



Why do we do Puja(S)

The word Puja is derived from the Sanskrit word PUJ meaning to worship. Puja is the act of worshipping which in itself encompasses a host of feelings such as faith, surrender, thanks giving, humility etc.

Every person on earth shows affection to either someone, or to somethings and or to someplace. The craftsman Revers his tools, the baseball player his bat or his gloves, the batsman in cricket will kiss his bat when he makes his first century etc. In fact during the Maha Rana **Pratap Singh** (9 May 1540 – 29 January 1597) was the ruler of Mewar, a region in north-western India in the present day state of Rajasthan who fought the Mughals and protected his Kingdom until his death, and during one battle he hugged and kissed his horse, Chetak, for its gallant effort in rescuing him.

Hindus therefore submit their emotions of love and gratitude to God by this act and so with much pomp and celebration. The best is prepared and offered with gratitude for a variety of reasons.

For time immemorial Hindus have showed reverence to Mother Earth, The Ganges (water) and The Sun and the Moon, because we know that life depends on all of these entities and we cannot survive very long without these items. We also show gratitude and thank Bhagwan for these creations of HIS and we acknowledge His Kripa (Grace)