1. Buddhism/Jainism
2. Paramatma is the provider and sustainer of all creation
3. Elephant
4. Plants provide food and oxygen to human beings while human beings take care of the plants
5. Kalpasutra
6. Hanuman – Sewa
7. Mahabharat / Bhagwath Gita
8. To enhance concentration; to have calm mind; for relaxation
9. Derasar
10. ੧ਓ Satnam karta purakh

    ਨਮੋ Namo ari hantanam

11. Friendship/compassion/kindness
12. Respect all creatures
13. Compassion/care/love/kindness/pranidaya
14. Dharam ki kirat
15. Status does not matter for friends/loyalty/love
16. Generosity
17. Praying, chanting and meditating.
18. Conserving the environment
19. To socialise/strengthen unity
20. Mahashivratri -
    Sanatan Paryushan
    Purav - Jain
    Vaisakhi - Sikh
    Bhuddhist -
    Buddhist
21. Langar/prayer (akhand path)/prasad/sewa
22.
    i. Padmasana/Sukhasana
    ii. Improves posture/enhances breathing technique/mental peace/improves concentration of the mind.
23. i. 

The teacher to ensure that the learner