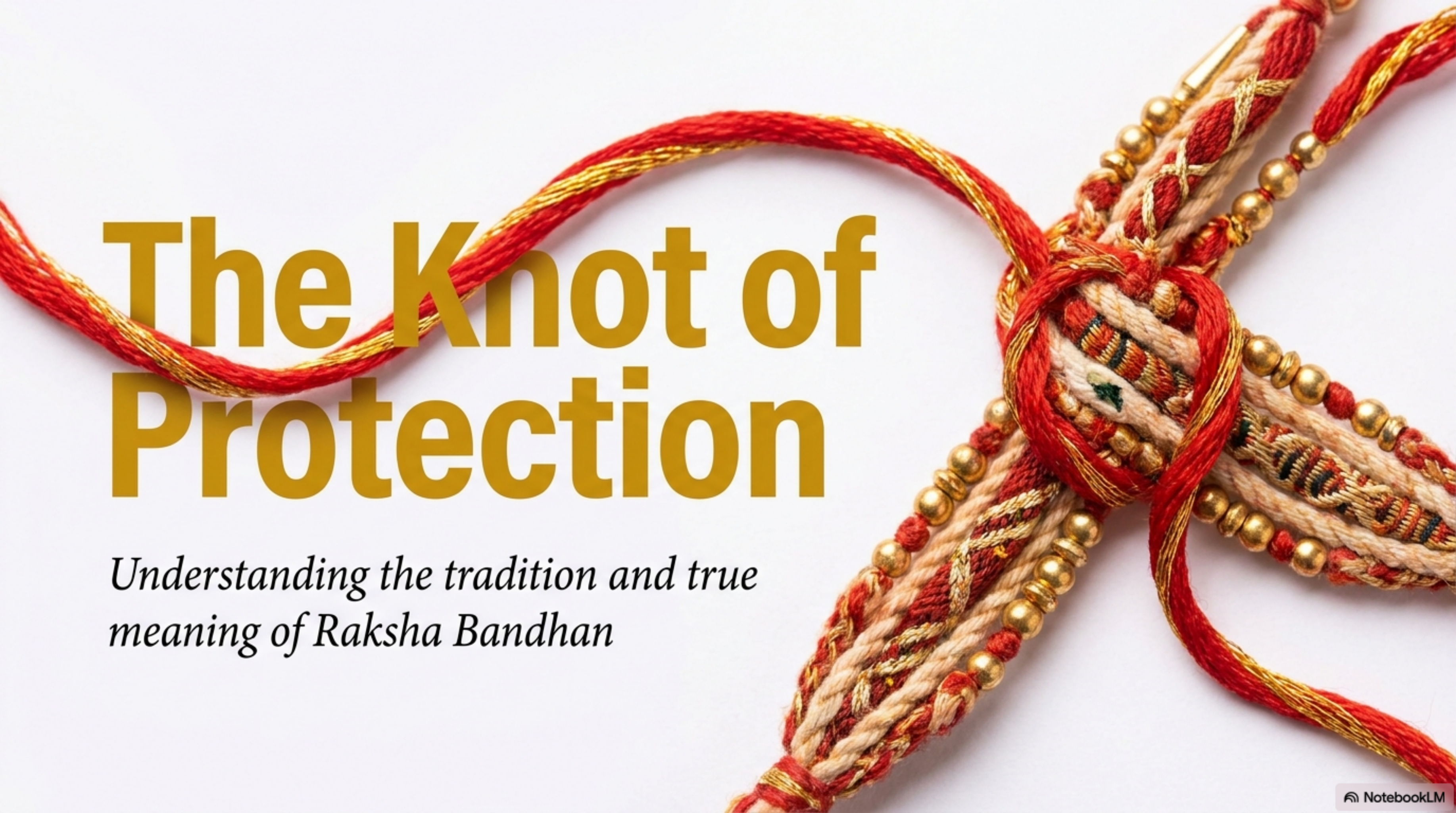




The Knot of Protection

Understanding the tradition and true meaning of Raksha Bandhan

Raksha



Protection or Care.

Bandhan



A Bond or Tie.

**A festival
celebrating
the promise
love, care for,
and protect
one another.**

Governed by the August Moon

**Raksha Bandhan is celebrated
on Shravana Purnima.**

This is the full moon day in the
Hindu month of Shravana, which
usually happens in August.

While rooted in Hinduism, this full
moon festival is celebrated by Sikhs,
Jains, and communities all over the
world.



The Anatomy of a Puja Thali

Mithai



Traditional sweets to share.

The Rakhi



The sacred thread of silk, cotton, and beads.

Kumkum & Rice



Red powder and grains used for the Tilak (a mark on the forehead signifying honor).

The Diya



A small lit lamp used for the Aarti (blessing).



The Ritual: Preparation and Blessing

Step 1: Preparation



The sister prepares the special plate containing the Rakhi, lamp, kumkum, rice, and sweets.

Step 2: The Blessing (Aarti & Tilak)



She performs an Aarti with the lamp and applies a Tilak on her brother's forehead to bless him with good health.

The Ritual: The Tie and The Promise

Step 3: The Tying of the Rakhi

Step 4: The Promise & Exchange



The brother promises to protect and support her. They feed each other sweets, and a gift is given as a thank you.



The sister ties the sacred thread on the brother's right wrist. This action stands for her love and prayers.

Rethinking the Rules of Raksha Bandhan

What some people think...

It is only a brother's job to protect his sister.

You can only celebrate if you have a biological brother or sister.

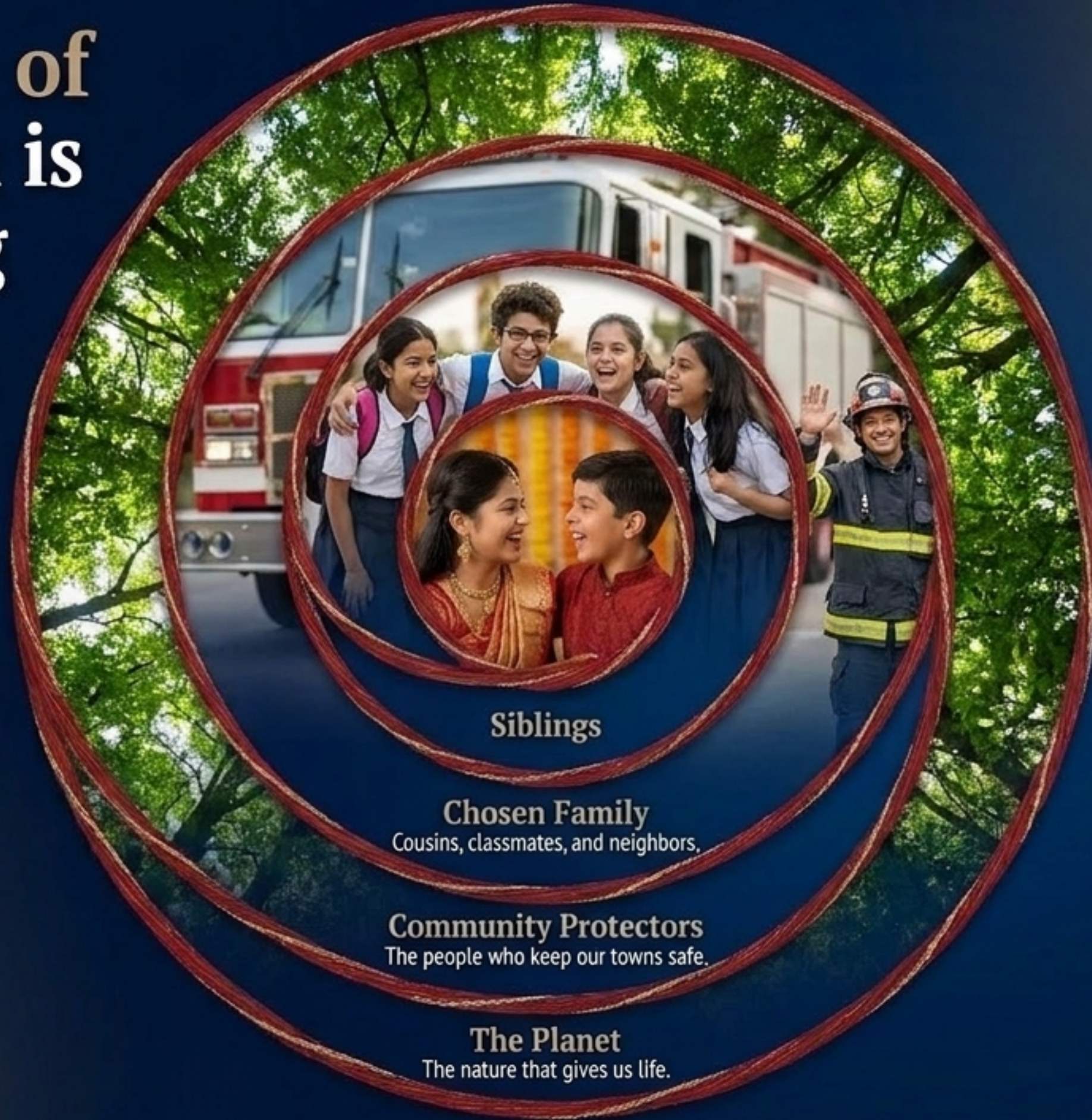
The True Spirit...

Protection goes both ways! Sisters protect brothers, and sisters tie Rakhis to each other to promise mutual support.

Family is who you care for. You can celebrate with cousins, close friends, or community helpers.



The Circle of Protection is Expanding





Honoring Those Who Protect Us

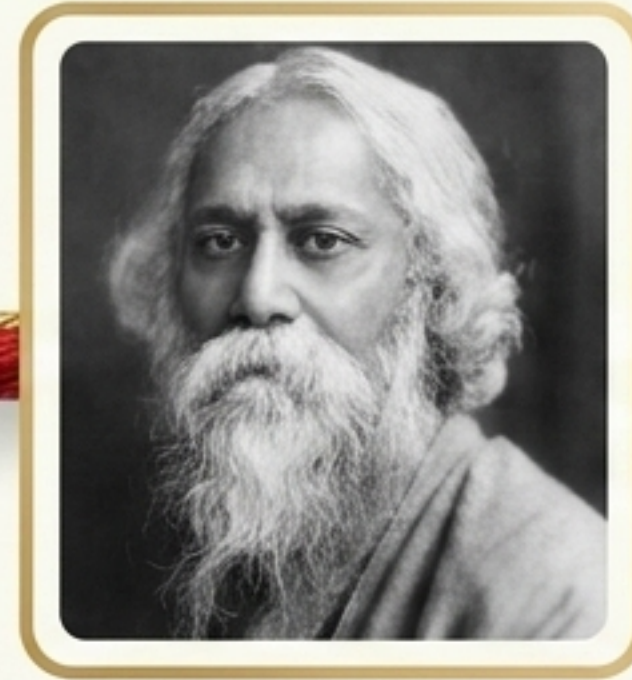
Today, schools and communities encourage children to send Rakhis to soldiers and Jawans guarding the borders. It is a way of sending love and a massive 'Thank You' to the people whose job is to protect the whole country.

A Thread That Changed History



The Legend of Queen Karnavati

Queen Karnavati of Mewar famously sent a Rakhi to Emperor Humayun, asking for his protection.



Rabindranath Tagore's Vision (1905)

The famous poet used Raksha Bandhan to unite Hindus and Muslims in Bengal, asking them to tie Rakhis on each other as a symbol of peace.

Vriksha Bandhan: Protecting Our Planet

100,000+

The number of Rakhis tied to trees annually in India to protest deforestation.



The ultimate protectors of our world are trees. “Vriksha Bandhan” is a modern movement where students tie threads to trees, promising to protect nature just as nature protects us.



Your Turn: The 'Seed Rakhi' Pledge



Step 1: Craft

Create a Rakhi using organic cotton thread and a paper circle holding a real, fast-growing seed (like a sunflower). Include instructions on using recycled materials and embedding the seed securely.



Step 2: Tie

We will visit the school garden and gently tie our Seed Rakhis to the branches of small plants or trees. Show how to tie it securely without harming the plant.



Step 3: Pledge

Make a promise out loud to protect, care for, and water your plant for the rest of the term. Encourage verbal commitments in front of peers.

You Are a Protector



Raksha Bandhan teaches us that you don't need to be big or strong to be a protector. Whether it is your sibling, your friend, or a tiny seed in the garden—every time you choose to care for someone else, you are keeping the true spirit of the festival alive.