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**IT MILANS**  
**Bhagyanagar**



**Vikrami Samvat-2068**  
**Shalivahana Samvat-1933**  
**(2011-2012)**

**May**  
 14, 15 Nivasi Varg  
 29 Valay Family Milan  
**June**  
 11, 12 Hindu Samrajya Utsav  
 13 Hindu Samrajya Divas  
 19, 26 Weekend Vistarak  
**July**  
 10 Guru Purnima Utsav  
 15 Guru Purnima  
 31 Valah Family Milan  
**August**  
 13 Raksha Bandhan  
 21 Spardha  
**September**  
 11 Naipunya Varg  
 25 Family Sahal  
**October**  
 6 Vijaya Dashami Utsav  
 23 Diwali Milan  
 26 Diwali  
**November**  
 13, 20 Weekend Vistarak  
**December**  
 4 RSS Parichay Sammelan  
 18 Valah Family Milan  
 25 Tentative Hemant Shivr with Nagar  
**January-12**  
 14 Sankranti Utsav  
 15 Naipunya Varg (Surya Namaskar Yagna Starts)  
 26 Surya Namaskar Yagna Samarop  
**February**  
 12 Sahal (Trekking)  
**March**  
 4 Holi Milan  
 8 Holi

## प्रार्थना

नमस्ते सदा वत्सले मातृभूमे  
त्वया हिन्दुभूमे सुखर्वं वर्धितोहम् ।  
महामङ्गले पुण्यभूमे त्वदर्शे  
पतत्वेष कायो नमस्ते नमस्ते ॥ १ ॥

प्रभो शक्तिमन् हिन्दुराष्ट्राङ्गभूता  
इमे सादरन् त्वान् नमामो वयम्  
त्वदीयाय कार्याय बद्धा कटीयम्  
शुभामाशिषन् देहि तत्पूर्तये ।  
अजय्याञ् च विश्वस्य देहीश शक्तिम्  
सुशीलञ् जगद्येन नम्रम् भवेत्  
श्रुतञ् चैव यत् कण्टकाकीर्णमार्गम्  
स्वयम् स्वीकृतन् नस् सुगङ् कारयेत् ॥ २ ॥

समुत्कर्षनिश्श्रेयसस्यैकमुग्रम्  
परम् साधनन् नाम वीरव्रतम्  
तदन्तः स्फुरत्वक्षया ध्येयनिष्ठा  
हृदन्तः प्रजागर्तु तीव्रानिशम्  
विजेत्री च नस् संहता कार्यशक्तिर्  
विधायास्य धर्मस्य संरक्षणम्  
परर्वं वैभवन् नेतुमेतत् स्वराष्ट्रम्  
समर्था भवत्वाशिषा ते भृशम् ॥ ३ ॥

॥ भारत माता की जय ॥

## APRIL/MAY-गीत

चल चल बंधो संघस्थानं ।

चल चल बंधो संघस्थानं ।

कांक्षसि यदि निज राष्ट्रोत्थानं ॥

शिशोः बालः दृढः किशोरः

तरुण प्रौढः केचत् स्थविरा

यत्र मिलन्ति प्रियः प्रतिदिनं ॥ १ ॥

सायं प्रातः संध्याकाले

निषिदिने अथवा रजनीकाले

यत्र हि नियतम् ध्वजारोहणं ॥ २ ॥

योगः व्यायामो बलदायी

सूर्यनमस्कारः शुभदायी

यत्र हि पूर्वज पुण्यस्मरणं ॥ ३ ॥

## सुभाषित

- 1 विद्वत्त्वं च नृपत्वं च नैव तुल्यं कदाचन  
स्वदेशे पूज्यते राजा विद्वान् सर्वत्र पूज्यते ॥

Ruler ship and learning is not comparable any time. King gets respect from his own country where as learned person gets it from everywhere.

- 2 न चौरहार्यं न च राजहार्यं न भ्रातृभाज्यं  
न च भारकारि

व्यये कृते वर्धते एव नित्यं विद्याधनं  
सर्वधनप्रधानं ॥

It cannot be stolen by thieves, Nor can it be taken away by kings. It cannot be divided among brothers and It does not cause a load on your shoulders. If spent, It indeed always keeps growing. The wealth of knowledge is the most superior wealth of all!



## अमृतवचन

**Dr. S. Radhakrishnan says :** Samskrit has molded the minds of our people to the extent to which they themselves are not conscious. Samskrit literature is national in one sense, but its purpose has been universal. That was why it commanded the attention of people who were not followers of a particular culture.

**Mahatma Gandhi says :** Without the study of Samskrit one cannot become a true Indian and a true learned man.

**Sri Guruji says :** Yajna - sacrifice - occupies a pivotal position in our cultural heritage. The term Yajna carries several meanings. Offering one's individual life in the cause of social regeneration is Yajna. To offer as oblation all that is unworth, undesirable and unholy in us in the fire of virtues, too, is Yajna. And to take to a fiery path of dedication,

**sacrifices, service and penance is the very essence of Yajna. The presiding deity of Yajna is fire. Flame represents the fire and the sacred Bhagawa flag is the symbol of the orange-coloured sacrifice flames**

**Swami Vivekananda says : A hundred thousand men and women, fired with the zeal of holiness, fortified with eternal faith in the Lord, and nerved to lion's courage by their sympathy for the poor and the fallen and the downtrodden, will go over the length and breadth of the land, preaching the gospel of salvation, the gospel of help, the gospel of social raising-up the gospel of equality.**

**JUNE/JULY-गीत**  
**जाग उठें हम हिंदू फिर से**

**जाग उठें हम हिंदू फिर से**  
**विजय ध्वजा फहराने**  
**अंगड़ाई ले चलें तरुण**  
**माता के कष्ट मिटाने ॥**

**जिनके पुरखे महा यशस्वी**  
**वे फिर क्यों घबराए।**  
**जिनके सुत अतुलित बलशाली**  
**शौर्य गगन पर छाये।**  
**लेकर शस्त्र शास्त्र को कर में**  
**शत्रु हृदय दहलाने ॥ १ ॥**

**हम अगस्त्य बन महा सिंधु को**  
**संजुलि में पी जाए।**  
**तीन डगों में सृष्टि नाप ले**



कालकूट पी जाए।  
पृथ्वी के हम अमर पुत्र हैं  
जग को चले जगाने ॥ ॥ २ ॥

हिन्दू भाव को जब जब भूले  
आई विपद महान।  
भाई छूटे धरती कोई  
मिट गये धर्मस्थान।  
भूले छोड़े और गुंजा दें  
जय से भरे तराने ॥ ॥ ३ ॥

### सुभाषित

3 नरस्य आभरणं रूपं रूपस्य आभरणं गुणः ।

गुणस्य आभरणं ज्ञानं ज्ञानस्य आभरणं क्षमा ॥

Beauty is like an ornament (Abharanam) of the human. Good qualities (Guna) is an ornament of the beauty (Roop), Knowledge (Gnana) is an ornament of good qualities and forgiveness

(Kshama) is an ornament of knowledge. What subhashitkar wants to tell us here is that if you are good looking then develop good qualities in you. If you have both then get knowledge/become intelligent. If you have all the three qualities then become kind hearted (Forgive only those who can become good in future). In short good looking is useless without good qualities and good qualities will seem more nice with knowledge and above all forgiveness (i.e. without Kind-heartedness having all other qualities) will make the above qualities person a real good person.

- 4 पुस्तकस्था तु या विद्या परहस्तगतं धनम्  
कार्यकाले समुत्पन्ने न सा विद्या न तद् धनम् ॥

The knowledge which is residing in the book and one's wealth which is in possession of some other person is of no use at all. At the time of it's need they will not be of any help for the person.

## अमृतवचन

**Sri Guruji says :** Our culture has always held high the purity of personal character. We have never called a person a philosopher who is selfish or given to various vices like wine, woman and gold. For us, the philosopher is, more than everything else, a man of absolute purity and austerity of character. Right from the ancient seers down to the great personalities of modern times, all those whom we consider as standard-bearers of our philosophy and culture have been wholly pure - their thought, word and deed all in tune with the highest truths. Such men alone have been the real glowing symbols of our national heritage.

**Swami Vivekananda says :** The goal of mankind is knowledge. . . . Now this knowledge is inherent in man. No knowledge comes from outside: it is

**all inside. What we say a man "knows," should, in strict psychological language, be what he "discovers" or "unveils"; what man "learns" is really what he discovers by taking the cover off his own soul, which is a mine of infinite knowledge.**

**Pandit DeenDayal Upadhyaya says: Western Science and the Western Ways of life are two different things. Whereas Western Science is Universal and must be absorbed by us if we wish to go forward, the same is not true about the Western Ways of life and values**

**Swami Vivekananda says : The Vedanta teaches men to have faith in themselves first. As certain religions of the world say that a man who does not believe in a personal God outside of himself is an atheist, so the Vedanta says, a man who does not believe in himself is an atheist.**

## AUG/SEP-मराठी गीत

संघ माझा चांगला गाव समदा रंगला  
चंग आम्ही बांधला

भेदभाव संपला ॥धृ॥

मोकळ्या या मैदानावर वारा वाही

झूळझूळ

पावलांच्या तालावर लेझिम वाजे

खूळखूळ

खराखुरा खेळ खेळू शत्रु करु

खिळखिळा ॥१॥

आठ्यापाट्या हुतुतुच्या आखल्या

या पाट्या

उठाबशा जोर काढून लिखू या

लाठ्या

जुलूमाला खो देऊन संघ वाढू

लागला ॥ २ ॥



उडीसंगं चकाकतं जंबियाचं पातं  
तलवारीचे वार कसे निघती

तोलात

सरसावुनी भिडवितो रोखलेला

भाला

॥ ३ ॥

गावकरी कामधंदे हातचे सोडून  
शाखेवर धाव घेती बोलणी ऐकून  
संघगाणी गावयाचा छंद त्यांना

लागला

॥ ४ ॥

हिन्दुस्थान हिंदूंचा भगवा झेंडा  
त्यांचा

म्होरक्याचं ऐकायाच संघ  
सेवकांचा

बघा बघा गाव सारा आला

प्रार्थनेला

॥ ५ ॥

## सुभाषित

5 येषां न विद्या न तपो न दानं ज्ञानं न

शीलं न गुणो न धर्मः

ते मर्त्यलोके भुविभारभूता मनुष्यरूपेण

मृगाश्चरन्ति ॥

A person who is not educated., who is not ready to work hard, who does not donate whatever he has, who does not have knowledge, who does not have a good character, good qualities and one who does not obey dharma, such a person on this earth is just a useless person, he is as good as any other animal !

6 ईशावास्यमिदं सर्वं यत् किञ्च जगत्यां जगत् ।

तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद

धनम् ॥

ईशोपनिषद १

This 'shloka' is from Ishavasya upanishad. Here I am giving two

explanations of this shloka. One is from the book :- Sanskrit Subhashit Navnet, published by Jamnabai Narsee Adhyatmik trust. Another is from one article. This is a not a subhashit as such but as it has good teaching in it we are sending it to the group. In this moving world, whatever moves is enveloped (is prevaded) by God. Therefore, you find your enjoyment (or protect yourself) by offering it to him (i.e. by renunciation) [To whom does the wealth belong? It belongs to no one] Be no greedy to what belongs to others.

## **अमृतवचन**

**Sri Aurobindo says : An aimless life is always a troubled life. Every individual should have an aim. But do not forget that the quality of your aim will depend the quality of your life.**

**Your aim should be high and wide, generous and disinterested; this will make your life precious to yourself and to others. Whatever your ideal, it cannot be perfectly realized unless you have realized perfection in yourself**

**Henry David Thoreau says :** Whenever I have read any part of the Vedas, I have felt that some unearthly and unknown light illuminated me. In the great teaching of the Vedas, there is no touch of sectarianism. It is of all ages, climes and nationalities and is the royal road for the attainment of the Great Knowledge. When I am at it, I feel that I am under the spangled heavens of a summer night

**Swami Vivekananda says :** My faith is in the younger generation, the modern generation; out of them will come my workers. They will work out the whole problem, like lions. I have formulated the idea and have given

**my life to it. If I do not achieve success, some better one will come after me to work it out, and I shall be content to struggle**

**Albert Einstein says : We owe a lot to the Indians, who taught us how to count, without which no worthwhile scientific discovery could have been made!**



**OCT/NOV-गीत**  
**चंदन है इस देश की माटी**

**चंदन है इस देश की माटी**

**तपोभूमि हर ग्राम है**  
**हर बाला देवी की प्रतिमा**

**बच्चा बच्चा राम है ॥ धृ ॥**

**हर शरीर मंदिरसा पावन**

**हर मानव उपकारी है**

**जहाँ सिंह बन गये खिलौने**

**गाय जहाँ माँ प्यारी है**

**जहाँ सवेरा शंख बजाता**

**लोरी गाती शाम है ॥ १ ॥**

**जहाँ कर्म से भाग्य बदलता**

**श्रम निष्ठा कल्याणी है**

त्याग और तप की गाथाएँ  
गाती कवि की वाणी है  
ज्ञान जहाँ का गंगाजल सा  
निर्मल है अविराम है ॥ २ ॥

जिस के सैनिक समरभूमि में  
गाया करते गीता हैं  
जहाँ खेत में हल के नीचे खेला  
करती सीता हैं  
जीवन का आदर्श जहाँ पर  
परमेश्वर का धाम है ॥ ३ ॥

### सुभाषित

- 7 धृतिः क्षमा दमोस्तेयं शौचमिन्द्रियनिग्रहः ।  
धीर्विद्या सत्यमक्रोधो दशकं धर्मलक्षणम् ॥  
Fortitude, forgivefulness, (self)  
control, non stealing, purity,  
withdrawal of senses,

intelligence, learning, truth, non-anger (these) ten qualities constitute the characteristics of 'Dharma'. This suBAshit along with suBashit No. 17 explains what 'Dharma' is. Please note that there is no equivalent word in english for 'Dharma'. The english word 'Religion' is not at all even close to what 'Dharma' is in samskrit language. Other subhashitas where the word 'Dharma' occurs are SuBAshit Nos. 22, 67, 80, 127, 135. All these subaashitas will help in understanding of what actually 'Dharma' means in our culture.

- 8 मातृवत्परदारेषु परद्रव्येषु लोष्ठवत् ।  
आत्मवत्सर्वभूतेषु यः पश्यति स  
पश्यति ॥

Those who are 'dharmic, in nature  
(Have noble qualities), consider

**all the women (Except one's own wife) as mothers - consider other's wealth as dust (Have no intention to acquire other's wealth by any means) and consider all the other living creatures like themselves (Equally love all the living creatures as one would love himself/herself)**

## **अमृतवचन**

**Swami Vivekananda says :** The history of the world is the history of a few men who had faith in themselves. That faith calls out the divinity within. You can do anything. You fail only when you do not strive sufficiently to manifest infinite power. As soon as a man or a nation loses faith, death comes.

**Shri Guruji says :** The very name 'Bharat' denotes that this is our mother. In our cultural tradition, the

respectful way of calling a woman is by her child's name. To call a lady as the wife of Mr. so-and-so or as Mrs. so-and-so is the Western way. We say, "She is Ramu's mother". So also is the case with the name 'Bharat' for our motherland. Bharata is an elder brother of ours, born long long before us. He was a noble, virtuous and victorious king and a shining model of Hindu manhood. When a woman has more than one child, we call her by the name of her eldest or the most well known among her children. Bharata was well known and this land was called as his mother, Bharat, the mother of all Hindus.

**Shri Guruji says :** Man has realized, from his experience, that the success of a great venture is the result of putting together many small efforts, to produce a powerful force.

Similarly, success is secured, even in a work considered to be very



difficult, when millions of people gather for an hour every day, in a disciplined and dedicated manner.

**Shri Guruji says :** The discipline nurtured in the 'Sangh is the spontaneous self-restraint of a cultured people. It is a discipline wherein each one feels that he has a higher duty to the nation and that his personal and family wants can wait. He prepares himself to respond to that higher call in a well-ordered, co-ordinated manner. It is the type of discipline where all will pool together their intelligence, feelings, physical energies and their material possessions in the greater cause of national welfare

**DEC-11/JAN-12**

## **TELUGU GEET**

**(same as Hemanth Shivr of Sambhag)**

### **सुभाषित**

9 अमृतं चैव मृत्युश्च द्वयं देहप्रतिष्ठितम् ।

मोहादापद्यते मृत्युः सत्येनापद्यतेमृतम् ॥

Immortality and Death both these  
reside in the body only. Death  
comes because of temptation :  
and Immortality be the truth.

10 यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः

यत्र एतास्तु न पूज्यन्ते सर्वास्तत्र अफलाः

**क्रियाः ॥**

Where women are adored and  
given respect, the Gods like to  
stay in such places. But where  
women are given ill-treatment, at  
such places no work is successful  
because of absence of Gods.

## अमृतवचन

**Mahatma Gandhi says :** The Geeta is the universal mother. I find a solace in the Bhagavadgeeta that I miss even in the Sermon on the Mount. When disappointment stares me in the face and all alone I see not one ray of light, I go back to the Bhagavad Gita. I find a verse here and a verse there, and I immediately begin to smile in the midst of overwhelming tragedies - and my life has been full of external tragedies - and if they have left no visible or indelible scar on me, I owe it all to the teaching of Bhagavadgeeta.

**Dr. Arnold Joseph Toynbee (1889-1975) says :** the great British historian. It is already becoming clear that a chapter which had a Western beginning will have to have an Indian ending if it is not to end in self-destruction of the human race. At this

**supremely dangerous moment in human history, the only way of salvation is the ancient Hindu way. Here we have the attitude and spirit that can make it possible for the human race to grow together in to a single family**

**Pandit DeenDayal Upadhyaya says: A Nation is a group of persons who live with 'A Goal', 'An Ideal', 'A Mission' and look upon a particular piece of land as the Motherland. If either of the two—The Ideal and The Motherland—is missing, then there is no nation**

**Shri Guruji says : The Sangh has evolved a course of samskars wherein the mind, intellect and body of an individual are trained so as to make him a living limb of the great corporate body of society. In a human body, for instance, there are so many limbs and in each limb, millions of cells. Each cell feels its identity with**

**the entire body and is ever ready to sacrifice itself for the sake of the health and growth of the body. In fact, it is the self-immolation of millions of such cells that release the energy for every bodily activity.**



FEB/MAR

भारत माँ का मान बढ़ाने

भारत माँ का मान बढ़ाने,  
बढ़ते माँ के मस्ताने ।

कदम कदम पर मिलजुल गाते,  
वीरों के व्रत के गाने ॥

ऋषियोंके मंत्रों की वाणी,  
भरती साहस नस नस में  
चक्रवर्तियों की गाथा सुन,  
नहीं जवानी है बस में ॥

हर हर महादेव के स्वर से,  
विश्व गगन को थराने ॥कदम ॥

हम पर्वत को हाथ लगाकर,  
संजीवन कर सकते हैं  
मर्यादा बनकर असुरों का,  
बल मर्दन कर सकते हैं

रामेश्वर की पूजा करके,  
जल पर पत्थर तैराने ॥कदम ॥

हिरण्याक्ष का वक्ष चीरते,  
नरसिंह की दहाड़ लिए  
कालयवन का काल लिए जो,  
योगेश्वर की नीति लिए  
चक्र सुदर्शन की छाया में,  
गीता अमृत बरसाने ॥कदम ॥

जरासंध छल बल दिखलाले,  
अंतिम विजय हमारी है  
भीम पराक्रम प्रकटित होगा,  
योगेश्वर गिरिधारी है  
अर्जुन का रथ हांक रहा जो,  
उसके हम सब दीवाने ॥कदम ॥

## सुभाषित

11 संगच्छध्वं संवदध्वं सं वो मनांसि

जानताम्

देवा भागं यथा पूर्वे सज्जानाना उपासते

Oh men! Go together harmoniously; speak together; understand each others minds; Just as gods from ancient times, having known each others minds did the job come to their lot. religiously, so you too act

12 यस्य चित्तं निर्विषयं हृदयं यस्य शीतलम्

तस्य मित्रं जगत्सर्वं तस्य मुक्तिः

करास्थिता ॥

He, whose mind is free from objects of senses and whose heart is calm (free from passion, anger, greed etc.), entire world is his friend and liberation or emancipation is as if in his hand only. (He is as good as liberated).

## अमृतवचन

**Pandit DeenDayal Upadhyaya says:**  
It is essential that we think about our national identity. Without this identity there is no meaning. Of neither independence, nor can independence become the instrument of progress and happiness. As long as we are unaware of our national identity, we cannot recognize develop all our potentialities. Under alien rule this identity is suppressed. That is why nations wish to remain independent so that they can progress according to their natural bent and can experience happiness in their endeavour. Nature is powerful. An attempt to go against nature or to disregard her leads to troubles. The natural instincts cannot be disregarded but it is possible to elevate this nature to the level of culture. Psychology informs us how by suppression of various natural instincts different mental disorders ensue. Such a person remains

restless and dejected. His abilities slowly deteriorate and become perverted. The Nation too like the individual becomes a prey to numerous ills when its natural instincts are disregarded. The basic cause of the problems facing Bharat is the neglect of its national identity.

**Shri Guruji says :** As human life evolves, the concept of mother also takes a wider and more sublime form. When man looks around with his discerning intellect, He sees so many other things to which he owes a debt of gratitude. He begins to look upon them also as mother. He sees the rivers, which give him food and water. He calls them mother. Once he outgrows the use of his mother's milk, he sees the cow, which feeds him with her milk throughout his life. He calls her mother-cow. And then he reaches the state of understanding that it is the mother soil which nourishes him, protects him and takes him in her bosom after he breathes his last. He



becomes conscious that she is his great mother. Thus to look upon one's land of birth as mother is a sign of a high state of human evolution. The Vedas declare: The Earth is my mother, I am her child

**Shri Guruji says :** No great work is achieved without great suffering and sacrifice. The worker will be required to pay a heavy price in terms of his personal and family happiness and similarly embrace a life of the troubles and dangers in treading the path of the ideal. The glowing example of Sri Rama is there as the guiding star for the hazardous voyage of a life duty. Even as a boy, he was taken from his parents by Vishwamitra, away from a princely life to a forest life, to fight the rakshasa. Later, after he had won the hand of Sita and was returning to Ayodhya he had to face the terrible Parashurama. And then before he could heave a sigh of relief and taste happiness, he had to leave for a fourteen-year wilderness in forest. Those fourteen years too were full of

ordeals and struggle with rakshasa, abduction of Sita by Ravana and the great war at Lanka. As he returned to Ayodhya and was anointed as the king he had to give up Sita in response to the call of kingly duties. Lakshmana, who had followed him like a shadow in all these tribulations and was like the very breath and soul of Rama, too had to be given up to assuage the wrath of Durvasa who would have otherwise destroyed Ayodhya. Verily his was a life unparalleled by all standards of character and calibre and unparalleled in suffering and sacrifice too.

**Swami Vivekananda says :** Those that want to help mankind must take their own pleasure and pain, name and fame, and all sorts of interest, and make a bundle of them and throw them into the sea, and then come to the Lord. This is what all the masters said and did.

## ప్రార్థన

నమస్తే నదా వత్సలే మాతృభూమే  
 త్వయా హిన్దుభూమే నుఖన్ వర్తితోహమ్  
 మహామజ్గలే పుణ్యభూమే త్వదర్థే  
 వతత్వేష కాయో నమస్తే నమస్తే ॥

ప్రభో శక్తిమన్ హిన్దురాష్ట్రజ్ఞభూతా  
 ఇమే సాధరన్ త్యాన్ నమామో నయమ్  
 త్వదీయాయ కార్యాయ బద్ధా కటీయమ్  
 శుభామాశిషన్ దేహి తత్సూర్యయే ।  
 అజయ్యాశ్ చ విశ్వస్య దేహి శక్తిమ్  
 సుశీలన్ జగదీయేన నమ్రం భవేత్  
 శ్రుతశ్చ చైవ యత్ కణ్ఠకాకిర్లమార్గమ్  
 స్వయమ్ స్వీకృతన్ నవ్ సుగజ్ కారయేత్ ॥

నముత్కర్షనిన్ శ్రేయసప్యేకముగ్రం  
 పరమ్ సాధనన్ నామ వీరవ్రతమ్  
 తదస్త: స్ఫురత్పక్షయా ద్యేయనిష్ఠా  
 హృదస్త: ప్రజాగర్భ తీవ్రానిశమ్  
 విజైత్రీ చ నన్ సంహతా కార్యశక్తిర్  
 విధాయస్య దర్శస్య సంరక్షణమ్  
 పరన్ వైభవన్ నేతుమేతత్ స్వరాష్ట్రమ్  
 పమర్థా భవత్పాశిషా తే భృషమ్ ॥

॥ భారత్ మాతాకీ జయ్ ॥



## सूर्य नमस्कार मन्त्र

ध्येयः सदा सवितृ-मण्डल मध्यवर्ती  
नारायणः सरसिजासन् सन्निविष्टः ।  
केयूरवान्-मकर-कुण्डलवान् किरीटि,  
हारी हिरण्मय वपुर्धृत शंख चक्रः ॥

ॐ मित्राय नमः ।

ॐ रवये नमः ।

ॐ सूर्याय नमः ।

ॐ भानवे नमः ।

ॐ खगाय नमः ।

ॐ पूष्णे नमः ।

ॐ हिरण्यगर्भाय नमः ।

ॐ मरीचये नमः ।

ॐ आदित्याय नमः ।

ॐ सवित्रे नमः ।

ॐ अर्काय नमः ।

ॐ भास्कराय नमः ।

ॐ श्री सवितृ सूर्यनारायणाय नमः ।

आदित्यस्य नमस्कारान् ये कुर्वन्ति दिने दिने ।

आयुः प्रज्ञा बलवैवीर्यम् तेजस तेषाञ् च जायते ॥



## ACHAR VIBHAG

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Sangha Daksha	Agresara Samyak
Aarama	Aarama
Agresara	Sangha Sampatha(-oo)
Agresara Samyak	Sangha Daksha
Aarama	Sangha Samyak
Sangha Sampatha	Agresara Ardhavruta
Sangha Daksha	Sankhya
Sangha Samyak	Aarama
Agresara Ardhavruta	Sangha Daksha
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Dhwaja Pranam 1,2,3	Sangha Veekira
Sankhya	
Aarama	
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Swasthan, Aarama	