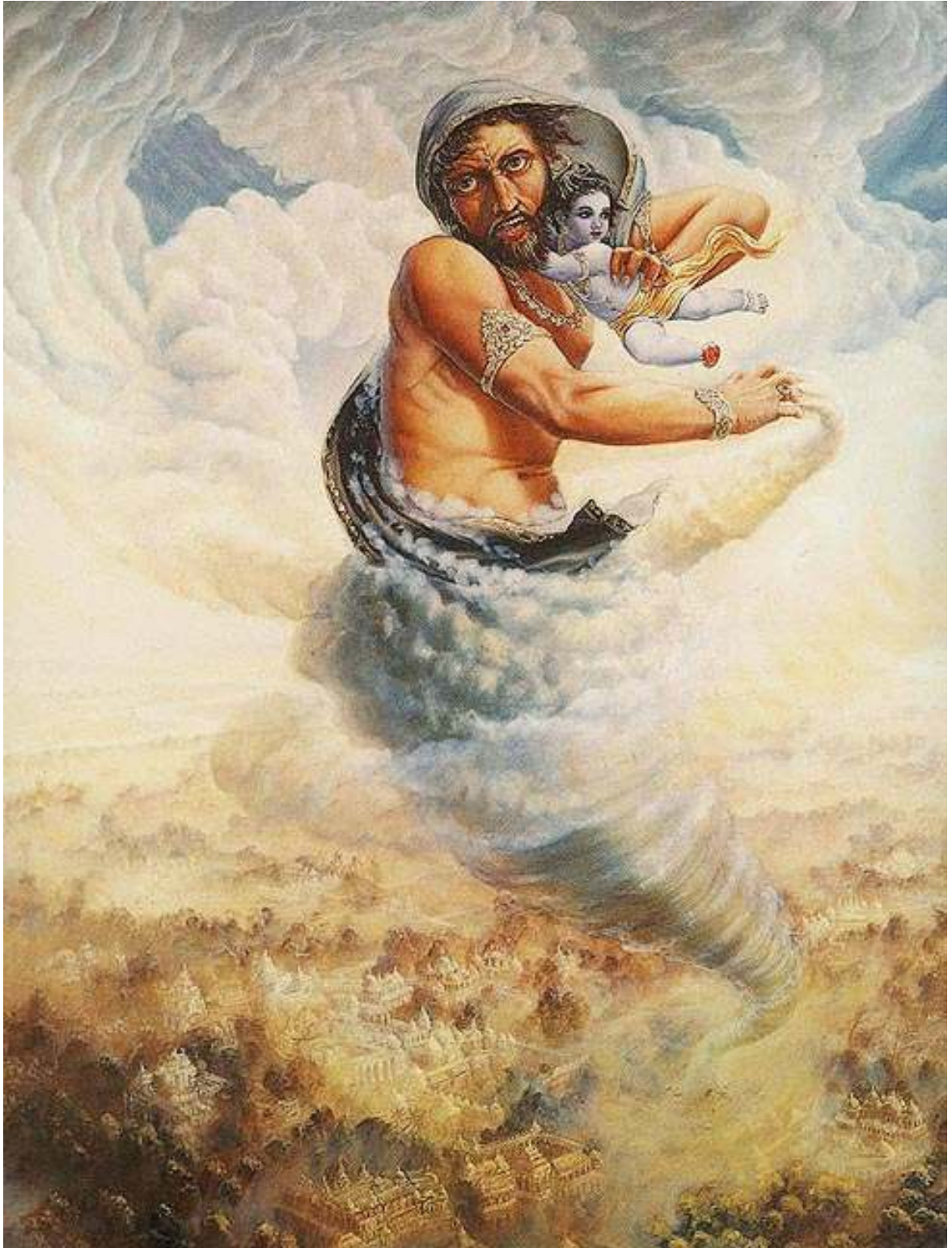


**BHAGAVATAM – Krishna Leelas 1  
(Poothana and Trinavarta)**



The evil king Kamsa was greatly upset. He had been told by the goddess, Yogamaya, that the boy who would grow up to kill him still lived. But he did not know where the child was. He consulted his ministers, who, being Raksasas, or demons in disguise, advised him to kill all the new born babies in and around the kingdom.

## **POOTHANA**

Kamsa called upon Poothana, a horribly big, ugly, evil Raskhasi, and asked her to carry out the task. Poothana was most frightful, a horrible big, ugly, evil rakshasi. She was mean, wicked, and absolutely had no good thoughts in her head. She knew all kinds of evil magical tricks and spells, by which she covered up all the good thoughts of a person. This would make people powerless in front of her, and then she would easily destroy them.

Meanwhile, in the village of Gokula, where the baby Krishna now lived, the word had gone around. “Nanda and Yashoda have a beautiful baby boy!” “Yes, and he has a lovely name too – Krishna!” All the villagers came to visit, and the happy parents distributed sweets and presents to them. Somehow, the birth seemed to bring great joy to the village. People sang and danced to celebrate the happy event.

The Rakshasi Poothana, disguising herself by taking on the form of a lovely woman, wandered around looking for the baby. When she finally found the house where Nanda and Yashoda rejoiced in their new son, Poothana slipped inside. In a soft, charming voice, she asked for permission to hold the child, as many visitors did.

Yashoda, surrounded by love and kindness, did not suspect a thing. She left Krishna and Poothana alone for a few minutes. Poothana picked up baby Krishna and put him to her breast, which was full of the deadliest poison. But the baby Krishna sucked out all the poison without coming to any harm. Not only that, he also sucked all the life right out of the horrible, evil woman!

When Yashoda came back a few minutes later, she found baby Krishna was playing happily beside the lifeless Poothana, who had regained her true demon form after death. Terrified with the scene, Yashoda quickly held Him close and kissed his little brow over and over again. She shuddered to think what her fate would have been had Poothana succeeded in her plot! But the baby Krishna smiled contentedly, and

snuggling into His mother's arms, promptly fell fast asleep as if nothing had happened. The whole Gokul wondered at the power of this special boy.

### **Trinavarta**

When Kamsa came to know that Poothana had failed him, he sent another very cunning and tricky Rakshasa, Trinavarta. Trinavarta could raise dust-storms and whirlwinds at a moment's notice, and could easily sweep into a cyclone the heaviest objects on the earth.

One day, Yashoda was sitting with her baby Krishna on her lap in the court yard. Krishna, the holy child, had a sense of the approaching danger. Yashoda found him suddenly becoming heavier and heavier. Every moment his weight increased. Finally, she could take his weight no longer. Initially, she thought that she was so tired and felt that way. On the same time, she was scared of this strange thing. Gasping with the effort, Yashoda put Krishna down on the ground and went to call for help.

Trinavarta, who had just arrived, turned into a whirlwind and began to raise a terrible dust storm. Huge swirls of dust and sand rose and filled the air. It got into everyone's eyes and blocked their noses. They struggled to cover their faces. Such a storm had never been seen before.

Trinavarta lifted Krishna and began to fly higher and higher in the twisting, whirling sandstorm. But he found it difficult to carry the little boy, who was growing heavier and heavier. Krishna stretched out his chubby hand and clutched the throat of the demon, choking him. The rakshasa fell to the ground like a big stone, crashing dead down onto a rock.

The dust had now settled and the air had cleared, but the baby was lost. Nowhere could he be seen. The whole of Gokul went in search of baby Krishna. Finally, the anxious villagers found Him on the outskirts of Gokul playing on the lifeless body of the demon. Yashoda was hysterical with tears and laughter at finding her baby safe and sound.

### **Questions:**

Who is Poothana? Why did Poothana come to Gokul? Who sent Poothana to Gokul? How did she die? Who is Trinavarta? Is Trinavarta good person? What did Trinavarta do with Krishna? Who are Krishna's parents?

## Daily Slokas:

### Ganesh Sloka

*Vakra Tunda Mahaa Kaaya; Suryakoti Samaprabha  
Nirvighnam Kurume Deva; Sarvakaaryeshu Sarvadaa*

### Saraswati Stotra

*Saraswathi Namasthubyam; Varade Kamaroopini  
Vidyarambham Karishyami; Siddhir Bhavatume Sada*

### Guru Stotra

*Gurur Brahmaa Gurur Vishnu; Gurur Devo Maheshwarah  
Guruh Saakshaat Parabrahma; Tasmai Shree Gurave Namah*

### Vishun Stotra:

*Shuklambharadharam Vishnum Shashivarnam Chaturbhujam  
Prasanna Vadanm Dhyayet Sarva Vignopa Shantaye*

### Rama Mantra:

*Sri Rama Rama Rameti, Rame Rame Manorame  
Sahasranama tattulyam, Rama Nama Varanane*

### Durga Stotra:

*Om Sarva Mangala Maangalye Shive Sarvaartha Saadhike  
Sharanye Triyambake Gauri, Naaraayani Namostute*

### Hanuman Mantra:

*Manojavam Maarutatulyavegam; Jitendriyam Buddhimataam Varistham  
Vaataatmajam Vaanarayoothamukhyam; Sriramadootam Sirasa Namami*

### Matru Devo Bhava Sloka:

*Maathru Devo Bhava; Pitru Devo Bhava  
Acharya Devo Bhava; Athidhi Devo Bhava*

### Morning Prayers:

*Karaagre Vasate Lakshmi; Kara Madhye Saraswathi  
Kara Moole Tu Govinda; Prabahate Kara Darshanam*

*Gange cha Yamune chaiva Godavari Saraswati,  
Narmade Sindhu Kaveri jalesmin sannidhim kuru*

## Jumble Words – All words are from this lesson

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Coloring exercise

