



Balvihar Hindi School Atlanta
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An Educational Program of World Hindu Council of America (VHPA)
(www.balvihar.org)

1. Please chant 3 times – ॐ (Aum)

2. गणेश वन्दना (Prayer to Ganesh)

वक्र तुंड महाकाय, सूर्यकोटि समप्रभ । निर्विघ्नं कुरुमे देव, सर्व कार्येषु सर्वदा ॥

Vakra-tunda mahākāya soorya koti sama prabha;

Nir-vighnam kuru me deva sarva kāryeshu sarvadā.

Meaning: I pray Lord Ganesha with big-body and curved trunk, whose glory equals that of million suns, let all my undertakings be always successful without any obstacles.

3. गुरु प्रार्थना (Prayer to Teacher)

गुरुर ब्रम्हा गुरुर्विष्णुः, गुरुर्देवो महेश्वरः । गुरुः साक्षात् परब्रम्ह, तस्मै श्री गुरवे नमः ॥

Gurur Brahmaa Gurur Vishnu, Gurur Devo Maheshvarah;

Gurur Sakshaat Parabrahma, Tasmai Shri Gurave Namah.

Meaning: The Guru is Brahma (the creator within Hindu Trinity); the Guru is Vishnu (the preserver); the Guru is Shiva (the final dissolver of the universe); the Guru alone is the Supreme Brahman, The Absolute. To Him, the great Guru, I offer my salutation.

4. ईश्वर प्रार्थना (Prayer to God)

त्वमेव माता च पिता त्वमेव, त्वमेव बंधुश्च सखा त्वमेव ।

त्वमेव विद्या द्रविणं त्वमेव, त्वमेव सर्व मम देव देव ॥

Twameva mātāsh-cha pitā twameva, twameva bandhush-cha sakhā twameva

twameva vidyā dravinam twameva, twameva sarvam mam deva deva.

Meaning: You are the father, you are the mother, you are the relative and you are the friend. You are one who gives all the knowledge. For me you are everything, supreme divinity - giver of everything that sustains and illuminates life.



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5. सरस्वती प्रार्थना (Prayer to Saraswati, Goddess of Learning)

सरस्वती नमस्तुभ्यं, वरदे कामरूपिणीं ।

विद्या रम्भं करिष्यामि, सिद्धिर्भवतु मे सदा ॥

Saraswati Namastubhayam Varde Kaamroopini,

Vidhyaaarambham Karishyaami Sidhirbhavatu May Sadaa

Meaning: Oh ! Goddess Saraswati, my humble prostrations unto thee, who is the fulfiller of all wishes.

I start my studies with thy worship and always pray for success

6. गायत्री मन्त्र (Gayatri Mantra)

ॐ भूर्भुवः स्वः । तत् सवितुर्वरेण्यं । भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥

Om bhūr bhuvah svah, tat savitur vareṇyam ।

bhargo devasya dhīmahi dhiyo, yo nah prachodayāt ॥

Meaning: O God, Thou art the giver of life, the remover of pain and sorrow, the bestower of happiness; O Creator of the Universe, may we receive Thy supreme, sin destroying light; may Thou guide our intellect in the right direction.

7. शान्ति पाठ (Peace Prayer)

ॐ सहनावतु, सह नौ भुनक्तु, सहवीर्यकरवावहै ।

तेजस्विनावधीतमस्तु, माँ विद्विषावहै ॥

॥ ॐशांतिःशांतिःशांतिः ॥



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वन्दे मातरम् (Vande maataram)

वन्दे मातरम् सुजलां सुफलां
मलयजशीतलाम्
सस्य श्यामलां मातरम् ।
शुभ्र ज्योत्स्ना पुलकित
यामिनीम्
फुल्ल कुसुमित
द्रुमदलशोभिनीम्,
सुहासिनीं सुमधुर भाषिणीम्
सुखदां वरदां मातरम् ॥

Vande maataram
sujalaaM suphalaaM malayaja
shiitalaaM
SasyashyaamalaaM maataram ॥
Shubhrajyotsnaa pulakitayaaminiiM
pullakusumita drumadala shobhiniM
suhaasiniM sumadhura bhaashhiNiiM
sukhadaaM varadaaM maataram ॥

Translation by Shree Aurobindo

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

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



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गीत

ईश हमें देता है सबकुछ हम भी तो कुछ देना सीखें

सूरज हमें रोशनी देता हवा नया जीवन देती है, भूख मिटाने को हम सब की धरती पर होती खेती है

औरों का भी हित हो जिसमें हम ऐसा कुछ करना सीखें ॥१॥

गरमी की तपती दुपहर में, पेड़ सदा देते हैं छाया, सुमन सुगन्ध सदा देते हैं, हम सबको फूलों की माला

त्यागी तरुओं के जीवन से, हम परहित कुछ करना सीखें ॥२॥

जो अनपढ़ हैं उन्हें पढ़ायें, जो चुप हैं उनको वाणी दें, पिछड़ गये जो उन्हें बढ़ायें, समरसता का भाव जगा दें

हम मेहनत के दीप जलाकर, नया उजाला करना सीखें ॥३॥

ईश हमें देता है सबकुछ हम भी तो कुछ देना सीखें

iiśa hame detā hai sabakucha hama bhī to kucha denā sīkheN

sūraja hame rośanī detā havā nayā jīvana detī hai
bhūkha miṭ āne ko hama saba kī dharatī para hotī khetī hai
auromkā bhī hita ho jisame hama aisā kucha karanā sīkhe ||1||

garamī kī tapatī dupahara me peḍa sadā dete hai chāyā
sumana sugandha sadā dete hai hama sabako phūlomkī mālā
tyāgī taruomke jīvana se hama parahita kucha karanā sīkhe ||2||

jo anapaḍha hai unhe paḍhāye jo cupa hai unako vāṇī de
pichaḍa gaye jo unhe baḍhāye samarasatā kā bhāva jagā de
hama mehanata ke dīpa jalākara nayā ujālā karanā sīkhe ||3||



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Meaning

Ishwar gives us everything; let us also learn to give something
Sun gives us light, wind gives us new life,
To extinguish our hunger, the earth gives us bountiful harvest .
Let us learn from them and perform actions that will benefit others.
In the parched heat of the afternoon, the trees always give us shade
The fragrant flowers always give us, sweet smelling garlands of flowers.
Let us learn from the life of the ever-sacrificing trees,
to work towards the welfare of everyone.
Ishwar gives us everything; let us also learn to give something.
Let us teach the UN-lettered, let us give our voice to the silent,
Let us encourage those who are left behind to come forward,
Let us cultivate the feeling of equality in everyone,
Let us light the lamp of hard work, and create a new light of awareness.
Ishwar gives us everything; let us also learn to give to others

American National Anthem- "The Star Spangled Banner"

**O! Say can you see by the dawn's early light
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars through the perilous fight,
O'er the ramparts we watched were so gallantly streaming.
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
O! Say does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?**



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Indian National Anthem- “Jana Gana Mana”

जन गण मन अधिनायक जय हे
भारत भाग्य विधाता
पंजाब सिंध गुजरात मराठा
द्राविड उत्कल वंग
विंध्य हिमाचल यमुना गंगा
उच्छल जलधि तरंग
तव शुभ नामे जागे
तव शुभ आशिष मागे
गाहे तव जयगाथा
जन गण मंगल दायक जय हे
भारत भाग्य विधाता
जय हे, जय हे, जय हे
जय जय जय जय हे!

Jana gaṇa mana adhināyaka jaya he
Bhārata bhāgya vidhātā
Punjāba Sindha Gujarāta Marāṭhā
Drāviḍa Utkala Vanga
Vindhya Himācala Yamunā Gangā
Ucchala jaladhi taranga
Tava śubha nāme jāge
Tava śubha āśiṣa māge
Gāhe tava jaya gāthā
Jana gaṇa mangala dāyaka jaya he
Bhārata bhāgya vidhāta
Jaya he jaya he jaya he
Jaya jaya jaya jaya he



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Closing Prayer

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

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

Meaning:

Om, That (Outer World) is Purna (Full with Divine Consciousness); This (Inner World) is also Purna (Full with Divine Consciousness); From Purna is manifested Purna (From the Fullness of Divine Consciousness the World is manifested), Taking Purna from Purna, Purna indeed remains (Because Divine Consciousness is Non-Dual and Infinite), Om, Peace, Peace, Peace.