



Shlokas for Students

MUST LEARN SIMPLE SHLOKAS IN SANSKRIT WITH MEANING

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Simple Spiritual Practices to Nurture Your Child's Inner Growth- For Parents

1. Teach **“Om”** (https://www.youtube.com/shorts/MEQFv7zA_ic) and simple shlokas to kids.
2. When you wake your kids in morning, remind them to “Imagine their favourite God and ask them to chant Morning Sthotras”
3. Encourage kids to do pooja and Light lamp/ agarbatti in pooja room before going to school
4. Encourage kids to wear Vibhuti/ Kumkum on forehead every day.
5. Teach at-least one Shloka a week and 1-Sthotram a month (Hanuman chalisa/ Kanakadhara Sthotram/ Aditya hrudayam)
6. Explain the **meaning in detail** of Shloka.
7. Try to eat Satwik food on Amavasya, Sundays , festivals and Ekadasi
8. Take kids to temple on any one day of week- regularly.
9. Teach one Moral/ Yama/Niyama everyday and lead them by example.
10. Evenings- Introduce meditation to kids, teach kids **dhyaana mudra** (<https://www.youtube.com/shorts/c9HpTGOweyQ>) and Play **“Medha sukhtam”** (<https://www.youtube.com/watch?v=32l9dyXQJolI>) in phone asking children to close their eyes, focus on Lord Saraswati devi during Meditation.
11. Teach **Super brain yoga** (<https://www.youtube.com/shorts/5kDWoXLtIBM>) to kids
12. Teach **brahmari Pranayamam** (<https://www.youtube.com/watch?v=hR2ewXJIZSo>) & **Anulom-Vilom Pranayamam** (<https://www.youtube.com/shorts/yNFpRBRX1-Q>) to improve kids memory and focus.
13. Explain one story from Ramayana/ Mahabharata or any of your favorite God's story to kids every-night, without fail for an year.
14. Remind kid to ask for forgiveness, pray to ancestors for this amazing body and mind that they gave us, and chant their favourite god name (Hare Rama-Hare Krishna) etc 11 to 108 times till they fall asleep.
15. Teach the concept of Multiple past lives/ next birth and the cycles as given in Srimad Bhagavadgita
16. Teach the concept of **Alternating Happy and Sad phases** in life.
17. Make God their best friend and ask them to approach God whenever they need any help. Give personal examples for how God helped you.
18. **Kids need not learn all the shlokas.** If kid has interest, teach one after the other, even otherwise start with 2 or 3 specific ones . Mastering even one shloka/ mantra and practicing daily is enough for a lifetime.

Note to Teacher/ Guru: Simple Steps to Conduct a Kids' Shloka Class

1. **Begin with Prayer:** Light a lamp or agarbatti in the pooja room and pray to Lord Ganesha for a successful class.
2. **Prepare in Advance:** Understand the meaning of the shloka/ Ashtakam etc you'll teach, so kids can learn better.
3. **Set Up the Space:** Arrange mats neatly, and if possible, let the Guru face East while teaching.
4. **Start with Om:** Chant "Om" three times to calm the mind and begin on a spiritual note.
5. **Invocation Prayers:** Chant one shloka each for Ganesha, Saraswati, and Guru to seek blessings.
6. **Main Shloka:** Choose one shloka like Hanuman Chalisa, Kanakadhara Stotram, or Aditya Hrudayam — something that can be completed in a month's time.
7. **Explain with meaning:** Explain the detailed meaning of Sanskrit verse/shloka
8. **Add a Moral:** Teach one Yama or Niyama (good values) briefly during the class.
9. **Meditation Time:** Play "Medha Sukhtam" softly. Ask kids to close their eyes and focus on Saraswati Devi.
10. **Chant Together:** Recite "Hare Rama Hare Krishna" 3 or 11 times.
11. **Closing Prayers:** End with 3 Oms, "Asatoma Sadgamaya," and chant "Loka Samasta Sukhino Bhavantu" three times.
12. **Offer Prasadam:** Give simple prasadam that children enjoy (like fruits, payasam, etc.). Some children come for prasadam, but end up learning some shlokas and values.
13. **Closing Greeting:** End the session with "Hare Krishna" or "Om Namoh Narayanaya."
14. **Preview Next Class:** Tell kids what they'll learn next and remind them to pray before sleeping.
15. **Time Management:** Keep the class short — around 30 minutes for daily sessions or up to 1 hour on weekends.

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Example of “Hanuman Chalisa class” – Note to Teacher

1. Prepare a flyer/ online poster and circulate in your whats app group , apartment notice boards, giving details of timings, location and targeted age group, number of days (Hanuman chalisa can be completed in 21 days)
2. Read the detailed meaning of Hanuman chalisa or listen to podcasts and understand every word meaning. Practice tune that can be easily sung by children without having any music knowledge.
3. Take some printouts of Hanuman chalisa or purchase books.
4. Form a group with all kids who wish to come to class- Give them update about timings of next class.
5. On the day of class, keep Prasadam ready, light a lamp and spread mats on floor
6. Start class on-time-
 - a. Explain how to chant Om- (o & m in 1:1 ratio) and Chant Om- 3times
 - b. Any Ganesha Prarthana- Suklam baradharam or Vakratunda mahakaya, say small sentences and ask kids to repeat
 - c. Saraswati devi Vandana-Saraswati namasthubhyam, say small sentences and ask kids to repeat
 - d. Lord Rama poem as Hanuman loves Rama- Sri Rama Rameti or Apadamapahartaram say small sentences and ask kids to repeat
 - e. Explain the power of chanting Hanuman chalisa in 2 minutes
 - f. Start “Sriguru charana Saroja raja”- Ask kids to repeat 3 times similarly complete it fully. Explain meaning
 - g. Start **“Jai Hanuman gnan gunasagar Jai Kapis tihun lok ujagar. Ram doot atulit bal dhama Anjani-putra Pavan sut nama”**- Break this into small parts, and Ask kids to repeat 3 times. This way you can complete class in 21 days.
 - h. Repeat this as many times so that kids can sing without seeing paper
 - i. Take a pause and play **“Medha Suktam”** on phone and ask children to keep dhyana mudra and meditate on Goddess Saraswati
 - j. After meditation ask kids to again sing 2 lines of Hanuman chalisa that they learnt
 - k. Teach them one Moral/ yama/niyama and remind them to pray to god before going to bed, eating healthy food, helping parents etc.
 - l. Teach **“Hare Rama Hare Rama- Rama Rama Hare Hare Hare Krishna Hare Krishna Krishna Krishna Hare Hare”** 3 times
 - m. Finish class by Asatomaya Sadgamaya-Om shanti Shanti Shantih & Loka Samastha Sukhino bhavantu (3 times)
7. Distribute prasadam
8. Notify kids about next class

Effects of Shlokas/Mantas on the Brain and Body

✓ Rhythmic Repetition Calms the Nervous System

Chanting slows the breath, activates the parasympathetic nervous system, and induces a relaxation response. It lowers cortisol (stress hormone) levels and helps reduce anxiety and depression.

✓ Improves Focus and Memory

Repeating mantras like “Om” synchronizes brainwaves, particularly alpha and theta waves, enhancing concentration, clarity, and mental sharpness.

✓ Activates Specific Brain Regions

Functional MRI scans show mantra chanting activates the frontal cortex, associated with decision-making, emotional regulation, and inner awareness.

✓ Vibrations Stimulate Chakras

The vibrations of Sanskrit sounds like “Om” are believed to stimulate the chakras (energy centers), enhancing physical and emotional well-being.


Effects on the Cosmos (Spiritual & Subtle Energy View):


ॐ **Sanskrit: A Vibrational Language** Sanskrit is called the “language of the universe”. Each syllable is believed to carry a specific cosmic vibration. Chanting correctly aligns us with those subtle vibrations, influencing the energetic field around us.


↻ **Resonance with Cosmic Intelligence** Ancient sages said the universe is made of sound (Nāda). Mantras are sound formulas that resonate with cosmic principles, attracting health, prosperity, or protection.

🙏 **Law of Attraction and Intention** Chanting with strong Bhāva (devotion/intention) energizes your Sankalpa (intention). This focus can subtly shift circumstances, attract opportunities, or remove obstacles.

How Shlokas “Get Our Work Done” (Philosophical & Practical View):

 **Shlokas/Mantras Align You with Dharma (Right Path):** Rather than magically forcing results, Shlokas/mantras guide you toward right thoughts, right actions, and clearer decisions—which bring success naturally.

 **Removes Internal Blockages :**Many problems are due to self-doubt, fear, ego, or karmic patterns. Mantras/shlokas help dissolve these blocks, making your efforts more fruitful.

 **Invoking Deities or Cosmic Forces:** Specific mantra like “Om Namo Narayanaya” are can invoke energies of abundance, protection, wisdom, etc. Regular chanting creates a spiritual connection that supports your goals.

Moral Ethics- Yamas

The **Yamas** are the **first step** of **Ashtanga Yoga** (Eightfold Path), outlined by Maharshi **Patanjali** in the *Yoga Sutras*. They are moral principles or social ethics to help students become **disciplined, responsible, and kind individuals**.

1. Ahimsa (Non-violence)

- Do not hurt anyone—through your words, actions, or even thoughts.
- Be kind to all living beings, including animals and nature.
- Practice peace and forgiveness in school, home, and friendships.

2. Satya (Truthfulness)

- Always speak the truth, but speak it gently and wisely.
- Being honest builds trust with teachers, parents, and friends.
- Even when it's hard, try to be true to yourself and others.

3. Asteya (Non-stealing)

- Do not take anything that doesn't belong to you—not even ideas.
- Respect others' time, things, and efforts.
- Be content with what you have and avoid jealousy.

4. Brahmacharya (Self-control)

- Control your senses, thoughts, and habits.
- Focus your energy on studies, hobbies, and healthy living.
- Don't waste time on distractions, TV, Mobile phone; channel your energy wisely.

5. Aparigraha (Non-possessiveness)

- Don't be greedy or overly attached to things or people.
- Share with others and live simply.
- Be thankful for what you have instead of always wanting more.

Niyamas- Personal Discipline

The **Niyamas** are the **second step** in **Ashtanga Yoga**, teaching us **personal discipline** and **good habits**. These help students become more focused, clean in thoughts and actions, and emotionally strong.

1. Shaucha (Cleanliness)

- Keep your body, clothes, and surroundings neat and tidy.
- Clean thoughts are just as important as a clean room.
- A clean mind helps you think clearly and study better.

2. Santosha (Contentment)

- Be happy with what you have, instead of always wanting more.
- Don't compare yourself with others—everyone has their own journey.
- A content heart is calm, confident, and peaceful.

3. Tapas (Discipline / Effort)

- Wake up on time, do your homework, and practice regularly.
- Even small efforts every day bring big results over time.
- Discipline makes you stronger inside and outside.

4. Svadhyaya (Self-study / Study of scriptures)

- Learn about yourself and try to improve daily.
- Read good books, including stories with morals and wisdom- Srimad Bhagavadgita, Ramayanam, Mahabharatam etc.
- Thinking about your actions helps you grow wiser.

5. Ishvarapranidhana (Surrender to God / Trust in the Divine)

- Do your best, and leave the results to God or the universe.
- Say a small prayer or have faith—it **brings peace in difficult times**.
- Trust that good things will come when you stay honest and kind.

Salutations to the Divine Parents of the Universe

Vāg-arthāviva samprktau Vāg-arthā-pratipattaye

Jagataḥ pitarau vande Pārvatī-paramēśvarau ॥

Author: Mahākavi Kālidāsa's, the legendary Sanskrit poet and dramatist for Novel Raghuvamsha.

Vāk	Speech / Word
Artha	Meaning
Iva	Like / As
Samprktau	Inseparably united / merged together
Vāk-arthā-pratipattaye	For the understanding of word and meaning
Jagataḥ	Of the universe / world
Pitarau	The parents (father and mother)
Vande	I bow down / I salute
Pārvatī-paramēśvarau	Goddess Pārvatī and Lord Shiva

Meaning: "Just as speech and its meaning are always inseparable, so too are the divine couple Pārvatī and Parameśvara (Shiva). I bow down to them, the cosmic parents of the universe, so that I may be blessed with clear understanding of words and meanings."

Kālidāsa seeks divine inspiration before beginning his epic, showing reverence to Shiva and Pārvatī as the perfect symbol of unity, just like language and its purpose.

Significance for Students : For students, this verse teaches that words and their meaning must go hand-in-hand—a valuable lesson in both writing and speaking. It also emphasizes respect for learning and prayerful focus before starting any important task.

Youtube link <https://www.youtube.com/watch?v=i-YaxBCO9Ns>

Pray Ganesha before Stepping out of home (Chant loudly)

**Sumukhaś cha Ekaantaś cha Kapilo Gajakarṇakaḥ
Lambodaraś cha Vikato Vighnanāśo Vināyakaḥ
Dhūmraketuḥ Gaṇādhyakṣo Phālacandro Gajānanaḥ
Vakratundaḥ Śūrpakarṇo Heraṃbo Skandapūrvajāḥ**

Commonly chanted for blessings at ceremonies like education beginnings, journeys, weddings and before battles

Sumukhaḥ	The one with a beautiful face
Ekaantaḥ	The one with a single tusk
Kapilaḥ	Reddish-brown or tawny-complexioned
Gajakarṇakaḥ	The one with elephant ears
Lambodaraḥ	The one with a big (hanging) belly
Vikataḥ	The ferocious or odd-shaped one
Vighnanāśaḥ	The remover of obstacles
Vināyakaḥ	The great leader / prominent guide
Dhūmraketuḥ	The one with a smoky-banner (like a comet/fire)
Gaṇādhyakṣaḥ	The commander of Shiva's ganas (attendant troops)
Phālacandraḥ	The one with the moon on his forehead
Gajānanaḥ	The one with an elephant face
Vakratundaḥ	The one with a curved trunk
Śūrpakarṇaḥ	The one with winnow-shaped (large) ears
Heraṃbaḥ	The protector of the weak and timid
Skandapūrvajāḥ	The elder brother of Skanda (Kartikeya)**

Youtube <https://www.youtube.com/watch?v=nr6LosSts4s>

Chanting the Shodasha Nama Stotram daily is like starting the day with a blessing for clear thinking, strength to overcome challenges, and a heart full of confidence and gratitude.

The Importance of Waking Up Properly

1. **Sleep and Eat Early:**
To wake up fresh and early, follow the rule of early to bed and light, *Saatvik* food. Finish dinner ideally by **7:30 PM** to allow the body enough time to rest and digest before sunrise.
2. **Sankalpa (Resolve Before Sleep):**
Tell your mind firmly before sleeping: "*I will wake up at 5 AM.*" Our inner consciousness and nature align to wake us up at the intended time—this is a **tested principle in yogic traditions**.
3. **Devotional Wake-Up Sounds:**
If using an alarm, set your favorite **devotional song or mantra** (like Vishnu Sahasranamam or Suprabhatam). This creates a peaceful start by remembering God's name instead of noise or stress.
4. **Begin with Gratitude and Positivity:**
As you open your eyes, mentally list **all the good things planned for the day**, express gratitude for life, and feel **enthusiastic to serve and grow**.
5. **Parents and Sacred Wake-Up Words:**
If parents wake children, they can chant sacred names like "**Sri Hari**," "**Govinda**," or "**Hare Krishna**" three times. This spiritually energizes the child from the first moment.
6. **Chant a Wake-Up Mantra:**
Upon waking, say: "*Karāgre Vasate Lakṣmī, Kara-Madhye Sarasvatī...*"
Or simply chant "**Jai Shri Ram**," "**Om Namah Shivaya**," or "**Hare Krishna**" to invoke divine energy instantly.
7. **Morning Spiritual Routine:**
Create a simple and joyful morning routine—**walking, yoga, meditation, Surya Namaskar, Pranayama**, or chanting a few shlokas in the puja room. These align body, mind, and soul.
8. **Success Begins in the Morning:**
The difference between **ordinary people and extraordinary achievers** often lies in their **early morning discipline**—spiritual, physical, and mental.
9. **Master Morning Shlokas:**
Read, understand, and **memorize your favorite morning shlokas**. These mantras strengthen the mind and protect you from difficulties.
10. **Brahma Muhurta Advantage:**
Try to wake up in **Brahma Muhurta** (around 4:00–6:00 AM). This time is most **pure (Sattvic)** and ideal for meditation, learning, and connecting with the Divine. It enhances **intellect, memory, and inner peace**.

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11. **Avoid Sudden Wake-Up:**
Don't jump out of bed immediately. Sit calmly, rub your palms together, and look at them chanting:
"Karagre Vasate Lakshmi..."
This invites blessings of **Lakshmi (wealth), Saraswati (knowledge), and Govinda (protection).**
12. **Touch Earth with Reverence:**
Before placing your feet on the ground, say:
"Samudravasane Devi..."
This is a **prayer to Mother Earth**, asking forgiveness for stepping on her and seeking her blessings.
13. **Look at Your Face in Water or Mirror:**
Traditionally, after washing the face, many look at their reflection and **chant mantras for self-confidence and purity**, such as:
"Aham Brahmasmi" (I am Divine Consciousness).
14. **Cleanliness and Mental Clarity:**
Immediately **brush, wash face, and clean bowels** before engaging in any other activity. As per Dharma Shastra, this keeps the **mind clean and thoughts pure.**
15. **Avoid Mobile Phones Immediately After Waking:**
Begin your day with the **inner light, not a screen.** First few moments are for **God, self-reflection, and nature—not distractions.** Replace screen time with *shloka, silence, or Surya Darshan.*

Morning Shloka (Kara Darshanam) – After Waking Up

Karāgre Vasate Lakṣmīḥ Karamadhye Sarasvatī |

Karamūle Tu Govindaḥ Prabhāte Kara Darśanam ||

Karāgre —	at the tip of the hand (fingers)
Vasate —	dwells, resides
Lakṣmīḥ —	Goddess Lakshmi (Goddess of wealth and prosperity)
Karamadhye —	in the middle of the hand (palm)
Sarasvatī —	Goddess Saraswati (Goddess of knowledge and wisdom)
Karamūle —	at the base of the hand (near the wrist)
Tu —	indeed, also
Govindaḥ —	Lord Govinda (Krishna/Vishnu, the sustainer and protector)
Prabhāte —	in the morning
Kara —	hand
Darśanam —	viewing, seeing

Meaning:

"In the **tip of the hand** resides **Goddess Lakshmi** (prosperity),
In the **middle of the hand** is **Goddess Saraswati** (wisdom),
At the **base of the hand** is **Lord Govinda (Vishnu)**.
Therefore, I look at my hands in the morning with reverence."

Significance for Students : This shloka teaches students to begin their day with **devotion, gratitude, and purpose**. It reminds them that their **hands hold the power to create knowledge (Saraswati), earn prosperity (Lakshmi), and do righteous work (Govinda)**. A perfect morning ritual to build positivity, respect for self-effort, and discipline.

Youtube link: <https://www.youtube.com/watch?v=5Ko9tm1xKD4>

Bhudevi Vandana – Praise of the Cosmic Earth

Samudra-vasane Devi

Parvata-stana-maṇḍale |

Viṣṇu-patni Namastubhyam

Pāda-sparśam kṣamasva me ||

Samudra-vasane	One who is clothed by the oceans
Devi	O Goddess (Mother Earth)
Parvata-stana-maṇḍale	Whose bosom (breasts) are the mountains (symbolic)
Viṣṇu-patni	Consort of Lord Vishnu
Namastubhyam	I bow to you
Pāda-sparśam	Touching your feet
Kṣamasva	Please forgive
Me	Me / My act

Meaning : “O Goddess Earth, clothed by the oceans and adorned with mountains as your bosom, you are the consort of Lord Vishnu. As I place my feet upon you this morning, please forgive me for this act of touching you with my feet.”

Significance for Students : It teaches students that the Earth is not just a resource, but a living, divine presence—to be revered and respected. Starting the day with this shloka helps students grow in mindfulness and moral responsibility, creating a lifelong sense of care for nature and all beings.

Youtube link: <https://www.youtube.com/watch?v=5Ko9tmixKD4>

Prayer to water during bathing:

Gaṅge cha Yamune caiva Godāvarī Sarasvatī,
Narmade Sindhu Kāverī jala-smin sannidhiṁ kuru.

Gaṅge	O River Ganga
ca	and
Yamune	O River Yamuna
caiva	and also
Godāvarī	O River Godavari
Sarasvatī	O River Saraswati
Narmade	O River Narmada
Sindhu	O River Sindhu (Indus)
Kāverī	O River Kaveri
jala-smin	in this water
sannidhiṁ	presence
kuru	please make / bring

Meaning “O sacred rivers — Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu, and Kaveri — may your divine presence come into this water before me now.”

This prayer is a gentle request asking the holy rivers of India to spiritually purify the water we're about to bathe in, even if we are not physically near them. It invites the **spiritual energy and sacredness** of these rivers into any water, making a simple act of washing or bathing a divine and mindful experience.

Significance: For students, this shloka teaches **respect for nature, cultural roots**, and the value of **purity in thought and body**. It also encourages mindfulness — pausing to remember something sacred before daily routines

Youtube link <https://www.youtube.com/watch?v=QhzocXCQtSc>

Vakratunda Mahakaya: Invocation to Ganesha

Vakratunda Mahakaya Suryakoti Samaprabha
Nirvighnam Kuru Me Deva Sarva-Karyeshu Sarvada

Vakratunda	One with a curved trunk
Mahakaya	One with a massive body
Surya-koti	Equal to ten million suns
Sama-prabha	With radiance like (them)
Nirvighnam	Without obstacles
Kuru	Please make / do
Me	For me
Deva	O divine Lord
Sarva Karyeshu	In all my actions/tasks
Sarvada	Always / at all times

Meaning: O Lord with the curved trunk and massive body, whose brilliance is equal to that of a million suns — please remove all obstacles in my endeavors, always and in all tasks

Significance : Chanting The "Vakratunda Mahakaya" shloka before studies or exams helps students gain focus, clarity, and confidence. It also invokes divine blessings for success, peace of mind, and the removal of mental and academic hurdles.

Youtube <https://www.youtube.com/shorts/vzv29gDxQkA>

Before Going to School- Saraswati Prarthana

Saraswati NamasTubhyam

Varade Kāmarūpiṇī |

Vidyārambham Kariṣyāmi

Siddhir Bhavatu Me Sadā ||

Saraswati	Goddess of knowledge, wisdom, and learning
NamasTubhyam	Salutations to you
Varade	O giver of boons/blessings
Kāmarūpiṇī	One who assumes any form at will (wish-fulfilling)
Vidyārambham	The beginning of learning/studies
Kariṣyāmi	I am about to begin
Siddhiḥ	Success/perfection
Bhavatu	Let it be
Me	For me
Sadā	Always

Meaning : “I offer my salutations to **Goddess Saraswati**, the giver of blessings, who can take any form to fulfill the wishes of her devotees. As I begin my learning today, may I be **blessed with wisdom and success** in all my studies, now and always.”

Significance for Students : It invokes the blessings of **Goddess Saraswati** for wisdom, clarity, and memory. Chanting it daily builds a habit of **respecting learning**, and inspires students to give their best efforts, with the grace of the divine guiding their path.

Youtube <https://www.youtube.com/watch?v=vbsANh33jqc>

Namagiri Thayar shloka for Maths Proficiency:

Sri Vidya Mantra Ratna Prakatitha Vibhavaa

Sri Subalaapoorna Kaama, Sarvesha-Prarthidhaa

Sakala Suranuutha, Sarvasaamraajyadhaatri

Lakshmi Sri Veda Garbha Vidhurathu Madhiyaa

Vishwa Kalyana Bhooma, Vishwa Kshemaatham Yoga

Vimala Gunavathi, Vishnu Vakshathalasya

Sri Vidya Mantra Ratna Prakatitha Vibhavaa O Goddess who manifests the jewel-like Sri Vidya mantra

Sri Subalaapoorna Kaama Adorned with beauty, fulfilling all wishes

Sarvesha-Prarthidhaa Whom all deities worship

Sakala Suranuutha Praise of all the gods

Sarvasaamraajyadhaatri Who sustains all realms and empires

Lakshmi Sri Veda Garbha O Lakshmi, womb of the Vedas,

Vidhurathu Madhiyaa wise beyond measure

Vishwa Kalyana Bhooma The hill that grants well-being to the world

Vishwa Kshemaatham Yoga Embodiment of universal welfare through yoga

Vimala Gunavathi Possessor of pure and virtuous qualities

Vishnu Vakshathalasya Who dwells upon the chest of Lord Vishnu

Full Meaning : "O Divine Namagiri Thayar, you who manifest the precious 'Sri Vidya' mantra, who embody complete beauty and fulfill every aspiration, adored by all gods and lauded in heaven. You sustain all kingdoms and empires, are Lakshmi herself and the womb of Vedic wisdom, endowed with supreme intellect. You bless the world with well-being, preserve universal harmony through spiritual yoga, and are the embodiment of purity and virtue, residing on the chest of Lord Vishnu."

Shlokas for Students

Significance for Students : This powerful hymn is especially cherished by students—particularly those mastering mathematics—because it invokes intellect, clarity, and divine insight. Inspired by **Ramanujan's** devotion to Namagiri Thayar, reciting this prayer fosters focus, confidence, and the courage to tackle complex problems. It reminds students that true knowledge flourishes when grounded in devotion, purpose, and purity.

Youtube Link : <https://www.youtube.com/watch?v=JZcRwrhCTiA>

Surya Shloka for Daily Chanting

Japākusuma-saṅkāśaṁ Kāśyapeyaṁ mahādyutim,
Tamo'riṁ sarva-pāpaghnaṁ praṇato'smi divākaram.

Japā-kusuma-saṅkāśam	Who shines like the red hibiscus flower
Kāśyapeyam	Son of Sage Kashyapa
Mahādyutim	One with great brilliance and radiance
Tamaḥ-arim	Enemy of darkness
Sarva-pāpa-ghnam	Destroyer of all sins
Praṇataḥ asmi	I bow down
Divākaram	The maker of the day (the Sun)

Full Meaning in Simple Words:

"I bow down to Lord Surya,
who is as red and bright as the hibiscus flower,
the brilliant son of Sage Kashyapa,
the enemy of darkness,
and the one who destroys all sins."

Benefits for Daily Chanting:

- Improves focus and energy
- Brings health, vitality, and confidence
- Removes laziness and negativity
- Boosts learning and memory power (especially for students)
- Aligns with nature's rhythm when chanted during sunrise

Youtube : <https://www.youtube.com/shorts/bhLwrOXKM5E>

Sarva Gayatri Mantram:

**Om Sarva Chaitanya Roopam Taam Aadyam Vidyaam Cha Dhīmahī
Buddhim Yā Naḥ Prachodayāt Om Shanti Shanti Shantiḥ**

Om	Pranava, sacred universal sound
Sarva	All, universal
Chaitanya Roopam	Form of consciousness (divine awareness)
Taam	That—referring to divine consciousness
Aadyam	Primal, fundamental
Vidyaam	Knowledge, learning
Cha	And
Dhīmahī	May we meditate on
Buddhim	Intellect, insight
Yā	Which
Naḥ	Our
Prachodayāt	May (it) inspire/give us direction
Shanti Shanti Shantiḥ	Calmness and peace in body, speech, and mind

Meaning : "We meditate on the universal form of consciousness, that primal wisdom and knowledge. May this divine intellect guide and illuminate our minds. Om, may there be peace in our body, speech, and mind."

Significance for Students : By invoking the universal consciousness and meditating on fundamental wisdom, students prepare their minds for deep learning and understanding. It fosters a balanced state—bringing calm, inspiration, and harmony that supports effective study and intellectual growth.

Youtube https://www.youtube.com/shorts/8Zdv_2iiymc

Shloka to chant while lighting a lamp

Shubham Karoti Kalyāṇam Arogyam Dhana Sampadām |

Shatru Buddhi Vināśāya Dīpa Jyotir Namostute ||

Shubham	Auspiciousness
Karoti –	Brings / does
Kalyāṇam	Welfare / well-being
Arogyam	Health
Dhana Sampadām	Wealth and prosperity
Shatru –	Enemy
Buddhi –	Intellect / thinking
Vināśāya –	For destruction
Dīpa Jyotih	Light of the lamp
Namah Astu te –	I bow to you / salutations to you

🔥 **Meaning :** “I bow to the light of the lamp, which brings auspiciousness, health, wealth, and prosperity. May it destroy negative thoughts and enemy-like tendencies in the mind.”

It recognizes the lamp not just as a source of physical light, but as a symbol of inner light and wisdom that removes darkness, both outside and within.

🎓 **Significance :** Removes Fear & Ignorance – The flame represents knowledge. When students offer salutations to the lamp, they symbolically embrace learning and reject laziness or confusion.

Encourages Inner Purity – As the light removes darkness, children slowly understand the idea of removing anger, jealousy, and distraction from their own minds.

🔥 **Bonus Tip:** Encourage students to light a lamp at home before study time, say this shloka, and sit down with a calm mind. It can be a life-long habit that anchors both their education and spiritual growth.

Youtube: <https://www.youtube.com/shorts/diaocqKePsk>

Remember these before eating:

In Hinduism, several beautiful and meaningful rituals and practices are followed before eating.

Before Eating:

- Wash hands, feet, and mouth – to stay clean and pure.
- Offer food to God (Naivedyam) – say “**Krishnarpanamastu**” or “**Annadāta Sukhibhava**”.
- Say a prayer – like the Annapoorna Shloka or Brahmaarpanam mantra.
- Offer a small portion to birds or animals – especially crows (Bhoota Yajna).
- Sit quietly and thank the farmers, cooks, and the Earth for the food.

While Eating:

- Do not watch TV or mobile – focus on food; eat mindfully.
- Do not argue or shout at the dining place – eat with calmness and respect.
- Eat only what you need – never waste or throw food outside the plate.
- Eat neatly – don’t spill food around you.
- Eat with your hands – it activates digestion and connects you to your food.
- Do not disturb others while eating – keep mealtime peaceful.
- Don’t drink too much water while eating – a few sips are okay; too much weakens digestion.
- Eat only 70–75% of your capacity – leave some space for proper digestion (Ayurvedic rule).
- Follow basic Ayurveda food rules – avoid mixing incompatible items like hot food with cold drinks, milk with salty/spicy food, etc.



Why These Rules Matter:

- They help you stay healthy, peaceful, and grateful.
- You build discipline and respect for food.
- You grow a spiritual connection with what nourishes your body.

Brahma havir- Srimad Bhagavadgita 4.24

Brahmārpaṇam Brahma Havir Brahmāgnau Brahmaṇā Hutam |

Brahmaiva Tena Gantavyam Brahma Karma Samādhinā ||

Brahma-arpanam –	The offering is Brahman (Supreme)
Brahma-havir –	The oblation (ghee/food) is also Brahman
Brahma-agnau –	Into the fire that is Brahman
Brahmaṇā hutam –	Is offered by the one who is also Brahman
Brahma eva –	Only Brahman
Tena gantavyam –	Is to be reached by
Brahma-karma-samādhinā – One who is absorbed in actions as Brahman (with spiritual focus)	

Meaning : This verse teaches that everything involved in an act of offering— the food, the act of eating, the eater, and even the energy that digests— is divine (Brahman). When we eat with awareness and gratitude, it becomes a sacred act. The food is not just for the body but an offering to the divine within us. Such awareness leads us closer to spiritual realization through simple daily actions.

Significance of Chanting Before Eating (for Students):

Promotes mindfulness – Students learn to eat with respect and not waste food.

Encourages gratitude – Reminds them food is a gift from nature, farmers, and divine forces.

Builds spiritual habits – Converts a daily act into a sacred ritual, nurturing discipline.

Balances emotions – Eating peacefully after chanting can calm the mind and improve digestion. This shloka helps students see food not just as fuel but as a divine blessing that supports learning and growth.

Youtube

<https://www.youtube.com/watch?v=xl3JulDyR6s>

Aham Vaishvanaro bhutva- Srimad Bhagavadgita 15.14

Aham Vaishvānaro Bhūtvā Prāṇinām Dehamāśritah |

Prāṇāpāna Samāyuktah Pachāmyannam Chaturvidham ||

Aham –	I (Krishna / the Supreme Self)
Vaishvānaraḥ –	The fire of digestion (metabolic fire)
Bhūtvā –	Having become
Prāṇinām –	Of living beings
Deham-āśritah –	Residing in the body
Prāṇa-apāna –	Inhalation and exhalation (life forces)
Samāyuktah –	United with
Pachāmi –	I digest
Annam –	Food
Chatur-vidham –	Of four types (eaten, drunk, licked, chewed)

Meaning : In this verse, Lord Krishna says, “I reside in the bodies of all living beings as the digestive fire (Vaishvanara). By joining with the life forces of inhalation and exhalation, I help digest the four types of food.” This teaches that even digestion is not just physical but is supported by divine energy. It emphasizes that our bodily functions are sacred and part of the divine design.

Significance of Chanting Before Eating (for Students):

Brings awareness – Students understand that food and digestion are both gifts from a higher power.

Builds reverence for the body – The body is a temple where the divine functions through natural processes.

Youtube <https://www.youtube.com/watch?v=xl3JulDyR6s>

Annapoorne SadaPoorne- Chant before eating

Annapoorne sadapoorne Shankara prāṇa vallabhe |
Jñāna-vairāgya-siddhyartham Bhikshām dehi cha Pārvati ||
Māta chā Pārvatī Devī Pitā devo Mahēśvaraḥ |
Bāndhavāḥ śivabhaktāścha Svadeśo bhuvanatrayam ||

Annapoorne –	O Goddess Annapoorna (Giver of food)
Sadapoorne –	Ever full (one who always nourishes and fulfills)
Shankara –	Lord Shiva
Prāṇa Vallabhe –	Beloved of the life-force (beloved consort of Shiva)
Jñāna –	Knowledge
Vairāgya –	Detachment or renunciation
Siddhi-artham –	For the attainment of
Bhikshām dehi –	Grant me alms
Cha Pārvati –	O Parvati (another name of Annapoorna) 🏠
Māta cha –	My mother is
Pārvatī Devī –	Goddess Parvati
Pitā –	Father
Devaḥ Maheshvaraḥ –	Lord Shiva (Maheshvara)
Bāndhavāḥ –	Relatives / companions
Shiva-bhaktāḥ cha –	Are the devotees of Shiva
Sva-deśaḥ –	My homeland
Bhuvana-trayam –	The three worlds (entire universe)

Meaning: O Goddess Annapoorna, who constantly provides nourishment, Beloved of Lord Shiva, Grant me the alms of knowledge and detachment.

Goddess Parvati is my mother, Lord Shiva is my father, All devotees of Shiva are my family, and the entire universe is my homeland.

Significance for Students: The first, a prayer to Goddess Annapoorna, seeks not just food, but the higher nourishment of knowledge and detachment—essentials for a student's growth **Youtube:**

<https://youtube.com/shorts/R33AU8f43II?feature=shared>

Peace mantra -Chant before eating

Om Sahana Vavatu Sahanau Bhunaktu

Sahaveeryam Karavavahai

Tejasvinavadhitamastu Ma Vidvishavahai

Om Shanti Shanti Shantiḥ

Om	Sacred syllable; universal sound
Sahana Vavatu student)	May He (God) protect both of us (teacher and
Sahanau Bhunaktu	May He nourish both of us
Saha Veeryam Karavavahai	May we work together with great energy
Tejasvina Avadhitam Astu	May our studies be full of brilliance & light
Ma Vidvishavahai	May we never quarrel or hate each other
Shantiḥ Shantiḥ Shantiḥ	Peace, Peace, Peace (in body, speech, and mind)

Meaning: “May the Supreme protect both the teacher and the student. May He nourish us both. May we both work together with great energy and enthusiasm. May our study be enlightening and brilliant. May we never have hostility or conflict with each other. Let there be peace in our body, mind, and surroundings.”

Significance for Students: This mantra beautifully sets the **right attitude for learning**—invoking harmony, mutual respect, and shared enthusiasm between student and teacher. Reciting this before study helps foster mental clarity, **respectful relationships**, and a positive learning environment.


Youtube : <https://www.youtube.com/shorts/ttFNhndh2Wc>

“**Sahanā Vavatu**” as a Pre-Meal Chant: Though “**Sahanā Vavatu**” is traditionally a **peace mantra** chanted before **learning sessions**, it also holds deep relevance when used before eating — especially in a group or classroom setting. You can also chant

“**Annadāta Sukhibhava**”: May the one who gives me food be happy.& it cultivates gratitude toward the cook, farmer, and nature.

“**Krishnarpanamasthu**”: Offering first bite to Lord Krishna

Importance of Guru Parampara (Guru Lineage) in Hinduism

 **What is Guru Parampara?:** The unbroken chain of spiritual teachers passing knowledge from one to another — from ancient rishis to present-day teachers.

It begins with God as the first Guru (Adi Guru). For example, Lord Shiva is the first Guru in Shaivism, and Lord Narayana in Vaishnavism.

The knowledge is passed from **God** → **Rishi** → **Guru** → **Disciple**, continuing for generations.

✨ Why is Guru Parampara important? :

- **Preserves pure knowledge:** Vedas, Upanishads, and shlokas are protected from distortion.
- **Keeps tradition alive:** Our prayers, rituals, and mantras are passed correctly only through trained Gurus.
- **Guides spiritual growth:** Gurus lead us step-by-step from ignorance to wisdom, like a lamp lighting another lamp.
- **Connects us to Divine:** Through Guru's blessings, we connect to God deeply and safely.
- **Ensures humility:** Respecting lineage reminds us we didn't create knowledge — we are receivers.

 **Why Respecting Teachers is Very Important in Hinduism**

- **They remove ignorance:** Just like light removes darkness, teachers remove fear, confusion, and ignorance.
- **They shape your future:** A good teacher doesn't just teach lessons, but shapes your thinking, values, and behavior.
- **They carry blessings:** A teacher's blessing is powerful. Even silent blessings from them can bring clarity, peace, and success.

 **Why It's Wrong to Insult or Mock Teachers**

- **It blocks your own learning:** If your mind is closed or disrespectful, knowledge won't enter your heart.
- **It creates bad karma:** Mocking or insulting those who give you knowledge invites long-lasting negative energy.
- **It hurts your character:** Disrespect weakens your humility, one of the most important qualities in Hinduism.
- **You lose divine grace:** In Hindu belief, God's grace often flows through the Guru. Insulting the Guru closes that door.

 **Final Thought (for Children and Students)**

Shlokas for Students

"Vidya Dadati Vinayam" – True learning gives humility.

Always respect your teachers — whether at home, school, or temple. Even a single word of truth from them is a blessing that lasts a lifetime.

Guru Prarthana:

Guru Brahmā Guru Viṣṇuḥ Guru Devo Maheśvaraḥ |
Guruḥ Sākṣhāt Parabrahma Tasmai Śrī Gurave Namaḥ ||

Guru	Teacher / spiritual guide
Brahmā	Creator (among the Trinity)
Viṣṇuḥ	Preserver
Devaḥ Maheśvaraḥ	Lord Shiva, the destroyer
Sākṣāt	Directly / truly
Parabrahma	Supreme Absolute / Supreme Divine Reality
Tasmai	To that
Śrī Gurave	Revered teacher
Namaḥ	I offer salutations

Meaning : The teacher (Guru) is regarded as Brahma (the creator), Vishnu (the sustainer), and Shiva (the destroyer of ignorance). The Guru is verily the visible form of the Supreme Divine (Parabrahma). To that noble teacher, I offer my respectful salutations.

Significance for Students : This shloka teaches students to respect their teachers as they guide, shape, and uplift their minds and lives. Just as God creates, nurtures, and transforms, so does a Guru through education and wisdom. It builds gratitude, humility, and reverence for learning in young hearts.

Youtube Link: <https://www.youtube.com/watch?v=SNMBphZSNv8>

Guru Dhyāna Mantra- Vande Guru Paramparam

Nārāyaṇa-samārambhām

Vyasa-Śaṅkara -madhyamām

Asmad-āchārya-paryantām

Vande Guru-paramparām ||

Nārāyaṇa-samārambhām	Beginning with Lord Narayana
Vyasa-Sankara-madhyamām	With Vyasa & Ādi Śaṅkarāchārya in the middle
Asmad-ācārya-paryantām	Ending with my own teacher (present Guru)
Vande	I bow down
Guru-paramparām	To the lineage of Gurus (spiritual teachers)

Meaning: “I bow to the unbroken lineage of Gurus that begins with Lord Narayana Himself, continues through Vyasa, Ādi Śaṅkarāchārya in the middle, and culminates in my own revered teacher. May that sacred tradition of knowledge guide and bless me.”

Significance for Students : This verse teaches students humility, gratitude, and respect for their teachers and the timeless tradition of knowledge. It reminds them that learning is not just about information, but also about **values passed down through generations**.

Youtube: <https://www.youtube.com/shorts/sB6f5Vda3oY>

"Prayer to Adi Shankara, the Source of Vedic Wisdom"

Śruti-Smṛti-purāṇānām ālayam karuṇālayam

Namāmi Bhagavatpādam Śaṅkaram loka-śaṅkaram ||

Śruti	The Vedas
Smṛti	The secondary scriptures (like Dharmaśāstra)
Purāṇānām	The Purāṇas (mythological texts)
Ālayam	Abode, repository
Karuṇālayam	Abode of compassion
Namāmi	I bow to
Bhagavatpādam	The revered feet of the Lord (refers to Adi Shankara)
Śaṅkaram	Shankara (name of the teacher and a name of Lord Shiva)
Loka-śaṅkaram	One who brings peace and happiness to the world

Meaning : “I bow down to Bhagavatpāda Śaṅkara, who is the embodiment of compassion and the repository of the knowledge found in the Vedas, Smritis, and Purāṇas. He is revered not only as a sage but also as a benefactor of the world, bringing peace, knowledge, and harmony to all.”

Significance for Students : Adi Shankaracharya is honored as a master who simplified complex ideas and revived spiritual wisdom. Reciting this verse instills respect for learning, teachers, and tradition, while encouraging students to approach their studies with humility, discipline, and a sense of purpose.

Youtube <https://www.youtube.com/shorts/zAJC8J1MopQ>

Worship of Hayagriva – The God of Supreme Intellect

Author: Śrī Vedānta Deśika

Jnānānandamayam devam nirmala sphaṭikākṛtim |
ādhāram sarva vidyānām hayagrīvam upāśmahe ||

Jnānānandamayam	Full of the bliss of true knowledge
Devam	O Lord
Nirmala	Pure
Sphaṭikākṛtim	With form like crystal
Ādhāram	Foundation/support
Sarva vidyānām	Of all branches of learning
Hayagrīvam	Lord Hayagrīva
Upāśmahe	We worship/meditate on

Meaning : “We meditate upon Lord Hayagrīva, the divine form filled with blissful knowledge, pure like crystal, who is the very foundation of all branches of learning.” This stotram venerates Hayagrīva as the supreme teacher and protector of true wisdom and scholarly pursuit.

Significance for Students : Hayagrīva is revered as the Deva of Wisdom and Learning. Chanting this hymn cultivates mental clarity, deep focus, and academic courage.

Youtube <https://www.youtube.com/shorts/ALG8yz8nHHQ>

Evening Shlokas for Peaceful transition of day: Evening Shlokas for Peaceful Transition & Protection

1. **Chanting Shlokas** bring down the restlessness of the day and prepare body and mind

- Shantakaram Bhujagashayanam : Ideal to chant at dusk — it brings inner peace and dissolves fear.
- Sri Rama Rameti Rame Rame... : A single name of Rama equals chanting the whole Vishnu Sahasranama. Perfect for calming the heart.

 2. **Light a Deepam (oil lamp) at dusk**

Symbolizes removing darkness (both outer and inner). Invite peace and protection into the home.

 3. **Do Daily Evening Sāadhanā (Spiritual Practice)**

- Choose one or two to form a daily routine:
- Read a few lines of Ramayana or Bhagavad Gita
Great for character building and inner strength.
- Chant one Ashtakam (Kalabhairava Ashtakam, Shiva Ashtakam, etc.)
You can complete one in a week if you learn 1-2 lines a day.
- Chant Hare Rama / Hare Krishna 11 or 108 times for calmness.

 4. **Control Negative Forces and Restlessness**

- Evening time often increases tamas (laziness, irritation). To balance:
- Keep TV and phone off for at least 30–60 minutes
- Play soft devotional music or Vedic chants (like Medha Sukhtam)
- Sit with family in prayer or chanting together

 5. **Build a Consistent Evening Routine**

- Doing the same simple practices every day trains your mind to settle down.
Suggestions:
- Freshen up after sunset.
- Light lamp and chant.
- Sit quietly for 2–5 minutes to breathe and reflect.
- Speak less, think more.
- Reduce exposure to noise, negative talk, and screens.

Mind to become still like Lord Vishnu's calm nature

Śāntākāraṁ bhuja-ga-śayanaṁ padma-nābhaṁ sureśaṁ
Viśvādhāraṁ gagana-saḍṛśaṁ megha-varṇaṁ śubhāṅgaṁ

Meaning (Shortened):

I meditate upon the peaceful Lord Vishnu, who rests on the serpent,
Who supports the universe and has a calm, cloud-colored body.

♦ *Chanting this helps the.*

ॐ Significance in Controlling Anger:

1. **Śāntākāraṁ** – "One whose form is peaceful":
Just **reciting or thinking** about Lord Vishnu's peaceful form helps calm the heart. When you're angry, visualizing calmness softens the emotion.
2. **Bhuja-ga-śayanaṁ** – "Who rests on a serpent":
Even while lying on a fierce snake (symbol of life's dangers and discomfort), he is **totally relaxed**. This teaches us to stay calm even in stressful situations.
3. **Viśvādhāraṁ** – "The supporter of the universe":
Despite having the **biggest responsibility**, he remains composed — teaching us not to lose control even under pressure.
4. **Gagana-saḍṛśaṁ megha-varṇaṁ** – "As vast as the sky, cloud-colored":
The **sky-like nature** of Vishnu reminds us to expand our **inner space**, so that small things don't disturb us. Anger shrinks us; this shloka **expands** us.

☀ In Short:

- Chanting this verse creates a mental image of peace and balance.
- It replaces anger with stillness, reminding us to be **soft yet strong, calm yet capable** — just like Lord Vishnu.
- Regular chanting or even **slow recitation during stressful moments** can reduce emotional outbursts and build long-term emotional strength.

Youtube <https://www.youtube.com/watch?v=gFKJRMFlQPY>

"Sarva Mangala Prārthanā"

Sarve Bhavantu Sukhinah Sarve Santu Nirāmayāḥ |
Sarve Bhadrāṇi Paśyantū Mā Kaścid-Dukha-Bhāg-Bhavet ||

Sarve	All (people)
Bhavantu	Let them be
Sukhinah	Happy
Santu	May they be
Nirāmayāḥ	Free from illness
Bhadrāṇi	Good and auspicious things
Paśyantū	May they see
Mā Kaścit	May not anyone
Dukha-bhāg-bhavet	Suffer from sorrow

Meaning

"May all beings be happy.

May all be free from disease and illness.

May everyone see only what is auspicious.

May no one suffer from sorrow or pain."

Significance for Students : This shloka teaches students to pray not just for their own good health, but also for the well-being of all. It encourages compassion, empathy, and mental peace, while also nurturing a positive, focused, and healthy mindset—key to academic and personal growth.

Youtube https://www.youtube.com/shorts/uCiRodyfM_8

Shanti Mantra

Asato mā sadgamaya Tamaso mā jyotirgamaya

Mṛtyor mā amṛtaṁ gamaya Om Shāntiḥ Shāntiḥ Shāntiḥ ॥

This verse is from the Bṛhadāraṇyaka Upaniṣad (1.3.28)

Asataḥ (asato)	From untruth / unreal / ignorance
Mā	Me (do not...) / May you...
Sat	Truth / real / eternal
Gamaya	Lead me to
Tamaso	From darkness (ignorance, confusion)
Jyotiḥ	Light (knowledge, clarity, wisdom)
Mṛtyoḥ	From death
Amṛtam	Immortality / liberation / eternal truth
Om Shāntiḥ...	Peace (in body, mind, and spirit)

Meaning: Lead me from untruth to truth, from darkness to light, and from death to immortality. May there be peace, peace, peace.

This prayer seeks the divine help to elevate the mind from ignorance to wisdom, from confusion to clarity, and from fear of death to eternal understanding. It reflects the deep yearning of the human soul to reach the highest truth.

Significance for Students : For students, this prayer is a guiding light. It reminds them that education is not just about information, but about the journey from ignorance to understanding, from confusion to clarity, and from fear to inner confidence.

Youtube https://www.youtube.com/shorts/Nmg_Caj38AU

Hanuman Kārya Siddhi Prārthanā

Tvam asmin kārya-niryoge pramāṇam harisattama |

Hanuman yatnam āsthāya duḥkha-kṣayam karo bhavān ||

Author: Maharishi Valmiki, from the Sundara Kanda, Ramayana

Tvam	You
Asmin	In this
Kārya-niryoge	Important task / mission
Pramāṇam	The right choice / authority / capable one
Hari-sattama	O best among the Vanaras (monkeys)
Hanuman	O Hanuman
Yatnam āsthāya	Putting in effort / making an attempt
Duḥkha-kṣayam	End of sorrow / destruction of grief
Karo bhavān	May you cause / bring about

Meaning : “O Hanuman, you alone are most capable in carrying out this important mission . You are the best among the Vanaras. Put in your sincere effort, and may you bring an end to this sorrow (of Lord Rama and Sita's separation).”

This verse is spoken **by Jambavan**, acknowledging Hanuman’s unique abilities, and urging him to rise to the occasion.

Significance for Students: This shloka inspires students to believe in themselves and step up during important tasks, just like Hanuman did. It **reminds** them that with effort and determination, they can overcome challenges and help solve even the most difficult problems. It fosters responsibility, courage, and leadership.






Youtube: https://www.youtube.com/shorts/gH_oCLB3pcQ

Prayers before going to bed

Why Night Prayers are Important for Kids

- Some kids feel **scared or have nightmares** — prayers calm the mind and bring divine protection.
- We may have made **mistakes during the day** — asking God's forgiveness keeps the heart light and pure.
- Ending the day with prayers helps us **sleep peacefully and grow spiritually**.

Bedtime Prayer Routine for Children

1. **Finish Dinner Early :** Try to have dinner by **7:00 PM**. It helps the body digest food and sleep better.
2. **Say Sorry to God**  Silently say: "Dear God, if I did anything wrong today, please forgive me. Help me be better tomorrow."
3. **Chant Protective Prayers :** You can choose any of the below, even 1 or 2 lines daily:
 1. **Hanuman Chalisa** – Very powerful, removes fear and bad dreams.
 2. **Ugram Veeram Mahavishnum...** (Narasimha mantra) – For protection and courage.
 3. **Hare Rama Hare Krishna** – Calms the mind and heart.
 4. **Om Namo Narayanaya / Jai Shri Ram / Om Shri Hanumate Namaha** – 11 or 108 times.
4. **Avoid Screens Before Sleep:**   Don't watch mobile or TV just before sleeping. It disturbs your sleep and mind.
5. **Gratitude Practice:**  Think of 3 good things that happened during the day and say "Thank you, God."
6. **Sleep Early & Enough :**  Try to sleep by **8:30 or 9:00 PM**. Kids need at least **8–10 hours** of good sleep to stay healthy and happy.

"Narasimha Stuti: Slayer of Fear and Death"

Ugraṁ vīraṁ mahā-viṣṇuṁ jvalantaṁ sarvato-mukham |
Nṛsiṁhaṁ bhīṣaṇaṁ bhadraṁ mṛtyuḥ-mṛtyuṁ namāmy aham ||

Ugram	Fierce, terrifying (to enemies)
Vīram	Brave, heroic
Mahā-Viṣṇum	The great form of Lord Vishnu
Jvalantam	Glowing, blazing (like fire or light)
Sarvataḥ-mukham	One who has faces in all directions; all-seeing
Nṛsiṁham	Narasimha (half-man, half-lion form of Vishnu)
Bhīṣaṇam	Terrifying (to evil beings), fearsome
Bhadram	Auspicious, kind, good (to devotees)
Mṛtyuḥ	Death
Mṛtyum	To death (second occurrence implies "of death")
Namāmi	I bow, I offer my salutations
Aham	I

Meaning :“I bow to Lord Narasimha, who is fierce and heroic, the great form of Vishnu, blazing like fire, who sees everything in all directions, who is terrifying to evil, auspicious to the good, and the death of even death itself.”

Significance for Students: When scared or having a bad dream, Before sleep for peaceful rest, *during exams or stressful times* .

You can also chant:

- "Om Dum Durgāyai Namaḥ" - Salutations to Goddess Durga, the remover of fear and suffering.
- “ Om Sri Hanumathe namah” Salutations to Lord Hanuman, the one who removes fear and brings courage.
- “Om Abhayam Sarvataḥ mama” Let me be free from fear in all directions.

Youtube https://www.youtube.com/watch?v=f8Af_9eoA7Y

"Kṣamāprārthanā Stotram" or "Prayer of Forgiveness"

"Karacharana-kritam vaa, kaayajam karmajam vaa
Shravananaayanajam vaa, maanasam vaa aparaadham |
Vihitam-avihitam vaa, sarvametatkshamasva
Jaya jaya karunaabdhe, Shree Mahadeva Shambho ||

Kara-charana-kritam	Done by hands and feet
Kaayajam	Done by the body
Karmajam	Born of actions/deeds
Shravana-nayana-jam	by ears or eyes (by hearing or seeing)
Maanasam	Done by the mind
Aparaadham	Offense, sin, mistake
Vihitam	Permitted or prescribed actions
Avihitam	Not permitted; prohibited actions
Sarvam etat	All of these
Kshamasva	Please forgive
Jaya Jaya	Victory, glory to you
Karunaabdhe	Ocean of compassion
Shree Mahadeva Shambho	O auspicious great Lord Shiva

Meaning: "O Lord Mahadeva Shambho, ocean of compassion, please forgive all the wrongs I may have committed—whether through my hands, feet, body, speech, hearing, sight, or mind. Whether these actions were intentional or unintentional, prescribed or forbidden, I beg your forgiveness for all of them. Glory to You, merciful one."

Significance: This prayer teaches accountability and emotional cleansing, which is deeply valuable for students. Reciting it daily helps them reflect on their actions, clear their conscience, and develop a sense of inner discipline.

Youtube : <https://www.youtube.com/watch?v=y4xLzAecnHs>

"Ātma-Samarpaṇa Mantra- Chant before sleeping"

Kāyena Vācā Manasendriyairvā Buddhyaṭmanā Vā Prakṛteḥ Svabhāvāt |

Karomi Yad-yat-sakalam Parasmai Nārāyaṇāyeti Samarpayāmi ||

Kāyena	By body
Vācā	By speech
Manasā	By mind
Indriyaiḥ vā	Or by senses
Buddhyā	By intellect
Ātmanā vā	Or by soul/self
Prakṛteḥ Svabhāvāt	Naturally, by one's own nature
Karomi	I do
Yat yat	Whatever
Sakalam	Everything
Parasmai	To the Supreme
Nārāyaṇāya	Lord Narayana
Iti Samarpayāmi	I offer/surrender

Meaning : "Whatever I do—through my body, speech, mind, senses, intellect, or soul, whether knowingly or unknowingly, and whatever arises naturally from my nature, I offer it all to Lord Narayana, the Supreme Divine."

Significance for Students: This shloka helps students **end their day with peace, letting go of stress, mistakes, or worry.** It teaches humility and surrender, reminding them to offer all their actions—good or imperfect—to the divine, and to sleep with a calm and grateful heart. It brings emotional balance and prepares the mind for a restful night.

Youtube https://www.youtube.com/shorts/jIEU_wliTw

A Parent's Guide: Helping Children Experience Temple visits Meaningfully

IN SHORT- EXPLAIN TO KIDS

- Temples are holy places—be calm and respectful.
- No fighting with your siblings.
- Wait patiently in queues, no pushing.
- Chant God's name while waiting in queue.
- Try to learn the temple's story.
- Visit temples often to feel close to God.
- Be your best version in temple.

DETAILS

1. **Temples are powerful spaces of positive vibrations.** Encourage your child to absorb this energy—it helps cleanse negative thoughts, and builds focus, discipline, and inner strength that supports both academic and emotional growth.
2. **Plan temple visits in advance.** Let your child know about the upcoming visit at least a week ahead. Share stories of the deity from the Puranas or Itihasas to build a spiritual connection before the visit.
3. **Avoid shortcuts or bribing for quick darshan.** Use the visit as a chance to model patience and integrity. Teach your child the value of waiting respectfully in line.
4. **During the queue, gently guide your child to chant mantras.** Chanting the deity's mantra (e.g., 108 times) while waiting helps develop spiritual focus and patience.
5. **Model good behavior in the queue.** Ask your child to avoid pushing others and stay composed if someone bumps into them. It's a valuable lesson in patience and emotional control.
6. **After darshan, sit in silence for at least 10 minutes.** Help your child close their eyes and meditate on the deity's form and qualities—this builds calmness and inner reflection.
7. **Serve only sattvic food after the temple visit.** This helps continue the purity and calmness experienced in the temple into the rest of the day.
8. **Use holidays to plan pilgrimages.** Try to take your child to sacred places like Swayambhu temples, the Dwadasha Jyotirlingas, Ashtadasha Shakti Peethas, and Ayodhya at least once in their lifetime.
9. **Visit local temples before exams or important events.** Encourage your child to seek blessings for mental clarity, courage, and stability.
10. **Teach basic temple etiquette.** Ensure your child understands the importance of removing footwear, dressing modestly, and maintaining silence as acts of humility and respect.
11. **Let your child make offerings.** Whether it's **flowers, water, or prasad**, allow them to participate directly—it gives a sense of devotion and involvement.

Shlokas for Students

12. **Create a weekly temple routine.** Encourage visits on spiritually significant days (e.g., Mondays for Shiva, Thursdays for Guru) to build rhythm and consistency.
13. **Point out temple architecture and rituals.** Help children observe and appreciate our heritage through carvings, idols, lamps, bells, and pooja rituals.
14. **Use temple visits as a chance to teach gratitude.** Guide your child to thank the divine for their blessings—family, teachers, health, and opportunities.
15. **Talk about the deity's qualities after the visit.** Relate them to your child's life: Hanuman's courage, Saraswati's wisdom, Durga's strength.
16. **Involve your child in temple festivals.** Navaratri, Janmashtami, Shivratri—these are excellent occasions to teach culture, community, and celebration.
17. **Encourage journaling after each visit.** Ask your child to reflect on what they saw, felt, prayed for, or learned.
18. **Support small acts of charity.** Let your child donate from their pocket money or savings into the temple hundi to nurture generosity and seva bhava.
19. **Involve them in temple seva.** Cleaning the premises, helping during prasadam distribution, or volunteering on special days builds responsibility and humility.
20. **Remind children to stay calm and kind.** Avoid arguments or fights with siblings or friends during the visit. Teach them that the temple is a sacred space for peaceful behavior.
21. **Encourage a respectful and calm mood.** Ask them to bring their best version—polite, peaceful, present—when entering the divine space.
22. **Maintain silence or speak softly in the temple.** Model this behavior so children naturally follow your example and preserve the sanctity of the space.
23. **Teach cleanliness.** Explain why it's important not to litter inside or around the temple. Keeping the temple clean is a form of respect and seva.

Shlokas for Students

Ganesha Prarthana:

Śuklāmbāradharam Viṣṇum

Śaśivarṇam Caturbhujam

Prasanna vadanam Dhyāyet

Sarva vighnōpa śāntaye ||

This shloka is traditionally chanted at the beginning of any learning, prayer, or auspicious activity, especially in homes, schools, and temples.

Śukla	White
Ambara	Garment / clothing
Dharam	Wearing
Viṣṇum	All-pervading one (Viṣṇu or Ganesha, contextually)
Śaśivarṇam	Moon-colored (bright and pure)
Caturbhujam	Four-armed
Prasanna	Pleasant / smiling
Vadanam	Face
Dhyāyet	One should meditate upon
SarvaVighna	All Obstacles
Upaśāntaye	For removal or pacification

✨ **Meaning :** "Let us meditate on the one who wears white clothes, is moon-like in complexion, has four arms, and a cheerful, calm face — the all-pervading One — so that all obstacles may be removed."

🌸 **You can also learn this shloka- Both shlokas are chanted together:**

Agaja-[A]anana Padma-Arkam Gaja-[A]ananam Aharnisham |
Aneka-Dam-Tam Bhaktaanaam Eka-Dantam Upaasmahe ||

As the Rays from the Lotus-Face of Gauri (Devi Parvati) is Always on Her Beloved Son Gajanana (Who is having the Face of an Elephant), Similarly, the Grace of Sri Ganesha is Always on His Devotees, Granting their Many Wishes and Prayers.
We Worship that Ekadanta (Who is having a Single Tusk) with Devotion, to fulfill our rightful Aspirations.

Youtube <https://www.youtube.com/shorts/syOOgOCToqY>

"Salutations to Lord Rama – The Remover of Troubles and Bestower of Wealth"

Apadām apa hārtāraṁ dātāraṁ sarva sampadām
Lokaabhiraamam śrī rāmaṁ bhūyo bhūyo namāmyaham ||

Apadām	Of dangers, calamities
Apa hārtāram	Remover, eliminator
Dātāram	Bestower
Sarva sampadām	Of all forms of wealth and prosperity
Loka-abhirāmam	Beloved by all the people
Śrī Rāmam	Lord Rama (auspicious and noble king of Ayodhya)
Bhūyaḥ bhūyaḥ	Again and again
Namāmi aham	I bow down

Meaning: “I bow again and again to Lord Rama, the remover of all dangers and the bestower of all kinds of wealth. He is the delight of all the worlds and adored by all beings. May His grace protect and uplift us always.”

♦ Note: This verse *can* be interpreted as referring to Lord Hanuman in some traditions, because Hanuman is Rama’s devotee and remover of calamities.

Significance for Students This verse reminds students to seek courage, clarity, and divine help when facing fear, confusion, or failure. Regular chanting instills confidence and inner peace, reminding them that **no difficulty is too big when one has faith, discipline, and purpose.**

Youtube https://www.youtube.com/shorts/CiuidD_Rr2E

Mantra to Chant while Circumbulating Hanuman temple

This shloka is given in Parasara Samhitha by Parasara Maharshi

Anjaneyam mahā-vīram Brahmā-Viṣṇu-Śivātmakam |
Taruṇārka-prabhām śhāntam Anjaneyam namāmyaham ||

Anjaneyam –	(to) Anjaneya, son of Anjana Devi
Mahā-vīram –	the great and mighty hero
Brahmā-Viṣṇu-Śivātmakam –	one who embodies the essence of Brahma (creator), Vishnu (preserver), and Shiva (destroyer)
Taruṇa-arka-prabhām –	one who shines like the rising sun
Śhāntam –	who is calm, peaceful, serene
Anjaneyam –	(repeating) to Anjaneya
Namāmi-aham –	I bow down, I offer salutations

Meaning : I bow down to Lord Anjaneya (Hanuman), the mighty and valiant hero, who embodies the combined energies of Brahma, Vishnu, and Shiva. His radiance is like the bright rising sun, full of energy and brilliance. Despite his strength and power, he remains peaceful and composed. This shloka praises Hanuman's divine nature and his balanced qualities of power and calmness.

Significance of Chanting This During Pradakshina (for Students): For students, chanting this shloka while doing pradakshina around Hanuman temple awakens mental brilliance (like the rising sun), inner strength, and divine blessings from the Trimurtis (Brahma, Vishnu, Shiva). It encourages focus, discipline, and courage, while also cultivating a calm and composed mind—qualities essential for learning, exams, and life challenges.

Youtube: https://www.youtube.com/shorts/w5l5lo_EZww

Special Note: "Chant this shloka and perform pradakshina at least 3, 5, 7, 9, 16, 21, or 108 times—**slowly and mindfully**. Moving at a calm pace helps you absorb the divine energy and grace of Lord Hanuman."

Divine Description of the Goddess Kamakshi

Vimala pati Kamala kuti , pusthaka rudraksha sastha hastha putee,
Kamakshi pakshmalaakshi, kalitha vipanchi vibhasi vairinchi.

vimala-pati –	Pure lord
kamala-kuṭī –	Dwelling in a lotus pavilion
pustaka –	Book (scriptures)
rudrakṣa-ṣaṣṭa-hasta-puṭī –	Six-handed bearer of Rudraksha beads
kāmākṣī –	Kamakshi (Goddess)
pakṣmala-akṣi –	With thick eyelashes or lotus-petal eyes
kalita –	Adorned with
vipaṇci –	Veena (musical instrument)
vibhāsi –	Radiant
vairiṃcī –	Consort of Brahma

Meaning: O divine Kamakshi, pure sovereign, You reside in a lotus pavilion, holding sacred scriptures and Rudraksha beads in Your six hands. With thick, lotus-like eyelashes, You grace us with Your beauty, playing the radiant veena and shining as the consort of the Creator, Lord Brahma.

Significance for Students : This verse honors **Goddess Kamakshi**, the embodiment of wisdom, purity, art, and knowledge. For students, chanting or meditating on it fosters inner clarity, devotion, and focus. It reminds learners that true knowledge combines **scholarly study (the scriptures)**, **spirituality (Rudraksha)**, **creativity (the veena)**, and **pure intent**—blessings that empower one's educational journey.

Youtube: https://www.youtube.com/shorts/jMnzU_QnwCo

Maha Mrutyunjaya Mantram

ॐ Om Tryambakam yajāmahe Sugandhim puṣṭi-vardhanam

Urvārukam-iva bandhanān Mṛtyor mukṣīya mā'mṛtāt ॥

Author: This mantra appears in the Rig Veda (7.59.12) and is attributed to the sage Vasiṣṭha. It is also found in the Yajur Veda.

ॐ (Om)	The sacred primal sound
Tryambakam	The three-eyed one (Lord Shiva)
Yajāmahe	We worship, we sacrifice unto
Sugandhim	The fragrant one (spiritually uplifting)
Puṣṭi-vardhanam	Who nourishes and strengthens all beings
Urvārukam-iva	Like a ripe cucumber (detaching)
Bandhanān	From bondage (to worldly attachments and suffering)
Mṛtyoḥ	From death
Mukṣīya	May you liberate
Mā' amṛtāt	Not from immortality (do not cut us off from eternal life)

Full Meaning: “We worship the three-eyed Lord Shiva, who is full of sweet fragrance and who nourishes all living beings. Just as a ripe cucumber detaches easily from its stem, may He liberate us from death and lead us to immortality.” This mantra seeks not just physical protection, but spiritual liberation.

Significance for Students : For students, chanting the Mahā Mrityunjaya Mantra helps develop mental strength, calmness, and resilience. It protects from fear, anxiety, and negativity—especially **during exams or times of stress**.

Youtube : https://www.youtube.com/shorts/_R9OROSLckU

Hare Rama Hare Krishna Mahamantra

Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare

👉 This is a prayer to Lord Krishna and Lord Rama, asking for their help to purify our heart, give strength, peace, and joy.

☀️ Why is it called the **Mahamantra**?

- "Maha" means great – This is the greatest mantra for the current age (Kali Yuga)
- It's easy, powerful, and meant for everyone, **including children, students**, and elders
- It does not require rituals, purity, or complex rules – just sincere chanting

Importance for Students

1. Improves Focus & Memory
2. Removes Fear & Stress
3. Connects with God

How to Chant:

- Chant 11 or 108 times daily (using fingers or a mala/bead string)
- Best times: Morning, evening, or before sleep
- Say it out loud, softly, or even in your mind — all are powerful!

Short Summary for Kids:

- "Chanting Hare Krishna Hare Rama gives peace, strength, and joy. It helps you focus in class, be kind to others, and sleep without fear. God listens when you chant — and stays with you always!"

Youtube:

https://www.youtube.com/shorts/WX1lnHJYQ_k

Skanda (Kartikeya), the Reservoir of Wisdom and Power"

Gyana shaktidhara Skanda Valli-kalyaana sundara,

Devasenaa manah kaanta Kartikeya namostute.

Om Subrahmanyaaya namah.

Gyana	wisdom
shakti-dhara	bearer/holder of power
Skanda	Lord Skanda (Kartikeya)
Valli-kalyaana	consort of Valli (his divine bride, Valli)
sundara	beautiful
Devasenaa	of Devasena (another divine consort)
manah-kaanta	delight of the mind/heart
Kartikeya	another name of Skanda
namo stute	I offer obeisance
Om Subrahmanyaaya namah	"Om, salutations to Subrahmanya"

Meaning : O Lord Skanda—O eternal embodiment of wisdom and divine power—I bow to You. You are the radiant consort of Valli, the beloved of Devasena, and enchantment of every devotee’s heart. I humbly offer my obeisance to You, Lord Kartikeya, who dispels all ignorance. Reverent salutations: “Om Subrahmanyaaya Namah.”

Significance for Students - This stotram celebrates the essence of wisdom (jñāna) and inner strength (shakti)—qualities every student needs. As Lord Skanda removes obstacles and ignites the spark of knowledge, this hymn becomes an ideal spiritual practice—or *sādhana*—for focus, confidence, and **success in studies**.

Youtube <https://www.youtube.com/watch?v=CfRgow9Gimg>

Invocation to Goddess Sharada – The Divine Mother of Wisdom

Sharadā Sharadāmbhoja vadanā vadanāmbuje |

Sarvadā Sarvadāsmākam sannidhiṃ sannidhiṃ kriyāt ||

Sharadā	O Sharadā (autumnal form of Sarasvati)
Sharadāmbhoja	Who has lotus-like face of autumn (Sharad)
madanā & vadanāmbuje	whose face (madanā) and lotus-like face (vadanāmbuje)
Sarvadā	Always
Sarvadāsmākam	Always for us
sannidhiṃ	presence
kriyāt	may She grant

Combined Meaning: “O Sharadā, whose face is like the autumn lotus, may You forever grace us with Your divine presence.”

Meaning “O beloved Sharadā (Goddess Sarasvati), whose face resembles the pure and radiant lotus blooming in the autumn season, may Your luminous presence ever remain with us. May You dwell within us—blessing our minds, speech, and learning with wisdom and grace.”

Significance for Students : For students, recitation of this verse fosters **mental calm, intellectual upliftment**, and a sense of **divine companionship** in their studies.

Youtube: <https://www.youtube.com/shorts/1N2zmbiktKc>

"Salutations to Mahālakṣmī –Great Goddess of Prosperity"

Namastestu Mahā-Māye Śrī-Pīṭhe Sura-Pūjite |

Śaṅkha-Cakra-Gadā-Haste Mahā-Lakṣmi Namostute ||

Namaste astu	Salutations to you
Mahā-māye	O great divine power (one with great illusion)
Śrī-pīṭhe	Seated on the throne of prosperity
Sura-pūjite	Worshipped by the gods
Śaṅkha	Conch (symbol of auspiciousness)
Cakra	Discus (symbol of time and protection)
Gadā	Mace (symbol of strength)
Haste	In the hand
Mahā-Lakṣmi	Great goddess Lakshmi
Namostute	I bow to you

Meaning : "I bow to Mahā-Lakṣmī, the great goddess of prosperity, seated on the throne of fortune, adored even by the gods. She holds the conch, discus, and mace in her hands, symbols of power and protection. O divine mother, remover of ignorance, I offer my salutations to you."

Significance for Students : For students, this Lakshmi stotram brings the blessings of intelligence, memory power, focus, and success in studies. Invoking Mahā-Lakṣmī reminds students that *true wealth lies not just in money, but in knowledge, discipline, and inner strength.*

Youtube <https://www.youtube.com/shorts/9hhCgYfaits>

Navagraha mantra- Pradakshinam for Navagrahas

Ādityāya cha Somāya

Maṅgalaaya Budhāya cha

Guru Śukra Śanibhyashca

Rāhave Ketave Namaḥ ||

Navagraha mantra is commonly recited during prayers to the nine planetary deities (Navagrahas). Each graha (planet) is believed to have an influence on human life and karma. This specific shloka is often recited while performing pradakshina (circumambulation) around the Navagraha shrines in temples.

Ādityāya	To the Sun God (Surya)
cha	and
Somāya	To the Moon God (Chandra)
Maṅgalaaya	To Mars (Mangala)
Budhāya	To Mercury (Budha)
Guru	To Jupiter (Guru/Brihaspati)
Śukra	To Venus (Shukra)
Śanibhyah	To Saturn (Shani)
Rāhave	To Rahu (North lunar node)
Ketave	To Ketu (South lunar node)
Namaḥ	Salutations / I bow down

Meaning: I bow down to Surya (Sun), Chandra (Moon), Mangala (Mars), Budha (Mercury), Guru (Jupiter), Shukra (Venus), Shani (Saturn), Rahu, and Ketu—the nine celestial influencers of our lives. May they bless me and remove obstacles caused by unfavorable planetary positions.

Significance of Navagraha Pradakshina : Pradakshina (circumambulation) of Navagrahas symbolizes surrendering to cosmic order and harmonizing one's inner energies with universal forces. Chanting the Navagraha mantra while doing pradakshina cultivates discipline, memory, and stability by aligning one's mind with the divine vibrations of the grahas. Each graha is associated with different aspects of learning:

Surya – Self-confidence and leadership

Chandra – Memory and calmness

Budha – Intelligence and communication

Guru – Wisdom and spiritual learning

Shukra – Art, beauty, and creativity

Shani – Discipline and perseverance

Rahu & Ketu – Intuition, unseen obstacles, and higher knowledge

Mangala – Energy and drive

Youtube https://www.youtube.com/shorts/fC_RPZaonYE

Aatma Pradakshina mantra

Yāni kāni cha pāpāni janmāntara kṛtāni cha

Tāni tāni vinaśyanti pradakṣiṇa pade pade ||

This mantra philosophical essence lies in the realization that the Self (Ātman) is divine, and revolving around one's own Self with mindfulness is the highest form of worship.

Yāni	Whatever
Kāni	And whichever
Cha	And
Pāpāni	Sins
Janmāntara	From past births
Kṛtāni	Committed / done
Cha	And
Tāni	Those
Tāni	Those (repeated for emphasis)
Vinaśyanti	Are destroyed / removed
Pradakṣiṇa	By circumambulation
Pade pade	At every step

✨ **Meaning** : “As I revolve inwardly around my true Self with awareness and devotion, all my karmic impurities dissolve gradually — step by step — leading me to liberation.”

🌸 **Spiritual Significance of Ātma Pradakṣiṇā** Teaches students to stop looking outside for approval or answers and instead develop inner reflection and self-awareness.

Full Shloka:

yaanikaanicha paapaani janmaanthara kruthanicha
thaavithaani vinashyanthi pradakshina pade pade
paapoham paapakarmaaham paapaathmaa paapasambhavam
thraahimaam krupayaa deva sharanaagatha-vathsala
anyadha sharanam naasthi thvameva sharanam mama
thasmaathkaarunabhaavena raksha rakha maheshvara (or janardhana, or any
deity name)

Youtube: <https://www.youtube.com/watch?v=AV8xLfy7reM>

Guru of All Worlds – Śrī Dakṣiṇāmūrti Stuti

Gurave sarva lokānām Bhiṣaje bhava roginaām

Nidhaye sarva vidyānām Śrī Dakṣiṇāmūrtaye namaḥ ||

♦ **Author:** This verse is traditionally attributed to Adi Shankaracharya, and it is part of the Dakṣiṇāmūrti Stotra, which praises Lord Shiva as the universal teacher.

Gurave	To the Guru (spiritual teacher)
Sarva lokānām	Of all the worlds
Bhiṣaje	The physician/healer
Bhava roginaām	Of those afflicted by the disease of worldly existence
Nidhaye	The treasure or repository
Sarva vidyānām	Of all knowledge and learning
Śrī Dakṣiṇāmūrtaye	To Śrī Dakṣiṇāmūrti (Shiva as the divine teacher)
Namaḥ	I bow, I offer my salutations

Meaning : “I bow down to Śrī Dakṣiṇāmūrti, the universal teacher and healer of the disease of worldly existence. He is the Guru of all worlds and the treasure-house of all forms of knowledge.” This verse recognizes the Guru not just as an instructor, but as a divine force who guides souls from ignorance to enlightenment.

Significance for Students : By honoring the Guru as a **guide and healer**, students are reminded to approach studies with devotion, discipline, and humility.

Youtube <https://www.youtube.com/shorts/e5hwu8iFKao>

Bhagavad Gītā Chapter 6, Verse 5, spoken by Lord Krishna.

Uddhared ātmanātmānaṁ nātmānam avasādayet

ātmaiva hyātmano bandhur ātmaiva ripur ātmanaḥ ॥

Uddharet	Let (one) uplift
Ātmanā	By the self (own effort/mind)
Ātmānam	The self (one's own self)
Na	Not
Ātmānam	The self
Avasādayet	Let one degrade or bring down
Ātmā eva	The self alone
Hi	Indeed
Ātmanaḥ	Of the self
Bandhuḥ	Friend
Ātmā eva	The self alone
Ripuḥ	Enemy
Ātmanaḥ	Of the self

♦ **Meaning:** One should uplift oneself by their own effort and should not degrade oneself. For the self alone is the friend of the self, and the self alone is the enemy of the self. Lord Krishna here teaches that your mind and actions are the key to your growth or downfall. Mastery over your own mind can make you your greatest ally, but if not controlled, it becomes your greatest obstacle.

♦ **Significance for Students :** This verse encourages students to take responsibility for their own progress. Success doesn't depend only on teachers or parents—it comes from within. With self-effort, discipline, and right attitude, a student becomes their own best friend. But if they give in to laziness or self-doubt, they hinder themselves. This teaching motivates students to believe in themselves and strive consistently.

Youtube : https://www.youtube.com/shorts/KTRtJqf_DtQ

Bhagavad Gita, spoken by Lord Krishna to Arjuna

Karmaṇy-evādhikāras te mā phaleṣhu kadācana |

mā karma-phala-hetur bhūḥ mā te saṅgo 'stv akarmaṇi ||

Karmaṇi eva	Only in action
Adhikāraḥ te	You have the right
Mā phaleṣhu	Not to the results
Kadācana	At any time / never
Mā	Do not
Karma-phala-hetuḥ bhūḥ	Be the cause of the results of action
Mā te saṅgaḥ	Nor should your attachment
Astu	Be
Akarmaṇi	To inaction

Meaning : "You have the right to perform your duties, but not to the results of those actions. Never consider yourself to be the cause of the results of your actions, nor be attached to inaction."

This verse teaches that one must act sincerely and with full effort, without getting emotionally attached to the success or failure of the outcome.

Significance for Students : This shloka helps students focus on doing their best, rather than worrying about marks, rewards, or outcomes. It nurtures a growth mindset, reduces stress, and encourages consistency and sincerity in studies and other activities. Learning this builds character, discipline, and inner peace.

Youtube <https://www.youtube.com/shorts/MwrwylIPpSo>

Vāgbhūṣaṇam Bhūṣaṇam – The Ornament of Speech is the True Ornament

This verse is from Bhartr̥hari's Nīti-Śataka (100 verses on ethics), where he uses vivid metaphors to highlight moral truths

Keyūrāṇi na bhūṣayanti puruṣam Hārā na chandrojjvalāḥ

Na snānam na vilepanam Na kusumam nālaṅkṛtā mūrdhajāḥ

Vāṇyēkā samalaṅkaroti puruṣam Yā saṃskṛtā dhāryate

Kṣīyante khalu bhūṣaṇāni Satataṃ vāgbhūṣaṇam bhūṣaṇam ||

Keyūrāṇi	Armlets (bracelets)
na bhūṣayanti	Do not adorn
puruṣam	A person
Hārā	Necklaces
na chandrojjvalāḥ	Shining like the moon
Na snānam	Not even bathing
Na vilepanam	Nor anointment
Na kusumam	Nor flowers
nālaṅkṛtā mūrdhajāḥ	Nor adorned hair
Vāṇi ekā	Speech alone
samalaṅkaroti	Truly embellishes
Yā saṃskṛtā dhāryate	Which is refined and refined speech
Kṣīyante khalu bhūṣaṇāni	Indeed, all ornaments decay
Satataṃ	Constantly,
vāgbhūṣaṇam bhūṣaṇam	Ornament of speech is the true ornament

Meaning : Armlets, necklaces that shine like the moon, bathing, fragrant anointing, garlands, and styled hair do not truly adorn a person. Only cultured and refined speech embellishes one. All physical ornaments will inevitably decay, but eloquent and meaningful speech remains the lasting decoration of one's character.

Youtube <https://www.youtube.com/watch?v=opVbB59szjM>

Shlokas for Students

Significance for Students : For students, this verse is a powerful reminder that knowledge and character matter more than appearance. It emphasizes that respectful, well-thought-out dialogue, clarity, and sincerity in communication are their most valuable assets—lasting far longer than any physical adornment and paving the way for genuine relationships and success.

Śani Dev Shloka for Students

Nīlāñjana samābhāsam Raviputram yamāgrajam |

Chhāyāmārtaṇḍa sambhūtaṁ Taṁ namāmi śanaishcharam ||

Nīlāñjana	Black collyrium (kajal/surama)
Samābhāsam	One who appears like
Raviputram	Son of the Sun (Surya)
Yamāgrajam	Elder brother of Yama (god of death)
Chhāyā-Mārtaṇḍa	Born of Chhāyā and Mārtaṇḍa (another name for Surya)
Sambhūtaṁ	Born of
Taṁ namāmi	I bow to / I salute
Śanaishcharam	Shani (Saturn), the slow-moving one

Meaning: “I bow to Śanaishchara (Lord Shani), who shines like **black collyrium**, who is the **son of Surya** and the **elder brother of Yama**, born to **Chhāyā and Mārtaṇḍa**, and who moves slowly across the sky.”

This verse is a humble prayer to Lord Shani, asking for grace, protection from suffering, and the strength to face life's challenges with calm and discipline.

Significance for Students : Lord Shani represents **discipline, endurance, and hard-earned success**. This prayer reminds students that **consistent effort, humility, and respect for time** lead to long-term rewards—even if progress feels slow. It also calms fear, laziness, and anxiety during exams or tough situations.

Youtube <https://www.youtube.com/shorts/DtSUGDdrEyA>

"The Timeless Law of Speaking Right"

Satyam brūyāt priyam brūyāt na brūyāt satyam apriyam |
priyam ca nāṇṛtam brūyāt eṣa dharmah sanātanaḥ ||

Satyam	Truth
Brūyāt	One should speak
Priyam	That which is pleasant / kind
Na brūyāt	One should not speak
Satyam apriyam	Truth that is unpleasant
Anṛtam	Falsehood / lie
Ca	And
Eṣaḥ	This
Dharmaḥ	Righteous principle / value
Sanātanaḥ	Eternal / timeless

Meaning : "One should speak the truth; one should speak what is pleasant. But one should not speak an unpleasant truth, and also not speak a pleasant lie. This is the eternal principle of dharma (righteousness)."

Significance for Students : This shloka teaches students the power of wise communication—to speak the truth gently, with kindness, and never lie even if it sounds sweet. It **promotes emotional intelligence, helps build trust and respect**, and guides children in choosing the right words with honesty and care in every situation.

Youtube https://www.youtube.com/shorts/B_AxG56nzDI

Janani janmabhoomishcha svargaadapi gareeyasi

This line appears in *Valmiki Rāmāyaṇa* : It's spoken in the **Yuddha Kāṇḍa** by Sage Bharadvāja to Rāma

Mitraani dhan dhaanyaani prajaanaam sammataaniva |
Janani janmabhoomishcha svargaadapi gareeyasi ||

mitrāṇi	friends
dhana dhānyāni	wealth and grains
prajānām	of people
sammatān iva	as though honored
jananī	mother
janmabhūmiś cha	and motherland
svargād api	even more than heaven
garīyasī	superior / greater

Meaning: “Sage Bharadvāja tells Rāma that worldly relationships and material prosperity—friends, wealth, grain—may be admired by society, but the love and reverence we owe to our mother and our homeland surpass even the bliss of heaven itself.”

Significance for students: This verse inspires students to value their roots and relationships above mere acquisition or personal success. It instills gratefulness toward one’s family and nation, reminding young learners that no amount of wealth, honor, or foreign allure can outweigh the importance of home and origin. It encourages them to build knowledge and ambition grounded in respect, integrity, and civic pride.

Note: This line **Janani janmabhoomishcha svargaadapi gareeyasi** is also said to be spoken by Lord Rama in Valmiki Ramayana (Yuddha Kanda), when He is offered to stay and rule in Lanka after defeating Ravana. He declines the offer, saying he would rather return to Ayodhya — showing his deep love for his mother and his homeland.

3rd Shloka: From Soundarya Lahari by Adi Shankaracharya

Avidyānām antas-timira-mihira-dwīpa-nagarī

Jadānām chaitanya-stabaka-makaranda-sruti-jharī |

Daridrānām chintāmaṇi-guṇa-nikā janma-jaladhau

Nimagnānām daṁṣṭrā muraripu-varāhasya bhavatī ||

Avidyānām	Of the ignorant
Antas-timira	Inner darkness (ignorance)
Mihira-dwīpa-nagarī	The city of the sun island (source of inner light)
Jadānām	Of the dull-minded
Chaitanya-stabaka	Cluster of consciousness (awakening)
Makaranda-sruti-jharī	Stream of nectar-dripping knowledge
Daridrānām	Of the poor (in wisdom or wealth)
Chintāmaṇi-guṇa-nikā	Like a wish-fulfilling gem (Chintamani)
Janma-jaladhau	In the ocean of birth and death (samsara)
Nimagnānām	Of those who are submerged
Daṁṣṭrā	The tusk
Muraripu-varāhasya	Of the Boar incarnation of Vishnu (who rescued Earth)
Bhavatī	You are (the Divine Mother)

Meaning You, O Divine Mother, are the **sun-city** that dispels the inner darkness of ignorance, the **stream of nectar** that awakens the dull-minded with knowledge, the **wish-fulfilling gem** for those afflicted with poverty (material or intellectual), and the **tusk of Lord Varaha** that lifts up those drowning in the ocean of worldly existence. Your presence brings light, wisdom, and liberation.

1. For people who don't know much (ignorant), you (Mother Goddess) are like the Sun who brings light and removes the darkness inside them.

Shlokas for Students

2. **For those who are dull or slow to understand,**
you are like a sweet flower giving drops of knowledge that make their minds bloom.
 3. **For poor people who have nothing,**
you are like a magical gem that gives them everything they need.
 4. **For people drowning in problems and life's troubles,**
you are like Lord Vishnu's strong teeth that pull them out safely.
-

This verse praises the **Divine Mother (Devi)** and compares her kindness and power to:

- The **sun** for ignorant minds
- The **honey** of a flower for dull people
- A **wish-fulfilling gem** for the poor
- The **boar's teeth** of Lord Vishnu (Varaha) who saves people from drowning

4. Significance for Students (Short Paragraph)

- This verse teaches students that **true knowledge and wisdom** are blessings of the **Divine Feminine energy**. Just as the sun removes darkness, the Goddess removes ignorance. For students, invoking Her helps develop **clarity, sharp intellect, and focus**, guiding them through confusion and difficulty toward learning and success.

Youtube <https://www.youtube.com/watch?v=G9x9xvxzVBk>

Traditional: <https://www.youtube.com/watch?v=IoMEtpcLSgA>

For Great Eye-Sight: Chakṣuṣmatīm ca me vidyām, chakṣur-devīm ca me śriyam |

Chakṣuṣmatīnām āyuṣyam, chakṣuṣmatīnām yaśasvinīm ||

Source: Krishna Yajurveda – Taittiriya Aranyaka (4.30.1)

Chakṣuṣmatīm –	One who has good vision (possessing sharp eyesight)
cha –	and
me –	for me
vidyām –	knowledge (spiritual and intellectual learning)
chakṣur-devīm –	the divine goddess of sight (symbolic of clarity and perception)
śriyam –	wealth, prosperity, blessings
chakṣuṣmatīnām –	among those who possess sight
āyuṣyam –	long life, longevity
yaśasvinīm –	fame, glory, good reputation

Meaning : “May I be blessed with the divine knowledge that bestows keen eyesight and clarity of vision. May the Goddess of Sight (vision) grant me both inner and outer prosperity. Among those who have good vision, may I receive long life and lasting glory.”

This verse is both a literal and symbolic prayer — asking not only for healthy eyes, but also for spiritual insight, wisdom, and success.

Significance for Students: For students, this shloka holds great value. It reminds them that vision is not just physical, but also intellectual and spiritual. In a time when screen time strains eyes and distractions cloud clarity, chanting this shloka helps promote mental focus, eye health, and the pursuit of wisdom. Regular recitation with mindfulness can instill calmness, enhance memory, and improve clarity of thought — all essential for effective learning.

Additional Help: Daily Spiritual & Character-Building Habits

1. **Wake up during Brahma Muhurtam** (approximately 4:00–6:00 AM) for a peaceful and focused start to the day.
2. **Follow the Yamas and Niyamas** – the foundational moral and spiritual disciplines from the Yogic tradition.
3. **Pray to God upon waking and before going to sleep**, expressing gratitude and seeking guidance.
4. **Offer a prayer before eating food**, acknowledging the divine energy behind nourishment.
5. **Help parents with household chores** regularly, showing love and responsibility.
6. **Recite a shloka** whenever you feel low, anxious, or moody to uplift your spirit.
7. **Pray to God after taking a bath**, invoking purity and divine blessings for the day.
8. **Apply Vibhuti or Kumkum on the forehead** before going to school as a mark of sanctity and protection.
9. **Recite “Sumukha Ekadantascha...”** (a Ganesha dhyana shloka) before stepping out of the house.
10. **When angry, chant “Om Shanti Shanti Shantih” or “Shantākāram Bhujagaśayanam”** to calm the mind.
11. **While waiting in queue at temples, chant a related shloka or mantra 108 times** instead of gossiping.
12. **Avoid junk food and ice creams**, choosing health and discipline over momentary cravings.
13. **Choose a favorite shloka or mantra**, chant it during free time, and eventually turn it into a daily *sādhana* (spiritual practice).
14. **Speak gently and respectfully**; avoid gossip, harsh words, or unnecessary chatter.
15. **Write “Rama,” “Govinda,” or a divine name** daily—at least 11 times or one full page—to build devotion and focus.
16. **Practice meditation for at least 10 minutes daily**, to cultivate inner peace and awareness.
17. **Keep a Gratitude Journal** Write 3 things you're grateful for every day—this cultivates contentment and humility.

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18. **Read a few lines from a sacred text daily** Bhagavad Gita, Ramayana, Mahabharata, or any scripture suited to your path—read with reflection, not just for memory.
19. **Avoid lying or exaggerating even in small matters** Truthfulness (*Satya*) is the root of all virtues.
20. **Follow digital discipline** Limit phone, social media, and TV time—especially avoid screen use within 30 minutes of waking or sleeping.
21. **Observe Mauna (Silence) for 10–15 minutes a day** Helps calm the mind and reflect on your thoughts.
22. **Offer water to Tulsi or any sacred plant daily** Builds a connection with nature and fosters devotion.
23. **Participate in simple Seva (service)** Helping elders, cleaning your study space, or serving food with love—every act becomes worship.
24. **Keep your surroundings neat and clean** A clean space influences a clean mind (*“Yatha sthalam, tatha chittam”* – As the place, so the mind).
25. **Practice conscious breathing (Pranayama)** 3–5 minutes of slow breathing or Nadi Shuddhi / anulom- vilom (alternate nostril breathing) before studies or sleep.
26. **Chant or listen to Bhajans / Devotional songs daily** Melodic devotion helps open the heart and strengthens memory.
27. **Light a diya in front of the altar every evening** Symbolic of bringing light into your life and dispelling darkness.
28. **Offer water to the Sun (Surya Arghya) in the morning** Enhances energy, clarity, and discipline.
29. **Avoid wasting food, water, and electricity** Develops ecological awareness and gratitude.
30. **Practice forgiveness before sleeping** Mentally forgive all who hurt you and seek forgiveness from the Divine for your own errors.
31. **Touch the feet of parents and elders every morning/ during festivals:** A gesture of humility that invites blessings (*āśīrvāda*).
32. **Avoid speaking ill of others** behind their back: Cultivates purity of speech (*śuddha vāñī*) and intention.
33. **Memorize and chant one new shloka or verse each week:** Helps improve memory, focus, and Sanskrit familiarity.
34. **Observe Ekādaśī or at least one fasting day with simple diet and prayer:** Fasting purifies the body and strengthens willpower.
35. **Use respectful words like “Please,” “Thank you,” “Namaste,” and “Sorry”** sincerely and regularly.
36. **Respect your books and study materials:** Never throw them; treat them as forms of Goddess Saraswati.

Shlokas for Students

37. **Sit in Vajrāsana (yoga posture) after meals for 5–10 minutes:** Aids digestion and centers the mind.
38. **Avoid using negative words like “can’t,” “hate,” “useless” in self-talk or about others.**
39. **Decorate home prayer space with flowers or simple rangoli during festivals:** Encourages reverence and joy in worship.
40. **Avoid littering anywhere, even outside the home:** Treat public places like temples—with respect.
41. **Begin any new task or study session with a small prayer or “Om” chant:** Aligns the energy and clears distractions.
42. **Learn a simple classical art form or Bhakti-based skill:** Singing, dance, drawing deities, or playing bhajans – brings joy and culture.
43. **Read or listen to stories of saints and great personalities:** Like Swami Vivekananda, Mirabai, Bhakta Prahlada, or modern role models.
44. **Offer your achievements to God mentally :** Whether in exams, competitions, or life—stay humble through surrender.
45. **Avoid mocking others' beliefs, dress, looks, or background:** Practice *sarva-dharma-sammāna* (respect for all faiths).
46. **Before sleeping, think: “What good did I do today?” and “What can I improve tomorrow?”:** Builds self-awareness and discipline without guilt.
47. **Avoid wasting time with excessive complaints or arguments:** Conserve energy for growth and solutions.
48. **Remember God even in success :** Not just in difficulty; gratitude in good times is the sign of true devotion.

Simple Mantras for Daily Sādhana

Mantra	Purpose	Repetition
“Om”	Universal sound, mental peace	21 times in morning
“Om Namo Bhagavate Vāsudevāya”	Devotion to Krishna	108 times with mala
“Om Sri Hanumate Namah”	Strength & willpower	11 or 21 times daily
“Om Aim Saraswatyai Namah”	For memory and focus	21 times before studies
“Om Namah Shivaya”	Calm and purity	108 times (especially on Mondays)
“Ram Ram” / “Govinda Govinda”	Bhakti, simplicity	Write or chant anytime

Additional Reading / Listening for Students

☀️ Core Scriptures & Wisdom Texts

1. **Medhā Sūktam** – Vedic hymn for intelligence and memory
2. **Rāmāyaṇam** – Teaches ideal behavior, values, and dharma
3. **Srimad Bhagavad Gītā** – Spiritual guidance on handling stress and making right decisions
4. **Mahābhāratam** – Lessons on courage, karma, and choices
5. **Bhāgavata Purāṇa (selected stories)** – Stories like Dhruva, Prahlāda for devotion and discipline

☀️ Sahasranāmas & Important Stotras

7. **Viṣṇu Sahasranāma** – Chanting/listening increases focus and inner strength
8. **Lalitā Sahasranāma** – Builds grace, devotion, and clarity of mind
9. **Hanuman Chalisa** – Helps remove fear and anxiety.
10. **Kanakadhārā Stotram** – Invokes blessings and prosperity
11. **Viṣṇu Śatpadi** – Short and beautiful prayer of lord Vishnu
12. **Soundarya Lahari** – Enhances devotion and aesthetic sense

ॐ Protection, Learning & Daily Recitation

13. **Gāyatrī Mantra** – For clarity, focus, and divine light (post-upanayanam or with guidance)
14. **Rāma Rakṣā Stotram** – Daily protection and mental peace
15. **Āditya Hṛdayam** – Strengthens confidence and energy (especially before exams)
16. **Devī Aparādha Kṣamāpāṇa Stotram** – Cultivates humility and surrender
17. **Kanda Śashti Kavacham (Tamil)** – Powerful shield of protection through Lord Murugan
18. **Śiva Mānasapūja** – Teaches mental worship and inner devotion

✅ How to Practice (Suggestions)

- **Begin with listening**, understanding meaning for a week
- **Choose 1 mantra/stotra** everyday and keep adding till you complete sthotra.
- On special days (Monday for Shiva, Thursday for Guru, Friday for Devi), **recite related stotras**
- **Write simple names** like “Rāma,” “Govinda,” “Om” daily – 1 page or 11 times

Shlokas for Students

- Encourage **group chanting in family or school prayer sessions**

Summary :

Daily Habits for a Happy, God-connected Life

1. **Wake up peacefully.** Sit quietly, remember your favorite God, and chant a simple mantra.
2. **Before school,** pray for 5 minutes. Chant “Vakratunda Mahakaya,” “Saraswati Namasthubhyam,” and a few favorite shlokas.
3. **Thank your ancestors** and pray for our country, **India.**
4. **Offer food to birds.** Before eating, say “Annadata Sukhibhava” or “Krishnarpanam.”
5. **Be your best self.** No junk food, no mobile reels/TV , no bullying. Respect elders and be joyful.
6. **In the evening,** learn one shloka from the Gita or any Ashtakam like “Kalabhairava Ashtakam.”
7. **Set learning goals.** Decide which shloka you want to learn next and keep revising old ones.
8. **At bedtime,** say sorry for mistakes and chant God’s name (like Jai Shri Ram / Hare Krishna) until sleep.
9. **Visit a temple** once a week.
10. **Use holidays** to visit nearby Swayambhu temples.
11. **Avoid non-veg food** on Sundays, Amavasya, and festivals.
12. **In Happiness and Sad times:** Remember God atleast once a day.
13. **Remember:** Life always has happy and sad times. That’s normal. But when we stay close to God and follow these good habits daily, weekly, and monthly—our mind becomes strong. Even during difficult times, you will feel peaceful and calm.

“If you are living in India, try to locate the nearest Swayambhu Kshetra, Shakti Peetham, or prominent Saiva or Vaishnava temple. Learn the shlokas, Ashtakams, or sthotrams related to the deity of that temple.

Also, learn the shlokas of your family deity or your favorite deity, and begin building a connection with God from an early age.”

Swasthi

Sarvam Sri Uma Pareshwara arpanam asthu

About This Document

Namaste,

I am Kalpana Rajesh — a chemical engineer turned entrepreneur, best known as the founder of [Pellipoolajada](http://www.pellipoolajada.com/) (<http://www.pellipoolajada.com/>) and [DecorbyKrishna](http://www.decorbykrishna.com/). (<http://www.decorbykrishna.com/>) While I never considered myself overtly religious, my journey into spirituality began in the most gentle and beautiful way — during my childhood, living close to a Ganesha temple. The divine melodies of devotional songs flowing from the temple's loudspeakers left an imprint on my heart. I learned Ghantasala garu's *Bhagavad Gita* simply by listening — unknowingly sowing the seeds of a lifelong bond with shlokas and music.



In 2010, while listening to Chaganti Koteswara Rao garu's discourses on the **Ramayanam**, a thought blossomed in me: *"If I ever rise above these financial struggles, I will lead rest of my life teaching Ramayanam."* Life unfolded its divine plan — Pellipoolajada and DecorbyKrishna were born, and my life transformed.

When the time finally came to begin this journey of sharing, the Lord gently redirected me. Instead of Ramayanam, I found myself drawn deeply into the teachings of the *Srimad Bhagavad Gita*. In 2024, I began teaching the Gita to children in our township, completely free of cost — inspired, once again, by the grace-filled path shown by Chaganti garu.

What began as simple weekly gatherings soon blossomed into something profound. We expanded our learning to include *Hanuman Chalisa*, *Mahishasura Mardini Stotram*, *Kanda Shashti Kavacham*, *Kalabhairava Ashtakam*, daily shlokas, rituals, the *Valmiki Ramayanam*, kolam art, and the foundational values of Sanatana Dharma.

Ironically, it wasn't just the children who were learning — I found myself transformed. To teach them, I had to study deeply, reflect, and explain. Slowly but surely, I noticed a shift within myself: I became more grounded, calmer, more organized. My thoughts became clearer, stress reduced and a quiet joy filled our home. These children, in truth, were not just students — they were divine instruments helping cleanse and elevate my soul.

I remain eternally grateful to **Shirdi SaiBaba** for everything and to each child who came to my class with an open heart. Many parents shared how their once-reticent children began chanting fluently, how their confidence grew, and how their behaviour improved — with siblings, with studies, and with life itself. If such transformation is possible in a small rural township, imagine the ripple effect ***if every parent made a small effort — teaching their own children, and perhaps two or three more.***

Living in a rural area where the disparity in income is high and poverty is widespread, I've observed a growing need for **inner strength, moral grounding, and emotional support**, especially among students from lower-income families. Many children lack

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exposure to the timeless values deeply rooted in Hinduism — values that foster **self-confidence, resilience, and a sense of purpose.**

Today's education teaches concepts like trigonometry and atomic structure, which may or may not be used in everyday life. But **life skills such as humility, discipline, and devotion are universally relevant** and urgently needed — especially in communities where youth are vulnerable to stress & hopelessness. To address this, I am planning to **organize one-month value-based spiritual learning programs** in temples in rural areas, aimed at students up to Class 12. The plan includes, hiring teachers and students part-time to teach foundational spiritual content and connect with donors. Still figuring out, how to take this idea forward.

I made this document as a handout to students, but then my brother suggested I keep a digital copy for online users.

I am not a scholar, just a seeker walking this divine path. If you notice any errors in my notes or documents, I welcome your suggestions with humility.

Please feel free to share this document with parents, teachers, and anyone yearning to see a more peaceful, spiritually rooted society. Together, let's sow the seeds of Sanatana dharma and grow a generation rooted in wisdom, values, and inner strength.

With heartfelt gratitude,
Kalpana Rajesh

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