

**Date: 17/09/2020**

### **Nityakarma:**

From the morning till night the daily work we do is called Nityakarma (Daily duties). These daily duties make our body and mind pacified, pure, clean, active and fill us with the best thoughts.

### **Lesson-1, 2, 3 and 4: Daily Duties (Nityakarma):**

The time from morning till night is divided into six parts:

1) ) Prata, 2) Purbannha, 3) Madhyanna, 4) Aparannha, 5) Sayannah, 6) Ratri or Naisha.

Keeping these six divisions of time the daily duties have been divided into six parts:

1) Pratakritya, 2) Purbannhakritya, 3) Madhyannakritya, 4) Aparannhakritya, 5) Sayannahkritya, 6) Ratri or Naishakritya.

### **1) Pratakritya:**

Activities of Pratakritya are\_\_

i) Getting up from the sleep before the sun-rising one has to sit facing the North to utter mantras remembering God of gods and goddesses.

ii) Mantra of morning with simple morning:

**“Brahma Muraritripurantakari**

**Bhanu Shashi Bhumisuto Budhasha**

**Gurusha Shukra Shanirahuketu**

**Kurbentu Sarbe mama Supravatam”.**

**Meaning:** Brahma, Murari (Krishna), the killer of Tripurashur Shiva, Surya, Chandra, Buddha, Brihaspati, Sukra, Shoni, Rahu, Ketu- please make my morning beautiful.

iii) After this, coming outside one has to remember one's guru and should salute the earth and the sun. Every day one has to salute parents in the morning and evening.

iv) Then one has to be dressed up after washing hands and legs and taking a bath.

### **2) Purbannhakritya:**

i) After Pratakritya till the Madhyannah the work we do is called Purbannakritya.

ii) Prayer, adoration and puja should be done during this time. These works should be observed daily by all in a family.

iii) Then other works of the day should be started such as to eat, to go to work, do household chores, study or go to school.

### **3) Madhyannahakritya:**

i) After Purbannah till Aparannah the work done is called Madhyannahakritya.

ii) This time is noon. This is the time for taking lunch and taking rest.

iii) If any guest comes at noon, she or he should be fed properly. Because scriptures say, guest is Narayana. By serving the guest we serve God.

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**Class-7**

**Chapter-4 (Nityakarma and Yogasana)**

**Worksheet**

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**Short Questions from Introduction and Lesson-1, 2, 3, 4:**

- 1) What is called Nityakarma (Daily duties)?
- 2) Into how many parts is the time from morning till night divided? What are these?
- 3) Into how many parts have the daily duties been divided? What are these?
- 4) What are the duties of Pratakritya?
- 5) What is called Purbannakritya?
- 6) What are the duties of Purbannakritya?
- 7) What is called Madhyannahkritya?
- 8) What are the duties of Madhyannahkritya?
- 9) What do the daily duties do?
- 10) What do we need practice?
- 11) Who is Murari?
- 12) Who is Narayana according to our scriptures?

**Broad Questions from Introduction and Le-1, 2, 3 and 4:**

- 1) Explain the concept of Nityakarma of Daily Duties with examples.
  - 2) Explain the concept of Pratakritya.
  - 3) Explain the concept of Purbannakritya.
  - 4) Explain the concept of Madhyannahkritya.
  - 5) Write down the Pratakritya mantra with meaning from your textbook.
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