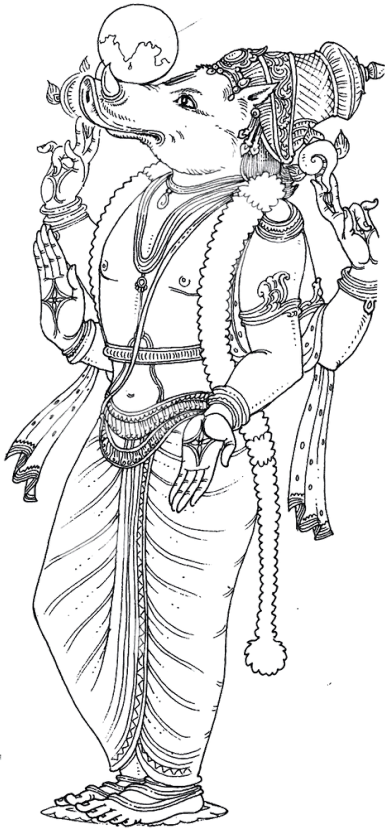
DASHAVATARA



MATSYA



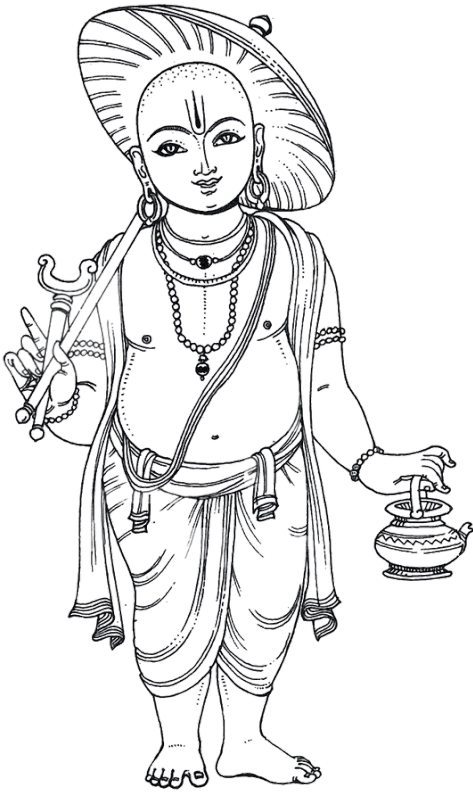
KURMA



VARAHA



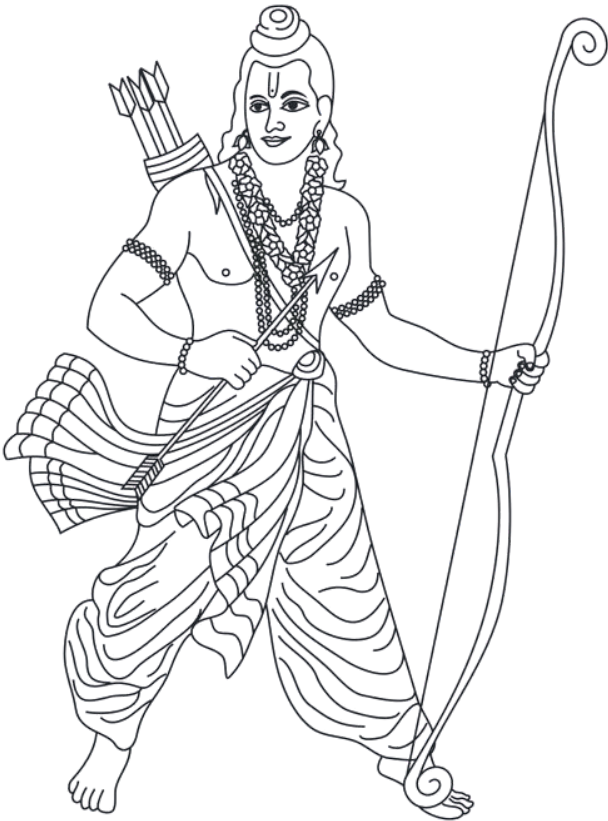
NARASIMHA



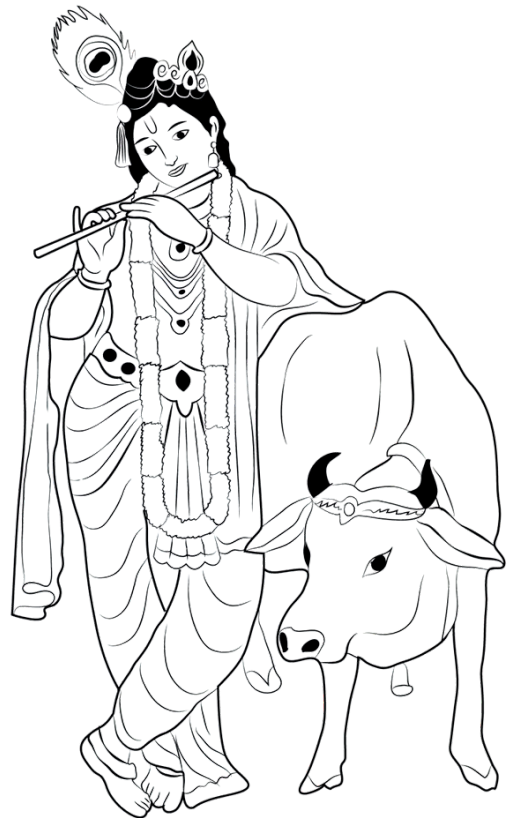
VAMANA



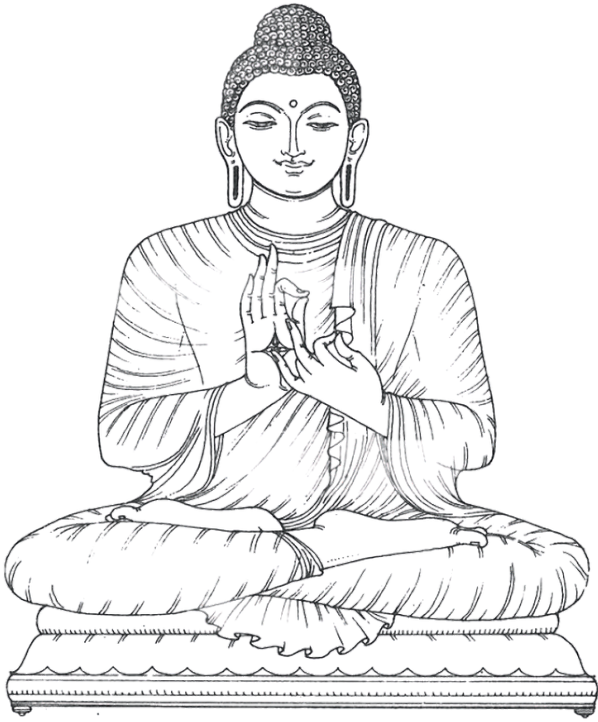
PARASHURAMA



RAMA



KRISHNA



BUDDHA



KALKI

WORD SEARCH

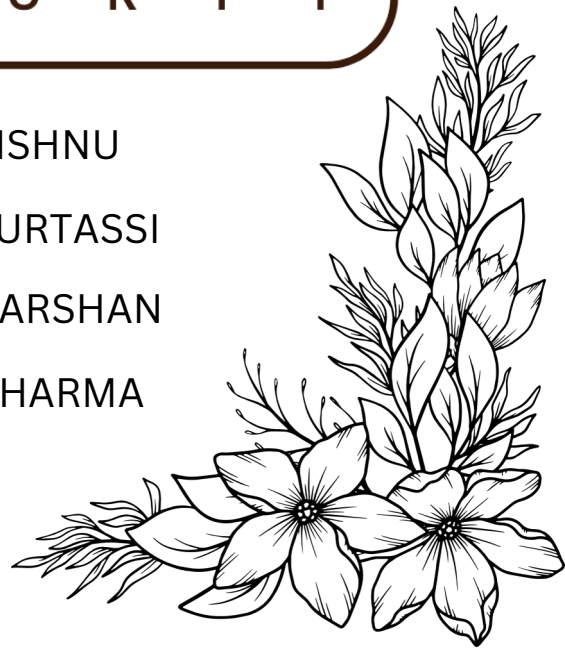
Can you find all the Purtassi words ?

Look carefully , words may be hiding in different directions.

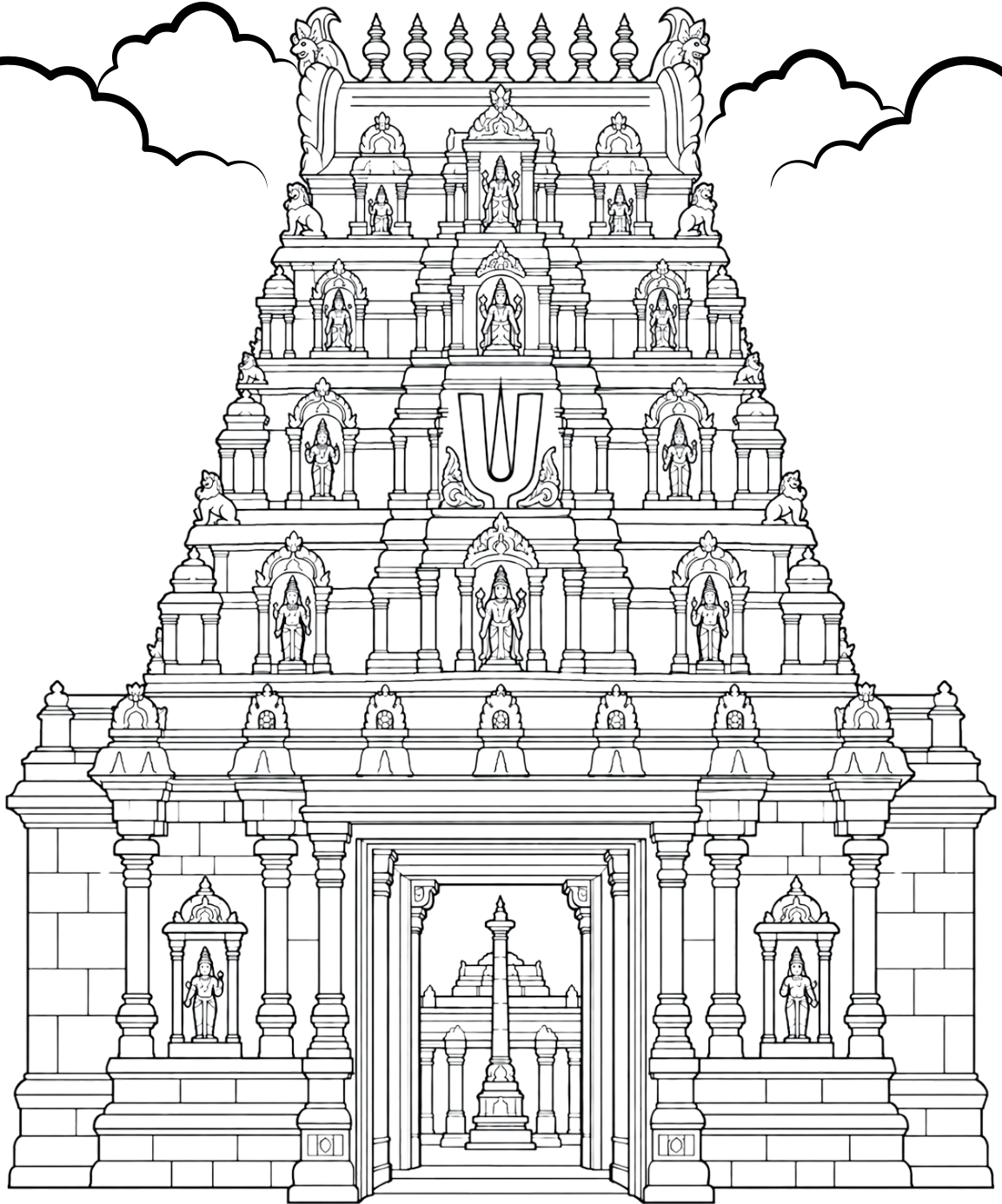
V	G	O	V	I	N	D	A	U	T	S	S
B	L	A	U	H	F	D	H	A	R	M	A
U	P	I	C	N	I	C	O	S	D	E	K
V	A	P	U	R	T	A	S	S	I	E	L
I	M	B	C	Y	N	A	H	S	R	A	D
S	A	L	H	S	R	A	I	N	B	O	W
H	R	A	I	A	E	A	C	N	N	X	B
N	H	D	S	F	K	O	G	S	E	E	I
U	B	Y	E	V	T	T	U	E	S	H	R
Y	A	B	L	O	O	M	H	N	G	R	D
A	V	A	T	A	R	L	T	I	O	T	S
F	L	G	I	H	T	A	P	U	R	I	T

- ☐ GOVINDA
- ☐ TIRUPATHI
- ☐ BHAKTHI
- ☐ AVATAR

- ☐ VISHNU
- ☐ PURTASSI
- ☐ DARSHAN
- ☐ DHARMA



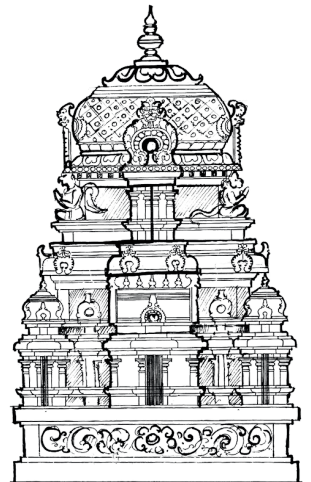
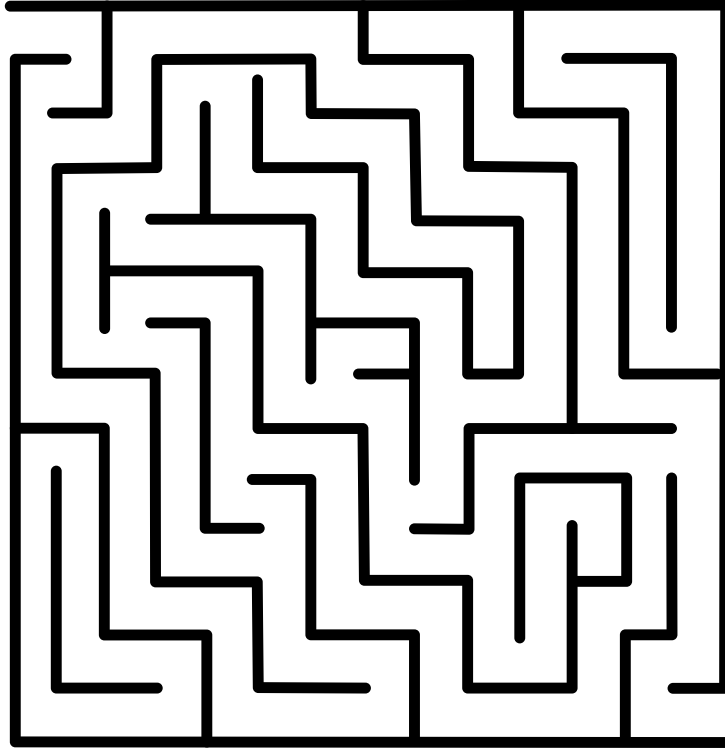
TIRUPATHI TEMPLE



The Tirupathi Temple, also called the Tirumala Venkateswara Temple, is one of the most famous temples in India. It is dedicated to Lord Venkateswara, a form of Lord Vishnu, who is also called Balaji or Govinda. The temple is known for its beautiful golden gopuram (tower), special prayers, and the famous laddu prasadam given to devotees.

MAZE PUZZLE

Help the devotee reach the Temple.



WORD SCRAMBLE

Unscramble the letters below to reveal words related to Purnima.

- ISSTAPRU
- NAYAANRA
- HNVSUI
- SADPRA
- MPLEET
- GINTFAS

DIVINE KNOWLEDGE



SANGU



CHAKRA

The **Sangu** (conch) and **Chakra** (disc) are special symbols of Lord Vishnu.

The **Sangu** makes a loud sound like Om. It stands for peace, goodness, and the start of something new.

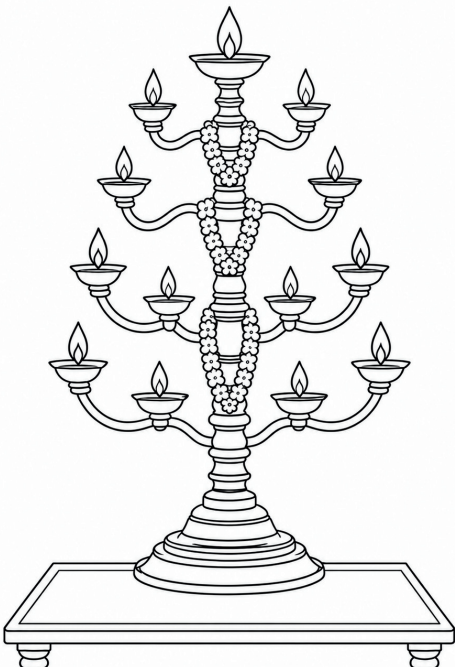
The **Chakra** is like a shining wheel. It shows strength and is used for protection of good over evil.

Together, the **Sangu Chakra** reminds us to live with kindness, goodness and courage.

RAAM BHAJAN

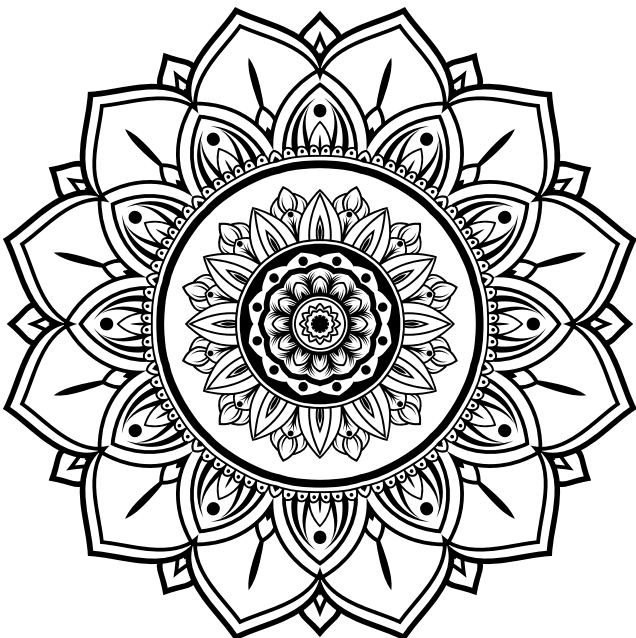
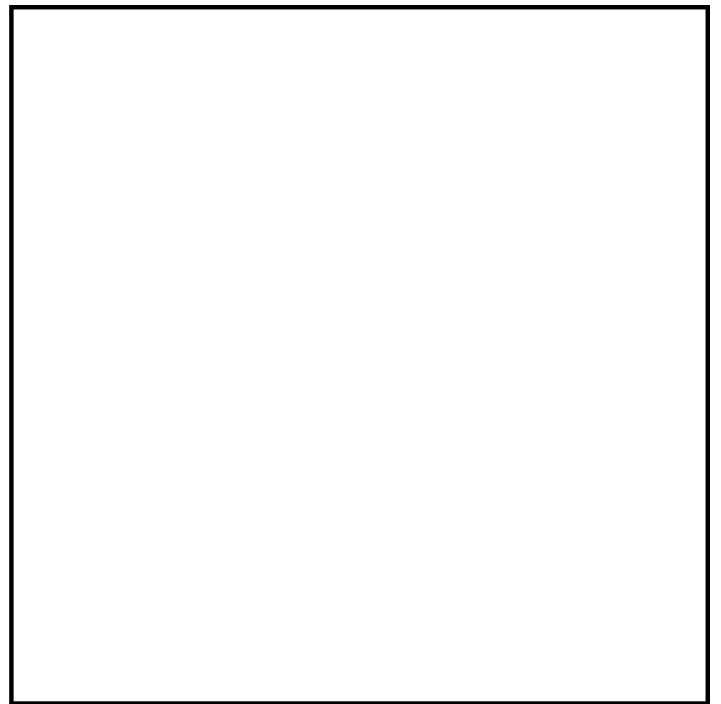
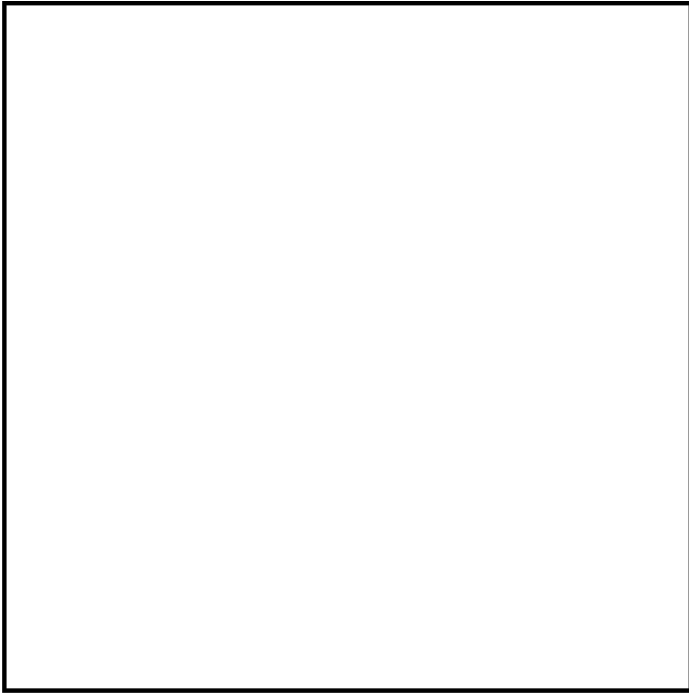
During the holy month of Purntassi, devotees perform **Raam Bhajan** as an act of worship and devotion to Lord Vishnu in the form of Lord Rama. The bhajan praises Lord Rama's qualities of truth, righteousness (**dharma**), compassion, and victory of good over evil.

The bhajan, sung with sincerity, becomes not just music, but a **form of prayer** that connects the devotee's heart with the divine.



CREATIVE CORNER

Design your own rangoli's



A rangoli is often created near the entrance because the doorway represents the meeting point between the home and the outside world. During Purnima, it becomes a sacred welcome, showing that the home is prepared to receive Lord Vishnu's blessings with devotion, humility and joy.

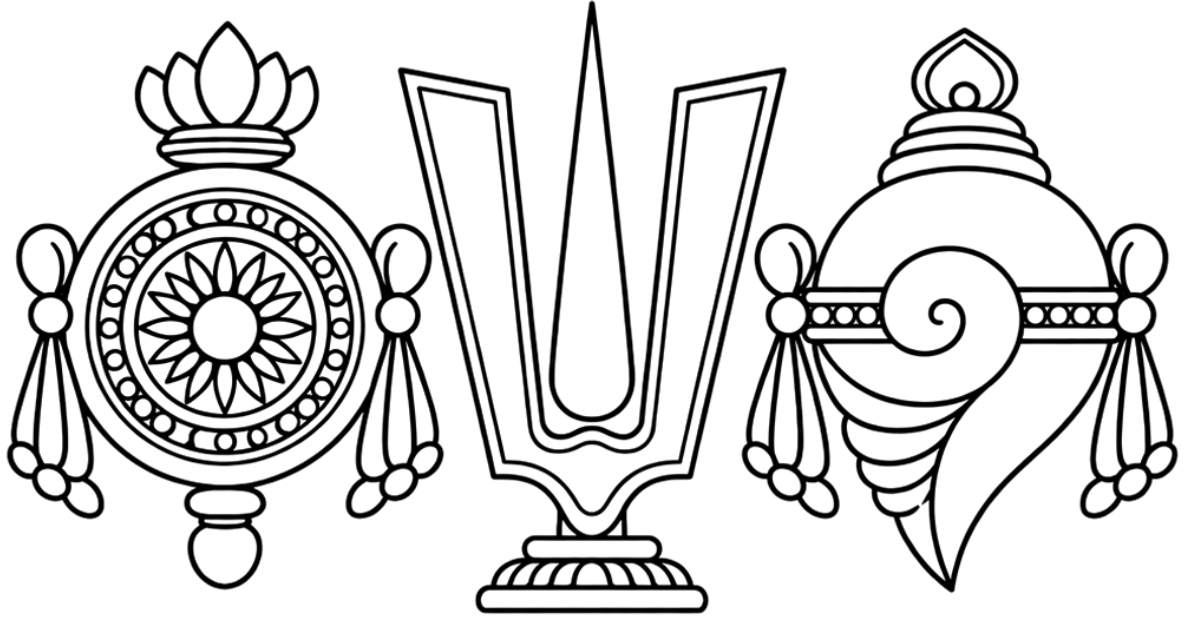
DID YOU KNOW?



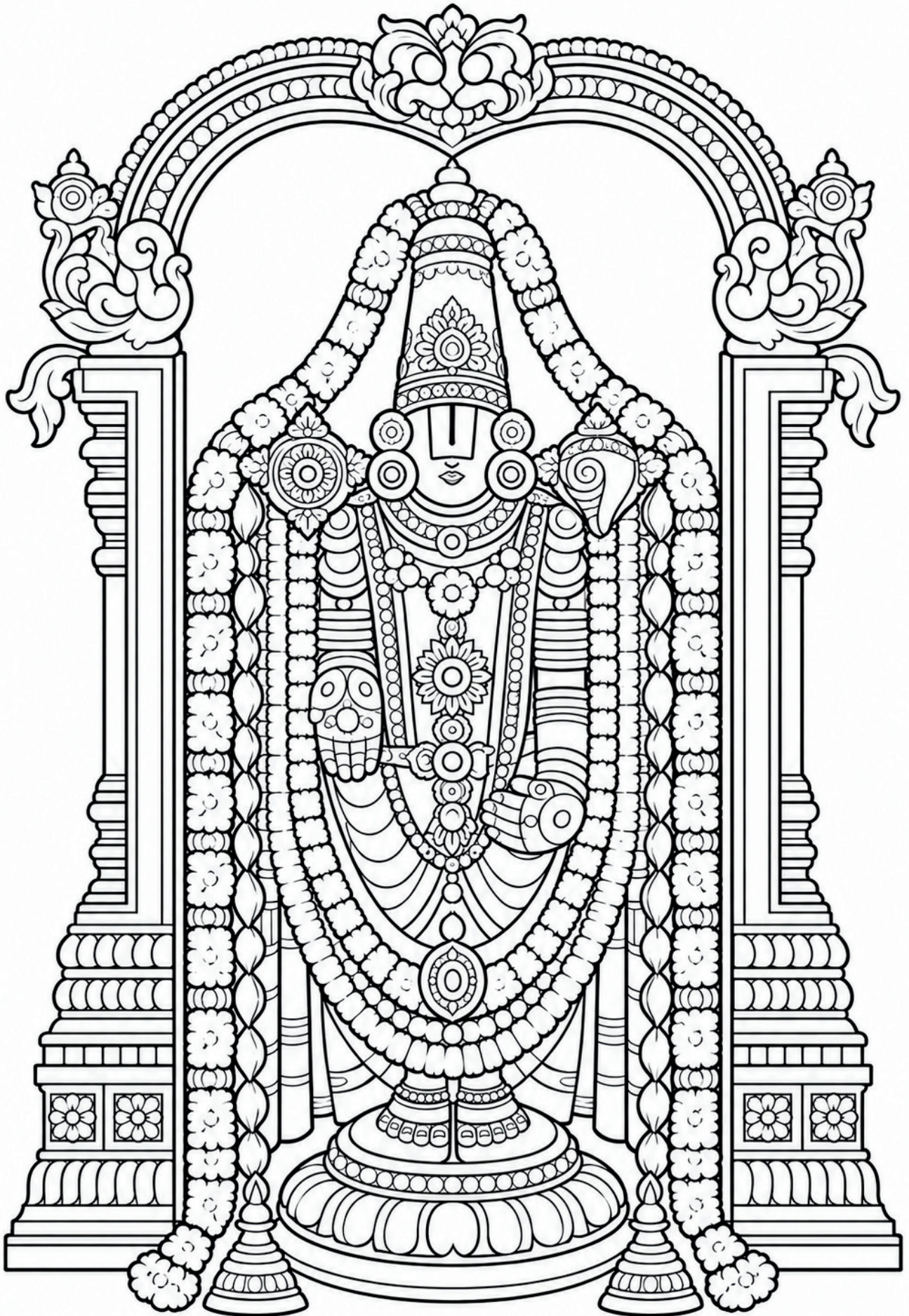
The Thirunamam and Sri Churnam

The Thirunamam is a sacred forehead mark worn by devotees of Lord Vishnu. The two white lines represent the sacred feet of Lord Vishnu, while the red line in the centre, called the Sri Churnam, represents Goddess Lakshmi. Together, they remind devotees to live with faith, humility and devotion. In many Sri Vaishnava traditions, males wear the complete Thirunamam, while females wear the Sri Churnam, often as a red vertical line with a white marking beneath it. Although the markings may look different, they share the same sacred meaning and connection to Lord Vishnu and Goddess Lakshmi. Goddess Lakshmi is honoured as the loving and compassionate divine Mother, who guides devotees towards the grace of Lord Vishnu. These customs may differ between families and communities, but both sacred markings are beautiful symbols of faith, devotion and our connection to the divine.

COPY & DRAW



COLOUR-IN



Lord Venkateswara

SACRED BOND



Lord Vishnu is known as the protector and preserver of the universe. Whenever goodness is threatened and the world becomes unbalanced, he appears in different forms, or avatars, to restore righteousness, peace and harmony. During Purnima, devotees honour Lord Vishnu through prayer, fasting and acts of devotion, thanking him for his protection and blessings.

Garuda, the mighty king of birds, is Lord Vishnu's devoted vahana, or divine vehicle. He is known for his great strength, courage, speed and loyalty. Garuda carries Lord Vishnu wherever he is needed and remains completely dedicated to serving him. His powerful wings symbolize freedom from fear, negativity and the difficulties that may hold us back.

Together, **Lord Vishnu and Garuda**, teach us that true strength should always be guided by goodness and devotion. Lord Vishnu represents divine protection, while Garuda shows us the importance of courage, humility and faithful service. Their sacred bond reminds us to remain strong in our faith, help others and use our abilities for a meaningful purpose.

MANTRAS

Below are a few simple mantras to learn and chant.

Om Namō
Bhagavate
Vasudevaya.

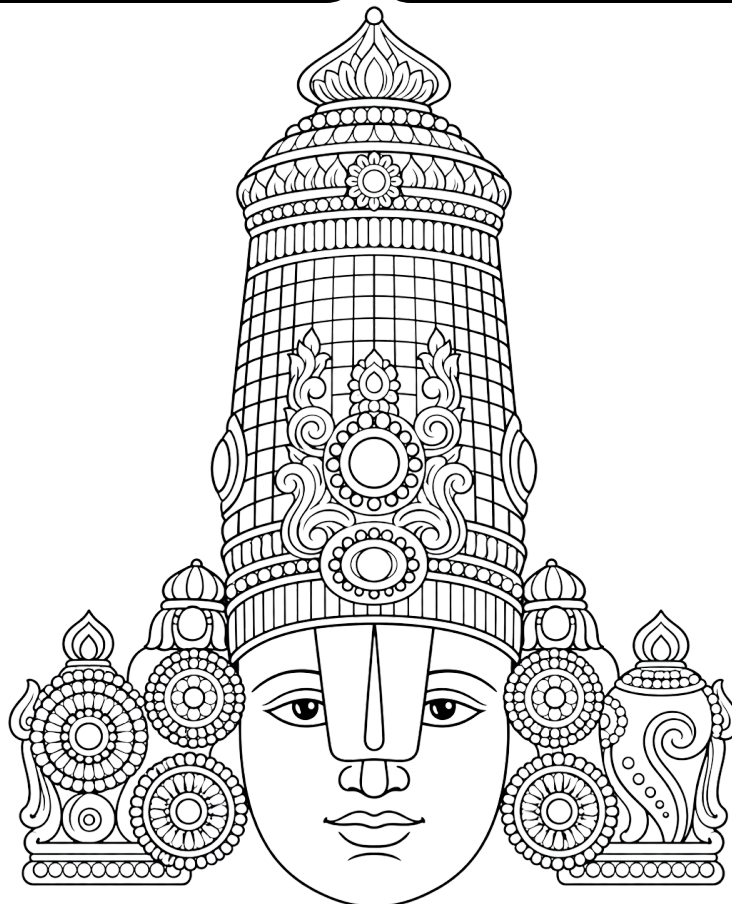
Om Venkateshaya Vidmahe
Srinivasaya Dhimahi
Tanno Vishnu Prachodayat.

Om Sri Venkatesaya
Namaha.

Hare Rama, Hare Rama, Rama
Rama, Hare Hare
Hare Krishna, Hare Krishna,
Krishna Krishna, Hare Hare.

Om Narayanaya Vidmahe
Vasudevaya Dhimahi Tanno
Vishnu Prachodayat.

Om Lakshmi Narayanaya Vidmahe
Vasudevaya Dhimahi
Tanno Vishnu Prachodayat.

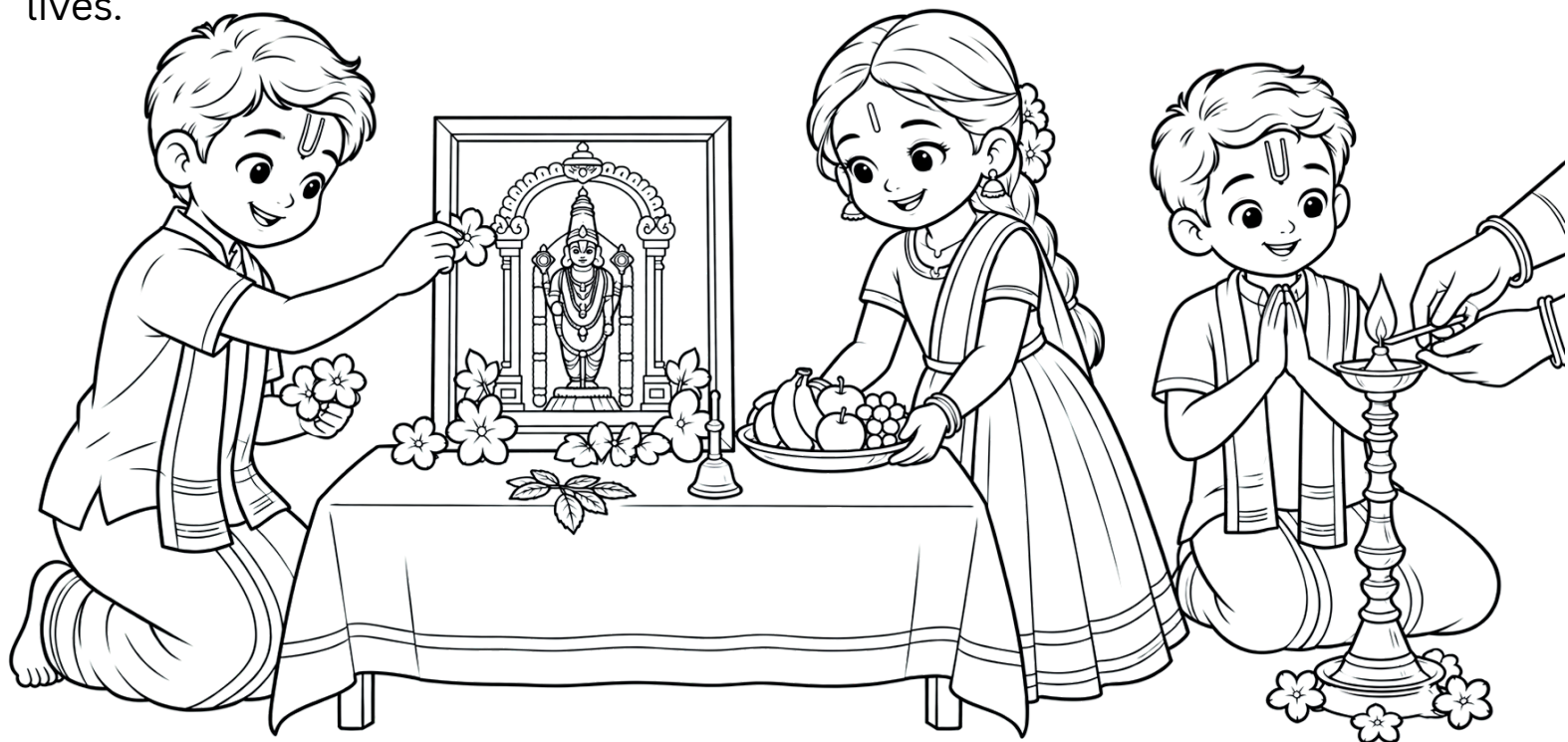


THE PURTASSI VRATHAM

Purtassi is a sacred month devoted to Lord Vishnu, particularly in his form as Lord Venkateswara. Throughout this period, many devotees observe a vegetarian fast or abstain from certain foods. This month-long vratham, or spiritual promise, is an offering of devotion that teaches discipline, simplicity and mindful living.

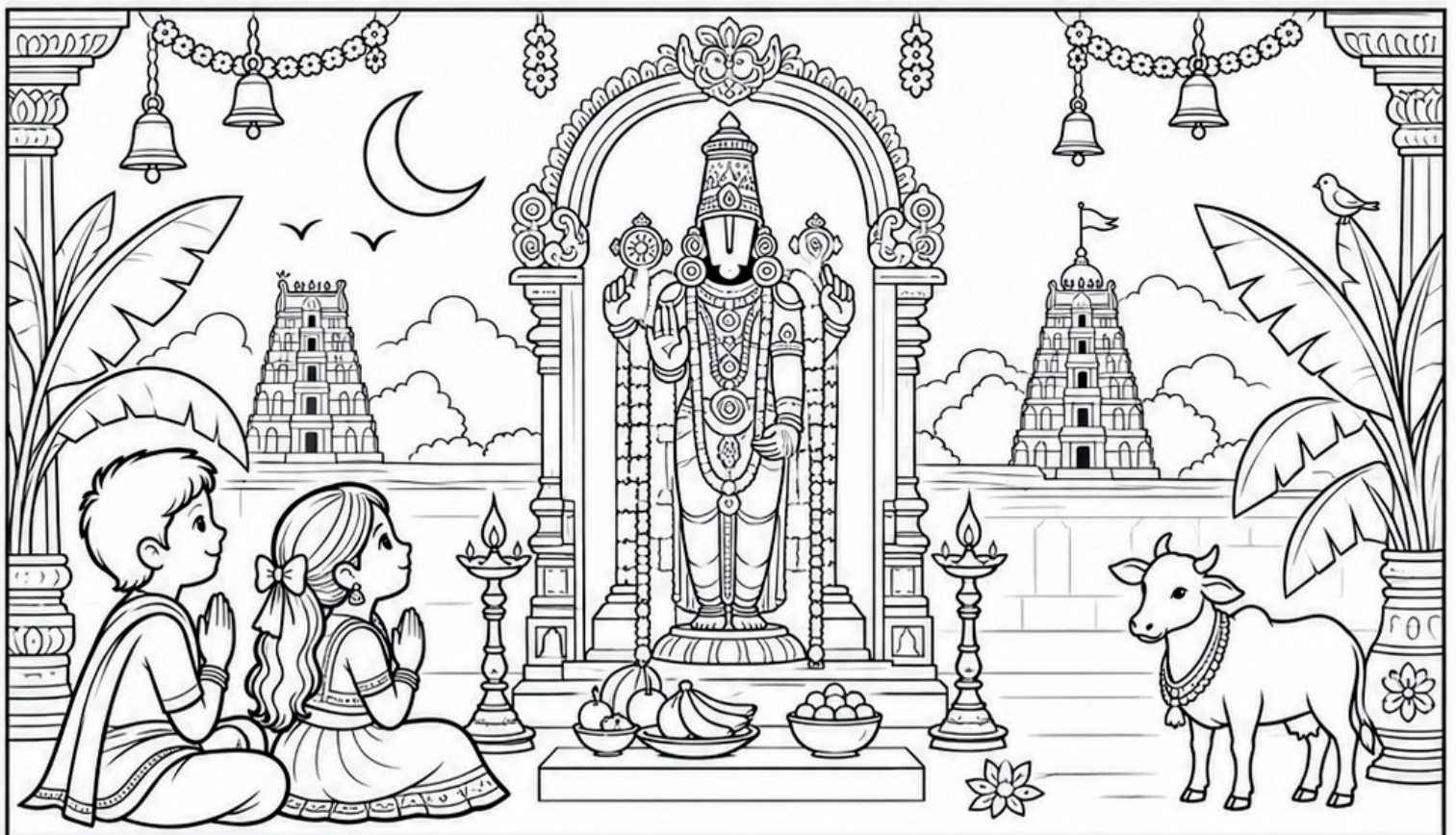
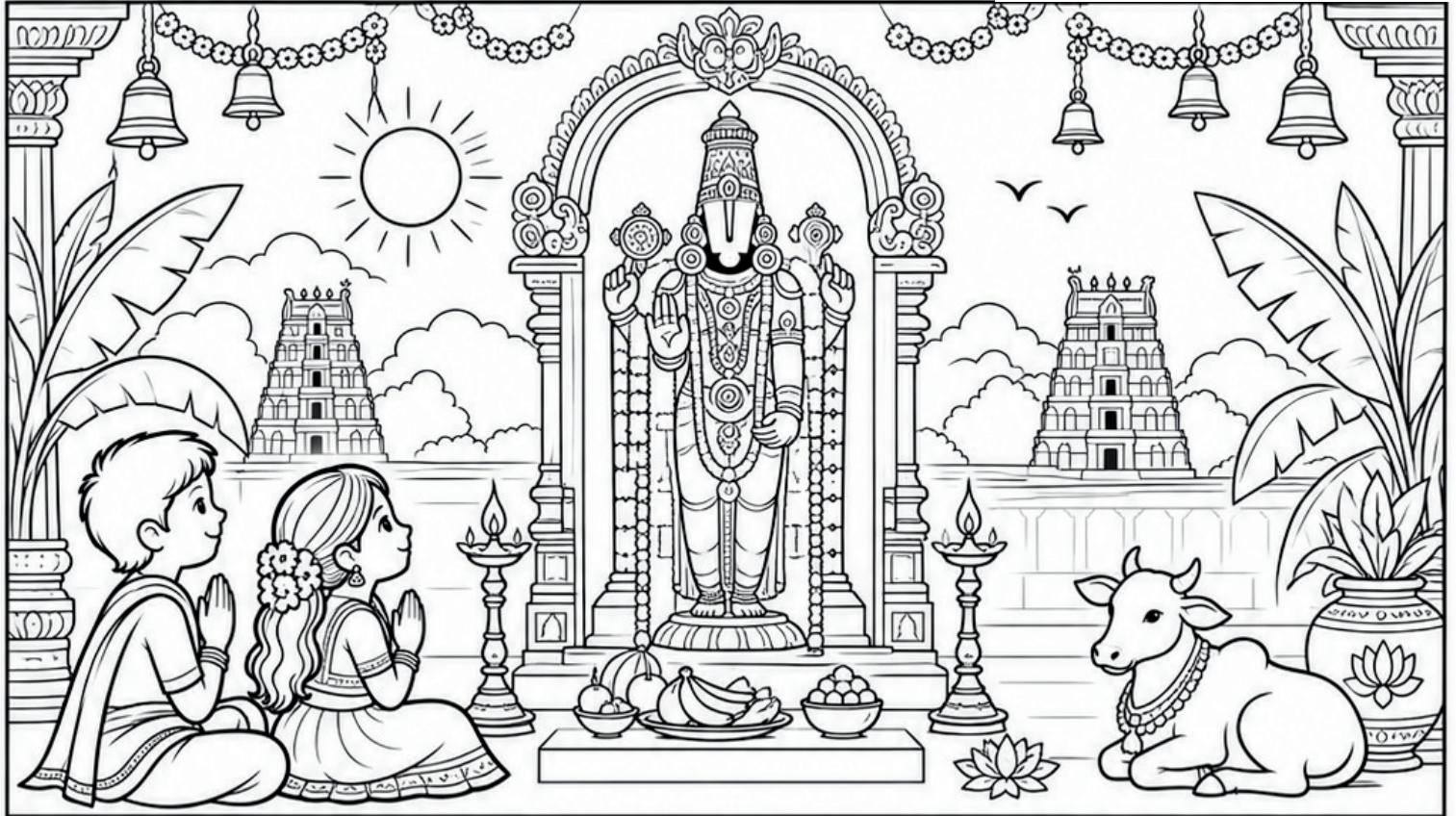
Although the entire month is sacred, Saturdays hold special significance and are regarded as important days of worship for Lord Venkateswara. Families gather to pray, light lamps, chant his sacred names, sing bhajans and prepare vegetarian offerings that are later shared as prasadam. Each Saturday becomes a special moment to express and strengthen the devotion practised throughout the week.

The month-long fast and the Saturday prayers therefore have different but connected purposes: the fast builds daily discipline, while Saturday worship allows devotees to renew and celebrate their commitment together. Purtassi is not simply about avoiding certain foods, it is about growing in faith, gratitude, kindness and service while keeping Lord Vishnu at the centre of our lives.



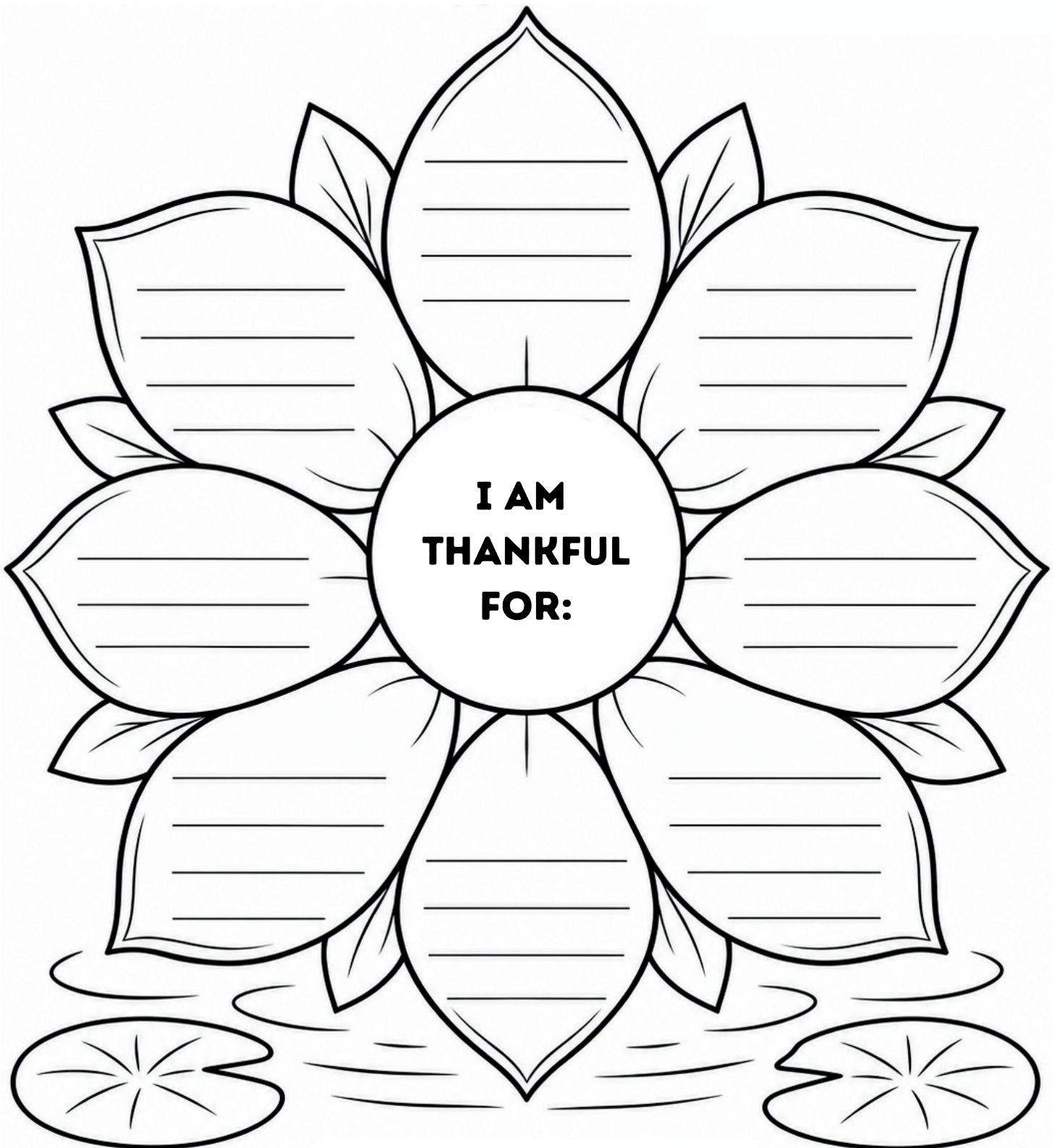
SPOT THE DIFFERENCE

Spot the 15 differences and circle them.



GRATITUDE CORNER

Write down what you are thankful for in each petal.



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