

ओ३म्

तमसो मा ज्योतिर्गमय । तमसो मा ज्योतिर्गमय ।

# Mantras & Shlokas

*A compilation of Vedic Mantras & Shlokas  
with a gist of the meaning*

## CLASS – I

*Compiled by*

  
**ARYASAMAJ**  
FOUNDATION  
CHENNAI

## Preface

'Mantras' ensconced in the Vedas, is an immense source of knowledge bestowed to human beings by Ishvar, the Supreme Force. They are pearls of wisdom with deep intrinsic meaning. Interestingly, the word 'Mantri' (Minister) derived from 'Mantra', means a scholarly person who always 'thinks and advises'.

'Shlokas' are short verses that communicate the essentials for everyday living and were composed by our Yogis & Rishis.

Researchers have confirmed that chanting Mantras & Shlokas, either in solitude or as a group, has significant physical, mental and emotional benefits. When accompanied by systematic rhythmic deep breathing, chanting sharpens one's mind, improves concentration, energy and enthusiasm.

The rhythmic vibrations created by chanting Mantras and Shlokas create a melodious effect in the body known as the Neuro-linguistic Effect. Another effect known as the Psycho-Linguistic Effect occurs when one understands the meaning of what is chanted.

Mantras & Shlokas are a form of spiritual energy, manifested in words. They use ancient affirmations to bring about positive changes in our lives. The thought-energy waves created by chanting enhances our spiritual quotient, thus maintaining our moral compass and ensuring that we follow the eternal path of 'Dharma'.

The booklet is a compilation of Mantras & Shlokas from diverse sources, based on age appropriateness. The gist of the entire mantra (rather than word-by-word) has been provided, to help better understanding. However, there could be certain errors and omissions in the process. We request the reader to excuse us for the omissions, but please do bring to our notice any feedback for correction and improvement in subsequent versions. We will remain grateful to you for your support and feedback. You can write to 'Arya Samaj Foundation, 212-213, Avvai Shanmugam Salai, Gopalapuram, Chennai - 600 086 or email to [publications@davchennai.org](mailto:publications@davchennai.org).

M.R.P. ₹ 25/-

# CLASS - I

1. ओ३म् भूर्भुवः स्वः। तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।  
धियो यो नः प्रचोदयात् ॥

Om bhūr bhuvah svah |Tat-savitur-varenyam bhargo devasya dhīmahi |  
Dhiyo yo nah prachodayāt ||

(Yajur Veda | Chapter 36 | Mantra 3) &  
Rig Veda | Mandala 3 | Sukta 62 | Mantra 10)

O Source of life! (Praana), Remover of sorrow, Giver of happiness! We meditate upon You, who created this Universe and is the source of All knowledge and bliss. May You bless us with Supreme intellect. May You also guide our intellect on to the right path.

2. ओ३म् अन्नपते अन्नस्य नो देहि अनमीवस्य शुष्मिणः।  
प्र प्र दातारं तारिष ऊर्जं नो धेहि द्विपदे चतुष्पदे॥

Om annapate-annasya no dehi-anamīvasya śushminah |  
Pra pra dātāram tāriṣa ūrjjan no dhehi dvipade chatuṣpade ||

(Yajur Veda | Chapter 11 | Mantra 83)

O Ishvar! The Giver of food! May You provide us all living beings (human and animals) with healthy and energy producing food. Also, bless all those who have been involved in preparation of this food.

3. ओ३म् तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत् ।

पश्येम शरदः शतं जीवेम शरदः शतम् शृणुयाम शरदःशतं प्रब्रवाम शरदः शतमदीनाः स्याम  
शरदः शतं भूयश्च शरदः शतात् ॥

Om Tacchakshur-devahitam purastācchukramuccharat |  
Paśyema śaradah śatam jeevema śaradah śatam śrunuyāma śaradah  
śatam prabravāma śaradah śatam-adīnāḥ syāma śaradah śatam  
bhūyash-cha śaradah śatāt ||

(Yajur Veda | Chapter 36 | Mantra 24)

O Ishvar – Our well-wisher and the Giver of knowledge. May we see and learn for a hundred years; May we live a healthy life for hundred years; May we listen to scholars for hundred years; May we speak softly and always the truth for hundred years; May we live a happy meaningful life for hundred years and indeed even beyond that.

4. ओ३म् सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग् भवेत् ॥

Om sarve bhavantu sukhinah sarve santu nirāmayāḥ |

Sarve bhadrāni paśyantū mā kaśchid duhkha-bhāg bhavet ||

*(Brihadaranyaka Upanishad)*

O Ishvar! May all be happy; May all be free from illness and miseries; May all see what is auspicious; May no one suffer any pain.

5. विद्वत्त्वं च नृपत्वं च नैव तुल्यं कदाचन ।  
स्वदेशे पूज्यते राजा विद्वान् सर्वत्र पूज्यते ॥

Vidvatvam cha nripatvam cha naiva tulyam kadāchana |

svadeśe poojyate rājā vidvān sarvatra pūjyate ||

*(Hitopadesha)*

Intelligence and kingdom can never be compared. A king is respected in his own land whereas a wise man is respected everywhere.

6. उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः ।  
न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः ॥

Udyamena hi siddhyanti kāryāni na manorathaih |

Na hi suptasya simhasya praviśanti mukhe mṛgāḥ ||

*(Hitopadesha)*

One can achieve anything only by hard work; not by merely thinking about it. A deer does not enter the mouth of a lion by himself. (The lion despite being very strong still needs to work hard and hunt for its food)

7. सुखार्थिनः कुतो विद्या विद्यार्थिनः कुतः सुखम् ।  
सुखार्थी वा त्यजेत् विद्यां विद्यार्थी वा त्यजेत् सुखम् ॥

Sukhārthinah kuto vidyā vidyārthinah kutah sukham |

Sukhārthī vā tyajet vidyām vidyārthī vā tyajet sukham ||

*(Subhashitani)*

Those who are only after the comforts of life (sumptuous food, big house, exotic vacations etc.), cannot gain knowledge. Those who want to gain knowledge, cannot expect to have comforts of life as they have to work hard to gain

knowledge. Therefore, those who are in pursuit of a comfortable life should forget about gaining knowledge and those who are in pursuit of knowledge should forget about the comforts of life.

8. प्रियवाक्य प्रदानेन सर्वे तुष्यन्ति जन्तवः ।  
तस्मात् तदेव वक्तव्यं वचने का दरिद्रता ॥

Priyavākya pradānena sarve tushyanti jantavah |  
Tasmāt tadeva vaktavyam vachane kā daridrātā||

*(Subhashitani)*

We all feel happy when someone speaks to us pleasantly. Therefore, we all should only speak words that are pleasant. Why should one be miserly using such pleasing words?

9. परोपकाराय फलन्ति वृक्षाः परोपकाराय वहन्ति नद्यः ।  
परोपकाराय दुहन्ति गावः परोपकारार्थमिदं शरीरम् ॥

Paropakārāya phalanti vrikshāḥ paropakārāya vahanti nadyah |  
Paropakārāya duhanti gāvah paropakārārtham-idam śarīram ||

*(Subhashitani)*

Trees give fruits for others to eat; Rivers flow for others to use; cows give milk for the sake of others; similarly, this body should always be used to help others.

10. येषां न विद्या न तपो न दानम्  
ज्ञानं न शीलं न गुणो न धर्मः ।  
ते मर्त्यलोके भुविभारभृताः  
मनुष्यरूपेण मृगाश्चरन्ति ॥

Yeshān na vidyā na tapo na dānam,  
Jñānam na śīlam na guno na dharmah |  
Te martyaloke bhuvi bhārabhūtah,  
Manushyarūpena mrigāścharanti ||

*[Chanakya Niti | Chapter 10 | Shloka 7]*

One, who does not possess Vidya (Knowledge), Tapa (Penance), Daan (Sharing), Gyaan (Implementing the knowledge in everyday life), Sheelam (Humility), Guna (Good qualities) or Dharma (Righteousness) is a burden to Mother Earth. He is like an animal roaming about in the guise of a human being.

## 11. Birthday Song

जन्मदिनमिदम् अयि प्रिय सखे ।  
शं तनोतु ते सर्वदा मुदम् ॥  
प्रार्थयामहे भव शतायुषी ।  
ईश्वरः सदा त्वां च रक्षतु ॥  
पुण्यकर्मणा कीर्तिमर्जय ।  
जीवनं तव भवतु सार्थकम् ॥

Janmadinamidam ayi priya sakhe |  
Śantanotu te sarvadā mudam ||  
Prārthayāmahe bhava śatāyushī |  
Īśvarah sadā tvām cha rakshatu ||  
Punyakarmanā kīrtimarjaya |  
Jīvanam tava bhavatu sārthakam ||

O friend! May this birthday bring you auspiciousness and joy forever. Indeed, we all pray for your long life; May Ishvar always protect you. May you attain fame with your noble deeds; may you lead a very fulfilling and meaningful life.

## 12. मनसा सततं स्मरणीयम् वचसा सततं वदनीयम् लोकहितं मम करणीयम् ॥

Manasā satatam smaranīyam  
vachasā satatam vadanīyam  
lokahitam mama karānīyam ||

Let us always remember,  
Let us repeatedly keep saying,  
Our duty is to do good to the entire humanity.



न भोगभवने रमणीयम्  
न च सुखशयने शयनीयम् ।  
अहर्निशं जागरणीयम्  
लोकहितं मम करणीयम् ॥

Na bhoga bhavane ramanīyam  
na cha sukha śayane śayanīyam |  
Aharnīśam jāgaranīyam  
lokahitam mama karanīyam ||

Let us not focus on material pleasures,  
Let us not indulge in life of luxury.  
Let us always be aware that  
Our duty is to do good to humanity.

न जातु दुःखं गणनीयम्  
न च निजसौख्यं मननीयम् ।  
कार्यक्षेत्रे त्वरणीयम्  
लोकहितं मम करणीयम् ॥

Na jātu dukham ganānīyam  
na cha nija saukhyam mananīyam |  
Kārya kshetre tvaranīyam  
lokahitam mama karanīyam ||

Let us not keep remembering our sorrows,  
Let us not keep thinking about our happiness.  
Let us step up to take actions,  
Our duty is to do good to humanity.

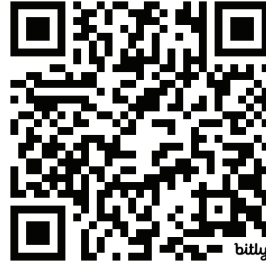
दुःखसागरे तरणीयम्  
कष्टपर्वते चरणीयम् ।  
विपत्तिविपिने भ्रमणीयम्  
लोकहितं मम करणीयम् ॥

Dukha sāgare taranīyam  
kashta parvate charanīyam |  
Vipatti vipine bhramanīyam  
lokahitam mama karanīyam ||

Let us sail over the oceans of misery, Let us scale mountains of difficulty.  
While passing through difficult times, Our duty is to do good to humanity.

*(Sanskrit Geet - Dr. Shridhar Bhaskar Varnekar)*

<https://bit.ly/DAV-01-MandS>



Price : ₹ 25

ISBN : 978-81-972044-5-6



9 788197 204456