

## SPIRITUAL PRACTICES [V2 46:00-49:44; V2 52:49-53:53]

1. What is the goal of spiritual practice? [Page 16; V1 50:05-54:33]
2. What is the role of fasting in Hinduism? [Page 46]
3. What is a mantra? [Page 46]
4. What is a yantra? [Page 46]
5. How are beads used in prayer? [Page 46]
6. What is the role of meditation? [Page 47]
7. Why is the word "shanti" recited three times at the end of a prayer? [Page 47]
8. What is the significance of Navagraha Puja? [Page 48]
9. What is the role of grace? [Page 37]
10. What are the main pilgrimage sites for Hindus? Are all Hindus required to go to them? [Page 45]
11. What are the main Hindu Holy Days? How are they observed? [Page 49]
12. When is the Hindu New Year? [Page 50]
13. Explain the Hindu calendar [Page 50]

Page numbers refer to the page with answer in [“Understanding Hinduism: basic questions answered”](#) by Dr. D. C. Rao

V1 refers to video [Hinduism 101 – Part 1 of 2](#)

V2 refers to video [Hinduism 101 – Part 2 of 2](#)