



Mantras & Shlokas

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

CLASS – VI

Compiled by


ARYASAMAJ
FOUNDATION
CHENNAI

Preface

Third Edition published in 2025

'**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 '**Vedic Vidya Kendra**, 212-213, Avvai Shanmugam Salai, Gopalapuram, Chennai - 600 086 or email to publications@davchennai.org.

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CLASS - VI

पुनरावृत्ति:

1. ओ३म् स्वस्ति पन्थामनुचरेम सूर्याचन्द्रमसाविव ।
पुनर्ददाताघ्नता जानता सङ्गमेमहि ॥

Om swasti panthām-anucharema sūryāchandramasāviva |
Punar-dadatāghnatā jānatā sangamemahi | |

(Rig Veda | Mandala 5 | Sukta 51 | Mantra 15)

The Sun and the Moon rise and set each day, selflessly serving all beings. O Ishvar! May we too walk the path of righteousness every single day. May we surround ourselves with noble individuals who share generously, cause no harm, and possess true wisdom.

2. 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 are the source of enlightenment. You are the guardian of sacred vows. May I remain steadfast in my commitments and fulfil my promises. I also hereby vow to renounce falsehood and wholeheartedly accept the truth.

3. ओ३म् मोघमन्नं विन्दते अप्रचेताः सत्यं ब्रवीमि वध इत्स तस्य ।
नार्यमणं पुष्यति नो सखायं केवलाघो भवति केवलादी ॥

Om moghamannam vindate aprachetāḥ 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 fails to share it for the well-being of family, friends, vedic scholars, society or the nation, is of absolutely no use. Such a person leads a lonely life, without accumulating any good karma.

4. ओ३म् सं समिद्युवसेवृषन्नग्रे विश्वान्यर्य आ ।

इळस्पदे समिध्यसे स नो वसूत्या भर ॥

Om sam samidyuvase vrishannagne vishvānyarya ā |

Idaspade samidhyase sa no Vasūnyā bhara | |

(Rig Veda| Mandal 10 | Verse 191 | Mantra 1)

O Ishvar! You are the Almighty and the Creator of the entire Universe. We humbly pray for Your continued blessings upon us.

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)

O Ishvar! Let us walk together in harmony, speak with one voice, and seek knowledge as one. Like the Devaas (scholars), may we always fulfil our duties.

6. ओ३म् समानो मन्त्रः समिति समानी समानं मनः सह चित्तमेषाम् ।

समानं मन्त्रमभिमन्त्रये वः 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)

O Ishvar! May our thoughts, views, and perspectives be in harmony. You impart knowledge to all knowledge to all and bestow your blessings, without any discrimination.

7. ओ३म् समानी व आकूतिः समाना हृदयानि वः ।

समानमस्तु वो मनो यथा वः सुसहासति ॥

Om Samāni va āktūhi samānā hridayāni vah |

Samānamastu vo mano yathā vah susahāsati | |

(Rig Veda| Mandal 10 | Sukta 191 | Mantra 4)

O Ishvar! May our hearts and resolutions be united. Let us nurture affection for one another and prosper together in harmony.

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)

To achieve success in life, one must eliminate these six bad habits:

(i) Excess sleep, (ii) Lack of enthusiasm, (iii) Fear, (iv) Anger, (v) Laziness, and (vi) Procrastination (Postponing work).

9. नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः ।

न चैनं क्लेदयन्त्यापो न शोषयति मारुतः ॥

Nainam chindanti śastrāṇi nainam dahati pāvakah |

Na chainam kledayantyāpo na śoshayati mārutah | |

(Bhagavad Gita | Chapter 2 | Shloka 23)

This soul is eternal and indestructible - Weapons cannot cut it; Fire can never burn it; Water cannot wet it, wind can never dry it.

10. अद्धिर्गात्राणि शुध्यन्ति मनः सत्येन शुध्यति ।

विद्यातपोभ्यां भूतात्मा बुद्धिर्ज्ञानेन शुध्यति ॥

Adbhirgātrāṇi 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. 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 truly adorn a person, as they will inevitably perish over time. The only lasting adornments are living by Dharma and speaking the truth with kindness.

SAMARPAN PRARTHANA - DEVOTIONAL PRAYER

12. हे विभो! आनन्दसिन्धो! मे च मेधा दीयताम् ।

यच्च दुरितं दीनबन्धो! तच्च दूरं नीयताम् ॥ हे विभो...

चञ्चलानि चेन्द्रियाणि मानसं मे पूयताम् ।

शरणं याचे तावकोऽहं सेवकोऽनुगृह्यताम् ॥ हे विभो...

त्वयि च वीर्यं विद्यते यत् तच्च मयि निधीयताम् ।

या च दुर्गुणदीनता मयि सा तु शीघ्रं क्षीयताम् ॥ हे विभो...

शौर्यं धैर्यं तैजसं च भारते चेक्रियताम् ।

हे दयामय अयि अनादे! प्रार्थना मम श्रूयताम् ॥ हे विभो...

Hey vibho! ānandasindho! me cha medhā dīyatām |

Yacchaduritam dīnabandho! taccha dūram nīyatām | | Hey vibho...

Chanchalāni chendriyāni mānasam me pūyatām |

Śaranam yāche tāvakoham sevakonugrihyatām | | Hey vibho...

Tvayi cha vīryam vidyate yat taccha mayi nidhīyatām |

Yā cha durguna dīnatā mayi sā tu śīghram kshīyatām | | Hey vibho...

Śauryam dhairyam taijasam cha bhārate chekrīyatām |

Hey dayāmaya ayi anāde! prārthanā mama śrūyatām | | Hey vibho..

O Ishvar! The ocean of happiness; bless me with good intellect.

Please remove all my bad qualities and evil deeds.

Purify my various sense organs and mind, which get easily distracted.

I have come to You; kindly accept me as Your 'sevak'.

O Ishavar! Please bestow me with the vigor that you possess.

Remove at once all my weakness and bad qualities.

May all citizens of this country (Bharat) be brave, bright and patient.

O compassionate Almighty, the source of bliss, please listen to my prayers.

नवीनाः

1. ओ३म् । शन्नो देवीरभिष्टय आपो भवन्तु पीतये ।

शंयोरभि स्रवन्तु नः ॥

Om Śanno devīr-abhishtaya āpo bhavantu pītaye |

Śanyorabhi sravantu nah ||

(Yajur Veda | Chapter 36 | Mantra 12)

O Ishvar! Please bless us with prosperity and joy. May Your divine kindness bring happiness and peace to our surroundings.

2.

ओ३म् वाक् वाक् ।	Om vāk vāk	May we have the ability to speak clearly.
ओ३म् प्राणः प्राणः ।	Om prānah prānah	May we breathe freely and have a keen sense of smell.
ओ३म् चक्षुः चक्षुः ।	Om chakshuh chakshuh	May our vision remain sharp and clear.
ओ३म् श्रोत्रम् श्रोत्रम् ।	Om śrotram śrotram	May our hearing be strong and keen.
ओ३म् नाभिः ।	Om nābhih	May our umbilical region be healthy and robust.
ओ३म् हृदयम् ।	Om hridayam	May our heart function with strength and vitality.

ओ३म् कण्ठः ।	Om kanttah	May our throat remain sound and well.
ओ३म् शिरः ।	Om śirah	May our mind and intellect operate with clarity and wisdom.
ओ३म् बाहुभ्याम् यशोबलम् ।	Om bāhubhyām yaśo-balam	May our arms have strength.
ओ३म् करतल कर पृष्ठे ।	Om kara-tala kara-prishtte	May our palms be energized and full of vigor

(Taittiriya Āranyaka)

3.

ओ३म् भूः पुनातु शिरसि।	Om bhūh punātu śirasi	You are the source of life; May You purify my mind and intellect.
ओ३म् भुवः पुनातु नेत्रयोः।	Om bhuvaha punātu netrayoh	You are the remover of dukha (sorrows); May You purify my vision.
ओ३म् स्वः पुनातु कण्ठे।	Om svah punātu kantte	You are the giver of happiness; May You purify my throat.
ओ३म् महः पुनातु हृदये।	Om mahah punātu hridaye	You are the greatest; May You purify my heart.

ओ३म् जनः पुनातु नाभ्याम् ।	Om janah punātu nābhyām	You are the creator of all; May You purify my umbilical region.
ओ३म् तपः पुनातु पादयोः।	Om tapah punātu pādāyoh	You are the source of knowledge; May You purify my limbs.
ओ३म् सत्यं पुनातु पुनः शिरसि।	Om satyam punātu punah śirasi	You are the eternal truth; Once again, I seek purification of my mind and intellect.
ओ३म् खं ब्रह्म पुनातु सर्वत्र।	Om kham-brahma punātu sarvatra	You are present everywhere; Kindly purify all my organs.

(Taittiriya Āranyaka)

4.

ओ३म् भूः ।	Om bhūh	You are the source of life.
ओ३म् भुवः ।	Om bhuvah	You are the remover of dukha (sorrows)
ओ३म् स्वः ।	Om svah	You are the giver of happiness.
ओ३म् महः ।	Om mahah	You are the Supreme, greatest of all.
ओ३म् जनः ।	Om janah	You are the creator of everything.

ओ३म् तपः ।	Om tapah	You are the foundation of knowledge.
ओ३म् सत्यम् ।	Om satyam	You are the eternal truth.

(Taittiriya Āranyaka | Prapatakam 10 | Anuvākam 27)

5. ओ३म् ऋतं च सत्यं चाभीद्धात् तपसोऽध्यजायत ।

ततो रात्र्यजायत ततः समुद्रो अर्णवः ॥

Om ritam cha satyam chābhīddhāt tapaso-dhyajāyata |

Tato rātrya-jāyata tatah samudro arnavah ||

(Rig Veda | Mandala 10 | Sukta 190 | Mantra 1)

Ishvar is the creator of both movable and immovable aspects of this world. He also created the ‘night’ of dissolution (Pralaya), a phase that follows each cycle of creation, where everything dissolves into darkness and the world temporarily ceases to exist. When this extended period of dissolution ends, a new cycle of creation emerges, as atomic particles gather into a vast, ocean-like mass, giving rise to a fresh beginning.

6. ओ३म् समुद्रादर्णवादधि संवत्सरो अजायत ।

अहोरात्राणि विदधद्विश्वस्य मिषतो वशी ॥

Om samudrād-arnavād-adhi samvatsaro ajāyata |

Aho-rātrāṇi vidadhad-viśvasya mishato vaśī ||

(Rig Veda | Mandala 10 | Sukta 190 | Mantra 2)

The accumulated particles within the vast ocean-like mass merge naturally, giving rise to stars, planets, and other celestial bodies, which then begin to revolve in their own orbits. This movement brings the concept of Time into existence. Ishvar, the supreme controller of this entire process, effortlessly designs the division of Time into Day and Night.

7. ओ३म् सूर्याचन्द्रमसौ धाता यथा पूर्वमकल्पयत् ।

दिवं च पृथिवीं चान्तरिक्षमथो स्वः ॥

Om sūryā-chandra-masau-dhātā yathā pūrvam-akalpayat |

Divam-cha prithivīm cha-antarikshamatho svah ||

(Rig Veda | Mandala 10 | Sukta 190 | Mantra 3)

In this cycle of entire creation, Ishvar also created the Sun, Moon, Earth, and Sky, along with all the natural elements such as Air, Agni, and Water, as well as all life forms. He created them just as He had in past creations, and He will continue to do so in future ones.

8. ओ३म् अकामो धीरो अमृतः स्वयम्भू रसेन तृप्तो न कुतश्चनोनः।

तमेव विद्वान्न बिभाय मृत्योरात्मानं धीरमजरं युवानम् ॥

Om Akāmo dhīro amritah svayambhū rasena tripto na kutaśchanonah |

Tameva vidvān-na bibhāya mṛtyor-ātmānam dhīram-ajaram yuvānam ||

(Atharva Veda | Kānda 10 | Sukta 8 | Mantra 44)

Ishvar is beyond all desires, remains ever calm, immortal, self-existent, and self-satisfied, radiating the beauty of His own creation. He is complete and flawless in every way. A wise person who understands and realizes this eternal Supreme Force lives free from the fear of death.

9. उद्धरेदात्मनात्मानं नात्मानम् अवसादयेत् ।

आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥

Uddhared-ātmanā-ātmānam nātmānam avasādayet |

Ātmaiva hyātmano bandhur-ātmaiva ripur-ātmānah ||

(Bhagavad Gita | Chapter 6 | Shloka 5)

We should elevate our soul through our own efforts and not allow it to fall in grace by engaging in wrongful actions. Remember, the soul is its own greatest friend and also its own greatest enemy.

10. सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम् ।

प्रियं च नानृतं ब्रूयात् एष धर्मः सनातनः ॥

Satyam brūyāt priyam brūyāt na brūyāt satyam-apriyam |

Priyam cha nānṛitam brūyāt eṣa dharmah sanātanah ||

(Manusmṛiti | Chapter 4 | Shloka 138)

Speak the truth with kindness and compassion. Avoid expressing the truth in a harsh or hurtful way. Likewise, refrain from untruth only to flatter or please others. This is the essence of eternal dharma.

11. धर्म एव हतो हन्ति धर्मो रक्षति रक्षितः ।

तस्माद्धर्मो न हन्तव्यो मा नो धर्मो हतोऽवधीत् ॥

Dharma eva hato hanti dharmo rakshati rakshitah |

Tasmād-dharmo na hantavyo-mā-no-dharmo hatovadhīt ||

(Manusmriti | Chapter 8 | Shloka 15)

Dharma brings ruin to those who violate it. Dharma offers protection to those who uphold it. Therefore, always stay committed to the path of righteousness. Keep in mind that deviating from Dharma leads to our own downfall.

Dharma does not refer to religion; it signifies adhering to the path of righteousness and fulfilling one's daily responsibilities.

12. धैर्यं यस्य पिता क्षमा च जननी शान्तिश्चिरं गेहिनी

सत्यं मित्रमिदं दया च भगिनी भ्राता मनः संयमः ।

शय्या भूमितलं दिशोऽपि वसनं ज्ञानामृतं भोजनं

ह्येते यस्य कुटुम्बिनो वद सखे कस्माद् भयं योगिनः ॥

Dhairyam yasya pitā kshamā cha jananī, śāntiśchiram gehinī,

satyam mitram-idam dayā cha bhaginī, bhrātā manah sanyamah |

Śayyā bhūmitalam diśopi vasanam, jñānāmritam bhojanam,

hyete yasya kutumbino vada sakhe, kasmād bhayam yoginah | |

(Subhashitani)

A true Yogi always remains fearless, whose family includes - Patience as Father, Forgiveness as Mother, Peace as Spouse, Truth as Friend, Compassion as Sister, and Self-control as Brother. Such a person wears simple dress, sleeps on the floor, and consumes knowledge as food.

13. आदित्यस्य गतागतैरहरहः संक्षीयते जीवनम् ।

व्यापारैर्बहुकार्यं भारगुरुभिः कालोऽपि न ज्ञायते ।

दृष्ट्वा जन्मजरा-विपत्ति-मरणं त्रासश्च नोत्पद्यते

पीत्वा मोहमयीं प्रमादमदिरामुन्मत्तभूतं जगत् ॥

Ādityasya gatāgatair-ahar-ahah sankshīyate jīvanam

Vyāpāirair-bahukārya bhāra-gurubhih kālopi na jñāyate |

Drishtvā janma-jarā vipatti maranam trāsaś-cha notpadyate
pītvā mohamayīm pramāda-madirām-unmatta-bhūtam jagat ||

(Vairagya shatakam)

With each sunrise and sunset, our lifespan gradually decreases. Days, weeks, months, and years pass by, yet we remain absorbed in our daily routines. Despite witnessing birth, aging, countless challenges, and even death, we feel no fear. It is as if we are intoxicated, unable to grasp the true purpose of life.

14. एते सत्पुरुषाः परार्थघटकाः स्वार्थं परित्यज्य ये
सामान्यास्तु परार्थमुद्यमभृताः स्वार्थाविरोधेन ये ।
तेऽपि मानवराक्षसाः परहितं स्वार्थाय निघ्नन्ति ये
ये निघ्नन्ति निरर्थकं परहितं ते के न जानीमहे ॥

Ete satpurushāḥ parārtha-ghatakāḥ svārtham parityajya ye
sāmānyāstu parārtham-udyama-bhritāḥ svārthā-virodhena ye |
Temī mānava-rākshasāḥ parahitam svārthāya nighnanti ye
ye nighnanti nirarthakam parahitam te ke na jānīmahe ||

(Nīti Shatakam)

Great individuals are those who sacrifice their own well-being for the welfare of others. Ordinary people help others while also looking after their own self interests. Demons (Rakshasas) are those who harm others for their own benefit. However, there is no name for those who inflict suffering on others without any reason at all.

15. घृष्टं घृष्टं पुनरपि पुनश्चन्दनं चारुगन्धं
छिन्नं छिन्नं पुनरपि पुनः स्वादुचैवेक्षुदण्डम् ।
दग्धं दग्धं पुनरपि पुनः काञ्चनं कान्तवर्णं
प्राणान्तेऽपि प्रकृतिविकृतिर्जायते नोत्तमानाम् ॥

Ghrishtam ghrishtam punarapi punaś-chandanam chārugandham
chhinnam chhinnam punarapi punah svādu-chaivekshu-dandam |
Dagdham dagdhham punarapi punah kānchanam kāntavarṇam
prānāntepi prakriti-vikritir-jāyate nottamānām ||

(Subhashitani)

Sandalwood releases its fragrance even when repeatedly rubbed against a stone
Sugarcane retains its sweetness despite being cut into many pieces. Gold remains
radiant even when subjected to intense heat. Likewise, noble individuals uphold their
virtues, unwavering in the face of insult, suffering, or even death.

16. भोगे रोग भयं कुले च्युतिभयं वित्ते नृपालाद्भयं
माने दैन्य भयं बले रिपु भयं रूपे जराया भयम् ।
शास्त्रे वाद भयं गुणे खलभयं काये कृतान्ताद्भयं
सर्वं वस्तु भयान्वितं भुवि नृणां वैराग्यमेवाभयम् ॥

Bhoge roga bhayam kule chyuti-bhayam vitte nripālād-bhayam
māne dainya bhayam bale ripu bhayam rūpe jarāyā bhayam |
Śāstre vāda bhayam, gune khala-bhayam kāye kritāntād-bhayam
sarvam vastu bhayānvitam bhuvi nrinām vairāgyameva-abhayam ||

(Subhashitani)

Pleasure comes with the fear of disease; Reputation carries the fear of disgrace; Wealth
brings the fear of taxation by rulers; Prestige holds the fear of humiliation; Power is
accompanied by the fear of enemies; Beauty by the fear of old age; Scholarship by
the fear of debate with learned opponents; Virtue by the fear of criticism from the
wicked; The body itself by the fear of death. In this world, fear is intertwined with
everything. Only Vairagya (deep detachment) grants true fearlessness.

17. विद्या नाम नरस्य रूपमधिकं प्रच्छन्नगुप्तं धनम्
विद्या भोगकरी यशः सुखकरी विद्या गुरुणां गुरुः ।
विद्या बन्धुजनो विदेशगमने विद्या परा देवता
विद्या राजसु पूज्यते न तु धनं विद्याविहीनः पशुः ॥

Vidyā nāma narasya rūpam-adhikam, pracchanna-guptam dhanam
Vidyā bhogakarī yaśah sukhakarī vidyā gurūnām guruh |
Vidyā bandhujano videśagamane, vidyā parā devatā
Vidyā rājasu pūjyate na tu dhanam vidyā-vihīnah paśuh ||

(Nīti Shatakam)

Knowledge with wisdom is one's greatest treasure, true beauty, selfless benefactor (Devataa), ultimate guru, and hidden wealth. It paves the way for fame, happiness, and prosperity. Kings honor wisdom, not wealth. Without it, we are no different from animals.

18. आहार निद्रा भय मैथुनं च सामान्यमेतत् पशुभिर्नराणाम् ।

धर्मो हि तेषामधिको विशेषो धर्मेण हीनाः पशुभिः समानाः ॥

Āhāra nidrā bhaya maithunam cha sāmānyametat paśubhir-narānām |

Dharmo hi teshām-adhiko viśesho dharmena hīnāḥ paśubhiḥ samānāḥ ||

(Mahabharat)

Like animals, humans also eat, sleep, procreate, and experience fear. However, it is Dharma (righteous conduct) that distinguishes us from animals.

EXERCISES

I. Fill in the blanks

1. ओ३म् मोघमन्नं _____ अप्रचेताः सत्यं _____ वध इत्स _____ ।

नार्यमणं _____ नो सखायं _____ भवति केवलादी ॥

Om moghamannam _____ aprachetāḥ satyam _____ vadha itsa _____ |

Nāryamanam _____ no sakhāyam _____ bhavati kevalādī ||

II. Write the meaning of the sloka

सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम् ।

प्रियं च नानृतं ब्रूयात् एष धर्म सनातनः ॥

Satyam bruyat priyam bruyat na bruyat satyam-apriyam |

Priyam cha nanritam bruyat esha dharmah sanatanah ||

III. Match the following mantras and slokas with their source :

अ	आ
1. ओ३म् अग्ने व्रतपते (Om agne vratapate)	Niti Shatakam
2. ओ३म् ऋतं च सत्यं (Om ritam cha satyam)	Vairagya Shatakam
3. उद्धरेदात्मनात्मानं (Uddhared-ātmanā....)	Yajur Veda
4. आदित्यस्य (Adityasya)	Rig Veda
5. विद्या नाम नरस्य (Vidyā nāma narasya)	Bhagavat Gita

IV. Rearrange the jumbled Sloka

धर्म हतो हन्ति हतोऽवधीत् तस्माद्धर्मो रक्षितः ।

रक्षति न हन्तव्यो मा नो धर्मो एव धर्मो ॥

Dharma hato hanti hataovadhrit Tasmad-dharmo rakshitah |
rakshati na hantavyo-ma-no-dharmo eva dharmo ||

V. Choose the correct meaning from the given options

1. दया (Daya) - _____ (Kindness , Fear , Sleep)
2. विद्वान् (Vidvan) - _____ (Sleep , Scholar , Fear)
3. सत्यम् (Satyam) - _____ (Scholar , Fear , Truth)
4. निद्रा (Nidra) - _____ (Sleep , Truth , Fear)
5. भयम् (Bhayam) - _____ (Morning , Fear , Sleep)

VI. Match the antonyms

अ	आ
1. अर्थवान् (Arthavan)	अधर्मम् (Adharmam)
2. शुद्धम् (Suddham)	असत्यम् (Asatyam)
3. सत्यम् (Satyam)	अभयम् (Abhayam)
4. धर्म (Nidra)	अशुद्धम् (Asuddham)
5. भयम् (Bhayam)	दरिद्रः (Poor)

VII. Recite the slokas from :

1. Bhagavat gita 2. Niti Shatakam 3. Vairagya Shatakam

VIII. From the clues given below find and recite the relevant sloka :

1. Dharma protects those who protect it.
2. One should get rid of six bad qualities to be successful.
3. The soul is eternal
4. Speaking the truth is the path of Dharma
5. Wisdom differentiates human from animals

IX. Vairagya makes a person fearless- Explain with relevance to the sloka.