

gururbrahma gururviṣṇu gururdevo maheśvaraḥ  
guruḥ sākṣāt parabrahmā tasmai śrī gurave namaḥ

गुरुर्ब्रह्म गुरुर्विष्णु गुरुर्देवो महेश्वरः ।  
गुरुः साक्षात् परब्रह्मा तस्मै श्री गुरवे नमः ॥

The Guru is Brahma, Vishnu, and Lord Shiva.  
I bow to that Guru, the Supreme Being right before my eyes.

guru: teacher, spiritual preceptor, remover of darkness and ignorance  
brahma: the Lord of creation  
viṣṇu: The Lord of preservation  
maheśvara: N. of Lord Shiva, he who dissolves or destroys  
sākṣāt: before one's eyes, clearly, visibly  
parabrahmā: the Supreme Spirit, the Absolute  
tasmai: unto that  
śrī: lustre, splendor, radiance; respectful title  
namaḥ: I bow

---

शुभं करोति कल्याणमारोग्यं धनसंपदा ।

शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तुते ॥

Shubham Karoti Kalyaannam-Aarogyam Dhana-Sampadaa |  
Shatru-Buddhi-Vinaashaaya Diipa-Jyotir-Namostute ||

(Salutations to the Light of the Lamp) Which **Brings**  
**Auspiciousness, Health and Prosperity,**  
Which **Destroys Inimical Feelings; Salutations** to the **Light** of the  
**Lamp.**

आदित्यस्य नमस्कारन् ये कुर्वन्ति दिने दिने ।

आयुः प्रज्ञा बलम् वीर्यम् तेजस्तेशान् च जायते ॥

ādityasya namaskaran ye kurvanti dinedine |

aayuh pragnya balam viryam tejsteshan cha jaayate ||

Those who perform Soorya Namaskars daily, they get richness of health, long life, knowledge (buddhi).

---

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।

उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मा ऽमृतात् ॥

om tryambakam yajāmahe sugandhim puṣṭi-varadhanam |

urvārukam-iva bandhanān mṛtyormukṣīya mā ṽmṛtāt ||

OM We worship Shiva, the Three-eyed Lord who is fragrant and who nourishes and nurtures all beings. As is the ripened cucumber (with the intervention of the gardener) freed from its bondage (to the creeper) May He liberate us from death for the sake of immortality.

॥ सूर्य नमस्कार मन्त्र ॥

ॐ ध्येयः सदा सवित्र मण्डल मध्यवर्ती ।

नारायण सरसिजा सनसन्नि विष्टः ।

केयूरवान मकरकुण्डलवान किरीटी ।

हारी हिरण्मय वपुर धृतशंख चक्रः ॥

**Om dhyeya sada savitra mandala madhyavarti |  
Narayana sarasija sanasanni vishtah |  
Keyuravana makarakundalavana kiriti |  
Hari hiranmaya vapura dhritashankha chakrah ||**

**One should meditate on the form of Lord Narayana  
situated in the sun globe. He is seated on a lotus, with  
golden bracelets, crown, shark earrings; he is  
golden in complexion, and holds the shankha and  
chakra in his hands.**

# SUN SALUTATION

## Transliteration

### Sanskrit

1	ॐ मित्राय नमः	om mitrāya namaḥ
2	ॐ रवये नमः	om ravaye namaḥ
3	ॐ सूर्याय नमः	om sūryāya namaḥ
4	ॐ भानवे नमः	om bhānave namaḥ
5	ॐ खगाय नमः	om khagāya namaḥ
6	ॐ पूष्णे नमः	om puṣṇe namaḥ
7	ॐ हिरण्यगर्भाय नमः	om hiraṇya garbhāya namaḥ
8	ॐ मरीचये नमः	om marīchaye namaḥ
9	ॐ आदित्याय नमः	om ādityāya namaḥ
10	ॐ सवित्रे नमः	om savitre namaḥ
11	ॐ अर्काय नमः	om arkāya namaḥ
12	ॐ भास्कराय नमः	om bhāskarāya namaḥ
13	ॐ श्रीसवितृसूर्यनारायणाय नमः	om śrīsavitṛsūryanārāyaṇāya namaḥ

ॐ सह नाववतु ।

सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्वि नावधीतमस्तु मा विद्विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

Om Saha Nau-Avatu |

Saha Nau Bhunaktu |

Saha Viiryam Karavaavahai |

Tejasvi Nau-Adhiitam-Astu Maa Vidvissaavahai |

Om Shaantih Shaantih Shaantih ||

**Meaning:**

Om, May God Protect us Both (the Teacher and the Student),

May God Nourish us Both,

May we Work Together with Energy and Vigour,

May our Study be Enlightening and not give rise to Hostility,

Om, Peace, Peace, Peace.

समुद्रवसने देवि पर्वतस्तनमण्डले ।

विष्णुपत्नि नमस्तुभ्यं पादस्पर्श क्षमस्वमे ॥

Samudra-Vasane Devi Parvata-Stana-Mannddale |

Vissnu-Patni Namastubhyam Paada-sparsham Kssama-Svame ||

**Meaning:**

(Oh Mother Earth) The Devi Who is having Ocean as Her Garments and Mountains as Her Bosom,  
Who is the Consort of Sri Vishnu, I Bow to You; Please Forgive Us for Touching You with Our Feet.

---

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ ।

निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

Vakra-Tunndda Maha-Kaaya Surya-Kotti Samaprabha

Nirvighnam Kuru Me Deva Sarva-Kaaryessu Sarvadaa

**Meaning:**

O Lord Ganesha, of **Curved Trunk**, **Large Body**, and with the **Brilliance** of a **Million Suns**,  
Please **Make All** my **Works Free of Obstacles**, **Always**.

## HINDU MONTHS OF THE YEAR

No.	HINDU MONTH	ENGLISH MONTH
1.	Chaitra	April -May
2.	<u>Vaishākha</u>	May–June
3.	<u>Jyeshtha</u>	June–July
4.	<u>Āshādhā</u>	July–August
5.	<u>Shraavana</u>	August–September
6.	<u>Bhādrapada</u>	September–October
7.	<u>Ashwina</u>	October–November
8.	<u>Kartika</u>	November–December
9.	Mārgashirsha	December–January
10.	<u>Pausha</u>	January–February
11.	<u>Māgha</u>	February–March
12.	<u>Phālguna</u>	March–April

मनोजवं मारुततुल्यवेगं  
जितेन्द्रियं बुद्धिमतां वरिष्ठ ।  
वातात्मजं वानरयूथमुख्यं  
श्रीरामदूतं शरणं प्रपद्ये ।

Mano-Javam Maaruta-Tulya-Vegam  
Jitendriyam Buddhi-Mataam Varissttha |  
Vaata-Atmajam Vaanara-Yuutha-Mukhyam  
Shriiraama-Duutam Sharannam Prapadye |

Meaning: (Shri Hanuman) Who is Swift as Mind and Fast as Wind,  
Who is the Master of the Senses and Honoured for His Excellent  
Intelligence, Learning and Wisdom,  
Who is Son of the Wind God and Chief among the Monkeys, To  
that Messenger of Sri Rama, I take Refuge.

**Ram Bhakta Hanuman**







सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।  
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

saraswati namastubhyam varade kamarupini |  
vidyarambham karishyami siddhirbhavatu me sada ||

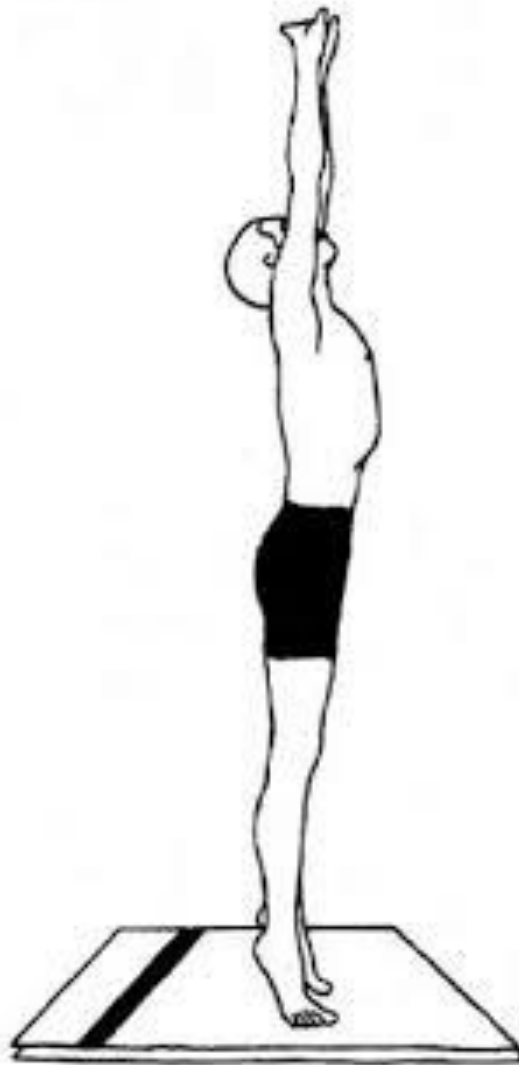
Oh Bhagavati Saraswati, I bow to you, the fulfiller of my wishes. I begin my studies seeking your blessings so that I shall always be successful.

सर्वे भवन्तु सुखिनः  
सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु  
मा कश्चिद्दुःखभागभवेत् ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

sarve bhavantu sukhinah |  
sarve santu niramayah ||  
sarve bhadrani pashyantu |  
ma kashchid- dukkha-bhag-bhavet ||

May All become Happy,  
May All become free from Illness.  
May All see what is Auspicious, Let no one Suffer.  
Om Peace, Peace, Peace.

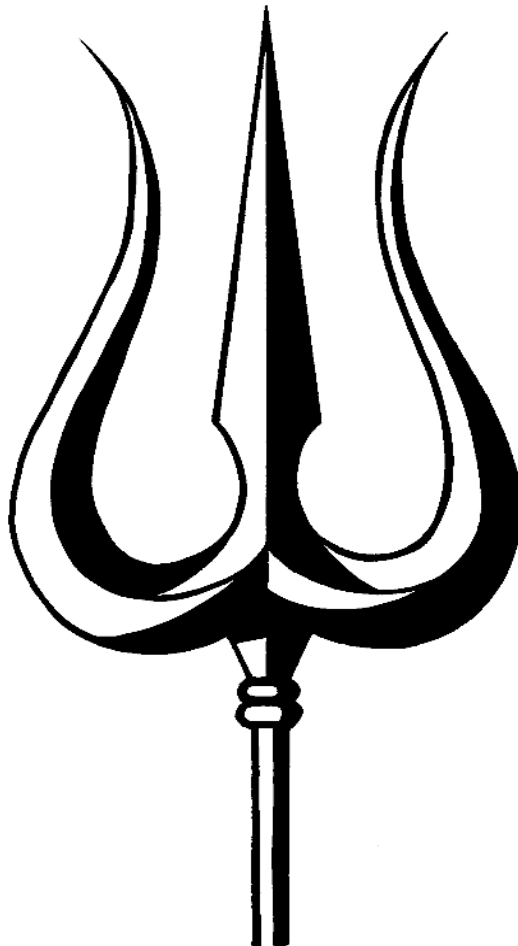
# Tadasana

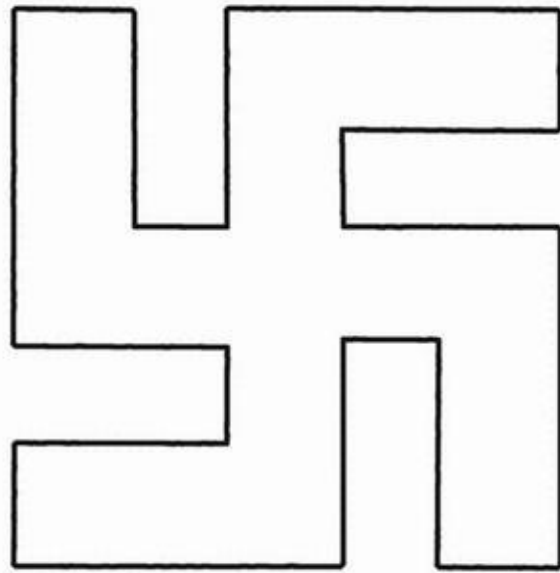


# Buddha



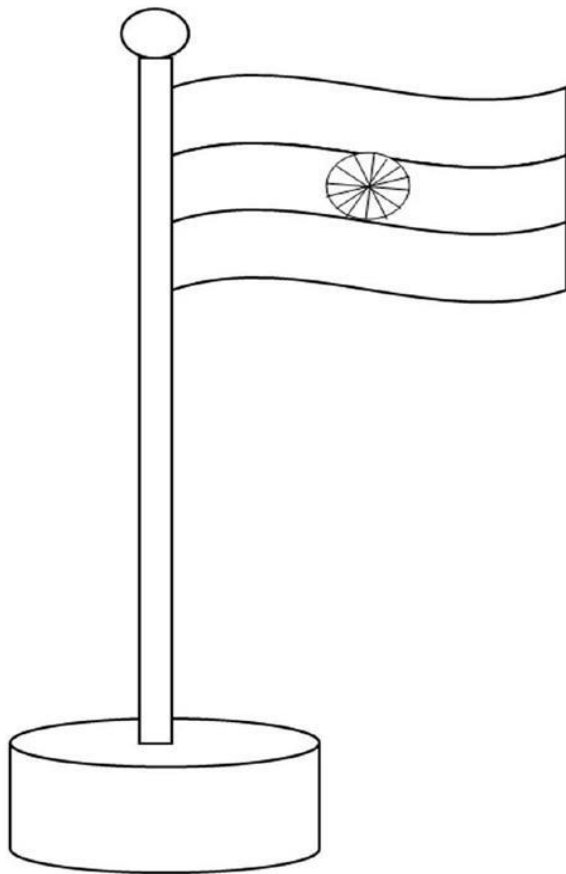
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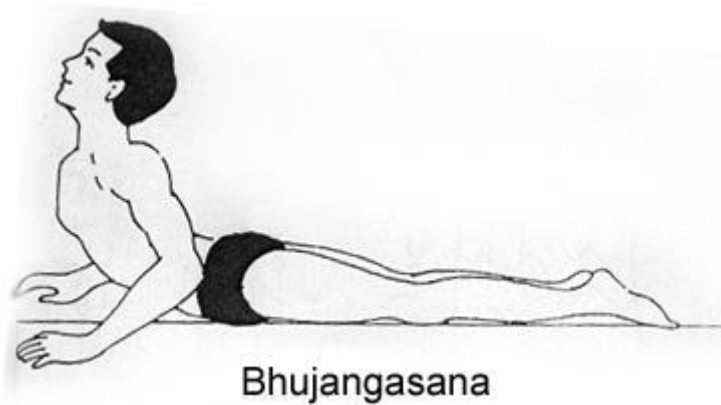


Color the Flag of India with the right colors.

(Orange, Blue wheel and Green)



# Bhujangasana



The name comes from the Sanskrit words *bhujanga* meaning "snake" or "serpent" and *asana* (आसन) meaning "posture" or "seat".

## Benefits

Bhujangasana may strengthen the [spine](#), stretch the chest, shoulders, and abdomen, firm the [buttocks](#), and relieve stress and fatigue. Traditional texts say that Bhujangasana increases body heat, destroys disease

वसुदेव सुतं देवं कंस चाणूर मर्दनम् ।

देवकी परमानन्दं कृष्णं वन्दे जगद्गुरुम् ॥१॥

Vasudeva sutam devam | kansa-chaanura mardanam ||  
devaki paramA-nandam | krishnam vande jagad-gurum ||

I bow to Sri Krishna, son of Vasudeva, the divine being, guru of the entire world, the killer of wicked Kamsa and Chanoora, and the source of happiness to mother Devaki.



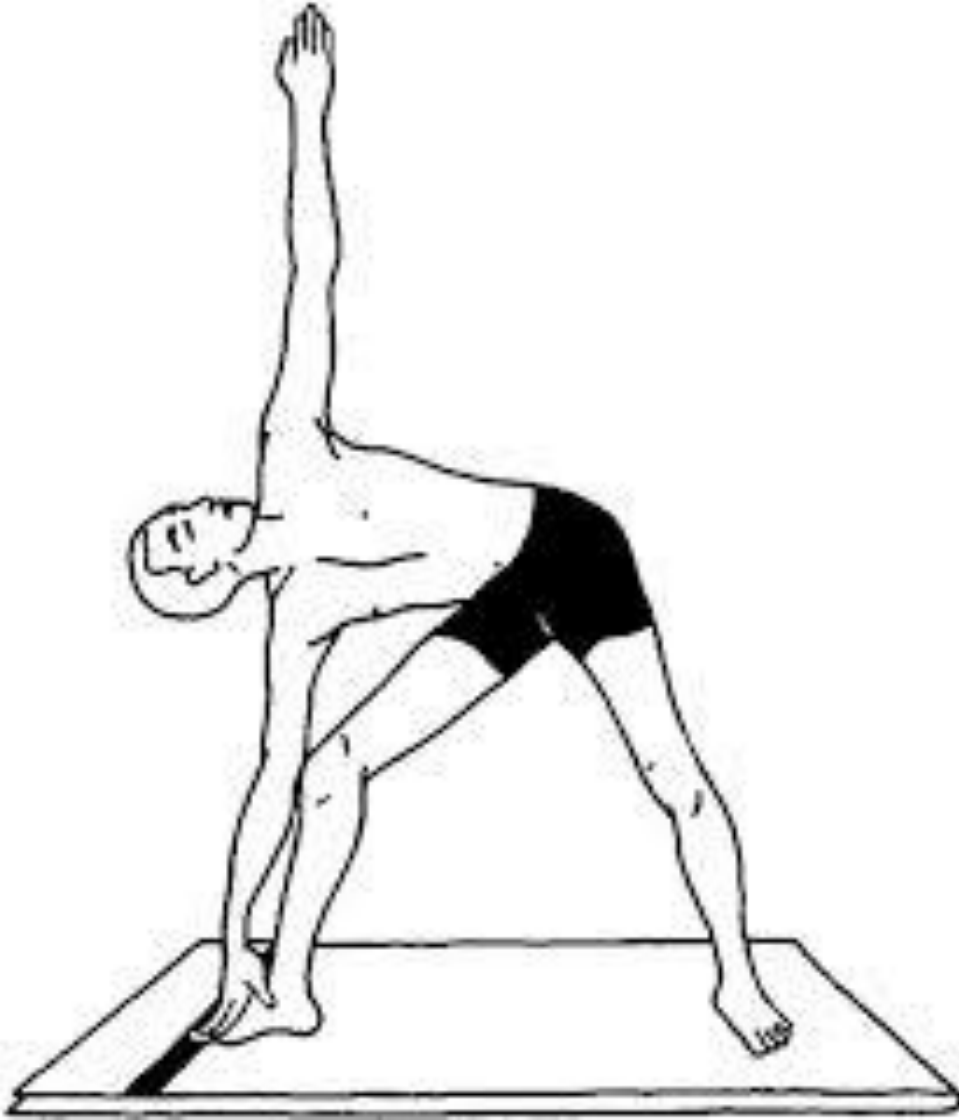
नमो देव्यै महादेव्यै शिवायै सततं नमः ।

नमः प्रकृत्यै भद्रायै नियताः प्रणताः स्म ताम् ॥१॥

Namo Devyai Mahaa-Devyai Shivaayai Satatam Namah |  
Namah Prakrtyai Bhadraayai Niyataah Pranataah Sma Taam  
||

Salutations to the Devi, to the Mahadevi; Salutations Always  
to Her who is One with Shiva (the Auspicious One).  
A salutation to Her Who is the Auspicious (being One with  
Shiva) Primordial Source of Creation and Controller of  
Everything; We Bow Always to Her.

# Trikonaasana (त्रिकोणासन)



## *Rashtrageet - Jana Gana Mana*

Jan gan man adhinayak jay he  
Bharat bhagy vidhata  
Punjab sindh gujarat maratha  
Dravid utkal bang  
Vindhya himanchal jamuna ganga  
Uchhal jaladhit rang  
Tav shubh name jage  
Tav shubh aashish mange  
Gaye tav jay gatha  
Jan gan mangal dayak jay he  
Bharat bhagy vidhata  
Jay he jay he jay he  
Jay jay jay jay he

**Bharat mata ki jai !!**

जन गण मन अधिनायक जय हे  
भारत भाग्य विधाता  
पंजाब सिन्ध गुजरात मराठा  
द्राविड़ उत्कल बंग  
विन्ध्य हिमाचल यमुना गंगा  
उच्छल जलधि तरंग  
तव शुभ नामे जागे  
तव शुभ आशिष मागे  
गाहे तव जय गाथा  
जन गण मंगल दायक जय हे  
भारत भाग्य विधाता  
जय हे जय हे जय हे  
जय जय जय जय हे

## *National Song – Vande mataram*

vande maataram

vande maataram

sujalaam sufalaam malayaj sheetalaam

shasyashyaamalaam maataram |

vande maataram

shubhra-jyotsna pulakit yaaminim

phulla kusumita drumadal shobhinim

suhaasinim sumadhura bhaashinim

sukhadaam varadaam maataram |

vande maataram |

वन्दे मातरम् (2)

सुजलां सुफलां मलयजशीतलाम्

शस्यशामलां मातरम् ।

वन्दे मातरम्

शुभ्रज्योत्स्नापुलकितयामिनीं

फुल्लकुसुमितद्रुमदलशोभिनीं

सुहासिनीं सुमधुर भाषिणीं

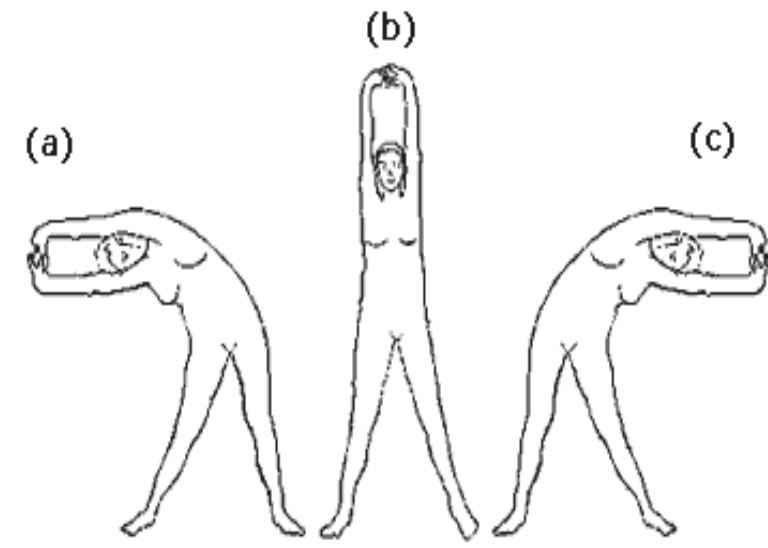
सुखदां वरदां मातरम् ।

वन्दे मातरम् ।(2)

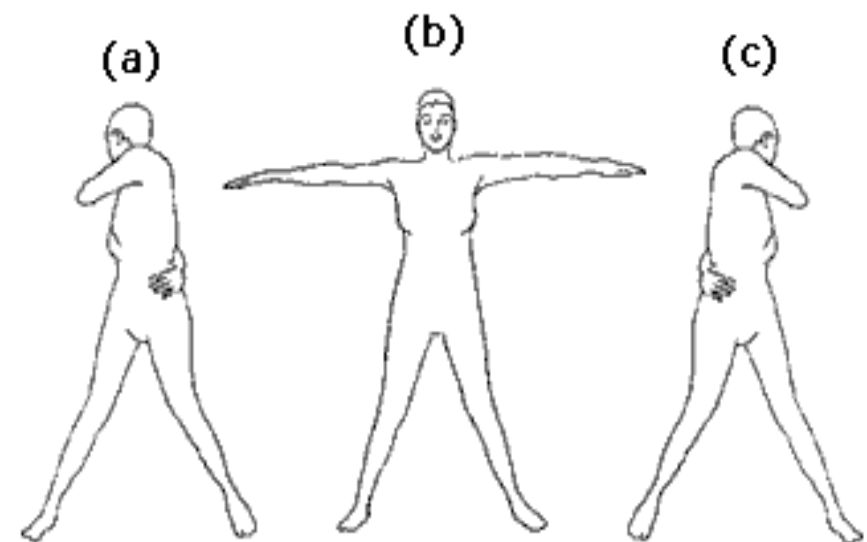
# Vajrasan



**Tiryaka Tadasana (Side Bending Stretch Pose)**



**Kati Chakrasana (Waist Rotating Pose)**



Utkaṭāsana

उत्कटासन



## Saraswati - Vandana

या कुंदेंदु तुषारहार धवला, या शुभ्र वस्त्रावृता ।

या वीणावर दण्डमंडितकरा, या श्वेतपद्मासना ॥

या ब्रह्माच्युतशंकरप्रभृतिभिर्देवैः सदा वन्दिता ।

सा मां पातु सरस्वती भगवती निःशेष जाड्यापहा ॥

शुक्लां ब्रह्मविचार सार परमां आद्यां जगद्व्यापिनीं

वीणा पुस्तक धारिणीं अभयदां जाड्यान्धकारापाहां।

हस्ते स्फाटिक मालीकां विदधतीं पद्मासने संस्थितां

वन्दे तां परमेश्वरीं भगवतीं बुद्धि प्रदां शारदां ॥

Yaa Kundendu tushaara haara-dhavalaa, Yaa shubhra-vastra'avritaa

Yaa veena-vara-danda-manditakara, Yaa shweta padma'asana

Yaa brahma'achyuta shankara prabhritibhir, Devai-sadaa vandita

Saa Maam Paatu Saraswati Bhagavatee Nihshesha jaadya'apahaa.II

Shuklaam Brahmvichaara Saara paramaam Aadhyaam Jagadvyapinim,

Veena Pustaka Dhaarineem Abhayadaam Jaadya'andhakaara'apahaam I

Haste Sphaatika Maalikam Vidadhateem Padmasane Sansthitaam

Vande taam Parmeshwareem Bhagavateem Buddhipradaam Shardam.II



## Shree Ram



राम रामेति रामेति रमे रामे मनोरमे ।

सहस्रनाम तत्तुल्यं रामनाम वरानने ॥

Raama Raameti Raameti Rame Raame Manorame |  
Sahasra-Naama Tat-Tulyam Raama-Naama Varaanane  
||

Meaning:

By meditating on "Rama Rama Rama" (the Name of Rama), my Mind gets absorbed in the Divine Consciousness of Rama, which is Transcendental, The Name of Rama is as Great as the Thousand Names of God (Vishnu Sahasranama).

[Ardha Navāsana](#)

अर्धनावासन



[Paripūrṇanāvāsana](#)

परिपूर्णनावासन



ॐ असतो मा सद्गमय ।  
तमसो मा ज्योतिर्गमय ।  
मृत्योर्मा अमृतं गमय ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Asato Maa Sad-Gamaya |  
Tamaso Maa Jyotir-Gamaya |  
Mrtyor-Maa Amrtam Gamaya |  
Om Shaantih Shaantih Shaantih ||

### **Meaning:**

Om, Lead us from **Unreality** (of Transitory Existence) to the **Reality** (of the Eternal Self), Lead us from the **Darkness** (of Ignorance) to the **Light** (of Spiritual Knowledge), Lead us from the **Fear of Death** to the Knowledge of **Immortality**.  
**Om Peace, Peace, Peace**

कराग्रे वसते लक्ष्मिः करमध्ये सरस्वति ।  
करमूले तु गोविन्दः प्रभाते करदर्शनम् ॥

Karaagre Vasate Lakssmih Karamadhye Sarasvati |  
Karamuule Tu Govindah Prabhaate Karadarshanam  
||

**Meaning:**

At the **Top** of the **Hand** (i.e. Palm) **Dwell Devi Lakshmi** and at the **Middle** of the **Hand** **Dwell Devi Saraswati**, At the **Base** of the **Hand** **Dwell Sri Govinda**; Therefore one should **Look** at one's **Hands** in the **Early Morning** and contemplate on Them.

---

आकाशात् पतितं तोयं यथा गच्छति सागरम्  
सर्वं देव नमस्कारः केशवं प्रतिगच्छति

AkAshAt patitam tOyam yathA gacchati sAgaram  
sarva dEva namaskArah kEshavam pratigacchati

Rain water falls on various parts of the earth, but, of it's own accord, in its own way, it always makes its way to the ocean. Similarly, worship offered to any divine being will eventually end up at the feet of the Lord.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Puurnnam-Adah Puurnnam-Idam Puurnnaat-Purnnam-Udacyate  
Puurnnasya Puurnnam-Aadaaya Puurnnam-Eva-Avashissyate ||  
Om Shaantih Shaantih Shaantih ||

**Meaning:**

Om, That is Full, This also is Full, From Fullness comes that  
Fullness,  
Taking Fullness from Fullness, Fullness Indeed Remains.  
Om Peace, Peace, Peace.

Baddha konaasana - बद्धकोणासन



## ***Shree Krishna Bhajan***

Choti Choti Gaiya Chotay Chotay Gwaal  
Chotoso Mero Madan Gopal

Aage Aage Gaiya Pichay Pichay Gwaal  
Beech-May Mero Madan Gopal  
Choti Choti Gaiya Chotay Chotay Gwaal  
Chotoso Mero Madan Gopal

Kaari Kaari Gaiya Goray Goray Gwaal  
Shyam Baran Mero Madan Gopal  
Choti Choti Gaiya Chotay Chotay Gwaal  
Chotoso Mero Madan Gopal

Ghaasn Khaavay Gaiya Dhudh Peevay Gwaal  
Maakhan Khaavay Mero Madan Gopal  
Choti Choti Gaiya Chotay Chotay Gwaal  
Chotoso Mero Madan Gopal

Choti Choti Lakuti Chotay Chotay Haath  
Bansi Bajaaway Mero Madan Gopal  
Choti Choti Gaiya Chotay Chotay Gwaal  
Chotoso Mero Madan Gopal

Choti Choti Sakhiyaan Madhuban Baal  
Raas Rachaaway Mero Madan Gopal  
Choti Choti Gaiya Chotay Chotay Gwaal  
Chotoso Mero Madan Gopal

Choti Choti Gaiya Chotay Chotay Gwaal  
Chotoso Mero Madan Gopal

कायेन वाचा मनसेन्द्रियैर्वा  
बुद्ध्यात्मना वा प्रकृतेः स्वभावात् ।  
करोमि यद्यत्सकलं परस्मै  
नारायणेति समर्पयामि ॥

Kayena Vacha Mana-Sendriyair Va  
Budhyaatmana Va Prakruteh Swabhavath  
Karoami Yadyad Sakalam Parasmai  
Narayana Yeti Samarpayami

**Meaning:**

Whatever I do with the Body, Speech, Mind or the Sense  
Organs, Either by discrimination of the Intellect, or by the  
deeper feelings of the Heart, or by the existing Tendencies of  
the Mind, I Do them All (i.e. Whatever work is to be done)  
without Ownership,  
And I Surrender them to the the lord of lords, Narayana  
(*naaryaana-yeti*) or Lord Vishnu



अखण्डमण्डलाकारं व्याप्तं येन चराचरम् ।  
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥1॥

Akhanndda-Mannddala-Akaaram Vyaaptam Yena  
Charaacharam |  
Tat-Padam Darshitam Yena Tasmai Shri-Gurave Namah ||2||

Meaning:

(Salutations to the Guru) Whose Form is an Indivisible Whole of Presence, and By Whom is Pervaded the Moving and the Non-Moving Beings, By Whom is Revealed (out of Grace) That Feet (of Indivisible Presence); Salutations to that Guru

## प्रार्थना ॥

सर्वमंगल मांगल्यां देवीं सर्वार्थ साधिकाम् ।

शरण्यां सर्वभूतानां नमामो भूमिमातरम् ॥

सच्चिदानन्द रूपाय विश्वमंगल हेतवे ।

विश्वधर्मैक मूलाय नमोस्तु परमात्मने ॥

विश्वधर्मविकासार्थं प्रभो संघटिता वयम् ।

शुभामाशिषमस्तमभ्यम देहि तत परिपूर्तये ॥

अजय्यमात्मसामर्थ्यं सुशीलम लोक पूजितम् ।

ज्ञानं च देहि विश्वेश ध्येयमार्ग प्रकाशकम् ॥

समुत्कर्षोस्तु नो नित्यं निःश्रेयस समन्वित ।

तत्साधकम् स्फुरत्वन्तः सुवीरव्रतमुज्वलम् ॥

विश्वधर्म प्रकाशेन विश्वशांति प्रवर्तके ।

हिन्दुसंघटना कार्ये ध्येयनिष्ठा स्थिरास्तुनः ॥

सघंशक्तिर्विजेत्रीयं कृतवास्मध्दर्मरक्षणम् ॥

परमं वैभवं प्राप्तुं समर्थास्तु तवाशिषा ॥

त्वदीय पुण्ये कार्येस्मिन् विश्वकल्याणसाधके ।

त्याग सेवा व्रतस्यायम् कायो मे पततु प्रभो ॥

॥विश्व धर्म की जय ॥

## English Transliteration:

sarvamangala mangalyam devim sarvartha sadhikama |  
saranyam sarvabhutanam namamo bhumimatarama ||  
sacchidananda rupaya visvamangala hetave |  
visvadharmaika mulaya namostu paramatmane ||  
visvadharmavikasartham prabho sangathita vayama |  
shubhamasisham astamabyama dehi tata paripurdaye ||  
ajayyamatmasamarthyam susilama loka pujitama |  
gyanancha dehi visvesa dhyeyamarga prakasakama ||  
samutkarshostu no nityam nisreyasa samanvita |  
tatssdhakama sphuratvanta: suviravratamujvalama ||  
visvadharma prakasena visvasanti pravartake |  
hindusangathana karye dhyeyanishtha sthirastuna ||  
sanghsaktirvijetriyam krutavasmadhdarmarakshanama ||  
paramam vaibavam praptum samarthastu tavasisha ||  
tvadiya punye karyesmina visvakalyanasadhake |  
tyaga seva vratasyayama kayo me patatu prahoo ||  
||visva dharma ki jaya ||

मूकं करोति वाचालं पङ्गुं लङ्घयते गिरिं ।  
यत्कृपा तमहं वन्दे परमानन्द माधवम् ॥

Mukam Karoti Vaachalam, Pangum Langhayate Girim |  
Yat-Kripaa Tamaham Vande Param-Aananda Maadhavam ||

Meaning:

(I Remember with Devotion the Divine Grace of Krishna  
Who can make the) **Dumb** speak with **Eloquence** and the  
**Lame** cross high **Mountains**,  
I Remember and **Extol** that **Grace** which flows from the  
**Supreme Bliss** manifestation of **Madhava**.

Vrukshaasan वृक्षासन



Baddhakonaasan बद्धकोणसन

