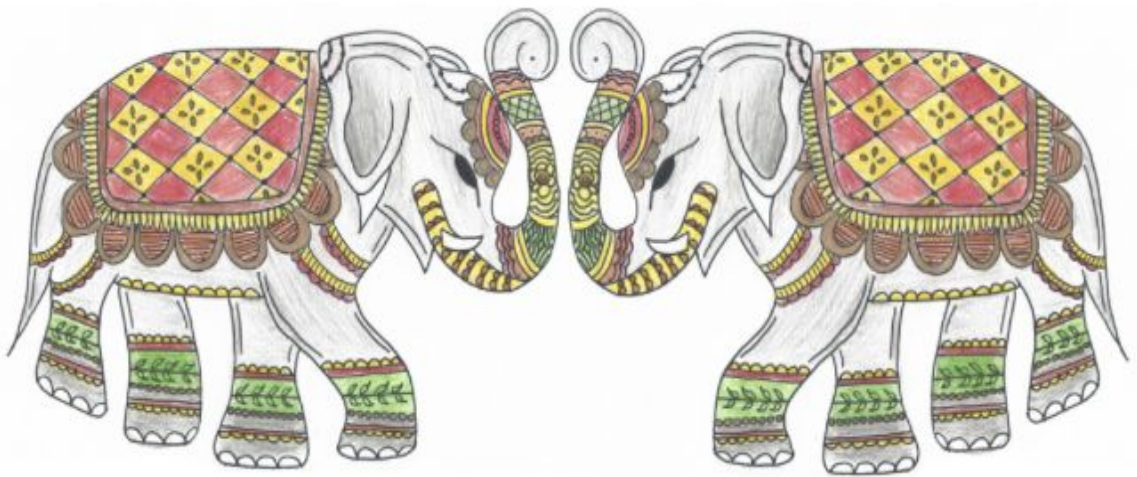


BALA SMRITI

Our Book of Knowledge



Peninsula Balvihar

truth ★ love ★ harmony

Published By

Peninsula Balvihar

<http://www.peninsulabalvihar.org>

truth ★ love ★ harmony

Bala Smriti

Our Book of knowledge

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Table of Contents

Assembly

| | | |
|----|--------------------|----|
| 1. | Daily Shlokas | 7 |
| 2. | Setting Intentions | 15 |

Songs & Bhajans

| | | |
|-----|--------------------------------|----|
| 1. | Jai Ganesh Deva | 19 |
| 2. | Om Namah Shivaya | 20 |
| 3. | Jai Ganaraya | 21 |
| 4. | Subrahmanyam Subrahmanyam | 22 |
| 5. | Namah Parvathi Pathaye | 23 |
| 6. | Bhaja Mana Ram | 24 |
| 7. | Hey Ram Hey Ram | 25 |
| 8. | Ram Dhun | 26 |
| 9. | Achyutam Keshavam | 27 |
| 10. | Hari Hari Hari Hari | 28 |
| 11. | Ananda Sagara | 29 |
| 12. | Gopala Radha Lola | 30 |
| 13. | Rama – Krishna Story | 31 |
| 14. | Balabheem Balabheem | 33 |
| 15. | Hey Rama Bhakta Hey Rama Doota | 34 |
| 16. | Om Jai Jagadish Hare | 35 |
| 17. | Lakshmi Aarthi | 38 |
| 18. | Surasa Subodha | 40 |

Table of Contents

Songs & Bhajans

| | | |
|-----|------------------------|----|
| 19. | Humko Mann Ki Shakti | 42 |
| 20. | Sanskrit Birthday Song | 43 |
| 21. | Saare Jahaan Se Achha | 44 |
| 22. | Vande Maataram | 45 |
| 23. | This Land is My Land | 46 |
| 24. | Indian National Anthem | 47 |

Traditional Slokham

| | | |
|-----|-----------------------|----|
| 1. | Ganesha Pancharatnam | 49 |
| 2. | Lingashtakam | 52 |
| 3. | Bilvashtakam | 55 |
| 4. | Krishnashtakam | 58 |
| 5. | Mahalakshmi Ashtakam | 61 |
| 6. | Ashta Lakshmi Stotram | 65 |
| 7. | Nama Ramayanam | 69 |
| 8. | Hanuman Chalisa | 74 |
| 9. | Navagraha Stotram | 81 |
| 10. | Mantra Pushpam | 84 |

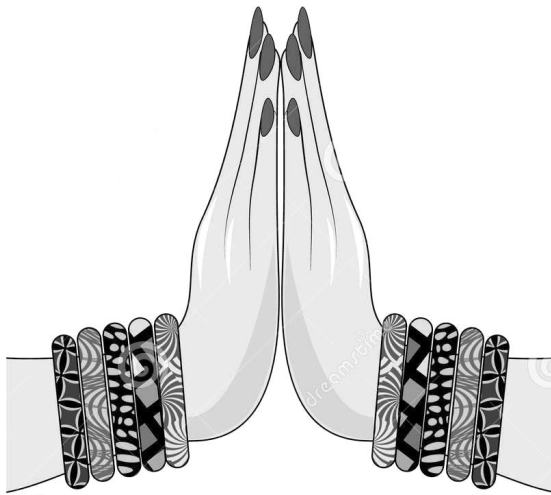
| | |
|----------------------------------|----|
| My Land and My Motherland | 90 |
|----------------------------------|----|

| | |
|---|----|
| Appendix A – Major Hindu Festivals | 98 |
|---|----|

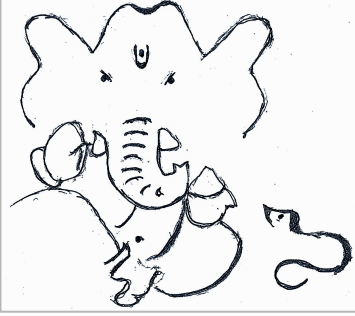
| | |
|--|-----|
| Appendix B – Surya Namaskar Exercises | 118 |
|--|-----|

| | |
|---------------------------------|-----|
| Appendix C – Yoga Asanas | 120 |
|---------------------------------|-----|

Daily Prayers



1. Daily Shlokas



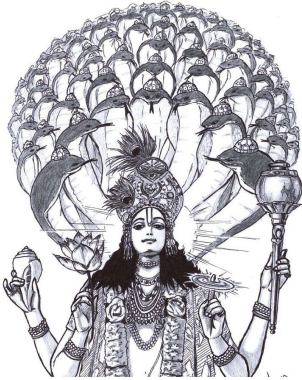
Artwork: Ajeeth Srinivasan

1.1 Ganapathi Vandana

***Vakratunda MahAkAya
SUrYakoti Samaprabha
Nirvighnam Kuru Me Deva
SarvakAryeshu SarvadA***

*Ganapati, One with a curved trunk, a large body,
and a brilliance equal to a crore (10 million) suns!*

*God, please remove all obstacles that stand in the way of all my
undertakings, always.*



1.2 Karya Siddhi

***ShuklAm Baradharam Vishnum
Shashi Varnam Chaturbhujam
Prasanna Vadanam DhyAyet
Sarva Vighnopa ShAntaye***

*Attired in white and all-pervading,
O moon-hued, four-shouldered
One with smiling face so pleasing,
upon You we meditate for removing all obstacles*

Vishnu Sahasranamam

Daily Shlokas (Continued ...)

1.3 Guru Vandanam

Gurur Brahma, Gurur Vishnu

Gurur Devo Maheshwara

Gurur SAKshAt Parabrahma

Tasmai Shree Gurave Namah



The Guru is Brahma (The God of Creation)

The Guru is Vishnu (The God of Sustenance)

The Guru is Shiva (The God of Annihilation)

My Salutation to such a Guru, who is verily the Supreme God

Skanda Puranam - Uttarakand

1.4 Gayatri Mantram

Om BhUr Bhuvah Swah

Tat Savitur Varenniyam

Bhargo Devasya Dheemahi

Dhiyo Yo Nah PrachodayAt (3)



Artwork: Keshav Mudumbai

*The God (Sun) of the Earth, Atmosphere and Space,
who is to be followed, we meditate on his power,
(may) He inspire(s) our intellect.*

Rig Veda (3.62.10)

Daily Shlokas (Continued ...)



1.5 Devi Stuti

**Sarva Mangala MAngalye
Shive SarvArtha SArdhike
Sharanye Traiyambake Gouri
NArayani Namostute**

*All auspicious Shiva-Shakti, the bountiful;
I prostrate myself at Thy feet.
O Triyambaks (Three eyed one),
Gauri (the one with a fair complexion) Naraayani.*

Devi Mahatmyam (Chandi)



1.6 Saraswati Shloka

**Saraswati Namastubhyam
Varadhe KAmarUpini
VidyArambham KarishyAmi
Siddhir Bhavatu Me SadA**

*Oh Divinity of learning, Giver of boons,
Giver of form to desire,
I am going to start studying,
May it always be my success.*

Composed by Sage Agastya

Daily Shlokas *(Continued ...)*

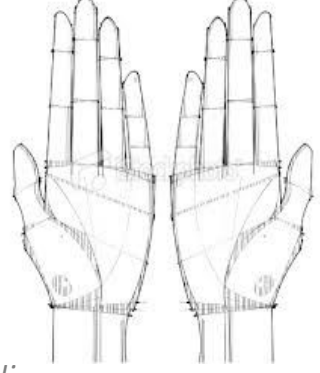
1.7 Pratah Smaranam *(Morning Prayer)*

KarAgre Vasate Lakshmi

Kara Madhye Saraswathi

Kara MULE Tu Govinda

PrabhAte Kara Darshanam



On the tip of your fingers is Goddess Lakshmi;

On the middle of your fingers is Goddess Saraswati;

In the base of your fingers is Lord Govinda (Vishnu);

Look at your palm in the early morning.

Vishnu Purana

1.8 Prayer Before Eating Food

AnnapUrne SadA PUrne

Shankara PrAnavallabhe

GnAna VairAgya Sidhyartham

BhikshAm Dehi Cha PARvati



*O Annapurna, Who art ever full,
the beloved life-force of Lord Sankara
Grant me alms that I be firmly established
in Knowledge and Renunciation.*

Annapurna Ashtakam

Daily Shlokas (Continued ...)



1.9 Hayagriva Stotram

GnAnAnanda Mayam DEvam

Nirmala Spatika Kruthim

AadhAram Sarva VidyAnAm

Hayagreevam UpAsmahE

*I worship Lord Hayagreeva,
who is embodiment of knowledge,
who is pure as a pure crystal,
and who is the basis of all knowledge*

Pañcarātra Agamas



1.10 Prayer to Lord Rama

RAmAya RAMabhadraAya

RAMachandrAya Vedhase

RaghunAthAya NATHAya

SeethAyAh Pathaye Namaha

*Oh Rama, Ramabhadra,
Ramachandra, Raghunatha, we pray to you,
who is the knowledgeable one and the husband of Sita*

Sri Rama Raksha Stotram

Daily Shlokas (Continued ...)

1.11 Prayer to Lord Rama

Shree RAma RAma RAmethi

Rame RAmE Mano Rame

SahasranAma Tat Thulyam

RAma NAma VarAnane (3)

Shree RAma NAma VarAnana Om Namah Ithi

In Mahabharat, after listening to Vishnu Sahasranamam (1000 names of Vishnu) recited by Bhishma, who was in his deathbed, Lord Shiva provides a short cut: "Chanting Sri Rama's name is equivalent to reciting all the 1000 names of Vishnu".

Vishnu Sahasranamam



1.12 Vishnu Prayer

VanamAlee Gadhee SAnghee

Shankhee Chakree Cha Nandakee

ShreemAn NARAyano Vishnur

VASudevo Abhirakshathu (3)

Sri VASudeva Abhirakshathu Om Namah Ithi

*Protect us Oh Lord Narayana
Who wears the forest garland,
Who has the mace, conch , sword and the wheel.
And who is called Vishnu and the Vasudeva*

Vishnu Sahasranamam (108)



Daily Shlokas (Continued ...)

1.13 Meditation from Vishnu Sahasranamam

ShAntAkAram Bhujaga-shayanam PadmanAbham Suresham

VishwAdhAram Gagana-sadrsham Megha-varnam ShubhAngam

Lakshmee-kAntam Kamala-nayanam Yogi Hridh-dhyAna Gamyam

Vande Vishnum Bhava-bhaya-haram Sarva-Lokaika NAtham

I salute vishNu, the sole master of the universe, whose presence is very peaceful, who stretches Himself on Adi-Sesha, who sports a lotus in His navel, who is one lord of all the devAs, who is the support of the worlds, who is all-pervading like the sky, whose form is very beautiful, whose complexion is like that of the clouds, who is the consort of Lakshmi, whose eyes are like lotus petals, who is on by Yogis and who eradicates the fear of samsara (world).

Vishnu Sahasranamam



1.14 Meditation from Vishnu Sahasranamam

Megha shyAmam Peetha Kouseya VAsam

Shree VatsAnkham Kousthubho BhAsithAngam

Punyo Petham Pundaree KAYatAksham

Vishnum Vande Sarva Lokai-ka NAtham

*Salute that Vishnu, who is the lord of all worlds,
Who is black like a cloud and wears yellow silk,
Who has Srivathsa on his body shining with Kousthubha,
And who has lotus like eyes and lives with good souls.*

Vishnu Sahasranamam

Daily Shlokas (Continued ...)

1.15 Dhanvanthri Mantram

***Om Namo Bhagavate VAsudevAya
Dhanvantaraye Amrita-kalasha HastAya
SarvAmaya VinAshanAya Trailokya NATHAya
Shri MahA Vishnave Namaha***



Salutations to Lord Dhanvantari, also known as VAsudeva, who holds in His hand a pot filled with amruta (the immortality giving nectar), who removes all ailments, who is the Lord of the three worlds and an avatar of Vishnu

Vishnu Purana

1.16 To Trust in God

***YadA YadA hi Dharmasya GIAnir Bhavati BhArata
AbhyuthAnam Adharmasya TadAt MANam SrujAmyaham
ParitrAnAya SAdhUnAm VinAshAya Cha DushcritAm
DharmasamsthA PanArthAya SambhavAmi Yuge Yuge***

O descendant of Bharata, whenever there is a decline in righteousness, and a rise in evil, I will incarnate on earth. In order to save my devotees and to annihilate the miscreants, as well as to re-establish the principles of righteousness, I advent myself millennium after millennium.

Bhagavad Gita: Chapter 4, Verse 7

2. Setting Intention



2.1 To Respect Parents & Teachers

***MAtru Devo Bhava Pitru Devo Bhava
AchArya Devo Bhava Athithi Devo Bhava***

*Honor Mother as God, Honor Father as God,
Honor Teacher as God, Honor as Guest as God*

Taittiriya Upanishad – Shiksha Valli



2.2 To Speak the Truth

***Sathyam BrUyAt Priyam BrUyAt
Na BrUyAt Sathyam Apriyam
Priyam ca Nanrutam BrUyAt
Esha Dharmah SanAtanah***

Speak truth, speak kind words

Never speak truth, which is unkind to others

Even if pleasant, do not speak untruth

This is the path of eternal righteousness

Manusmrithi

Setting Intention *(Continued ...)*

2.3 To Respect & Conserve Food

Annam Na nindhyAth

Annam Na Pari-chaksheetha

Annam Bahu Kurveetha



“Do not abuse Food!”

“Do not discard Food!”

“Grow Food in abundance!”

Taittiriya Upanishad – Brghu Valli

2.4 God is All Pervasive

Tvameva MATHA Cha PithA Tvameva

Tvameva Bandhush-cha Sakha Tvameva

Tvameva VidyA Dravinam Tvameva

Tvameva Sarvam Mama Deva Deva



O God !

You are my mother, my father, my brother, and my friend

You are my knowledge and my only wealth

You are everything to me and the God of all Gods

Mahabharata

Setting Intention *(Continued ...)*



Artwork: Adarsh Srinivasan

2.5 Shanti Mantra

Om Asato MA Sad Gamaya

Tamaso MA Jyotir Gamaya

Mrityor MA Amritam Gamaya

Om ShAnti ShAnti ShAnti-hi

Lead me: From untruth to truth;

From darkness to light;

From death to immortality

Om peace peace peace

Brihadaranyaka Upanishad 1.3.28



Songs & Bhajans

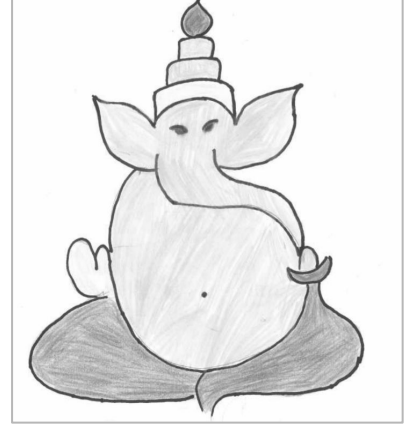


1. Jai Ganesh Deva

*Jai Ganesh Jai Ganesh Jai Ganesh DevA
MAAtA jAki PARvati PitA MahAdevA (2)*

*Glory to You, O Lord Ganesha!
Born of Parvati, daughter of
the Himalayas, and the great Shiva*

*Ek dant dayAvant ChAr bhujA dhAri
MAthe par tilak sohe Muse ki savAri
PAn chadhe Phool chadhe Aur chadhe mevA
Ladduan ka bhog lage Sant kare sevA*



Artwork: Shreya Adesh

[Jai Ganesh]

*Lord of compassion, You bear a single tusk, four arms,
A vermilion mark of on your forehead, and ride on a mouse.
People offer you betel leaves, blossoms, fruits and sweets,
while saints and seers worship You*

*Andhan ko Aankh deth Kodhin ko kAyA
BANjhan ko putra det Nirdhan ko mAyA
SUrya shAm sharan Aaye Safal keeje sevA
Jai Ganesh Jai Ganesh Jai Ganesh DevA*

[Jai Ganesh]

*You bestow vision on the blind, chastened body on the leprous,
Children to the sterile, and wealth on the destitute.
We pray to Thee day and night, please bestow success upon us*

2. Om Namah Shivaya *Shiva Bhajan*

Om Namah ShivAya ShivAya Namah Om (2)

Shiva Shiva Hara Hara HarAya Namah Om

Hara Hara Shiva Shiva ShivAya Namah Om

Hara Hara MahAdevA Hara Hara MahAdevA [Om Namah ...]

Dama Dama Dama Dama Damaru BhAjey

Dhimithaka Dhimithaka Mrudanga BhAjey

Hara Hara MahAdevA Hara Hara MahAdevA [Om Namah ...]

Chant the mantra "Om Namah Shivaya".

I bow down to Lord Shiva, who confers auspiciousness, who is also Hara, who destroys the evil. He is the Great God - Mahadeva, the destroyer of evil.

He plays the hand-held drum, Damaru, while the percussion instrument, Mrudanga, keeps up with the beat, and He dances the cosmic dance.

3. Jai Ganaraya

Shri GanarAyA Jai GanarAyA (2)

Shri GanarAyA Jai GanarAyA Ganapathi Bappa MoryA (2)

[Shri GanarAyA...]

Siddhi VinAyaka Mangala DAtA (2)

Siddhi VinAyaka Mangala DAYaka Mangala Murti MoryA (2)

[Shri GanarAyA...]

SindhUra VadhanA Pankaja CharanA (2)

SindhUra VadhanA Pankaja CharanA Ganapathi Bappa MoryA (2)

[Shri GanarAyA...]

Victory to Lord Ganesha, the leader of Shiva's army (Ganas).

We bow down to you, who grants wishes, bestows prosperity, and is the personification of auspiciousness. Victory to Lord Ganesha.

We offer salutations to the lotus feet of the elephant-faced Lord. Victory to Lord Ganesha.

3. Subramanyam Subramanyam *Kartikeya Bhajan*

*Subramanyam Subramanyam ShanmukhanAtha Subramanyam
Subramanyam Subramanyam ShanmukhanAtha Subramanyam*

Shiva Shiva Shiva Shiva Subramanyam

Hara Hara Hara Hara Subramanyam

Hara Hara Hara Hara Subramanyam

Shiva Shiva Shiva Shiva Subramanyam

[Subramanyam ...]

Shiva saravanabhava Subramanyam

Guru saravanabhava Subramanyam

Shiva Shiva Hara Hara Subramanyam

Hara Hara Shiva Shiva Subramanyam

[Subramanyam ...]

Sing the names of Lord Subramanya,

Lord with six faces,

Son of Shiva;

Sing the names of Lord Subramanya and of Shiva;

Sing in praise of Lord Subramanya

who was born in the lake called Saravanabhava.

5. Namah Parvathi Pathaye *Shiva Bhajan*

*Namah PARvathee Pathaye Hara Hara
Hara Hara Shankara MahAdevA
Hara Hara MahAdEvA
Hara Hara Hara Hara MahAdevA
Shiva Shiva Shiva Shiva SadhAshivA
MahAdevA SadhAshivA
SadhAshivA MahAdevA*

Salutations to Hara or Shiva, who is the Lord of Parvathi. You are Shankara or doer of good, you are the greatest Lord (Mahadeva), You are the Eternal Lord (Sadashiva).



6. Bhaja Mana Ram

Bhaja Mana RAm Bhaja Mana RAm

PAnduranga Shree Ranga Bhaja Mana RAm [Bhaja Man ...]

Bhaja Mana MAdhava Bhaja Mana Keshava

Bhaja Mana YAdava Bhaja Mana RAm

PAnduranga Shree Ranga Bhaja Mana RAm [Bhaja Man ...]

Bhaja Mana Mukunda Bhaja Mana Govinda

Bhaja Mana Aananda Bhaja Mana RAm

PAnduranga Shree Ranga Bhaja Mana RAm [Bhaja Man ...]

O dear Mind! Worship and chant the Holy names Lord Ram, and Panduranga.

Chant the various names of Krishna - Keshava, Madhava, Yadava. Keep chanting the Divine name of Lord Ram.

Chant the names Mukunda and Govinda, for there is bliss in worshipping all these names of the Lord.

7. Hey Ram Hey Ram

Hey RAM hey RAM, Hey RAM hey RAM

Jag me sachO terO naam

[Hey RAM hey RAM]

Oh Ram, your name is the true name in this world.

Tu hi mAtA Tu hi pitA hai (2)

Tu hi to hai RAdha ka ShyAm

[Hey RAM hey RAM]

You are mother, father, and you are Shyam of Radha

Tu antaryAmi SabkA swAmi (2)

Tere charno mein chAro dhAm

[Hey RAM hey RAM]

You are knower of what is inside the heart, Lord of all, The four abodes are in your feet

Tu hi bigAde Tu hi sawArein (2)

Iss jag ke sAre kAm

[Hey RAM hey RAM]

You destroy, as well as create, all the works of this world

Tu hi jagdAtA Vishwa vidhAtA (2)

Tu hi subah tU hi shAam

[Hey RAM hey RAM]

You are the creator of this world. You are the morning and evening.



8. Mahatma Gandhi's Ram Dhun



Mohandas K. Gandhi
(2nd October 1869 –
30th January 1948)

Lead: *Raghupati RAGhava RAjArAm*

Patheetha *PAvana SitArAm*

Chorus: *Raghupati RAGhava RAjArAm*

Patheetha *PAvana SitArAm*

Lead: *SitArAm Jaya SitArAm*

Bhaja PyAre tU SitArAm

Chorus: *SitArAm Jaya SitArAm*

Bhaja PyAre tU SitArAm

Lead: *Ishvara AllAh Tero Naam*

Saba ko Sanmati de BhagavAn

Chorus: *Ishvara AllAh tero naam*

Saba ko Sanmati de BhagavAn

ALL: *Raghupati RAGhava RAjArAm*

Patheetha *PAvana SitArAm*

*Lord Rama, Chief of the house of Raghu,
uplifters of those who have fallen,
O divine couple) Sita and Rama,
beloved, praise Sita and Rama,
God or Allah is your name,
(meaning that the supreme can be called by many names)
Lord, bless everyone with this wisdom.*

9. Achyutam Keshavam

(Chorus repeats every line after lead singer)

Achyutam Keshavam Krishna DAModaram

RAm NARayanam JANaki Vallabham

Praising the Lord Krishna, with different names of Vishnu.

Kaun kehte hain BhagwAn Aate nahi

Tum Meera ke jaise BulAte nahi [Achyutam ...]

Who says God doesn't come? You don't call Him like Meera did.

Kaun kehte hain BhagwAn KhAte nahi

Ber Shabri ke jaise KhilAte nahi [Achyutam ...]

Who says God does not eat? You don't feed him like how Shabari fed him.

Kaun kehte hain BhagwAn Sote nahi

Maa Yashoda ke jaise SulAte nahi [Achyutam ...]

Who says God does not sleep? You don't make him sleep like Yashoda.

Kaun kehte hai BhagwAn NAchte nahi

Gopiyon ki tarah tum NachAte nahi [Achyutam ...]

Who says God doesn't dance? You don't dance with him like Gopis did.



10. Hari Hari Hari Hari

Krishna Bhajan

Lead: Hari Hari Hari Hari Smarana Karo

Chorus: Hari Hari Hari Hari Smarana Karo

Lead: Hari Charana Kamala Man DhyAna Karo

Chorus: Hari Charana Kamala Man DhyAna Karo

Lead: Hari Hari Hari Hari Smarana Karo

Chorus: Hari Hari Hari Hari Smarana Karo

Lead: Murali MAdhava SevA Karo

Chorus: Murali MAdhava Seva Karo

Lead: Murahara GiridhAri Bhajana Karo

Chorus: Murahara GiridhAri Bhajana Karo

ALL: Hari Hari Hari Hari Smarana Karo

Hari Charana Kamala Man DhyAna Karo

Hari Hari Hari Hari Smarana Karo

*Meditate on the name of Lord Hari, the Lotus feet of Hari, the
divine flute player, sing the glory of Lord of Giridhari*

11. Aananda Sagara

Krishna Bhajan

Lead: Aananda SAgara MuralidharA

Chorus: Aananda SAgara MuralidharA

Lead: Meera Prabhu Radhey ShyAm Venu Gopala

Chorus: Meera Prabhu Radhey ShyAm Venu Gopala

Lead: Aananda SAgara MuralidharA

Chorus: Aananda SAgara MuralidharA

Lead: Meera Prabhu Radhey ShyAm Venu Gopala

Chorus: Meera Prabhu Radhey ShyAm Venu Gopala

Lead: Nanda Yashoda Aananda KishorA

Chorus: Nanda Yashoda Ananda KishorA

Lead: Jai Jai Gokula BAIA Jai Venu Gopala

Chorus: Jai Jai Gokula BAIA Jai Venu Gopala

ALL: Aananda SAgara MuralidharA

Meera Prabhu Radhey ShyAm Venu Gopala

Ananda SAgarAa...

Victory to Krishna, beloved Prince of Yashoda. Thou art the ocean of bliss and player of captivating music on flute and Lord of Mira (devotee), Radha and the entire Universe.

12. Gopala Radha Lola *Krishna Bhajan*

GopAlA RADhA Lola (2)

Murali Lola NandalAlA

Hey Murali Lola NandalAlA

GopAlA RADhA Lola

Chant the name of Gopala, who gives joy to Radha. Who is the son of Nanda; the one who plays the flute beautifully.

Keshava MAdhava JanArdhana (2)

VanamAlA BrindAvana BAIA (2)

Murali Lola NandalAlA

Hey Murali Lola NandalAlA

He is also known as Keshava, Madhava and Janardhana. He is the child of Brindavan, and wears the garland of jungle flowers. Let us chant the glory of such lord.



13. Rama - Krishna Story Bhajan

(In part written by our Balvihar Students – See note in next page)

RAma NamO RAma NamO

RAma NamO SeethA RAma NamO

Krishna NamO Krishna NamO

Krishna NamO RAdhA Krishna NamO

Ayodhya VASi RAma NamO

DwAraka VASi Krishna NamO [RAma NamO]

Dasaratha ThanayA RAma NamO

Vasudeva ThanayA Krishna NamO [RAma NamO]

Kousalya BAIA RAma NamO

Devaki BAIA Krishna NamO [RAma NamO]

Bharatha Sahodara RAma NamO

BalarAma Sahodara Krishna NamO [RAma NamO]

ThAdakai SamhAra RAma NamO

BhOODanai SamhAra Krishna NamO [RAma NamO]

SeethA Vallabha RAma NamO

RAdhA Vallabha Krishna NamO [RAma NamO]

Rama - Krishna Story Bhajan *(Continued ...)*

Agalya Mokshakha RAma NamO

Droupathi Rakshaka Krishna NamO [RAma NamO]

VALi Mardhana RAma NamO

KALiYa Nardhana Krishna NamO [RAma NamO]

Hanumath Rakshaka RAma NamO

Arjuna Sikshaka Krishna NamO [RAma NamO]

RAvana Mardhana RAma NamO

KamsA Mardhana Krishna NamO [RAma NamO]

✳ *Treta Yuga VASi RAma NamO*

DwApara Yuga VASi Krishna NamO [RAma NamO]

✳ *Dhanushya DhAri RAma NamO*

Sri Chakra DhAri Krishna NamO [RAma NamO]

✳ *VeenA VAdaka RAma NamO*

Murali DhAraka Krishna NamO [RAma NamO]

Raghukula Thilaka RAma NamO

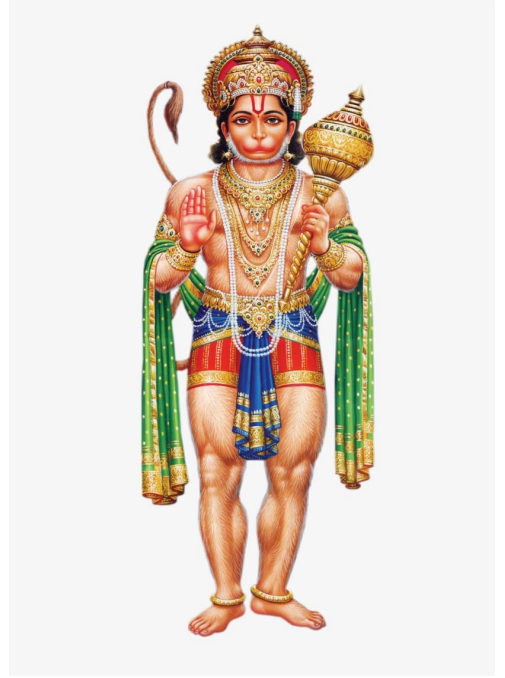
Yadhukula Thilaka Krishna NamO [RAma NamO]

✳ *Verses contributed by Lipika Goel, Stuti Goel, Arjun Manoj, Varsha Talladi*

14. Balabheem Balabheem

Hanuman Bhajan

Balabheem Balabheem BalabheemA
Bhajana Laake se PremA
MaruthirAyA Hey BhagwAn
MahanubhAvA Hey BhagwAn
VAYukumarA Hey BhagwAn
Bhajana laake se PremA
Anjana Puthra Hey BhagwAn
Aanjaneya Hey Bhagwaan
Sri RAma DhUta Hey BhagwAn
Bhajana laake se PremA



Victory to the mighty one. Sing the lord's name with love. Salutations to the son of Anjana and Vayu (God of wind). Victory to the valorous one of the monkey clan. We bow down to the messenger of Lord Rama.

15. Hey Rama Bhakta Hey Rama Doota *Hanuman Bhajan*

Hey RAma Bhaktha Hey RAmadhUtha

Hey RAmadAsA NamO NamO

SeethA MATHA Soka VinasA

AnAdha NATHA NamO NamO

MARuthi RAYa MahAnubhAvA

AthibhalavandhA NamO NamO

AanjaneyA NamO NamO

Sri AanjaneyA NamO NamO



Salutations to the messenger, devotee and the servant of Rama. Salutations to the one who destroyed Mother Sita's agony, the son of Maruti, guide to the orphaned, Supreme being and the brave one who possesses magnificent strength.

16. Om Jai Jagadish Hare - Arthi Song

By Pandit Shardha Ram Phillauri (1837 – 1881)

*Om jai jagadish hare
SwAmi jai jagadish hare
Bhakt jano ke sankat
DAs jano ke sankat
Kshan mein door kare
Om jai jagadish hare*

*Oh Lord of the whole Universe
Mighty Lord of the whole Universe
All Thy devotees' agonies
All Thy devotees' sorrows
Instantly Thou banisheth
Oh Lord of the whole Universe*

*Jo dhyAve phal pAve
Dukh bin se man kA
Swami dukh bin se man kA
Sukh sampati ghar Aave
Sukh sampati ghar Aave
Kasht mite tan kA
Om jai jagadish hare*

*He who's immersed in devotion
He reaps the fruits of Thy love
Lord, he reaps the fruits of Thy love
Floating in a cloud of comforts
Floating in a cloud of comforts
Free from all the worldly problems
Oh Lord of the whole Universe*

*MAt pitA tum mere
Sharan gahun main kiski
SwAmi sharan gahun main kiski
Tum bin aur na doojA
Tum bin aur na doojA
Ãasa karoon main jiski
Om jai jagadish hare*

*Thou art Mother and Father
At Thy feet I seek eternal truth
Lord, at Thy feet I seek eternal truth
There's none other than Thee, Lord
There's none other than Thee, Lord
Guardian of all our hopes
Oh Lord of the whole Universe*

Om Jai Jagadish Hare (Continued ...)

*Tum pooran ParamAtma
Tum AntaryAmi
SwAmi tum AntaryAmi
PAR Brahma Parameshwara
PAR Brahma Parameshwara
Tum sabke swAmi
Om jai jagadish hare*

*Thou art Godly perfection
Omnipotent Master of all
Lord, omnipotent Master of all
My destiny's in Thy Hand
My destiny's in Thy Hand
Supreme Soul of all Creation
Oh Lord of the whole Universe*

*Tum karunA ke sAgar
Tum pAlan kartA
SwAmi tum pAlan kartA
Main moorakh khalakhAmi
Main sevak tum swAmi
KripA karo BhartA
Om jai jagadish hare*

*Thou art an ocean of mercy
Gracious protector of all
Lord, gracious protector of all
I'm Thy humble devotee
I'm Thy humble devotee
Grant me Thy divine grace
Oh Lord of the whole Universe*

*Tum ho Ek agochar
Sab ke prAn pati
SwAmi sabke prAn pati
Kis vidhi miloon dayAmaya
Kis vidhi miloon dayAmaya
Tum ko main kumati
Om jai jagadish hare*

*Thou art beyond all perception
Formless and yet multiform
Lord, formless and yet multiform
Grant me a glimpse of Thyself
Grant me a glimpse of Thyself
Guide me along the path to Thee
Oh Lord of the whole Universe*

Om Jai Jagadish Hare (Continued ...)

Deen bandhu dukh hartA
ThAkur tum mere
SwAmi ThAkur tum mere
Apne hAth uthAo
Apni sharan lagAo
DwAr padA hoon tere
Om jai jagadish hare

*Friend of the helpless and feeble
Benevolent savior of all
Lord, benevolent savior of all
Offer me Thy hand of compassion
Offer me Thy hand of compassion
I seek refuge at Thy feet
Oh Lord of the whole Universe*

Vishay vikAr mitAvo
PAp haro DevA
SwAmi pAp haro DevA
ShraddhA bhakti badhAo
ShraddhA bhakti badhAo
Santan ki sevA
Om jai jagadish hare

*Surmounting the earthly desires
Free from the sins of this life
Lord, free from the sins of this life
Undivided faith and devotion
Undivided faith and devotion
In eternal service unto Thee
Oh Lord of the whole Universe*

Om jai jagadish hare
SwAmi jai jagadish hare
Bhakt jano ke sankat
DAs jano ke sankat
Kshan mein door kare
Om jai jagadish hare



*Pandit Shardha Ram Phillauri
(1837 – 1881)*

17. Lakshmi Aarthi

Om Jai Lakshmi mAtA

Maiyya jai Lakshmi mAtA

Tumko nis din sevat

Maiyya ji ko nis din sevat

Har Vishnu DhAtA

Om Jai Lakshmi MAtA

UmA RamA BrahmAni

Tum hi jagmAtA

Maiyya tum hi jagmAtA

SUrya chandramA dhyyAvat (2)

NArad rishi gAtA

Om Jai Lakshmi MAtA

DurgA roop niranjani

Sukh sampatti dAtA

Maiyya sukh sampatti dAtA

Jo koi tum ko dhyyAvat (2)

Riddhi-siddhi dhan pAtA

Om Jai Lakshmi MAtA

Tum pAtAl NivAsini

Tum hi shubh dAtA

Maiyya tum hi shubh dAtA

Karma prabhAv prakAshini (2)

Bhavnidhi ki trAtA

Om Jai Lakshmi MAtA

*Glory to you, oh Mother, glory to you,
mother Lakshmi.*

*Shiva, Vishnu, and Brahma meditate
upon you everyday and night.*

You are the consort of

*Brahma, Rudra and Vishnu and
the mother of the world.*

*The sage Narada sings your praises and
the Sun and the Moon meditate on you.*

As Durga,

you grant happiness and prosperity

*He who centres his attention on you
becomes a recipient of all*

riddhis and siddhis

Prosperity and Accomplishment.

All the virtues collect themselves

where you have your dwelling ;

with your grace and favour

*even the impossible becomes possible
without causing any nervous agitation.*

Lakshmi Aarthi (Continued ...)

Jis ghar tum rahati tahan

Sab sadgun AatA

Maiyya sab sadgun AatA

Sab sambhav ho jAtA (2)

Man nahin ghabrAtA

Om Jai Lakshmi MATa

*All the virtues collect themselves
where you have your dwelling ;*

*with your grace and favour
even the impossible becomes possible
without causing any nervous agitation.*

Tum bin yagna na hotey

Vastra na ho pAtA

Maiyya vastra na ho pAtA

KhAn pAn kA vaibhav (2)

Sab tumse AatA

Om Jai Lakshmi MATa

*No sacrifice can be performed
without you;*

*no one can obtain any garment;
it is from you that one obtains
one's sustenance .*

Shubh-gun-mandir sundar

Kshirodadhi jAtA

Maiyya Kshirodadhi jAtA

Ratna chaturdash tum-bin (2)

Koi nahin pAtA

Om Jai Lakshmi MATa

*O! daughter of the Ocean of Milk and
Beautiful temple of all propitious
virtues,*

*verily a living mass of all fourteen
gems
with which none else is endowed .*

MahA Lakshmi ji ki Aarti

Jo koi nar gAtA

Maiyya Jo koi nar gAtA

Ur Aanand samAtA (2)

Paap utar jAtA

Om Jai Lakshmi MATa

[Om Jai Lakshmi mAtA ...]

*Whosoever hymns this
prayer to Lakshmi
is purged of his sins and
experiences the ecstasy of joy.*

18. Surasa Subodha

By Vasant Gaadgil

Surasa SubodhA Vishwa ManogyA

LalithA HridyA RamaNeeyA.

Amrutha VAni Sanskrutha BhashA

Naiva KlishtA Na Cha KatiNA (2)

Tasty, enlightening, universal;
Lovely-hearted, beautiful;
Sanskrit, nectar-like sounding,
Is never troublesome or hard.

Kavi KokilA VAlmiiki virachitA

RAmAyana Ramaneeya KathA

Ateeva SaralA Madhura Manjula

Naiva KlishtA Na Cha KatiNA (2)

The cuckoo of poets Vaalmiki
Composed Raamaayana lovely,
Highly fluent and tenderly sweet
Is never troublesome or hard

Vyasa virachitA Ganesha likhitA

MahAbhArathe Punya KathA

Kaurava Pandava Sangara MatHitA

Naiva KlishtA Na Cha KatiNA (2)

Vyaasa-composed ganesa-written
Mahaabhaarata the holy composition
describing the Kaurava-Paandava conflict
Is never troublesome or hard



Surasa Subodha (Continued ...)

Kurukshetra SamarAngana GeethA

Vishwa vanditA Bhagavad GeethA

Amrutha madhurA Karma deepika

Naiva KlishtA Na Cha KatiNA (2)

Pronounced amidst the Kurukshetra
The world regarded Bhagavd Gita
Nectar-like sweet and duty centered
Is never troublesome or hard

Kavi Kula Gurunava RasonmeshajA

Rutu-Raghu KumAra kavita

Vikrama ShAkuntala-MAlavika

Naiva KlishtA Na Cha KatiNA (2)



Created by the poetical guru (Kaalidaasa)
The Poems Rutu Samskaara, Kumaarasambhava,
Raghuvamsa, Vikramoorvasiyam, Sakuntala,
Maalavikaagnimitram are never troublesome or hard



19. Humko Mann Ki Shakti Dena

By Sampooran Singh Kalra i.e. Gulzar from Movie "Guddi" (1974)

Hum ko Mann ki shakti dena, Mann vijay karE
Dusron ki jay se pehle, Khud ko jay karE

Give us strength of mind, that the mind may be victorious
That before others' victory, the self is victorious

BhedbhAv apane dil se sAf kar sake
Doston se bhOOI ho to maaf kar sake
Jhoot se bachE rahe, Sach ka dam bharE
Dusron ki jay se pehle, Khud ko jay karE (Humko ...)

May we cleanse our hearts of divisions and discord
May we be able to forgive friends who err
May we be safe from falsehood and may truth be our very breath
Before others' victory, may the self be victorious

Mushkile pade to hum pe itna karm kar
Saath de to dharm ka chale to dharm kar
Khud pe hausla rahe, Badi se naa darE
Dusron ki jay se pehle, Khud ko jay karE (Humko ...)

If difficulties befall us, may we strive on
May we abide only by Truth, and walk with Truth
May we have self-conviction, and not fear adversity
Before others' victory, may the self be victorious

20. Sanskrit Birthday Song

(By Swami Tejomayandaji)

Janma dinamidam Ayi Priya sakhe (2)

Shantano tu te Sarvada mudam

PrarthayAmahe Bhava shatAyushee (2)

Ishwara sadA TwAm cha rakshatU

Punya karmanA Kirtim-arjaya (2)

Jeevanam tavA Bhavatu sArthakam

Bhavatu sArthakam Bhavatu sArthakam

*Oh dear friend, may this birthday bring you auspiciousness, and joy
today and forever*

*We pray for you have a beautiful long life and may the Lord shower his
blessings and always protect you.*

*May you attain fame for being engrossed in doing virtuous actions and
may you have a fulfilling life.*

21. Saare Jahaan Se Achha

By Poet Mohammed Iqbal (1904)

SAre jahAn se achchA HindostAn hamArA hamArA
SAre jahAn se achchA
Hum bulbulain hai is ki Yeh gulsitAn hamArA hamArA
SAre jahaan se achchA



Better than all the world, is our India
We are its nightingales and this is our garden

Parbat woh sab se Uncha HamsAya AasmAn kA (2)
Woh santari hamArA Woh pAsbAn hamArA hamArA
[SAre jahAn...]



That mountain most high, neighbor to the skies
It is our sentinel; it is our protector

Godi mein khelti hain Iski hazAron nadiyA
Gulshan hai jis ke dum se Rashke janAn hamArA hamArA
[SAre jahAn...]



A thousand rivers play in its lap
Gardens they sustain, the envy of the heavens is ours

Mazhab nahin sikhAta Aapas mein bair rakhnA
Hindvi hai hum, Hindvi hai hum, Hindvi hai hum
Vatan hai, HindostAn hamArA hamArA
[SAre jahAn...]



Faith teaches us to not harbor grudges between us
We are all Indians and India is our homeland

22. Vande Maataram

Poem from Bankim Chandra Chattopadhyay's 1882 novel Anandamath

Vande mAtaraM, Vande mAtaraM
sujalAM suphalAM malayaja shiitalAM
Sasya shyAmalAM mAtaram
Vande mAtaraM

Mother, I bow to thee!
Rich with thy hurrying streams,
bright with orchard gleams,
Cool with thy winds of delight,
Dark fields waving Mother of might,
Mother free.



*Bankim Chandra Chattopadhyay
(1838 – 1894)*

Shubhrajyotsnaa pulakitayAminee
pullakusumita drumadala shobhinee
suhAsineem sumadhura bhAshhiNee
sukhadAM varadAM mAtaraM
Vande mAtaraM
Vande mAtaraM

Glory of moonlight dreams,
Over thy branches and lordly streams,
Clad in thy blossoming trees,
Mother, giver of ease
Laughing low and sweet!
Mother I kiss thy feet,
Speaker sweet and low!
Mother, to thee I bow.

23. This Land in My Land

*This land is your land This land is my land
From Himalayas to Kanyakumari
From Mumbai Gate way to East Meghalaya
This land is made for you and me*

*It's rich in culture and rich in heritage
With great poets and greater scriptures
With great dancers and amazing singers
This art is made for you and me*

*In various forms with many values
Gods like Krishna and ideal Rama
Devi Saraswati and strong Hanuman
All gods to bless you and me*

*All the festivals fun with family
Like yugadi - holi and diwali
Celebrating rakhi for universal brotherhood
festivals to enrich you and me*

*With Thirty five states with unique languages
Different foods and different vestments
Looks like diversity but still is unity
this land unites you and me*

*It's our dharma believe in giving
It's now our turn to give back something
It's our duty to preserve everything
Which was given to you and me*

24. Indian National Anthem

Jana gaṇa mana adhinAyaka jaya hey

BhArata bhAgya vidhAtA

PunjAba Sind GujarAṭa MarAṭhA

DrAviḍa Utkala BangA

Vindhya HimAchala YamunāGangA

Ucchala jaladhi tarangA

Tava shubha nAme jAge

Tava Shubha Ashiṣa mAge

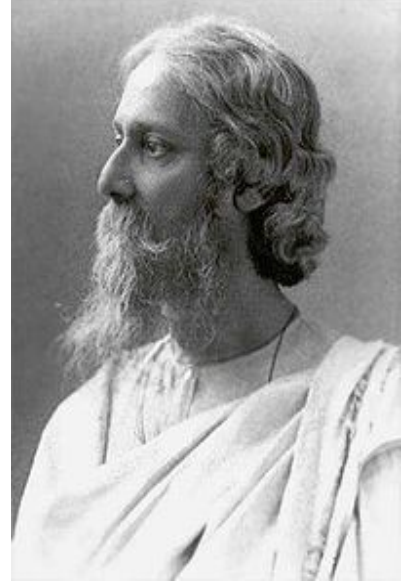
GAhe tava jaya gAthA

Jana gaṇa mangala dAyaka jaya hey

BhArata bhAgya vidhAthA

Jaya hey jaya hey jaya hey

Jaya jaya jaya jaya hey



*Rabindranath Tagore
(1861 – 1941)*

Thou art the ruler of the minds of all people, Dispenser of India's destiny. Thy name rouses the hearts of Punjab, Sind, Gujarat and Maratha, Of the Dravida and Orissa and Bengal; It echoes in the hills of the Vindhyas and Himalayas, mingles in the music of Jamuna and Ganges and is chanted by the waves of the Indian Ocean. They pray for thy blessings and sing thy praise. The saving of all people waits in thy hand, Thou dispenser of India's destiny. Victory, victory, victory, Victory to thee.

Traditional Slokams



1. Ganesha Pancharatnam

By Sri Adi Sankara

*MudAkarAtha Modakam SadA Vimukti SAdhakam
KaLa DharAva tamsakam VilAsiloka Rakshakam
AnAya Kaika NAYakam VinAsitebha Daityakam
NataSubhAsu NASHakam NamAmi Tham VinAYakam (2)*

*I salute that remover of obstacles,
Who has modakas in his hand
Who always bestows salvation
Who wears a part of moon on his head
Who protects this world which is varied,
Who is the leader of those who cannot be lead,
Who is the cause of destruction of asuras,
And who destroys all things which are not good.*

*NatetarAti Bheekaram NavoditArka BhAsvaram
Namat SurAri Nirjanam NatAdhi KApa Duddharam
Sureshvaram Nidheeshvaram Gajeshvaram Ganeshvaram
Maheshvaram TamAshraye ParAtparam Nirantaram (2)*

*I bow before that great Lord permanently,
Who creates fear in the enemies of his devotees,
Who sparkles like the just risen Sun,
Who is saluted by Gods and Asuras
Who destroys obstacles of his devotees,
Who is the God of all devas,
Who is the God of all wealth,
Who is the God of all elephants,
And who is the leader of the army of Lord Shiva.*

Ganesha Pancharatnam *(Continued ...)*

*Samasta Loka Shankaram Nirasta Daitya Kunjaram
Daretarodaram Varam Vare Bhavaktra Maksharam
KrupAkaram KshamAkaram MudAkaram Yashaskaram
Manaskaram NamaskrutAm Namaskaromi BhAsvaram (2)*

*I bow to that Ganapati who shines like the Sun,
Who bestows peace to all the worlds,
Who removed the Gajamukhasura from this world,
Who has a very big paunch,
Who has an elephant-face which blesses,
And who is the one who shows kindness
Who is tolerant
Who is full of blessing,
And who showers great fame,
To those who salute Him.*

*AkinchanArti MARjanam Chirantanokti BhAjanam
PurAri Poorva Nandanam SurAri Garva Charvanam
Prapancha NAsha Bheeshanam DhananjayAdi Bhooshanam
Kapola DAana VAranam Bhaje PurAana VAranam (2)*

*I salute the very ancient elephant-god
Who destroys the wants of the have nots,
Who has been worshipped since ancient times,
Who is the eldest son of the lord who destroyed cities,
Who eats away the pride of the enemies of the gods,
Who is awesome at the time of final deluge,
Who wears serpents like Dananjaya as ornaments,
And who is fierce like the elephant in rut.*

Ganesha Pancharatnam *(Continued ...)*

NitAntikAnta DantakAnti MantakAnta KAtmajam

Achintya Roopa Mantaheena MantarAya Krintanam

Hrudantare Nirantaram Vasantameva YoginAm

Tameka Danta Meva Tam VichintayAmi Santatam (2)

*I always meditate only on that God with single tusk,,
Who is ever lustrous tusk is very pretty,
Who is the son of Lord who killed the god of death,
Who has a form beyond ones imagination,
Who is endless,
Who tears asunder all obstacles,
And who dwells forever in the heart of Yogis ,
Like the season of spring.*

MahA Ganesha Pancharathna MAdarena Yonvaham

Prjalpathi PrabhAthake Hrudismaram Ganeshwaram

ArogathAm AdhoshathAm SusAhitheem SuputhrathAm

SamAhitAyu rashta Bhoothi mabhyu paithi SochirAth (2)

*He who recites this every morning with devotion,
these five gems about Lord Ganapati and
who remembers in his heart the great Ganesha,
will soon be endowed with a healthy life free of blemishes,
will attain learning, noble sons,
a long life that is calm and pleasant and
will be endowed with spiritual and material prosperity.*

2. Lingashtakam

By Sri Adi Sankara

*Brahma MurAri surArchita Lingam
Nirmala bhAsita shobhita Lingam
Janmaja dukha vinAshaka Lingam
Tat pranamAmi SadAshiva Lingam*

*I bow before that Lingam, the eternal Shiva,
Worshipped by Brahma, Vishnu and Devas,
Is pure and resplendent,
And destroys sorrows of birth.*



Artwork: Adarsh Srinivasan

*Devamuni pravarArchita Lingam
KAmadahana karunAkara Lingam
RAvana darpa vinAshana Lingam
Tat pranamAmi SadAshiva Lingam*

*I bow before that Lingam, the eternal Shiva,
worshipped by great sages and devas,
Which destroyed the god of love,
Which showers mercy,
And which destroyed the pride of Ravana*

*Sarva sugandhi sulepita Lingam
Buddhi vivardhana kArana Lingam
Siddha surAsura vandita Lingam
Tat pranamAmi SadAshiva Lingam*

*I bow before that Lingam, the eternal Shiva,
Which is anointed by perfumes,
Which leads to growth of wisdom,
And worshipped by sages, devas and asuras.*

Lingashtakam (Continued ...)

Kanaka mahA mani bhooshita Lingam

Panipati veshtitha shobhita Lingam

Dakshasu yajna vinAshana Lingam

Tat pranamAmi SadAshiva Lingam

*I bow before that Lingam, the eternal Shiva,
Which is ornamented by gold & great jewels,
Which shines with the snake being with it,
And which destroyed the Yagna of Daksha.*

Kumkuma chandana lepita Lingam

Pankaja hAra sushosbhita Lingam

Sanchita pApa vinAshana Lingam

Tat pranamAmi SadAshiva Lingam

*I bow before that Lingam, the eternal Shiva,
Which is adorned by sandal paste & saffron,
Which wears the garland of lotus flowers,
And which can destroy accumulated sins*

DevaganArchita sevita Lingam

BhAvair bhakti bhi revacha Lingam

Dinakara koti prabhAkara Lingam

Tat pranamAmi SadAshiva Lingam

*I bow before that Lingam, the eternal Shiva,
Which is served by gods and other beings,
the doorway for devotion and good thought,
And which shines like billions of Suns.*

Lingashtakam *(Continued ...)*

Ashtadalo pariveshtita Lingam
Sarva samudbhava kArana Lingam
Ashta daridra vinAshana Lingam
TatpranamAmi SadAshiva Lingam

*I bow before that Lingam, the eternal Shiva,
Which is surrounded by eight petals,
Which is the prime reason of all riches,
And which destroys eight types of poverty.*

Suraguru suravara pUjita Lingam
Suravana pushpa sadArchita Lingam
ParAtparam paramAtmaka Lingam
TatpranamAmi SadAshiva Lingam

*I bow before that Lingam, eternal Shiva,
Worshipped by the teacher of Gods
Worshipped by flowers from garden of Gods,
Which is the eternal abode
and which is the ultimate truth.*

LingAshtakamidam punyam
Yat Pathet Shivasannidhau
ShivalokamavApnoti
Shivena saha modate

*Any one who chants the holy octet of
the Lingam, In the holy presence of Lord Shiva,
Would in the end reach the world of Shiva, ,
And keep him company.*

3. Bilvashtakam

Tridalam trigunAkAram trinetram ca triyAyudham |

Trijanma pApasamhAram Ekabilvam shivArpanam || 1 ||

TrishAkhaih bilvapatraishca acchidraih komalaih shubhaih |

TavapUjAm karishyAmi Ekabilvam shivArpanam || 2 ||

Koti kanyA mahAdAnam tilaparvata kotayah |

KAñcanam ksheeladAnena Ekabilvam shivArpanam || 3 ||

KASheekshetra nivAsam ca kAlabhairava darshanam |

PrayAge mAdhavam drstvA Ekabilvam shivArpanam || 4 ||

InduvAre vratam sthitvA nirAhAro mahesvarAh |

Naktam hausyAmi devesha Ekabilvam shivArpanam || 5 ||

I offer a bilva to Lord Shiva, which has three leaves, which represents three qualities, which are like the three eyes of Shiva, which is like the triad of weapons, and which destroys the sins of three lifetimes. ||1||

I offer one bilva leaf to Lord Shiva in worship, which has three branches, does not have holes, is tender and auspicious. ||2||

I offer one bilva leaf to Lord Shiva, which is equivalent to donation of one crore girls, donation of a crore mountains of sesame seeds, or donation of a lot of gold. ||3||

I offer one bilva leaf to Lord Shiva, which is tequila to living in the city of Kasi, seeing Kala Bhairava, or having the darshan of Madhava in Prayag ||4||

I offer one bilva leaf to Lord Shiva, which will bestows us the same blessings of Shiva that we get by fasting on Monday and doing many Homas. ||5||

Bilvashtakam (Continued ...)

RAmalinga pratisthA ca vaivAhika krtam tadhA |

TatAkAdica santhAnam Ekabilvam shivArpanam || 6 ||

Akhanda bilvapatram ca Ayutam shivapUjanam |

Krtam nAma sahasrena Ekabilvam shivArpanam || 7 ||

UmayA sahadevesha nandi vAhanameva ca |

Bhasmalepana sarvAngam Ekabilvam shivArpanam || 8 ||

SAlagrAmeshu viprAnAm tatAkam dashakUpayoh |

Yajnakoti sahasrasca Ekabilvam shivArpanam || 9 ||

Danti koti sahasreshu ashvamedha shatakrateau |

KotikanyA mahAdAnam Ekabilvam shivArpanam || 10 ||

I offer one bilva leaf to Lord Shiva, for it gives the same virtues as installing a Linga by Lord Rama himself, performing a marriage, building lakes and doing other social work. ||6||

I offer one bilva leaf to Lord Shiva, for it gives the same blessing as doing Shiva sahasranamam and performing Shiva puja ||7||

I offer one bilva leaf to Lord Shiva, who rides on Lord Nandi, is the consort of Mother Parvati and smears ashes on his entire body ||8||

I offer one bilva leaf to Lord Shiva, for it equals offering a saligrama (sacred stone) to a brahmins, or digging ten crore wells for the people or the great blessing obtained by performing one crore Yagnas. ||9||

I offer one bilva leaf to Lord Shiva, for it is equivalent to gifting a thousand elephants, or performing one hundred fire sacrifices, or giving away in marriage countless unmarried girls. ||10||

Bilvashtakam (Continued ...)

*BilvAnam darshanam punyam sparshanam pApanAshanam |
Aghora pApasamhAram Ekabilvam shivArpanam || 11 ||*

*Sahasraveda pAteshu brahmastApana muchyate |
Anekavrata koteenAm Ekabilvam shivArpanam || 12 ||*

*AnnadAna sahasreshu sahasrUpa nayanam tadhA |
Aneka janmapApAni Ekabilvam shivArpanam || 13 ||*

*Bilvastotramidam punyam yah pathesshiva sannidhau |
ShivalokamavApnoti Ekabilvam shivArpanam || 14 ||*

*I offer one bilva leaf to Lord Shiva, which washes away one's very great sins
just by seeing and touching one of it. ||11||*

*I offer one bilva leaf to Lord Shiva, which is equivalent to reading the vedas
several times to learn Brahma Gnanam and reach the lord's feet ||12||*

*I offer one bilva leaf to Lord Shiva, which bestows the same blessings as
donating food, performing a thousand thread ceremonies. So, Oh Lord
Shiva, please destroy all my sins. ||13||*

*By reading these eight verses on Bilva in the presence of Lord Shiva saves
one from all calamities, and in the end gives them the blessings of Lord
Shiva. ||14||*

4. Krishnashtakam

*Vasudeva sutham devam
Kamsa ChAnoora Mardhanam
Devakee ParamAnandam
Krishnam Vande Jagat Gurum (2)*

*Salutations to the teacher of the world, Krishna,
Who is the God who is the son of Vasudeva,
Who killed Kamsa and Chanoora,
And who gave immense joy to Devaki.*



Artwork: Parnika Valluri

*Athasee pushpa sangAsam
Hara noopura shobitham
Rathna kankana keyUram
Krishnam Vande Jagat Gurum (2)*

*Salutations to the teacher of the world, Krishna,
Who decorates himself with flowers of Athasee.
Who shines in garlands and anklets that he wears.
And who has a bangle made of jewels in his right hand.*

*KutilAlaka samyuktham
Poorna chandra nibhAnanam
Vilasath kundala dharam devam
Krishnam Vande Jagat Gurum (2)*

*Salutations to the teacher of the world, Krishna,
Who is blessed with black curly hair,
Who is very similar to the full moon,
And who shines in his ear drops.*

Krishnashtakam (Continued ...)

MandhAra gandha samyuktham

ChAruhAsam chathurbhujam

Barhi pinjAva choodAngam

Krishnam Vande Jagat Gurum (2)

*Salutations to the teacher of the world, Krishna,
Who has the sweet scent of mandara flowers,
Who has pretty smile and four arms,
And who decorates is hair with peacock feathers.*

Uthphulla padma pathrAksham

Neela jeemutha sannibham

YAdavAnAm shiro rathnam

Krishnam Vande Jagat Gurum (2)

*Salutations to the teacher of the world, Krishna,
Who has eyes resembling the fully open lotus flowers,
Who has the blue colour of rich clouds,
And who is the chief gem of the clan of Yadavas.*

Rukmini keli samyuktham

PeethAmbara Sushobitham

AvAptha tulasi gandham

Krishnam Vande Jagat Gurum (2)

*Salutations to the teacher of the world, Krishna,
Who is engaged in playing with Rukmani,
Who shines in yellow silks,
And who is attracted by scent of ocimum.*

Krishnashtakam (Continued ...)

*GopikAnAm kucha dwandwam
KunkumAnkitha vakshasam
Sree niketham maheshwAsam
Krishnam Vande Jagat Gurum (2)*

*Salutations to the teacher of the world, Krishna.
Who is embraced by the two busts of Gopis,
Whose chest has the marks of saffron,
Who lives with Lakshmi and has a big bow.*

*Sree vathsAngam mahoraskam
VanamAla virAjitham
Shanka chakra dharam devam
Krishnam Vande Jagat Gurum (2)*

*Salutations to the teacher of the world, Krishna,
Who has the mole Sri Vathsa on his chest and greatly enjoys,
Who is decorated by garlands of forest flowers,
And who holds the conch and the holy wheel.*

*KrishnAshtakamidham punyam
PrAtharutthAya ya padeth
Koti Janma krutham pApam
Smaranath thasya nasyathi (2)*

*If one reads this as soon as he awakes in the morning,
This divine octet of Lord Krishna without fail,
Sins committed in billions of lives,
Would be destroyed, if one thinks about him.*

5. Mahalakshmi Ashtakam

By Sri Adi Sankara

*Namasthesthu MahA MAye
Sree Peethe Sura PUjithe
Shanka Chakra Gadha Hasthe
MahA Lakshmi Namosthutte*

*Many salutations to Goddess Mahalakshmi,
Who is the great enchantress,
Who lives in riches, Who is worshipped by God:
And who has conch, wheel & mace in her hands*



*Namasthe GarudA Rudhe
KolAsura Bhayam Kari
Sarva PApa Hare Devi
MahA Lakshmi Namosthutte*

Artwork: Parnika Valluri

*Many salutations to Goddess Mahalakshmi.
Who rides on an Eagle,
Who created fear to Kolasura,
And is the goddess who can destroy all sins*

*Sarvagne Sarva Varadhe
Sarva Dushta Bhayam Karee
Sarva Dukha Hare Devi
MahA Lakshmi Namosthutte*

*Many salutations to Goddess Mahalakshmi
Who knows everything,
Who can grant anything,
Who appears fearsome to bad people,
And is the goddess who can destroy all sorrows.*

Mahalakshmi Ashtakam *(Continued ...)*

Siddhi Buddhi Pradhe Devi

Bhukthi Mukthi PradAyinee

Manthra MURthe SadA Devi

MahA Lakshmi Namosthutte

*Many salutations to Goddess Mahalakshmi,
Who grants intelligence and occult powers,
Who grants devotion to God and salvation,
Who can be personified by holy chants.*

Aadhyantha rahithe Devi

Aadhi Shakthi Maheshwari

YogagyE Yoga Sambhoothu

MahA Lakshmi Namosthutte

*Many salutations to Goddess Mahalakshmi.
Who neither has an end nor beginning,
Who is the primeval power, greatest Goddess,
Who is born out of hard penance,
And who can be personified by meditation.*

SthUla ShUkshma MahA Roudhre

MahA Shakthi Maho Dhare

MahA PApa Hare Devi

MahA Lakshmi Namosthutte

*Many salutations to Goddess Mahalakshmi,
Who is both gross and subtle, most fearsome ,
Who is the greatest strength, And is the Goddess
who can destroy sins.*

Mahalakshmi Ashtakam *(Continued ...)*

PadmAsana Sthithe Devi

Para Brahma Swaroopini

Para Mesi Jagan MATHa

MahA Lakshmi Namosthutte

*Many salutations to Goddess Mahalakshmi,
Who is the goddess who has the seat of Lotus,
Who is the personification of the ultimate truth,
Who is Goddess of all,
And who is the mother of all the worlds.*

SwethAmbara Dhare Devi

NanAlankAra Bhooshithe

Jagat Sthithe Jagan MATHa

MahA Lakshmi Namosthutte

*Many salutations to Goddess Mahalakshmi,
Who wears white cloth,
Who wears variety of ornaments,
Who is everywhere in the world,
And who is the mother of all the worlds.*

MahA LakmyAshtakam Stotram

Ya Padeth BhakthimAn Naraha

Sarva Siddhi MavApnothi

RAjyam Prapnothi SarvadhA

*Many salutations to Goddess Mahalakshmi,
Who wears white cloth,
Who wears variety of ornaments,
Who is everywhere in the world,
And who is the mother of all the worlds.*

Mahalakshmi Ashtakam *(Continued ...)*

*Ekakale Paten nityam
MahA pApa VinAshanam
DvikAlam Yah Paten nityam
Dhana DhAnya Samanvitaha*

*Those who read this hymn at least once a day
will have all their sins destroyed;
Those who recite it twice a day
will be blessed with wealth and prosperity.*

*TrikAlam Yah Paten nityam
MahA Shatru VinAshanam
MahA Lakshmir Bhaven nityam
Prasanna VaradA ShubhA*

*Those who recite this three times in a day
will have all their enemies destroyed.
They will be always be blessed by
the Goddess Mahalakshmi*

*Ayur dehi Dhanam dehi
VidyAm dehi Maheshvari
Samastam akhilaram dehi
Dehi me Parameshvari*

*Grant me long life, grant me abundance,
Grant me knowledge, O Maheśvarī (Mother Goddess)
Grant me everything in the whole,
O Parameśvarī, I pray for your blessings*

6. Ashta Lakshmi Sthotram

Aadi Lakshmi

Sumanasa vandita sundari mAdhavi chandra sahodari hemamayE
Munigana manditha moksha-pradAyani manjula bhAshini vedanuthE
Pankaja-vAsini deva supUjitha sadguna varshini sAnthiyuthE
Jaya Jaya hey MadhusUdhana kAmini Aadi Lakshmi sadA pAlaya mAm

DhAnyA Lakshmi

Ayi kali kalmasha nAshini kAmini vaidika rUpini vedamayE
Ksheera samudhbhava mangala rUpini mantra-nivAsini mantranuthE
Mangala dAyini ambuja vAsini devaganAshritha pAdayuthE
Jaya Jaya hey MadhusUdhana kAmini DhAnyA Lakshmi sadA pAlaya mAm

Aadi Lakshmi

Victory and victory to Adhi Lakshmi, the destroyer of Madhu, Who is worshipped by all good people, Who is pretty and sister of the moon, Who looks as if she is made of gold, Who is saluted by all groups of sages, Who grants salvation, Who talks sweet words, Who is praised by Vedas, Who lives on the Lotus flower, Who is worshipped by all devas, Who showers good qualities on people, And who is the personification of peace, Please protect me always.

DhAnyA Lakshmi

Victory and victory to Danyalakshmi, the destroyer of Madhu, Who destroys bad effects of kali yuga, Who is most desirable god, Who is personification of Vedas, Who is pervaded by the Vedas, Who arose out of milk, Who is the form of all that is good, Who lives in the sacred chants, Who lives on the lotus flower, And whose feet is worshipped by devas, Please protect me always

Ashta Lakshmi Sthotram (Continued ...)

Dhairya_Lakshmi

Jaya vara vArnini vaishnavi bhArghavi mantra swarUpini mantramayE
Suragana PUjitha sheeghra phalaprada Gnana vikAsini shAstranuthE
Bhava bhaya hArini pApa-vimochani sAdhu janAshritha pAdayuthE
Jaya Jaya hey MadhusUdhana kAmini Dhairya Lakshmi sadA pAlaya mAm

Gaja Lakshmi

Jaya jaya durgathi nAshini kAmini sarva phalaprada shAstramayE
Radha gaja turaga padAdi samAvrutha parijana manditha lokanuthE
Hari Hara Brahma supUjitha sEvitha tApa nivArani pAdayutE
Jaya Jaya hey MadhusUdhana kAmini Gaja Lakshmi sadA pAlaya mAm

Dhairya Lakshmi

Victory and victory to Dhairya Lakshmi, the destroyer of Madhu, Who is described by victorious and blessed, Who is the shakthi which came out of Vishnu, Who is the daughter of sage Bhargava, Whose form is that of sacred chants, Who is pervaded by sacred chants, Who is worshipped by all devas, Who improves knowledge, Who is worshipped by shastras, Who destroys fear, Who gives redemption from sins, Whose feet are worshipped by holy people, Who lives on the lotus flower ,Please protect me always

Gaja Lakshmi

Victory and victory to Gaja Lakshmi, the destroyer of Madhu, Who removes bad fate, Who is desirable God, Who is the personification of shastras, Which bless one with all that is asked, Who is surrounded by an army of elephants, Chariots, horses and cavalry, Who is worshipped and served by, Shiva, Vishnu and Brahma, And whose feet provides relief from suffering, Please protect me always

Ashta Lakshmi Sthotram (Continued ...)

SantAna Lakshmi

Ayi kagha vAhini mohini chakrini rAga vivardhini jnanamayE
Gunagana vAridhi loka hithaishini swara saptha bhUshitha gAnanuthE
Sakala surAsura deva muneeswara mAnava vandhitha pAdayuthE
Jaya Jaya hey MadhusUdhana kAmini SantAna Lakshmi sadA pAlaya mAm

Vijaya Lakshmi

Jaya kamalAsini sadgathi dAyini jnAna vikAsini gAnamayE
Anudina marchitha kumkuma dhUsara bhUshitha vAsitha vAdhyanuthE
KanakadharA sthuthi vaibhava vanditha shankara desika mAnyapathE
Jaya Jaya hey MadhusUdhana kAmini Vijaya Lakshmi sadA pAlaya mAm

SantAna Lakshmi

Victory and victory to Santhana Lakshmi the destroyer of Madhu, Who rides on the bird, Who is an enchantress, Who is the consort of he who holds the chakra, Who pacifies emotions, Who is pervaded by knowledge, Who is ocean of good qualities, Who has her mind in the good of all the world, Who is worshipped by the music of seven swaras, And who is worshipped by all devas, asuras, Sages and all humans, Please protect me always.

Vijaya Lakshmi

Victory and victory to Vijaya Lakshmi, the destroyer of Madhu, Victory to she who sits on the lotus, Who blesses us with salvation, Who spreads our knowledge, Who is pervaded with music, Who is coated with the saffron powder, Which is daily used to worship her, Who is worshipped by playing of musical instruments, And who was pleased by the prayer, Of the golden rain by the great Sankara, Please protect me always.

Ashta Lakshmi Sthotram (Continued ...)

Vidhya Lakshmi

Pranatha surEshwari bhArathi bhArgavi shoka vinAshini rathnamayE
Manimaya bhUshitha karna vibhUhana shAnthi samAvrutha hAsyamukhE
Navanidhi dAyini kalimala hArini kAmitha phalapradha hasthayuthE
Jaya Jaya hey MadhusUdhana kAmini Vidhya Lakshmi sadA pAlaya mAm

Dhana Lakshmi

Dhimidhimi dhindhimi dhindhimi dhindhimi dundhubhi nAda supUrnamayE
Ghumaghuma ghumghuma ghumghuma shankha ninAdha suvAdhyanthE
VAda purAnethihAsa supUjjitha vaidhika mArga pradarshayuthE
Jaya Jaya hey MadhusUdhana kAmini Dhana Lakshmi sadA pAlaya mAm

Vidhya Lakshmi

*Victory and victory to Vidhya Lakshmi the destroyer of Madhu, Who is the
pleased goddess of devas, Who is he goddess of Bharatha, Who is the
daughter of sage Bhargava, Who removes all sorrows, Who is fully
ornamented by precious stones, Who wears several gem studded ornaments,
Whose ear is decorated, Who is the abode of peace, Who has a smiling face,
Who blesses us with nine types of wealth, Who steals away bad effects of
kali, And whose hands blesses us, For fulfillment of our wish, Please protect
me always*

Dhana Lakshmi

*Victory and victory to Dhana Lakshmi, the destroyer of Madhu, Who is fully
complete with , Dimidimi sounds of the drum, And the majestic sound of
conch, Gumguma, ghummkuma , gunguma, Who I worshipped by Vedas and
puranas, And who shows the path of religious discipline, Please protect me
always*

7. Nama Ramayanam

By Pandit Lakshmanachar

Bala Kandam

| | |
|--|---|
| 1. Shuddha brahma parAtpara rAm | <i>Essence of all that is Godly</i> |
| 2: KAIAtmaka parameshvara rAm | <i>Essence of the destroyer</i> |
| 3: Sesha talpa sukha nidrita rAm | <i>Sleeps on the snake Sesha</i> |
| 4: BrahmAdyamara prArtitha rAm | <i>Saluted by Brahma and all Devas</i> |
| 5: Chanda kiranakula mandana rAm | <i>Born in Sun's dynasty</i> |
| 6: Shreemad-dasharatha nandana rAm | <i>Source of joy to Dasaratha</i> |
| 7: KausalyA sukha vardhana rAm | <i>Made Kausalya very happy</i> |
| 8: VishvAmitra priyadhana rAm | <i>Most dear to Viswamitra</i> |
| 9: Ghora tAtakA dhAtaka rAm | <i>Killed ogress Thadaka in forest</i> |
| 10: MAreechAdini pAtaka rAm | <i>Drove away Maricha</i> |
| 11: Kaushikamaka samrakhshaka rAm | <i>Saved the prestige of Koushika</i> |
| 12: ShreemadhahlyoddhAraka rAm | <i>Helped Ahalya to regain form</i> |
| 13: Gautama muni sampUjita rAm | <i>Worshipped by Goutama the sage</i> |
| 14: Sura muni vara gana samsthutha rAm | <i>Given boons by Gods and Sages</i> |
| 15: NAVikadhAvitha mrdupada rAm | <i>Carried across water by a boatman</i> |
| 16: MithilApura jana mohaka rAm | <i>Darling of people of Mithila</i> |
| 17: Videha mAnasa ranjaka rAm | <i>source of great joy for Janaka</i> |
| 18: Tryambaka kArmuka bhanjaka rAm | <i>Broke the bow of Trayambaka</i> |
| 19: SeethArpita vara mAlikA rAm | <i>Garlanded by Princess Sita</i> |
| 20: KrutavaivAhika kautuka rAm | <i>Became happy marrying Sita</i> |
| 21: BhArgava darpa vinAshaka rAm | <i>Destroyed the ego of ParasuRama</i> |
| 22: Shreemadh ayodhya pAlaka rAm | <i>Looked after the people of Ayodhya</i> |

RAma RAma Jaya RAja RAM | RAma RAma Jaya SeethA RAM

Nama Ramayanam (Continued ...)

Ayodhya Kandam

| | |
|---|-----------------------------------|
| 23: Aganita gunagana bhUshita rAm | Personification of all good |
| 24: AvaneethanayA kAmitha rAm | Darling of all citizens |
| 25: RAkA chandra samAnana rAm | Like full moon in cloudless sky |
| 26: Pitru vAkyA-shrta kAnana rAm | Obedied the words of his father |
| 27: Priya guha vinivEditha pada rAm | Worshipped by his friend Guha |
| 28: TakShAlitha nija mrdupada rAm | Taken care of by Guha |
| 29: BharadvAja mukhAnandaka rAm | Was worshipped by Sage Bharadwaja |
| 30: ChitrakUTAdri niketana rAm | Lived in Chitra Koota Mountains |
| 31: Dasharatha santhatha chinthitha rAm | Became sad by death of Dasaratha |
| 32: Kaikeyee tanayArthitha rAm | Requested to return by Bharata |
| 33: Virachita nija pitru karmaka rAm | Did the rites for his father |
| 34: BharatArpitha nija pAduka rAm | Gave his sandals to Bharata |

RAma RAma Jaya RAjA RAma | RAma RAma Jaya SeethA RAma

Aranya Kandam

| | |
|---|-------------------------------------|
| 35: DandakAvana jana pAvana rAm | Went to Dhandaka Forests |
| 36: Dushta virAta vinAshana rAm | Killed the evil Virata |
| 37: Sharabhanga sutheekshanArchitha rAm | Worshipped by Sage Sarabhanga |
| 38: AgastyAnugraha vardhitha rAm | Blessed by Sage Agastya |
| 39: GrghrAdhipa samsEvitha rAm | Honored by King of Eagles |
| 40: Panchavathee taTa susthitha rAm | Lived near five banyans |
| 41: ShUrpaNakhArthi vidhAyaka rAm | Insulted the voracious Surpanaka |
| 42: KharadUshana mukha sUDaka rAm | Killed Khara and Dhushana |
| 43: SeethApriya harinAnuga rAm | Chased the deer wanted by Sita |
| 44: MAreechArthi krdAshuga rAm | Killed Mareecha in deer's form |
| 45: Vinashta seethAnveshaka rAm | Started searching for the lost Sita |
| 46: GrdhrAdhipa gati dAyaka rAm | Sent The King of Eagles to Heaven |

Nama Ramayanam (Continued ...)

Aranya Kandam (Continued ...)

47: Shabari datta phalAshana rAm

Ate the fruits given by Sabari

48: Kabanda bAhucchedana rAm

Cut the hands of Kabanda

RAma RAma Jaya RAja RAma | RAma RAma Jaya SeethA RAma

Kishkinda Kandam

49: Hanumath-sevitha nijapada rAm

Was served by Hanuman

50: Nata sugreeva bheeshTada rAm

Promised to help Sugreeva

51: Garvita vAli samhAraka rAm

Killed the proud Bali

52: VAnara dUta preshaka rAm

Sent monkeys all over the world

53: Hitakara lakshmaNa samyutha rAm

Was consoled by Lakshmana

RAma RAma Jaya RAja RAma | RAma RAma Jaya Seetha RAma

Sundara Kandam

54: Kapivara santhatha samsmritha rAm

Worshipped by the Great Monkeys

55: Tadgathi vighna dhvamsaka rAm

Removed all obstacles

56: SeethA prAnA tAraka rAm

Support of life of Sita

57: Dushta dashAnana dUshitha rAm

Abused by the bad Ravana

58: Sishta hanumad-bhUshitha rAm

Praised by the great Hanuman

59: SeethA vEditha kAkAvana rAm

Upset because Sita cried

60: Kritha chUdAmani darshana rAm

Chudamani of Sita

61: Kapivara vachanAshvAsita rAm

Consoled by the great monkey

RAma RAma Jaya RAja RAma | RAma RAma Jaya SeethA RAma

Yuddha Kandam

62: RAvana nidhana prasthita rAm

Marched towards Ravana's place

63: VAnara sainya samAvrutha rAm

Accompanied by vanara army

64: Soshita sharidheeshArthita rAm

To Whom the king of Ocean prayed

65: Vibheeshana bhaya dAyaka rAm

Gave protection to Vibhishana

Nama Ramayanam (Continued ...)

Yuddha Kandam (Continued ...)

| | |
|---|-----------------------------------|
| 66: Parvata sethu nibandhaka rAm | Built the bridge across the sea |
| 67: Kumbhakarna shirash-chedaka rAm | Killed Kumbhakarna |
| 68: RAkshasa sangha vimardaka rAm | Defeated the army of Asuras |
| 69: Ahimahi rAvana chArana rAm | Made Ravana helpless |
| 70: Samhritha dashamukha rAvana rAm | Slew Ravana in battle |
| 71: Vidhibhava mukhasura samsthutha rAm | Destroyed the bad asuras |
| 72: Khasthita dasharatha veekshita rAm | Saw Dasaratha from the heavens |
| 73: SeethA darshana moditha rAm | Became Happy on seeing Sita |
| 74: Abhishaktha vibheeshana nata rAm | Made Vibhishana the king of Lanka |
| 75: PushpakayAnA rohitha rAm | Traveled back in Pushpaka plane |
| 76: BharadvAjAbhinisEvana rAm | Honoured by Sage Bharadwaja |
| 77: Bharatha prAna priyakara rAm | Saved the life of Bharatha |
| 78: SAKEtapuri bhUshana rAm | Ornament to the city of Ayodhya |
| 79: Sakala sveeya samAnata rAm | Made everybody happy |
| 80: Ratnalasat-peeThAsthita rAm | Sat on the throne of gems |
| 81: PaTTAbhishEkAlankritha rAm | Decorated for coronation |
| 82: PARthiva kula sammAnitha rAm | The greatest of Sun dynasty |
| 83: VibheeshanAprita ranjaka rAm | Got the respect from Vibhishana |
| 84: Keesha kulAnugraha kara rAm | Honoured by monkey kings |
| 85: Sakala jeeva sam rakshaka rAm | Ruled over the entire world |
| 86: Samasta lokAdhAraka rAm | Granted all boons to his devotees |

RAma RAma Jaya RAja RAM | RAma RAma Jaya Seetha RAM

Nama Ramayanam (Continued ...)

Uttara Kandam

| | |
|--|--|
| 87: Aagatha munigaNa samsthutha rAm | <i>Praised by groups of sages</i> |
| 88: Vishruta dasa kaNThOdbhava rAm | <i>Heard of Ravana's birth</i> |
| 89: SeethA lingana nirvruta rAm | <i>Happy in Sita's embrace</i> |
| 90: Neethi surakshitha janapada rAm | <i>Ruled with impartiality His Kingdom</i> |
| 91: Vipina tyAjitha janakaja rAm | <i>Banished Sita to the forest</i> |
| 92: KAriTha lavanAsura vadha rAm | <i>Caused lavanasura's death</i> |
| 93: Svargatha shambukha samsthutha rAm | <i>Whom Shambuka praised before dying</i> |
| 94: Svatanaya kushalava nanditha rAm | <i>Got much joy by meeting His Own sons</i> |
| 95: AshvamEdha kratu deekshitha rAm | <i>Was initiated into the Horse sacrifice</i> |
| 96: KAlAvEditha surapada rAm | <i>To Whom Kala spoke about His divinity</i> |
| 97: Aayodhyaka jana muktida rAm | <i>Giver of Liberation to ayodhya's people</i> |
| 98: Vidhi mukha vibudha nandaka rAm | <i>Gave joy to the Gods, Led by Brahma</i> |
| 99: Tejomaya nija rUpaka rAm | <i>Whose own form if full of luminosity</i> |
| 100: Samsruti bandha vimochaka rAm | <i>The Loosener of the World's bonds</i> |
| 101: Dharma sthApana thathpara rAm | <i>Engaged in establishing Dharma</i> |
| 102: Bhakti parAyana mukthida rAm | <i>Giver of Liberation to devotees</i> |
| 103: Sarva charAchara pAlaka rAm | <i>Protector of all moving and unmoving</i> |
| 104: Sarva bhavAmaya vAraka rAm | <i>Curer of all world's ills</i> |
| 105: VaikunthAlaya samsthitha rAm | <i>Established in His home of Vaikuntha</i> |
| 106: NithyAnanda padasthitha rAm | <i>Lives in the State of eternal bliss</i> |
| 107: RAma rAma jaya rAjA rAm | <i>Victory to the King</i> |
| 108: RAma rAma jaya seethA rAm | <i>Victory to Sita's Ram</i> |

RAma RAma Jaya RAja RAma | RAma RAma Jaya Seetha RAma

8. Hanuman Chalisa

By Goswami Tulsidas

*Shree guru charana saroja raja
Ninja mana mukura sudhAra
Varanau Raghuvara vimala yasa
Jo dAyaka phala chAra
Buddhi heena tanu JAnike
Sumirau pavana kumAra
Bala buddhi vidyA dehu mohi
Harahu kalesa vikAra*

*After cleansing the mirror of my mind
with the pollen dust of holy Guru's Lotus feet.
I profess the pure, untainted glory of Shri Raghuvar
which bestows four fruits of life (Dharma, Artha, Kama and Moksha)
Fully aware of the deficiency of my intelligence,
I con-centrate my attention on Pavan Kumar
and humbly ask for strength and true knowledge
to relieve me of all blemishes, causing pain.*

Hanuman Chalisa (Continued ...)

*Jaya HanumAna gyana guna sAgara, Jaya kapeesha tihun loka ujAgara
RAma dUta atulita bala dhAma, ANjani-putra pavana suta nAma
MahAveera vikrama bajarangi, Kumati nivAra sumati ke sangi
Kanchana varana virAja suvesA, KAnana kundala kuNchita kesA
Hatha vajra aur dhvajA virAje, Kandhe moonja janehu sAje
Shankara suvana kesaree nandana, Teja pratApa mahA jaga vandana
VidyavAna gunee ati chAtura, RAma kAja karibe ko Aatura
Prabhu charitra sunibe ko rasiyA, RAma Lakhana Seetha mana basiyA*

*RAma Lakshmana JAnaki Jai Bolo HanumAna Ki
RAma Lakshmana JAnaki Jai Bolo HanumAna Ki*

*Victory to thee, O'Hanuman! ocean of wisdom
All hail to you O'Kapisa! You illuminate all the three with your glory.
Divine messenger of Shri Ram, repository of immeasurable strength
Son of Pavan (Wind), born of Anjani.
With limbs as sturdy as Vajra you are valiant and brave.
On you attends good Sense and Wisdom.
You dispel the darkness of evil thoughts.
Your physique is beautiful golden coloured and your dress is pretty. You
wear earrings and have long curly hair.
You carry in your hand a lightning bolt along with a victory flag
Descendant of Lord Sankar, you are a comfort and pride of Shri Kesari.
With the luster of your vast sway, you are propitiated all over the universe.
You are the repository of learning, virtuous and fully accomplished,
always keen to carry out the behests of Shri Ram.
You are always so keen to listen to the narration of Shri Ram's Life Stories.
You therefore always dwell in the hearts of Shri Ram, Lakshman and Sita.*

Hanuman Chalisa (Continued ...)

*SUkshma rUpa dhari Siyahi dikhAva, Vikata rUpa dhari lanka jarAvA
Bheema rUpa dhari asura samhAre, RAmachandra ke kAja samvAre
LAya sanjivana Lakhana jiyAye, Shri Raghuveera harashi ura lAye
Raghupati keenhi bahuta badhAyi, Tuma mama priya bharata-hi sam bhAi
Sahas badan tumharo yash gAve, Asa kahi shreepati kantha lagAvE
SanakAdika brahmAdi muneesa, NARada sARada sahita aheeshA
Yama kubera digpAla jahAn te, Kavi kovida kahi sake kahAn te
Tum upkAra sugreevahi keenha, RAma milAya rAjpada deenhA*

*RAma Lakshmana JAnaki Jai Bolo HanumAna Ki
RAma Lakshmana JAnaki Jai Bolo HanumAna Ki*

*You appeared before Sita in a Diminutive form and spoke to her in humility.
You assumed an awesome form and struck terror by setting Lanka on fire.
With overwhelming might you destroyed the Asuras (demons)
and performed all tasks assigned to you by Shri Ram with great skill.
You brought Sanjivan and restored Lakshman back to life,
Shri Raghuvir (Shri Ram) cheerfully embraced you with his heart full of joy.
Shri Raghupati (Shri Ram) lustily extolled your excellence
and said: "You are as dear to me as my own brother Bharat."
Thousands of living beings are chanting hymns of your glories;
saying thus, Shri Ram warmly hugged him (Shri Hanuman).
When prophets like Sanka, even the Sage like Lord Brahma
the great hermit Narad himself, Goddess Saraswati and Ahisha.
Even Yamraj, Kuber and the Digpal pay homage to your glories.
How then, can a mere poet give adequate expression of your excellence.
You rendered a great service to Sugriv.
You united him with Shri Ram and he installed him on the Royal Throne.*

Hanuman Chalisa (Continued ...)

*Tumharo mantra Vibheeshana mAnA, Lankeshwara bhaya sub jag jAnA
Yuga sahastra yojana para bhAnu, Leelyo tAhi madhura phala jAnu
Prabhu mudrikA MEli mukha mAhee, Jaladhi lAnghi gaye achraja nAhee
Durgama kAja jagata ke jete, Sugama anugraha tumhare tete
RAma duAre tuma rakhvAre, Hota na Aagya binu paisare
Saba sukha lahai tumhAree sarna, Tuma rakshaka kAhU ko darnA
Aapana teja samhArO Aapai, Teenhon loka hAnka te kAnpai
Bhoota pisAcha nikata nahin Aavai, MahAavira jaba nAma sunAvai*

*RAma Lakshmana JAnaki Jai Bolo HanumAna Ki
RAma Lakshmana JAnaki Jai Bolo HanumAna Ki*

*By heeding your advice, Vibhishan became Lord of Lanka.
This is known all over the Universe.
On your own you dashed upon the Sun, at a fabulous distance
thinking it to be a sweet luscious fruit.
Carrying the Lord's Signet Ring in your mouth,
there is hardly any wonder that you easily leapt across the ocean.
The burden of all difficult tasks of the world
become light with your kind grace.
You are the sentry at the door of Shri Ram's Divine Abode.
No one can enter it without your permission,
All comforts of the world lie at your feet.
Devotees enjoy divine pleasures and fearless under your Protection.
You alone are befitted to carry your own splendid valour.
All the three worlds (entire universe) tremor at your thunderous call.
All the ghosts, demons and evil forces keep away,
with the sheer mention of your great name, O'Mahaveer!!*

Hanuman Chalisa (Continued ...)

*NAse roga harai saba peerA, Japata nirantara Hanumanta beerA
Sankata se HanumAna chudAvai, Mana krama vachana dyana jo lAvai
Saba para RAma tapasvee rAjA, Tinke kAjA sakala tuma sAjA
Aura manoratha jo koi lAvai, Sohi amita jeevana phala pAvai
ChAron yuga paratApa tumhArA, Hai prasiddha jagata ujjyAra
SAdhu santa ke tuma rakhwAre, Asura nikandana RAma dulhAre
Ashta siddhi nava nidhi ke dhAtA, Asa vara deena JAnakee mAtha
RAma rasAyana tumhare pAsA, sadA raho Raghupati ke dAsA*

x2

*RAma Lakshmana JAnaki Jai Bolo HanumAna Ki
RAma Lakshmana JAnaki Jai Bolo HanumAna Ki*

*All diseases, pain and suffering disappear
on reciting regularly Shri Hanuman's holy name.
Those who remember Shri Hanuman in thought, words and deeds
with Sincerity and Faith, are rescued from all crises in life.
All who worship Shri Ram as the Supreme Lord and the king of penance.
You make all their difficult tasks very easy.
Whosoever comes to you for fulfillment of any desire with faith and sincerity,
Will he alone secure the imperishable fruit of human life.
All through the four ages your magnificent glory is acclaimed far and wide.
Your fame is Radiantly acclaimed all over the Cosmos.
You are Saviour and the guardian angel of Saints and Sages
and destroy all Demons. You are the angelic darling of Shri Ram.
You can grant to any one, yogic power of Eight Siddhis and Nine Nidhis
This boon has been conferred upon you by Mother Janki.
You possess the power of devotion to Shri Ram.
You will always remain Shri Raghupati's most dedicated disciple.*

Hanuman Chalisa (Continued ...)

*Tumhare bhajana RAma ko pavai, Janma janma ke dukha bisrAvai
Antha kAla Raghupathi pura jayee, JahAn janma hari-bakhta kahAyee
Aura devtA chitthana dharehi, Hanumatha sehi sarva sukha karahee
Sankata kate mite saba peera, Jo sumirai Hanumata bala beera
Jai jai jai HanumAna gosAheen, Jai jai jai HanumAna gosaheen
KripA karahu gurudeva ki nyahin, Jo sata bAra pAtha kara koyee
ChUtahi bandhi mahA sukha hoyi, Jo yah pade HanumAna chAlisA
Hoy siddhi sAkhi gaureesa, TulseedAsa sadA hari chera
Keejai dAsa hrdaya mein dera, Keejai dAsa hrdaya mein dera*

*Through hymns sung in devotion to you, one can find Shri Ram
and become free from sufferings of several births.
If at the time of death one enters the Divine Abode of Shri Ram,
thereafter in all future births he is born as the Lord's devotee.
One need not entertain any other deity for Propitiation,
as devotion of Shri Hanuman alone can give all happiness.
One is freed from all the sufferings and ill fated contingencies of rebirths in
the world. One who adores and remembers Shri Hanuman.
Hail, Hail, Hail, Shri Hanuman, Lord of senses.
Bless me in the capacity as my supreme guru (teacher).
One who recites Chalisa one hundred times,
becomes free from the bondage of life and death and enjoys the highest bliss
All those who recite Hanuman Chalisa regularly are sure to be benedicted.
Such is the evidence of no less a witness as Bhagwan Sankar.
Tulsidas as a bonded slave of the Divine Master, stays perpetually at his feet,
he prays "Oh Lord! You enshrine within my heart & soul."*

Hanuman Chalisa (Continued ...)

RAma Lakshmana JAnaki Jai Bolo HanumAna Ki

RAma Lakshmana JAnaki Jai Bolo HanumAna Ki

RAma Lakshmana JAnaki Jai Bolo HanumAna Ki

Jai Bolo HanumAna Ki

Jai Bolo HanumAna Ki

Jai Bolo HanumAna Ki

Hanuman Bal Stuti

Pavana tanaya sankata harana

Mangala moorati rUpa

RAm Lakhana Seetha sahita

Hrdaya basahu sur bhUpa

Oh! conqueror of the Wind,

Destroyer of all miseries,

you are a symbol of Auspiciousness.

Along with Shri Ram, Lakshman and Sita,

reside in my heart. Oh! King of Gods.



Goswami Tulsidas
(1532 – 1623)

9. Navagraha Stotram

Om Namah SooryAya ChandrAya MangalAya BuddhAya Cha
Guru Shukra Shaneebhyascha RAhave Ketave Namaha

*Salutations to Surya (Sun), Chandra (Moon), Mangala (Mars),
Budha (Mercury), Guru (Jupiter), Shukra (Venus), Shani (Saturn),
Rahu and Ketu.*

Sun:

JapA kusuma sankAsham kAshyapeyam mahAdhyuthim
Thamoghnam sarvapApaghnam pranathosmi divAkaram

*One whose radiance is red like the "Japaa" flowers (shoe flower),
Son of Kashyapa Destroyer of the Darkness of Ignorance !
O Annihilator of all sins ! My salutations to Thee !*

Moon:

Dhadhi shankha thushArAbham ksheerodAarnava sambhavam
NamAmi shashinam somam shambhor mukuta bhUshanam

*One who is fair like curd and conch and clear as dew drops
One who was born of the Ocean of Milk.
Thou who adorns the head of the mighty Lord Siva !
My obeisances to Thee !*

Mars:

Dharanee garbha sambhUtham vidyuth kAnthi samaprabham
KumAram shakthi hastham cha mangalam pranamAmyaham

*Son of Earth, One who is as bright as lightning
O Kumara! who wields the spear, My Salutations to Thee!*

Navagraha Stotram (Continued ...)

Mercury:

Priyangu kalikA shyAmam rUpenAm prathimam buddham

Soumyam soumya gunopetham tham budham pranamAmyaham

*One who is dark as millet, One who is unequalled in looks
O Sowmya! One who is soft in nature, My salutations to Thee !*

Jupiter:

DevanAmcha rishinAmcha gurum kAnchana sannibham

BuddhibhUtham trilokesam tham namAmi brihaspathim

*O Preceptor of gods and sages, one who has golden complexion
The root of knowledge in the three worlds, I bow down to Thee !*

Venus:

Himakundham mrinAlAbham daityAnAm paramam gurum

SarvashAstra pravakthAram bhArghavam pranamAmyaham

*One who is white as the snow, as charming as the lotus stalk,
O Preceptor of the Demons !
Expert of all branches of knowledge, I bow down to Thee!*

Saturn:

NeelAnjana samAbhAsam raviputram yamAgrajam

ChAyA mArthAnda sambhUtham tham namAmi shanaishcharam

*One whose glow is dark like the collyrium(lamp black), Son of Sun,
Younger brother of Yama, One who was born to Chaaya and Sun God,
I bow down to Thee one who moves slowly.*

Navagraha Stotram (Continued ...)

Rahu (North Node):

ArdhakAya mahAveeryam chandrAdithya vimardhanam

Simhika garbha sambhUtham tham rAhum pranamAmyaham

*One who has half body, A valiant person,
One who devours the Moon and the Sun
One who is born to Simhikaa (the demoness), I bow down to Thee!*

Ketu (South Node):

PalAsha pushpa sankAsham tharakAgrahamasthakam

Roudhram roudhrAthmakam ghoram tham ketum pranamAmyaham

*One who is radiant like the "Palaasha" flower, one who hates the
Moon,
one who is the descending planet
One who is wild , aggressive and fearful, I bow down to Thee !*

10. Mantra Pushpam

This great mantra is taken from Taithreeya Aranyakam of Yajur Veda. It is normally sung in a chorus by all the priests together after performing any Pooja (worship) or Yagna. In short, it tells that water is the basis of this universe.

yOpAm pushpam vedhA

pushpavAn prajavA-An pasumAn bhavathi.

chandramAvA apAm pushpam-m

cushpavAn prajavA-An pasumAn bhavathi.

ya Evam vEdhA

yOpAm Ayatanam vEdhA

AyatanavAn bhavathi

*He who understands the flowers of water,
Becomes possessor of flowers, children & cattle.
Moon is the flower of the water,
He who understands this fact,
Becomes possessor of flowers, children & cattle.
He who knows the source of water,
Becomes established in himself,*

agnirvA apAm Ayatanam

AyatanavAn bhavathi

yO-O gner Ayatanam vEdhA

AyatanavAn bhavathi

ApovAgnir Ayatanam

AyatanavAn bhavathi

ya Evam vEdhA

yOpAm Ayatanam vEdhA

AyatanavAn bhavathi

Fire is the source of water,

He who knows this,

Becomes established in himself,

Water is the source of fire,

He who knows this,

Becomes established in himself.

He who knows

the source of water,

Becomes established in himself,

Mantra Pushpam (Continued ...)

*vAyurva apAm Ayatanam
AyatanavAn bhavathi
Yo VayOr Ayatanam vEdhA
AyatanavAn bhavathi
Aapovai vAyor Ayatanam
AyatanavAn bhavathi
ya Evam vedhA
yOpAm Ayatanam vedhA
AyatanavAn Bhavathi*

*Air is the source of water,
He who knows this,
Becomes established in himself,
Water is the source of air,
He who knows this,
Becomes established in himself.
He who knows
the source of water,
Becomes established in himself,*

*asowai tapann apAm Ayatanam
AyatanavAn bhavathi
Yo mus yatapata Ayatanam vedhA
AyatanavAn bhavathi
ApovA amus yatapata Ayatanam
AyatanavAn bhavathi
ya Evam vEdhA
yOpAm Ayatanam vEdhA
AyatanavAn bhavathi*

*Scorching sun is source of water,
He who knows this,
Becomes established in himself,
Water is source of scorching sun,
He who knows this,
Becomes established in himself.
He who knows
the source of water,
Becomes established in himself,*

Mantra Pushpam *(Continued ...)*

| | |
|--|--|
| <i>chandramavAm apAm Ayatnam</i> | <i>Moon is the source of water,</i> |
| <i>AyatanavAn bhavathi</i> | <i>He who knows this,</i> |
| <i>Yas chandra masa Ayatanam vedhA</i> | <i>Becomes established in himself,</i> |
| <i>AyatanavAn bhavathi</i> | <i>Water is the source of moon,</i> |
| <i>Apovai chandra masa Ayatanam</i> | <i>He who knows this,</i> |
| <i>AyatanavAn bhavathi</i> | <i>Becomes established in himself.</i> |
| <i>ya Evam vEdhA</i> | <i>He who knows</i> |
| <i>yOpAm Ayatanam vEdhA</i> | <i>the source of water,</i> |
| <i>AyatanavAn bhavathi</i> | <i>Becomes established in himself,</i> |

| | |
|--------------------------------------|--|
| <i>nakshtrAni vA apAm Ayatanam</i> | <i>Stars are the source of water,</i> |
| <i>AyatanavAn bhavathi</i> | <i>He who knows this,</i> |
| <i>yO nakshtrAnAm Ayatanam vEdha</i> | <i>Becomes established in himself,</i> |
| <i>AyatanavAn bhavathi</i> | <i>Water is the source of stars,</i> |
| <i>Apovai nakshtrAnAm Ayatanam</i> | <i>He who knows this,</i> |
| <i>AyatanavAn bhavathi</i> | <i>Becomes established in himself.</i> |
| <i>ya Evam vEdhA</i> | <i>He who knows</i> |
| <i>yOpAm Ayatanam vEdhA</i> | <i>the source of water,</i> |
| <i>AyatanavAn bhavathi</i> | <i>Becomes established in himself,</i> |

Mantra Pushpam *(Continued ...)*

parjanyaovA apAm Ayatanam

AyatanavAn bhavathi

yah parjanyas yAyatanam vEdhA

AyatanavAn bhavathi

ApOvai parjanyas yAyatanam

AyatanavAn bhavathi

ya Evam vEdhA

yOpAm Ayatanam vEdhA

AyatanavAn bhavathi

Clouds are the source of water,

He who knows this,

Becomes established in himself,

Water is the source of clouds,

He who knows this,

Becomes established in himself.

He who knows

the source of water,

Becomes established in himself,

samvastarO vA apAm Ayatanam

AyatavAn bhavathi

yas samvatsaras yAyatanam vEdhA

AyatavAn bhavathi

ApOvai samvastaras yAyatanam

AyatanavAn bhavathi

ya Evam vEdhA

yO-Opsu nAvam prathish tithAm vEdhA

pratyEva tishtathi

Rainy season is source of water,

He who knows this,

Becomes established in himself,

Water is source of rainy season,

He who knows this,

Becomes established in himself.

He who knows that

there is a raft is available,

Becomes established in that raft.

Mantra Pushpam *(Continued ...)*

*rAjAdhi rAjAya prasahya sAhinE-E
namo vayam vai-hi sravanAya kurmahE
samEkAmAn kAmA kAmAya mahyam-m
kAmEshvaro vai-hi sravanO dadAtu
kuberAya vai sravanAya
mahA rAjAya namaha*

*King of kings, we praise thee,
Who is the giver of all victories,
Who is the fulfiller of all desires,
Please bless me with wealth,
To fulfill all our desires,
Oh, Lord of wealth (Kubera), we praise thee,
Salutations to the king of kings.*

My Land & My Motherland



Basic Facts

| | India | USA |
|-----------------------------|---|---|
| Other Names | Bharat | America |
| Population | 1,300 Million | 320 Million |
| Area | 1.3 Million Sq Miles | 3.8 Million Sq Miles |
| Independence Day | August 15th 1947 | July 4th 1776 |
| National Anthem | Jana Gana Mana | Star Spangled Banner |
| Highest Peak | Mt. Everest 29,000 ft (Himalayas Range) | Mt. McKinley 20,000 ft (Alaska Range) |
| Longest River | Ganges (1628 Miles) | Missouri (2540 Miles) |
| National Currency | Rupees | Dollars |
| Most Populous City | New Delhi (22 Million) | New York (8.5 Million) |
| Languages | 17 Languages, Hindi & English are official languages | English & Spanish |
| System of Government | Constitutional Democracy -Parliamentary System | Constitutional Republic -Presidential System |
| Legislative Branches | Lok Sabha, Rajya Sabha | Congress, Senate |
| Religions | Hinduism (81%), Islam (14%) Christianity (2%), Sikhism (2%), Buddism, Jainism | Christianity (80%), Judaism(2%), Islam (1%), Hinduism, Buddism |

National Symbols

| | India | USA | USA |
|----------------------|---------|------------|-----|
| National Bird | Peacock | Bald Eagle | |



| | | | |
|------------------------|-------|-----|--|
| National Animal | Tiger | --- | |
|------------------------|-------|-----|--|



| | | | |
|------------------------|-------|------|--|
| National Flower | Lotus | Rose | |
|------------------------|-------|------|--|



| | | | |
|-----------------------|-------|-----|--|
| National Fruit | Mango | --- | |
|-----------------------|-------|-----|--|

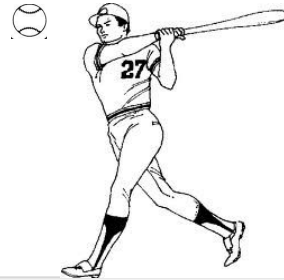


National Symbols

| India | | USA |
|---------------|--------|-----|
| National Tree | Banyan | Oak |



| | | |
|----------------|--------------|----------|
| National Sport | Field Hockey | Baseball |
|----------------|--------------|----------|




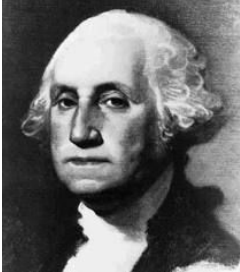
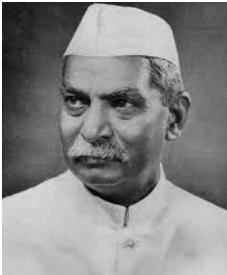
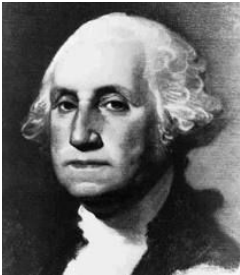
| | | |
|---------------|-----------|-----------------|
| National Flag | Tri-color | Stars & Stripes |
|---------------|-----------|-----------------|



| | | |
|-----------------|------------|-------|
| National Emblem | Asoka Lion | Eagle |
|-----------------|------------|-------|



Leaders

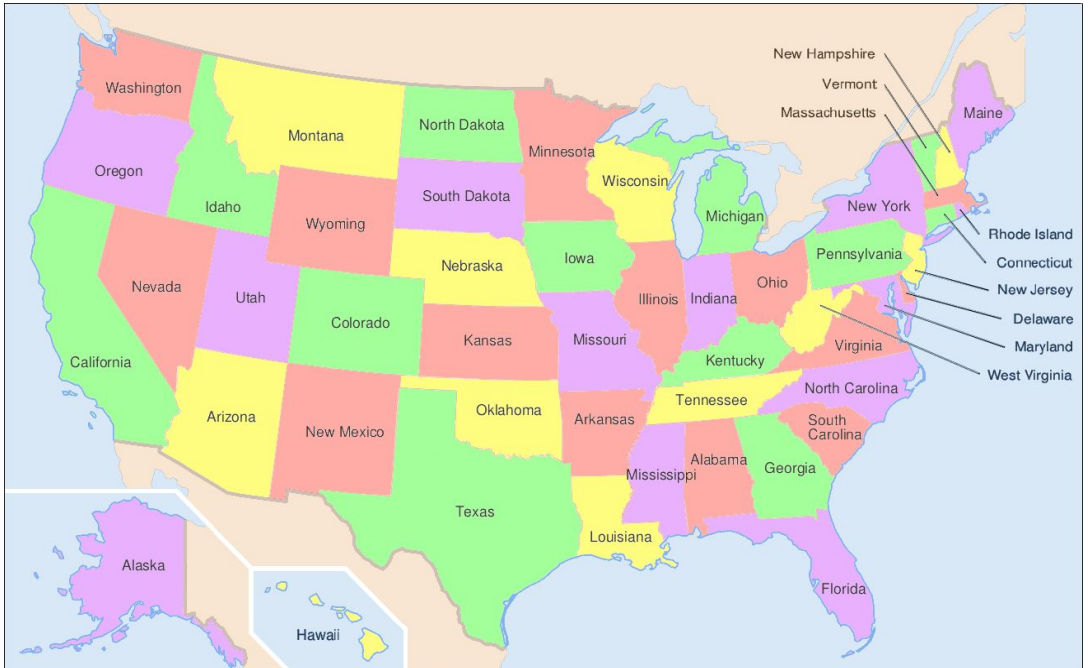
| | India | USA |
|-------------------------|---|--|
| Father of Nation | Mahatma Gandhi | George Washington |
| |  |  |
| First President | Dr. Rajendra Prasad | George Washington |
| |  |  |
| President | | |
| Vice President | - | |
| Prime Minister | - | |

India States & Neighbors



| | |
|------------------|--|
| # States | 28 (+ 8 Union Territories) |
| Capital | New Delhi |
| Neighbors | China, Sri Lanka, Pakistan, Bangladesh, Nepal, Bhutan, Myanmar |
| Oceans | Indian (East, West, South) |

USA States & Neighbors



| | |
|------------------|---------------------------------|
| # States | 50 (+ 5 Territories) |
| Capital | Washington D.C. |
| Neighbors | Canada, Mexico |
| Oceans | Pacific (West), Atlantic (East) |

India – States and Capitals

| State | Capital |
|-------------------|--------------------|
| Andhra Pradesh | Amaravathi |
| Arunachal Pradesh | Itanagar |
| Assam | Dispur |
| Bihar | Patna |
| Chhattisgarh | Raipur |
| Goa | Panaji |
| Gujarat | Gandhinagar |
| Haryana | Chandigarh |
| Himachal Pradesh | Shimla |
| Jharkhand | Ranchi |
| Karnataka | Bengaluru |
| Kerala | Thiruvananthapuram |
| Madhya Pradesh | Bhopal |
| Maharashtra | Mumbai |
| Manipur | Imphal |
| Meghalaya | Shillong |
| Mizoram | Aizawl |
| Nagaland | Kohima |
| Orissa | Bhubaneswar |
| Punjab | Chandigarh |
| Rajasthan | Jaipur |
| Sikkim | Gangtok |
| Tamil Nadu | Chennai |
| Telangana | Hyderabad |
| Tripura | Agartala |
| Uttar Pradesh | Lucknow |
| Uttarakhand | Dehradun |
| West Bengal | Kolkata |

Appendix A – Major Hindu Festivals

(Credit: vedakalpataru.com)

January - Makara Sankranti / Pongal
January – March - Kumbh Mela
February/March - Maha Shivaratri
March - Ugadi / Gudi Padwa
March – Holi
March/April - Sri Rama Navami
April - Hanuman Jayanti
April/May - Akshaya Tritiya
July - Guru Purnima
July/August - Naga Panchami
August - Upakarma / Raksha Bandan
August/September - Janmashtami
August/September - Onam
August/September - Ganesha Chaturti
September/October - Navaratri
September/October - Pitru Paksha
October/November - Dhanteras
October/November - Deepavali
November/December - Karthigai Deepam

Makara Sankranti

Śankarānti is the passage of sun from one zodiac sign to another. Accordingly there are twelve Śankarāntis, one called as Makara Śankarānti is considered most auspicious. The time of Makara Śankarānti signifies commencement of Sun's northern movement and it is called as Uttarāyaṇa Puṇyakāla.

During the passage of Sun from one sign to another, people take bath in holy rivers, observe fast, do pūjas, offer oblations to gods and manes and give away gifts to many. In fact Śankarānti or Uttarāyaṇa Puṇyakāla is the most auspicious time for giving gifts to deserving persons. Makara Śankarānti is also celebrated as the Harvest Festival.

In Tamil Nadu, Makara Śankarānti is celebrated as Pongal or harvest festival spread over three days. On the first day, called Bhogi, people clean their houses and replace old articles with the new ones. On the second day, called Pongal, people prepare a sweet dish out of rice called Pongal and offer it to the Sun. On the third day, called Māttu Pongal, they clean, paint and cloth the cows and bulls and arrange festive cattle fight where men tame the ferocious bulls.



Kumbh Mela

From ancient times, the new moon days and full moon days were considered sacred by the Hindus. Several religious rites are conducted on these days and many of the important festivals and functions fall on either of these two days.

One such sacred day is the new moon day or amāvāsyā in the month of Māgha [January / February]. It is called as Mauni Amāvāsyā. Hundreds of thousands of people gather every year on this day at Prayāg or Allahabad to take a dip in Trivenī Sangama, a holy confluence of rivers Ganga, Yamuna and Saraswati and a religious fair of this occasion is known as Māgha Mela.

When such a mela or fair is conducted in an even bigger scale it is known as Kumbha Mela, the biggest religious fair in the world. Kumbha Mela is held at one of the four sacred places where holy rivers run and they are Allahabad, where Ganga, Yamuna and Saraswati meet, Nashik where river Godavari runs, Ujjain where there is Sipra and Hardwar where there is the holy river Ganga. Kumbha Mela is held once in twelve years by turn among these four sacred places.

According to the legends, the nectar or amrita emerged from the milky ocean during its churning. Gods took them away and demons gave them a big chase. During this run and catch battle, the nectar is said to have spilled out in four places and they are Allahabad, Nashik, Hardwar and Ujjain. The Kumbh Mela is conducted once in twelve years to mark the twelve days it took devas or gods to run away as the twelve celestial days equal twelve human years.

Maha Shivaratri

The thirteenth night and fourteenth day of the dark fortnight of every month is called as Śivarātri. One that falls in the month of Phalgunā – as per Vikrama calendar [February / March] is called as Mahā Śivarātri and is considered one of the most auspicious and sacred days in the Hindu calendar. Śivarātris occurring in all other months are called as Māsa Śivarātri.

Though all Śivarātris are equally auspicious and sacred, Mahā Śivarātri is the greatest of all Śivarātris since it was on this day that Lord Shiva drank the most threatening poison that was capable of destroying the whole world and saved the world. Mahā Śivarātri is celebrated every year to mark this occasion.

Of all the major Hindu festivals, Mahā Śivarātri is the most quiet and solemn festival. There are no festivities and fun making as more importance is given to vrata including fasting and prayer. The devotees of Lord Śiva keep vigil through the night, singing bhajans, repeating the name of Lord Śiva and performing pūjas. At dawn, they do the final pūja and break their fast by taking Prasād, the eatable that has been offered to Lord Śiva.

There are many stories about the origin and development of this festival with each region having their own versions. Scores of devotees take a vow to perform Mahā Śivarātri Pūja every year for 12 or 14 or 24 years. Mahā Śivarātri is celebrated with grand preparations at major Shiva temples across the country such as Varanasi, Rameshwaram, Chidambaram, Tiruvannamalai, Sri Kalahasti and Somnath.

Ugadi or Gudi Padwa

Yugādi or the beginning of an era is celebrated as a New Year by people of Andhra Pradesh, Karnataka and Maharashtra. In Maharashtra it is called as Gudi Padwa. It is celebrated on the first day of the bright fortnight of the month Caitra [March / April].

People celebrate Yugādi on this day because Brahma, the creator, is said to have created the world on this day and also Lord Vishnu, took his first avatāra or incarnation as a fish or matsya on this day.

People decorate their houses, take oil bath, visit various temples, do charity and eat sumptuous meal accompanied by a bitter-sour-sweet mixture of neem leaves, mango and jaggery. This mixture is to remind people that life is always a mixture of bitter and sweet events and people should accept both with equanimity. People read Pañcāṅga or Hindu Almanac to know the events, festivals and other important occurrences that are to happen in the coming year.

Marathis celebrate the Gudi Padwa by hoisting a pole decorated with a silk cloth having a pot on the top. It signifies the home coming of the Maratha warriors after the victorious war.



Holi

Holi is also one of the most joyous celebrations among Hindu festivals; probably it ranks next only to Deepavali in terms of pomp and gaiety. It is a festival of color and marks the commencement of spring. Originally it was a festival to celebrate good harvest and as a tribute to women. It falls on the full moon day of the month of Phalguna [February / March] and marks the arrival of spring.

There are numerous legends and stories about why Holi is being celebrated. According to one legend, Holi is being celebrated on this day because it was on this day Lord Śiva opened his third eye and reduced Kāmadeva, the God of Love to ashes. According to another, it was on this day that Holikā, the sister of demon Hiranyakashipu tried to burn Prahlāda, but instead got reduced to ashes. There are also stories involving Lord Krishna and Rādhā, another on an ogress named Dhundi, etc.

Though Holi is one of the ancient festivals of India, there are practically no religious observances for this day unlike other festivals. Instead, Holi is celebrated with unrestrained frolic and people smear all sorts of colors on others and drink liquor. In Bengal this day is celebrated as Sri Chaitanya Mahaprabhu's jayanti and also as Dolayātra or the Festival of Swing in a much more quiet and graceful manner.



Sri Rama Navami

Śrī Rāma Navami or the birth anniversary of Lord Rāma, one of the popular avatāras of Lord Vishnu is celebrated on the ninth [navami] day of the bright fortnight of the month Caitra [March / April].

People celebrate Śrī Rāma Navami by fasting for one and half days. The celebrations include installation of idol of Śrī Rāma, decoration with flowers, pūja, homam, chanting of the sacred name of Śrī Rāma from dawn to dusk and offering of gifts to needy and deserving persons.

Some families also arrange for mass feast where they feed people in large numbers with sumptuous meals towards evening. There are large numbers of temples of Vishnu and Śrī Rāma across India and in all these temples too, people throng in large numbers and celebrate Śrī Rāma Navami in a joyful though quiet manner. Ayodhya and Rameshwaram are two places connected with Śrī Rāma that attract maximum number of devotees for Śrī Rāma Navami.

In the modern times, many of these ingredients such as fasting, idol installation, etc., have become rare, though people do visit temples in large numbers.



Hanumān Jayanti

Hanumān, the foremost devotee of Lord Rāma, one of the ten avatāras of Lord Vishnu, is one of the most vibrant and popular gods of Hinduism. He is also called as Ānjaneya, son Anjanā Devi and he is said to have been born with the blessings of Vāyu, the God of Wind. Hanuman is said to be constantly chanting the Holy name of Lord Rāma and also to be present wherever the name of Lord Rāma is chanted.

Hanumān Jayanti or the birth anniversary of Lord Hanumān falls on the full moon day of the month Caitra [March / April]. People observe day long fast, clean and decorate the image of Hanumān with flowers, offer food, and chant the Holy name of Lord Rāma from dawn to dusk. Lord Hanumān is one of the few gods whose image can be found in almost all the temples irrespective of the presiding deity of the temple.

Hundreds of thousands of devotees gather at a temple in Salasan in Rajasthan on Hanumān Jayanti day to worship Lord Hanumān. Scores of people chant Hanumān Cālisa composed by Tulasidas for relief from difficulties, gaining knowledge and the grace of God.



ॐ राम रामाया नमः

Akshaya Tritiya

Akshaya Tritiya is one of the most auspicious days on which any deed or action can be initiated. It is observed on the third day of the month of Vaiśākha during which time the sun and the moon are the brightest, coinciding with the sun entering the zodiac sign of Aries.

Akshaya Tritiya marks the beginning of Treta Yuga that witnessed three avatars of Lord Vishnu. It was a day on which Lord Parashurama was also born. It is a day on which Sage Vyasa commenced writing the epic, Mahabharata.

People celebrate Akshaya Tritiya by taking a dip in the holy river, chanting Vedic mantras and performing homas. The word 'Akshaya' means 'inexhaustible.' This denotation has led modern people to buy gold in a greedy manner disregarding the other aspects of Akshaya Tritiya. It is a day on which all good actions should be initiated so that, so the belief goes, performance of such virtuous actions will continue till the death of the person.

It is a day on which a person should offer gifts generously according to one's capacity and should not be intent on accumulating wealth as practiced by the moderns. Only a small portion of the public in India is still offering gifts to qualified Brahmins and deserving persons of all classes on this day.



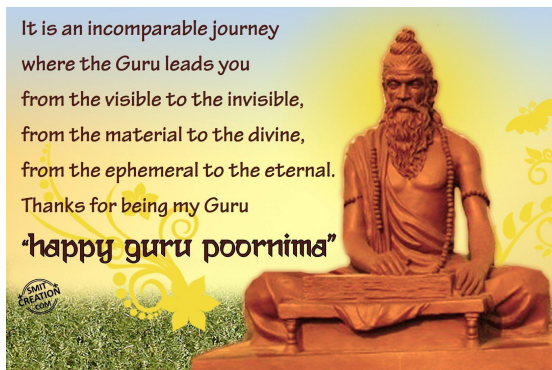
Guru Purnima

Guru Pūrṇima is the festival of worshipping the Guru or preceptor. Guru Pūrṇima is celebrated on the full moon day of the month of Āṣāḍa [June - July] and signifies the reverence to the Guru who has an important place in Hindu Religion.

This is also called as Vyāsa Pūrṇima as Vyāsa is believed to be the foremost of all the Hindu preceptors. Sage Vyāsa is the one who classified the Vedas, authored the great epic Mahābhārata and contributed eighteen Mahā Purānas. He imparted the eternal truths of the Vedas in different forms and levels to reach out to divergent people with different kinds of temperaments.

Guru Pūrṇima is celebrated at various Āśramas or Hindu monasteries, the places of preceptors. Homa is conducted on this auspicious day and people chant bhajans invoking the blessings of preceptors for spiritual progress.

A period of rest for mendicants called Cāturmāsya varta or four months of rest begins on this day and farmers also welcome this auspicious day as it is invariably the beginning of a rainy season.



Naga Panchami

Like other ancient civilizations, India too had varieties of Nature worship. Nāga Pañcami is a form of serpent worship on the fifth day of the bright fortnight of the month Shravan [July / August].

Though a kind of beings similar to snakes are mentioned in very early literature and the later literature is strewn with several types of stories, the origin and development of this worship is not clear. Due to this, several hypotheses are flowing around at least for the last three hundred years. This day is also considered as auspicious as Akṣaya Tritiya and Makara Śankarānti. Though several legends are available, it is not clear why it is auspicious.

On this day people bathe the images of mythical serpents, offer milk to the anthills where snakes hide themselves and at some places, they even do physical pūjas to cobras.

There are number of snake temples across India though this festival seems to be more popular in Maharashtra, Karnataka, Andhra Pradesh and Tamil Nadu compared to other states.



Upakarma & Raksha Bandan

Of all the full moon days, the one that occurs in the month of Shraavan is very important as two festivals, Upākarma and Rakṣa Bandhan, are celebrated during that day and these two cover majority of Indian population.

Upākarma is a ritual whereby male members of Brahmins and other sects of society change the Yajñopaveeta or the sacred thread into a new one. The ceremony or ritual is quite simple with the chanting of the mantras. The people who undergo this ritual also chant Gayatri Mantra for fixed number of times [108, 1080, etc.].

In some parts of the country, performance of homam takes place along with the Yajñopaveeta dāraṇam or changing of sacred thread on full moon day and chanting of Gayatri Mantra on the next day. The days of Upākarma for certain sects change because of the calendar they use and also due to different Veda Śākhās or branches.

According to a legend on the origin of Rakṣa Bandhan, Indira, the king of gods, kept losing his battles with asuras for a long time. However, he won the battle and regained his kingdom after he went to the war wearing an amulet tied to his wrist by his wife, Sacidevi, who tied it after performing certain austerities and rituals.

In the modern times, Rakṣa or Rākhi is tied on the right wrist of male members by the sisters and those who consider a person to be their brother. Women tie the Rākhi and take blessings of their brother(s). Men give gifts to all those who tie Rākhi to them.



Janmashtami / Gokulashtami

Janmāṣṭami is the birth anniversary of Śrī Kriṣṇa, the eighth avatar of Lord Vishnu, one of the principal Gods of Hinduism. It is celebrated on the 8th day of the dark fortnight of the Hindu month Shravana [August / September] all over India and also at other countries where Hindus live.

People observe day long fast, worship Lord Krishna's image, chant Śrī Kriṣṇa's name, listen to Bhagavata and other stories regarding His boyhood playful acts and do pooja at midnight, since Śrī Kriṣṇa was born at midnight. After the pūja, people chant Śrī Kriṣṇa's name and also sing bhajans and then do pārana or ceremonial breaking of fast.

In Maharashtra, people hang pots filled with curds, buttermilk and ghee at a very high place in public and youth, following Śrī Kriṣṇa, form pyramid of human beings and then attempt to break them. In Mathura and Vrindavan, the birth anniversary is celebrated over a month and all the temples and houses are decorated colourfully and it is a custom in these parts to take Śrī Kriṣṇa's idol in a procession.

In South India, some groups of people celebrate the birth anniversary on the day when the star or nakshatra, Rohini, is present and not necessarily on the eighth day of the dark fortnight of Shravan.

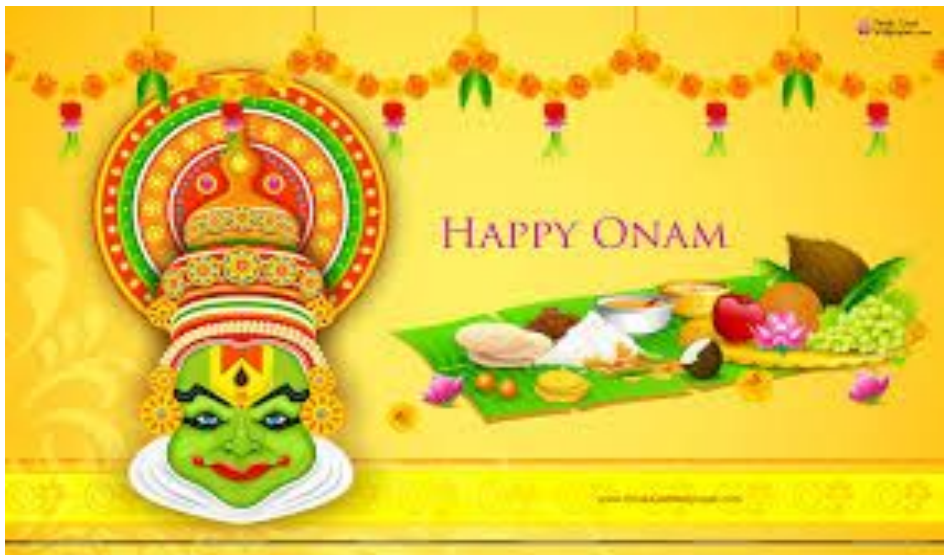
Whichever day they celebrate, they clean their houses, mark the floors with the foot marks of Śrī Kriṣṇa by placing rice flour mixed with water to make it appear like that of baby Kriṣṇa's feet, prepare delicacies that are most liked by Kriṣṇa and then culminate the celebrations with pūja, bhajans and pārana.

Onam

Onam is a harvest festival of Kerala. It is celebrated for the period between four to ten days during August / September.

The legend has it that when the demon king Bali was punished by Vāmana, one of the avatars of Lord Vishnu, and pushed to the Pātala Loka or the nether world, the king requested the Lord to give permission to revisit his kingdom once in a year. The day of the king's revisit is celebrated as Onam.

People decorate their houses ten days prior to the Onam day with flowers and also place flower mats in front of their houses. They visit temples and on the Onam day the clay images of the king Bali and Lord Vishnu's avatāra, Vāmana are kept and worshipped. It is a festival that is celebrated by one and all in Kerala without any distinction of caste or religion.



Ganesha Chaturti

Ganeśa, the Lord of the army of gods, is worshipped by all Hindus irrespective of their communal and sectarian affinities.

Lord Ganeśa or Gaṇapati or Vināyaka is worshipped first before undertaking any sacred vow or action. He bestows success on people and removes obstacles. He is called as Pillayār [pillai means son in Tamil], the son of Lord Śiva and Goddess Pārvati.

Vināyaka Chaturthi or the birth anniversary of Lord Ganeśa is celebrated on the fourth day of the bright fortnight of the month Bhādrapada [August / September]. Ganeśa Caturthi is celebrated by people across the country with pomp and gaiety. People celebrate Ganeśa Caturthi to propitiate Him to fulfil their needs. The elephant head signifies wisdom and having a mouse as His vehicle stands for stealing the ego of the people.

People install the clay idol of Lord Ganeśa, offer modaka or a ball like dish prepared out of rice, decorate the idol with flowers and dhurva grass. Recitations of Ganeśa mantras and bhajans complete the worship. After the completion of the festival, people immerse the clay idol on 3rd or 5th or 7th or 10th day. Immersion is conducted in a grand scale with huge processions.



Navaratri

Navarātri or the festival of nine nights is the worship of Divine Mother in Her different forms. The tenth day or dusshera is celebrated as a day of victory of good over evil. There several variations of this festival.

In some parts of the country, the Divine Mother is worshipped in nine forms, Durga, Uma, Gowri, Parvati, Jagadamba, Kali, Chandi, Bhairavi and Ambika. During this period of nine days, people observe fast and keep awake at nights chanting the names of the Divine Mother. On the final day, young girls are invited and offered sweets, gifts, etc., invoking the Divine Mother in them.

In the northern parts of the country, Navarātri is also celebrated as Rāmalila, signifying victory of Lord Rāma over Rāvana. People observe fast, recite Rāmayana and burn effigies of Rāvana, Kumbhakarna and others on the tenth day or Vijaya Daśami or Dusshera.

In southern parts, Goddess Lakshmi is worshipped during the first three days, Goddess Saraswati during the middle three and Goddess Durga during the last three days. The tenth day or Vijaya Daśami is celebrated as a day of victory of Divine Mother over evil forces. People admit their young children for the first time in the school or begin new enterprises or projects on Vijaya Daśami, invoking the blessings of the Divine Mother.



Mahalayapaksha / Pitrupaksha

The fifteen days of the dark fortnight of the month Bhādrapada or Ashwin [depending on the calendar one uses and in English Calendar, September / October] are called Mahālayapakṣa or Pitṛpakṣa. They are considered auspicious for paying respects for the departed souls or Pitṛs, hence the name Pitṛpakṣa. The new moon day is called Mahālaya Amāvāsyā.

Performing obsequial rites is given a lot of importance in Hindu traditions because one, it allows a person to repay his debts to the departed soul and second, it helps the departed soul to reach the Pitṛloka or the world of ancestors and take a fresh birth.

People perform śrāddhas, offer tarpaṇa with rice, water and sesame and perform pooja invoking the blessings of the Lord Gadādhara, a form of Lord Vishnu. During this period, people perform rites both at home as well as at holy places such as Gaya, Varanasi and Allahabad. Those performing these rituals also observe austerities, offer sweet preparations to the qualified Brahmins, feed cows, crows and dogs.

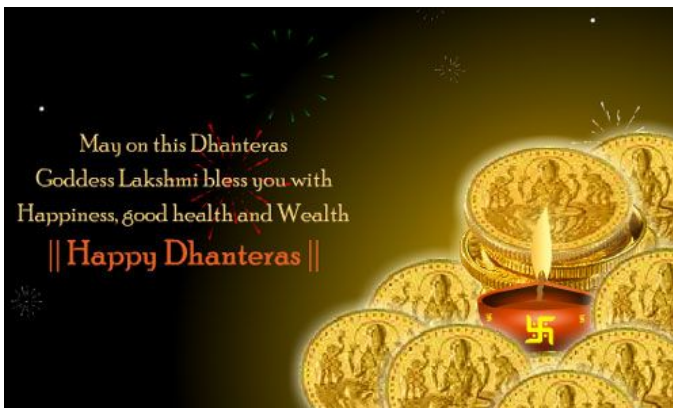


Danteras

Danteras is associated with good fortune as the term 'dan' denotes wealth. It is also connected to the avatāra of Lord Vishnu, Dhanvantari, the divine physician. Danteras occurs on the 13th day of the month of Ashwin [October / November] marking the beginning of five day diwali celebrations.

According to a legend, a lady saved her husband from Yamā or the Lord of Death who came in the form of a snake, by laying down all her ornaments and coins at the entrance of the room in which her husband was sleeping. Yamā could not withstand the glare of ornaments and coins and remained dazed. As the lady sang in praise of Yamā, the enchanted god of death returned without harming the husband of the lady. So, this festival is also known as Yamadeepan. People keep the lamps lighted in their houses marking this incident.

People also worship Goddess Lakshmi during Danteras. In some parts of India, people buy gold and start new ventures.



Diwali/Deepavali

Deepāvali is a festival of lights celebrated all over the world in different forms and names, mostly signifying the dispelling of darkness and the dawn of light or wisdom. It occurs on the new moon day in the month of Ashwin [October / November] every year.

According to one legend, Deepāvali marks the victorious return of Lord Rāma, who was the personification of Dharma or righteousness, to Ayodhya after the slaying of Rāvana, who was the personification of evil. People of Ayodhya rejoiced by lighting lamps all over Ayodhya marking the celebration which continues till now.

There is another legend that demon king Naraka was killed by Satyabhāma, wife of Lord Krishna and per the wish of Bhūmi or the Mother Earth, the death of Naraka became a day of celebration.

In South India, people celebrate Deepāvali taking after the latter legend and the people of North India celebrate Diwāli as a mark of Lord Rāma's return. This is the reason why the people in South and North are celebrating the same festival on two different days.

Deepāvali festival comprises oil bath in early morning, setting off crackers, exchanging greetings, doing pooja and having sumptuous meals. In some parts of India, Deepāvali is celebrated as a new accounting year.





Karthigai Deepam



Kārtigai Deepam is the oldest festival of South India. It is celebrated on the full moon day of the Tamil month Kārtigai [November / December].

It is on this day that Lord Śiva is said to have assumed the form of Aruṇācala Hill or Tiruvannamalai or Arunagiri. The hill is situated in the town called Tiruvannamalai, about 200 kms from Chennai, in South India.

On Deepam day a huge beacon is lit on top of the hill on the evening of the full moon day. The whole festival lasts for ten days culminating on the full moon day. People in Tamil Nadu in general and Tiruvannamalai in particular lit lamps in their houses for the whole month of Kārtigai. On Deepam day and also on all full moon days, tens of thousands of people circumambulate the fourteen and half kilometre path around the hill as it is believed to bestow good things on those who go around it on full moon days.

The beacon lit on top of the hill burns for several days and at times up to ten days. On the Deepam day, people generally observe fast and break the fast after the beacon is lit. Not only Tamils but also people from all over India and across the world visit Tiruvannamalai to participate in the Deepam festival.



Appendix B - Surya Namaskar



Breathe In

Pranamasan

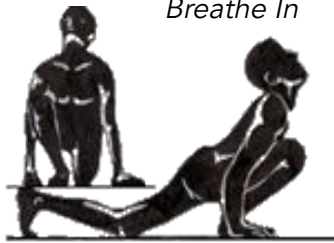


Breathe Out

Hastapadasan



Breathe In



Ardha Bhujangasan

Breathe Out



Makarasan

Hold Breath



Breathe In



Bhujangasan

Breathe Out



Breathe In



Ardha Bhujangasan



Breathe Out

REPEAT 13 TIMES

Om Mitraaya Namah

Om Ravaye Namah

Om Suryaaya Namah

Om Bhaanave Namah

Om Khagaaya Namah

Om Puushne Namah

Om Hiranyagarbhaaya Namah

Om Mareechaye Namah

Om Aadityaaya Namah

Om Savitre Namah

Om Arkaaya Namah

Om Bhaaskaraaya Namah

Om Shree Savitru Suurya Naaraayanaaya Namah

Appendix C – Yoga Asanas



1/ Pranayama



2/ Ardha-Chandrasana



3/ Utkatasana



4/ Garurasana



5/ Dandayamana-
Janushirasana



6/ Dandayamana-
Dhanurasana



7/ Tuladandasana



8/ Dandayamana-
Bibhaktapada-
Paschimotthanasana



9/ Trikanasana



**10/ Dandayamana-
Bibhaktapada-
Janushirasana**



11/ Tadasana



12/ Padangustasana



13/ Savasana



14/ Pavanamuktasana



15/ Sit-up



16/ Bhujangasana



17/ Salabhasana



18/ Poorna-Salabhasana



19/ Dhanurasana



20/ Supta-Vajrasana



21/ Ardha-Kurmasana



22/ Ustrasana



23/ Sasangasana



**24/ Janushirasana avec
Paschimotthanasana**

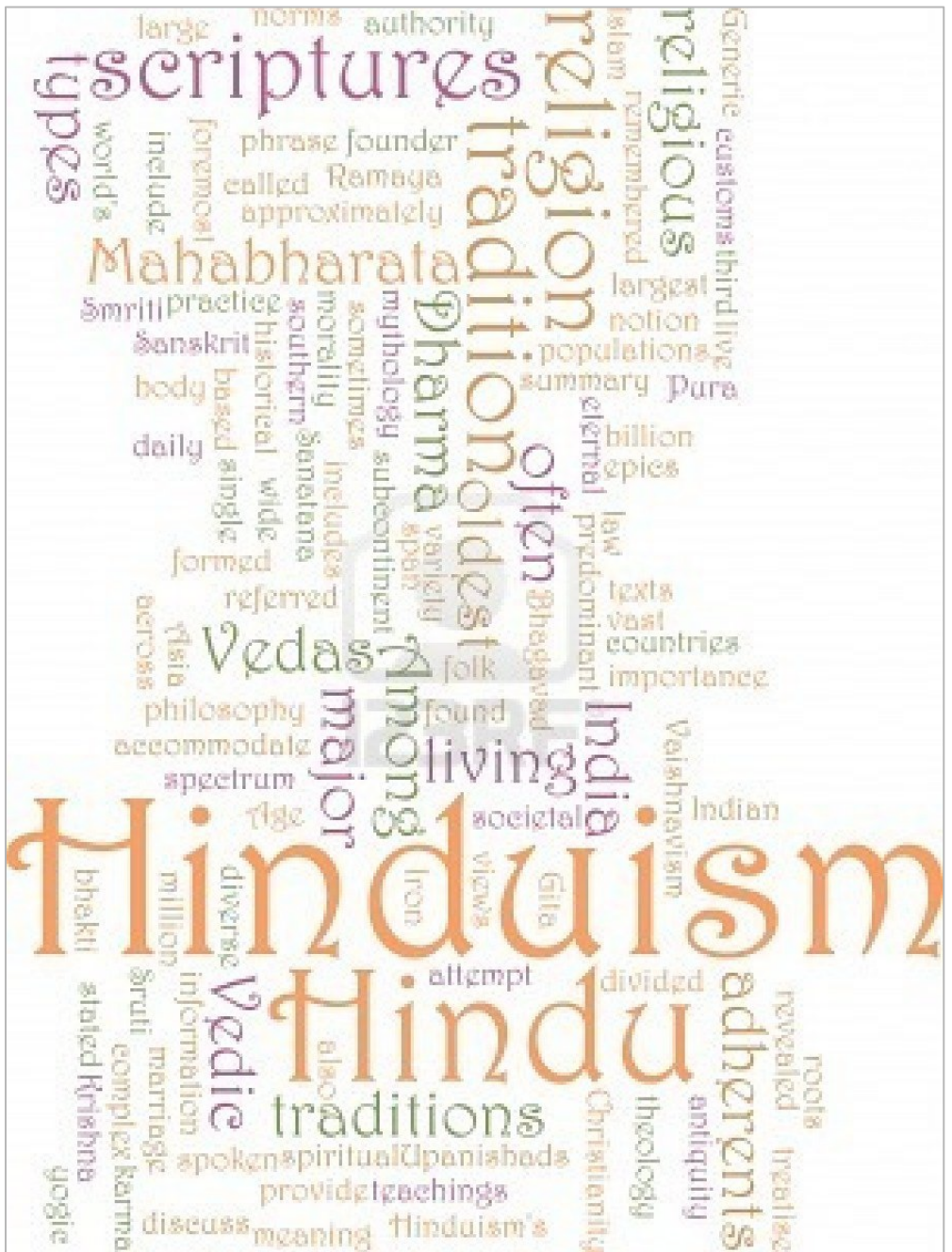


25/ Ardha-Matsyendrasana



26/ Khapalbhathi

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