

Mantras & Shlokas

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

CLASS - IV

> ARYASAMAJ FOUNDATION CHENNAL

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.

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CLASS - IV

पुनरावृत्तिः

1. ओ३म् भूर्भुवः स्वद्यौरिव भूम्ना पृथिवीव वरिम्णा |
तस्यास्ते पृथिवी देवयजनि पृष्ठेऽग्निमन्नादमन्नाद्यायादधे ||
Om bhūr bhuvah svar-dyauriva bhūmnā prithviva varimnā |
Tasyāste prithvi devayajani prishthe-agnim-annādam-annādyāyādadhe ||
(Yajur Veda | Chapter 3 | Mantra 5)

O God! You are the Giver of Praana (life), Remover of our sorrow, Giver of happiness and bliss. I hereby start the Agnihotra in this Hawan kund, which is placed on the Mother Earth. May the Agni (fire) be established smoothly and my offerings be kindly accepted.

2. ओ३म् उद्बुध्यस्वाग्ने प्रतिजागृहि त्विमष्टापूर्ते सं सृजेथामयं च | अस्मिन्त्सधस्थे अध्युत्तरस्मिन् विश्वे देवा यजमानश्च सीदत ||
Om udbhudya-svāgne prati-jāgrihi tvam-ishtāpūrte sam srijethām-ayam cha |
Asmint-sadhasthe-adhyuttarasmin vishve devā yajmānashcha sidata ||
(Yajur Veda | Chapter 15 | Mantra 54)

O God! May the kindled fire grow further in its full vigour. May our learned companions co-operate with us in all our work. May we help each other not only towards material progress but also towards our spiritual development.

3. ओ३म् अयन्त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्द्धस्व चेद्ध वर्धय चास्मान् प्रजया पशुभिर्ब्रह्मवर्चसेनान्नाद्येन समेधय स्वाहा || इदमग्रये जातवेदसे इदं न मम || Om ayanta idhma ātmā jātavedas-tene-dhyasva vardhasva chedha vardhaya chāsmān prajayā pashubhir-brahmavarchase-nānnā-dyena samedhaya svāhā || Idam agnaye jātavedase idam na mama ||

(Aashvalayana Grihya Sutra, 1.10.12)

O God! I offer this (samidha) to help this fire grow further in its full vigour. Similarly, may I also grow in my life blessed with family, animals as companions, vitality, food and other everyday needs. This offering is for the welfare of all - not only for me.

4. ओ३म् समिधाग्निं दुवस्यत घृतैर्बोधयतातिथिम् । आस्मिन् हव्या जुहोतन ॥

Om samidhāgnim duvasyata ghritair-bodhayatātithim | Āsmin havyā juhotana ||

(Yajur Veda | Chapter 3 | Mantra 1)

O God! We make the fire grow further by offering ghee and samidha. This offering is for the welfare of all - not only for me.

5. ओ३म् सुसमिद्धाय शोचिषे घृतं तीव्रं जुहोतन | अग्नये जातवेदसे स्वाहा || इदमग्नये जातवेदसे इदं न मम ||

Om susamiddhāya śochishe ghritam tivram juhotana |

Agnaye jātavedase svāha \parallel Idam agnaye jātavedase idam na mama \parallel

(Yajur Veda | Chapter 3 | Mantra 2)

O God! We offer pure and fragrant ghee in the fire. All the offerings will get converted into fine particles purifying the atmosphere. This offering is for the welfare of all - not only for me.

 ओ३म् तन्त्वा सिमद्भिरङ्गिरो घृतेन वर्द्धयामिस | बृहच्छोचा यविष्ठ्य स्वाहा || इदमग्रयेऽङ्गिरसे इदं न मम ||

Om tam-tvā samidbhir-angiro ghritena vardhayāmasi | Briha-cchochā yaviṣtya svāha | Idam agnaye angirase idam na ma

(Yajur Veda | Chapter 3 | Mantra 3)

O Agni (fire)! We offer you ghee and samidha, thus ensuring you glow brightly. This offering is for the welfare of all – not only for me.

 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.

श्रियवाक्य प्रदानेन सर्वे तुष्यन्ति जन्तवः।
 तस्मात् तदेव वक्तव्यं वचने का दरिद्रता।।
 Priyavākya pradānena sarve tushyanti jantavah |
 Tasmāt tadeva vaktavyam vachane kā daridratā||

(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. येषां न विद्या न तपो न दानम् ज्ञानं न शीलं न गुणो न धर्मः । ते मर्त्यलोके भुविभारभूताः 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.

10 दृष्टिपूतं न्यसेत्पादं वस्त्रपूतं जलं पिबेत् ।
सत्यपूतां वदेद्वाचं मनःपूतं समाचरेत् ॥
Drishti-pūtam nyaset-pādam vastra-pūtam jalam pibet |
satya-pūtām vaded vācham manah pūtam samācharet ||
(Manu Smriti | Chapter 6 | Shloka 46)

Take a step only after looking ahead; drink water filtered through a cloth; talk based on the truth; perform actions (karma) based on pure mind.

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11 धृतिः क्षमा दमोऽस्तेयं शौचिमिन्द्रियनिग्रहः । धीर्विद्या सत्यमक्रोधो, दशकं धर्म लक्षणम् ॥ Dhritih kshamā damosteyam śauchamindriya-nigrahah | Dhīr vidyā satyamakrodho daśakam dharma lakshanam || (Manusmriti | Chapter 6 | Shloka 92)

There are 10 characterstics of Dharma – Patience, Forgiveness, Control of mind, Non-stealing, Cleanliness (external and internal), Control of senses, Intellect backed by reasoning, True knowledge, Truthfulness and Not getting angry.

मनस्यन्यत् वचस्यन्यत् कर्मण्यन्यत् दुरात्मनाम् ।
 मनस्येकं वचस्येकं कर्मण्येकं महात्मनाम् ॥

Manasyanyat vachasyanyat karmanyanyat durātmanām | manasyekam vachasyekam karmanyekam mahātmanām ||

(Hipotadesha)

Those whose thoughts, words and actions are in perfect harmony, are noble. Those whose actions are contrary to their thoughts and words, are dishonourable

नवीनाः

1. ओ३म् स्वस्ति पन्थामनुचरेम सूर्याचन्द्रमसाविव।
पुनर्ददताघ्नता जानता सङ्गमेमिहि।।
Om swasti panthām-anucharema sūryāchandramasāviva|
Punar-dadatāghnatā jānatā sangamemahi||
(Rig Veda | Mandala 5 | Sukta51 | Mantra 15)

The Sun and the Moon rise and set, day after day, for the benefit of all. O Ishvar! May we also follow the righteous path, each and every day. May we also associate ourselves with noble people, who share with others, do not cause harm to anyone and are knowledgeable.

 ओ३म् अग्ने व्रतपते व्रतं चरिष्यामि तच्छकेयं तन्मे राध्यताम् । इदमहमनृतात् सत्यमुपैमि।।

Om agne vratapate vratam charishyāmi tacchakeyam tanme rādhyatām | Idam-aham-anritāt satyamupaimi ||

(Yajur Veda | Chapter 1 | Mantra 5)

O Ishvar! You enlighten us. You are the Lord of vows! May I steadfastly observe my vows. May You provide me the strength and help me fulfil my promises. I also take the vow of renouncing untruth and embracing the truth.

3. ओ३म् मोघमन्नं विन्दते अप्रचेताः सत्यं ब्रवीमि वध इत्स तस्य । नार्यमणं पुष्यित नो सखायं केवलाघो भवति केवलादी ॥ Om moghamannam vindate aprachetāh satyam bravīmi vadha itsa tasya | Nāryamanam pushyati no sakhāyam kevalāgho bhavati kevalādī || (Rig Veda | Mandala 10 | Sukta 117 | Mantra 6)

The wealth of a person who does not share for the benefit of family, friends, Vedic scholars, society or the country is useless. He lives a lonely life without accumulating any good karma.

4. ओ३म् सं सिमद्युवसे वृषन्नग्ने विश्वान्यर्य आ |
इळस्पदे सिमध्यसे स नो वसून्या भर ||
Om samsamidyuvase vrishannagne vishvānyarya ā|
Idaspade samidhyase sa no vasūnayā bhara ||
(Rig Veda | Mandal 10 | Verse 191 | Mantra 1)

O Ishvar! You are all powerful and the Creator of the universe. We all pray to You for your continued blessings.

5. ओ३म् सं गच्छध्वं सं वदध्वम् सं वो मनांसि जानताम् |
देवा भागं यथा पूर्वे सं जानाना उपासते ||
Om Sam gacchadvam sam-vadadvam sam-vo manāmsi jānatām |
Devā bhāgam yathā pūrve sam- jānānā upāsate ||
(Rig Veda | Mandal 10 | Sukta 191 | Mantra 2)

Let us all walk together, speak together in one voice, gain knowledge together. Like our 'Devaas' (scholars), may we always follow our duties.

6. ओ३म् समानो मन्त्र: समिति समानी समानं मन: सह चित्तमेषाम् |
समानं मन्त्रमभिमन्त्रये व: समानेन वो हविषा जुहोमि ||
Om Samāno mantrah samiti samāni samānam manah sah chittameshām |
Samānam mantramabhimantraye vah samānena vo havishā juhomi ||
(Rig Veda | Mandal 10 | Sukta 191 | Mantra 3)

May our thoughts, views and perspectives be aligned. Ishvar gives all of us knowledge, and showers Her blessings without any discrimination.

7. ओ३म समानी व आकूति: समाना हृदयानी व: |
समानमस्तु वो मनो यथा व: सुसहासति ||
Om Samāni va āktūhi samānā hridayāni vah |
Samānamastu vo mano yathā vah susahāsati ||
(Rig Veda | Mandal 10 | Sukta 191 | Mantra 4)

May all our hearts and resolutions be aligned. May we be affectionate towards each other and prosper together.

8. षड्दोषाः पुरुषेणेह हातव्या भूतिमिच्छता। निद्रा तन्द्रा भयं क्रोधः आलस्यं दीर्घसूत्रता Shad doshāh purusheneha hātavyā bhūtim-icchatā| Nidrā tandrā bhayam krodhah ālasyam dīrgha-sūtratā ||

(Mahabharat)

Those who want to be successful in life should get rid of these six bad habits—(i)Excess sleep, (ii) Lack of enthusiasm, (iii) Fear, (iv) Anger, (v) Laziness and (vi) Postponing work.

9. नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः ।

न चैनं क्लेदयन्त्यापो न शोषयति मारुतः ॥

Nainam chindanti śastrāni nainam dahati pāvakah|

Na chainam kledayantyāpo na śoshayati mārutah||

(Bhagavad Gita | Chapter 2 | Shloka 23)

This soul is eternal, i.e. exists forever - Weapons cannot cut it; Fire cannot burn it; Water cannot make it wet; Wind cannot dry it.

10. अद्भिर्गात्राणि शुध्यन्ति मनः सत्येन शुध्यति ।
विद्यातपोभ्यां भूतात्मा बुद्धिर्ज्ञानेन शुध्यति ||
Adbhirgātrāni śudhyanti manah satyena śudhyati ||
Vidyā-tapobhyām bhūtātmā buddhir-jñānena śudhyati ||
(Manusmriti | Chapter 5 | Shloka 109)

Our external organs are purified by water; Mind is purified by truthfulness; Soul is cleansed by education and penance (tapa); Intellect is purified by knowledge.

11. अनित्यानि शरीराणि विभवो नैव शाश्वतः |

नित्यं सन्निहितो मृत्युः कर्तव्यो धर्मसंग्रहः ।

Anityāni śarīrāni vibhavo naiva śāśvatah

Nityam sannihito mrityuh kartavyo dharma-sangrahah||

(Chanakya Nīti | Chapter 12 | Shloka 11)

Both, our body and wealth are temporary. Death is always near us and can occur at any time. Therefore, it is our duty to lead a righteous life and practice Dharma.

12. भिद्यते हृदयग्रन्थिश्छिद्यन्ते सर्वसंशयाः।

क्षीयन्ते चास्य कर्माणि तस्मिन् दृष्टे परावरे ॥

Bhidyate hridaya-granthiśchidyante sarva-sanśayāh

kshīyante chāsya karmāni tasmin drishte parāvare ||

(Mundaka Upanishad | Mundaka 2 | Khanda 2 | Verse 9)

When one realizes Ishvar, his ignorance vanishes; also, all doubts vanish and all bad karma & samskaars (impressions) are destroyed.

13. नारिकेलसमाकारा दृश्यन्ते हि सुहृज्जनाः।

अन्ये बदरिकाकारा बहिरेव मनोहराः॥

Nārikela samākāra driśyante hi suhrijjanāh |

Anye badarikākārā bahireva manoharāh ||

(Hitopadesh)

Coconut looks very hard and tough from outside, but is soft and tasty inside. Similarly, good people are tough from outside but soft and gentle internally. Others are like the jujube fruit which looks nice from outside but is not that good / tasty inside.

14. काकचेष्टा बकध्यानं श्वाननिद्रा तथैव च।

अल्पाहारी गृहत्यागी विद्यार्थी पञ्च लक्षणम्॥

Kāka-cheshtā baka-dhyānam śvāna-nidrā tathaiva cha

Alpāhāri grihatyāgi vidyārthī pancha lakshanam ||

(Chanakya Nīti)

The five characteristics of a student are :- (1) being Curious like a crow (2) to Concentrate like a crane (3) to Sleep like a dog (not oversleep) (4) to Eat in Moderation (5) to Sacrifice Comforts.

15. यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः ।

यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफलाः क्रियाः ॥

Yatra nāryastu pūjyante ramante tatra devatāh |

Yatraitāstu na pūjyante sarvāstatra-aphalah kriyāh ||

(Manusmriti | Chapter 3 | Shloka 56)

Divinity (Pleasant and Saatvik environment) flourishes where women are respected; Where women are insulted and disrespected, any activity, no matter how noble, is fruitless.

16. केयूरा न विभूषयन्ति पुरुषं हारा न चन्द्रोज्ज्वलाः

न स्नानं न विलेपनं न कुसुमं नालङ्कृता मूर्धजाः। वाण्येका समलङ्करोति पुरुषं या संस्कृता धार्यते

क्षीयन्ते खलु भूषणानि सततं वाग्भूषणं भूषणम्॥

Keyurā na vibhūshayanti purusham hārā na chandrojwalāh

na snānam na vilepanam na kusumam nālankritā mūrdhajāh

Vānyekā samalankaroti purusham yā samskritā dhāryate

kshīyante khalu bhūshanāni satatam vāgbhūshanam bhūshanam

(Nīti Shatakam)

Beautiful bangles, necklaces, fragrances and decorations do not adorn a person. They will definitely get destroyed over time. Following dharma and speaking the truth in a pleasant manner is the only jewel that will be permanent.

17. भोगा न भुक्ता वयमेव भुक्ताः

तपो न तप्तं वयमेव तप्ताः।

कालो न यातो वयमेव याताः

तृष्णा न जीर्णा वयमेव जीर्णाः॥

Bhogā na bhuktā vayameva bhuktāh

tapo na taptam vayameva taptāh |

Kālo na yāto vayameva yātāh

trishnā na jīrnā vayameva jīrnāh ||

(Vairāgya Shatakam)

We could not consume fully-rather we ourselves got consumed. We could not perform penance (tapa) - rather we ourselves got exhausted. We could not fruitfully spend time- rather time passed over us; Our desires did not get old (reduced) - rather we ourselves got weak and old, trying to fulfill our desires.

18. दयाकर! भक्ति विज्ञानं, पितः! परमात्मन् देयम् । दया देया दयालरसि. चितौ संशोधनं धेयम ।।१।। प्रभो! आगच्छ ध्याने मे. वस शीघ्रं च नेत्रे मे। तमश्छन्ने मनस्येत्य, परमज्योतिर्न आनेयम ।।२।। प्रवाहय प्रेमगंगां त्वं, मनस्स प्रीतिपीयुषम्। मिथः संवासो हे नाथ! वर्तनं च मया ज्ञेयम् ।।३।। राष्ट्रहेतोर्भवेन्मरणं, प्राणत्राणञ्च राष्ट्राय। स्वदेशे प्राणबलिदानं, प्रदेया सद्यः शिक्षेयम् ॥४॥ सेवनं धर्ममस्माकं, सेवनं कृत्यमस्माकम्। प्राणदानं च धर्मार्थं, करोमीति बलं धेयम् ।।५। Dayākara! Bhakti vijñānam, pitah paramātman deyam | Dayā deyā dayālurasi, chittau sanśodhanam dheyam | Prabho! āgaccha dhyāne me, vasa śīghram cha netre me Tamaśchanne manasyetya, paramajyotirna āneyam Pravāhaya premagangām tvam, manassu prīti-pīyūsham Mithah sanvāso hey nātha! vartanam cha mayā jñeyam | Rāshtra-hetorbhaven-maranam, prāna-trānancha rāshtrāya Svadeśe prānabalidānam, pradeyā sadyah śiksheyam | Sevanam dharmam-asmākam, sevanam krityam-asmākam Prānadānam cha dharmārtham, karomīti balam dheyam

O Merciful Ishvar! May I acquire the true knowledge of devotion.

May You shower your compassion, and purify my soul
O Ishvar! May I always remember You; May You be within me
May You enlighten my mind, which is covered with ignorance
Let the Ganges of love flow within me; my mind filled with affection
May I learn to cooperate, treating everyone with respect
O Ishvar! Give me the inspiration to even sacrifice my life for my nation
May I live to protect my country
May service be our Dharma; May service be our Karma (Actions)
Give me the strength to even sacrifice my life for protecting Dharma

EXERCISES

I.Rearrange the words and write the mantra:

1. ओ ३म् व्रतं सत्यमुपैमि अग्ने इदमहम् व्रतपते अनृतात् तन्मे चरिष्यामि तच्छकेयं राध्यताम् || Om vratam satyamupaimi agne idamaham vratapate anritāt tanme charishyāmi tacchakeyam rādhyatām ||

2. ओ३म् शोचिषे तीव्रं अग्नये स्वाहा इदं इदमग्नये न मम सुसमिद्धाय जातवेदसे घृतं जातवेदसे जुहोतन ॥

Om śochiṣe tivram agnaye svāha idam idamagnaye na mama susamid-dhāya Jātavedase ghritam jātavedase jihotana ||

II.	Comp	lete th	e follo	owing b	y filling	the	blanks	:
					,		~	•

1.	ओ३म् अयन्त आत्मा जातवेदस्तेनेध्यस्वचेद्ध वर्धय चास्मान्
	पशुभिर्ब्रह्मवर्चसे समेधय स्वाहा इदमग्नये इदं न मम
	Om ayantaātma jātavedas-tene-dhyasva chedha vardhaya
	Chāsmān pashubhir-brahmavarchase samedhaya svāha
	Idam agnaye idam na mama

2.	ओ३म्	विन्दते अप्रचेताः	ब्रवीमि वध इत्स	_
	नार्यमणं	नो सखायं	_ भवति ॥	
	Om	vindate aprachetāh	bravīmi vadha itsa	
	Nārvamana	m no sakhāvam	bhavati	

III. Match the columns to identify the sloka and write the full sloka:

A.	В
केयूरा न विभूषयन्ति पुरुषं	वाग्भूषणं भूषणम् ॥
न स्नानं न विलेपनं न कुसुमं	हारा न चन्द्रोज्ज्वलाः
वाण्येका समलङ्करोति पुरुषं	नालङ्कृता मूर्धजाः।
क्षीयन्ते खलु भूषणानि सततं	या संस्कृता धार्यते

A	В
Keyurā na vibhūshayanti purusham	vägbhüshanam bhüshanam
na snānam na vilepanam na kusumam	hārā na chandrojwalāh
Vānyekā samalankaroti purusham	nālankritā mūrdhajāh
kshīyante khalu bhūshanāni satatam	yā samskritā dhāryate

IV. Recite the slokas relevant to the topics given below:

- 1. On comforts and knowledge
- 2. Characteristics of Dharma
- 3. Soul is eternal.

V. State true or false:

- 1. Pleasant words bring happiness
- 2. Dharma and Truth are the only jewels that last a lifetime.
- 3. One who realises Ishvar lives in peace.
- 4. Desires, make us strong.
- 5. Wealth that benefits society brings honour.

VI. Match the slokas (column A) with their source(column B):

A	В
1. येषां [Yesham]	Manusmriti
2. मनस्यन्यत् [Manasyanyat]	Bhagavad Gita
3. नैनं [Nainam]	Chanakya Niti
4. भोगा [Bhoga]	Hitopadesha
5. यत्र नार्यः [Yatra narya	Vairagya shatakam

VII. Choose the correct meaning from the words given in brackets.

1. नारिकेल [Narikela]	(Ladies, Coconut, Banana)
2. গাশ্বন: [Shashvatah]	_ (Temporary. Permanent, Immovable)
3. गात्राणि [Gatraani]	(Soul, Body, Organs)
4. पावकः [Paavakah]	(Fire, Water, Air)
5. जन्तवः [Jantavah]	(Creatures, Births, Birds)

VIII. Match the words in column A with their opposites in column B:

Α	В	Α	В
1. अक्रोधः	विद्या	Akrodhah	Vidya
2. असत्यम्	ज्ञानम्	Asatyam	Jnanam
3. अविद्या	क्रोधः	Avidyaa	Krodhah
4. अज्ञानम्	प्रियम्	Ajnanam	Priyam
5. अप्रियम्	सत्यम्	Apriyam	Satyam

IX. Name the pictures in English and choose the relevant sloka from the given helpbox:







[Adbhirgātrāni.... / Drishti-pūtam.....] [अद्भिर्गात्राणि,,,,, / दृष्टिपूतं.....]

2.









[Bhogā na bhuktā / Shad doshāh.....] [भोगा न भुक्ताः / षड्दोषाः......]

X. Sing the song दयाकर!

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