



**DAV PUBLIC SCHOOLS**

(Managed by: DAV College Managing Committee, New Delhi-110055)

OF

**MADHYA PRADESH**

**STUDENT'S DIARY**



**200th**

***BIRTH ANNIVERSARY***

**MAHARISHI DAYANAND SARASWATI**

**(1824-2024)**

ॐ विश्वानि देव सवितर्दुस्तानि परासुव । यद् भद्रं तन्न आ सुव ।

## DAV Public School

Student's Name : \_\_\_\_\_

House : \_\_\_\_\_ Admn. No. : \_\_\_\_\_

Class : \_\_\_\_\_ Section : \_\_\_\_\_ Roll No. \_\_\_\_\_

Date of Birth : \_\_\_\_\_ Blood Group : \_\_\_\_\_

Mother's Name : \_\_\_\_\_

Father's Name : \_\_\_\_\_

Designation : \_\_\_\_\_

Occupation : \_\_\_\_\_ Company Employee : Yes / No

Address (Off.) : \_\_\_\_\_

\_\_\_\_\_ Tele : \_\_\_\_\_

Resi. : \_\_\_\_\_

\_\_\_\_\_ Tele : \_\_\_\_\_

E-mail ID : \_\_\_\_\_

Brother / Sister reading in the School

Name : \_\_\_\_\_

Class : \_\_\_\_\_ Section : \_\_\_\_\_ Admn No. : \_\_\_\_\_

### *Specimen signatures in full*

Father : \_\_\_\_\_

Mother : \_\_\_\_\_

Guardian : \_\_\_\_\_

DAV Public School : \_\_\_\_\_

Principal's Name : \_\_\_\_\_

Class Teacher's Name : \_\_\_\_\_

Tele. Junior Wing : \_\_\_\_\_ Senior Wing : \_\_\_\_\_

Bus Stop : \_\_\_\_\_ Bus Route No. : \_\_\_\_\_

Class Teacher's Signature : \_\_\_\_\_



# DAV Public School



Admn. No. : \_\_\_\_\_

Name : \_\_\_\_\_

House : \_\_\_\_\_ Roll. No. : \_\_\_\_\_

Class : \_\_\_\_\_ Section : \_\_\_\_\_

Date of Birth : \_\_\_\_\_

Address : \_\_\_\_\_

Phone : \_\_\_\_\_ (R) \_\_\_\_\_ (O) \_\_\_\_\_

Brother / Sister reading in the School

Name : \_\_\_\_\_

Class : \_\_\_\_\_ Section : \_\_\_\_\_ Admn No. : \_\_\_\_\_

Bus Stop : \_\_\_\_\_ Bus Route No. : \_\_\_\_\_

Father's Name : \_\_\_\_\_ Signature : \_\_\_\_\_

Mother's Name : \_\_\_\_\_ Signature : \_\_\_\_\_

Local Guardian's Name : \_\_\_\_\_ Signature : \_\_\_\_\_

Name : \_\_\_\_\_ Name : \_\_\_\_\_ Name : \_\_\_\_\_

Sign. : \_\_\_\_\_ Sign. : \_\_\_\_\_ Sign. : \_\_\_\_\_

Photograph & Signature of 3 persons (Parents / Guardians) who will be called to accompany the ward in case of early departure due to illness etc.

(For School Records Only)

युग-प्रवर्तक एवं वर्तमान भारत के निर्माता  
महर्षि दयानन्द सरस्वती की पुण्य स्मृति में संचालित

### दयानन्द ऐंग्लो-वैदिक संस्थाएँ

सर्वप्रथम डी.ए.वी. स्कूल की स्थापना 133 वर्ष पूर्व जून 1886 में लाहौर में महात्मा हंसराज के जीवन-दान के संकल्प से क्रियान्वित हुई।

आज भारत के कोने-कोने में 750 से अधिक स्कूलों और कॉलेजों का प्रबंध डी.ए.वी. ट्रस्ट, नई दिल्ली द्वारा होता है।

महर्षि दयानन्द सरस्वती ने वैदिक संस्कृति के आधार पर भारत के पुनरुद्धार का अभियान आरंभ किया, और उन्होंने धर्म की ओट में प्रचलित सामाजिक कुरीतियों, रूढ़िवाद एवं पाखण्ड के विरुद्ध आह्वान किया। इतना ही नहीं मानव मात्र में समानता की भावना का विस्तार, छुआ-छूत निवारण, जाति-पाति का उन्मूलन, नारी की शोचनीय अवस्था में सुधार, हिन्दी भाषा के प्रचार आदि में उन्होंने अपना जीवन लगा दिया।

1885 में डी.ए.वी. कॉलेज ट्रस्ट तथा प्रबंधकर्ता समिति का पंजीकरण हुआ एवं 1 जून 1886 को डी.ए.वी. स्कूल, लाहौर की स्थापना की गई। डी.ए.वी. संस्थाओं द्वारा जहाँ आधुनिक भाषाओं, विज्ञान एवं तकनीकी की शिक्षा दी जाती है, वहीं पर हिन्दी तथा संस्कृत भाषा एवं शिक्षार्थियों को प्राचीन सभ्यता एवं संस्कृति की मूल सनातन वैदिक मान्यताओं से अवगत कराकर इन उद्देश्यों के अनुसार जीवनोद्धार के काम करने के लिये प्रेरित किया जाता है। डी.ए.वी. संस्थाओं को गर्व है कि उन्होंने स्वतंत्रता सेनानी, समाज-सुधारक, दार्शनिक, राजनीतिज्ञ, व्यवस्थापक, कलाकार, खिलाड़ी, डॉक्टर, इंजीनियर, उच्च कोटि के वकील एवं विद्वान् राष्ट्र को समर्पित किये हैं।

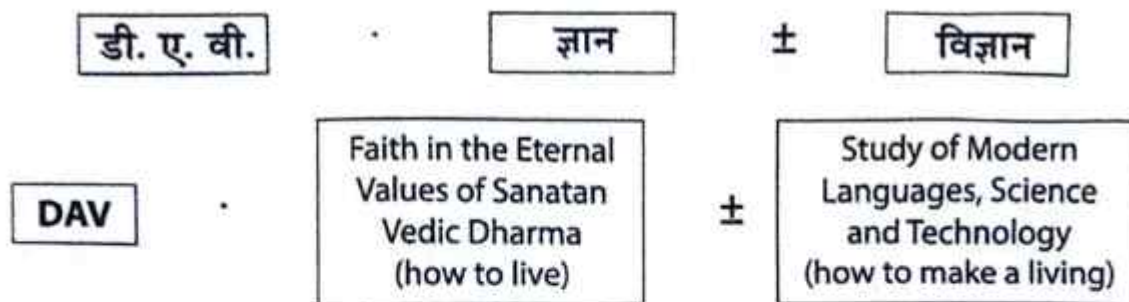
### Children's Bill of Rights

1. The right to affection and intelligent guidance from understanding parents/guardians.
2. The right to receive constructive discipline for proper development of a good character, conduct and habits.
3. The right to get good adult examples.

"Children have their active subconscious mind, which, like the tree, has the power to gather its food from the surrounding atmosphere. For them, the atmosphere is a great deal, more important than the methods of teaching, textbooks, etc. Hence, to create an educational atmosphere in an institution is an essential part of the programme of teaching."

-Tagore





‘सत्य के ग्रहण करने और असत्य के छोड़ने में सर्वदा उद्यत रहना चाहिए।’

"...a teacher of monotheism, a preacher of unity of man, a crusader against capitalism in spirituality..."

### Swami Dayanand Saraswati (1824 - 1883)

Drawing a fresh inspiration from the Vedas, Swami Dayananda Saraswati, founder of the Arya Samaj and a "great path maker of modern India," as Rabindra Nath Tagore aptly described him, led a crusade against superstition and pernicious practices that had bewildered the inhabitants of this ancient land.

This great son of Mother India raised his stentorian voice in the Satyarth Prakash against the British rule and set before us the ideals of Swaraj and Swadeshi. He advocated, further, eradication of untouchability, emancipation of woman, widow remarriage and adoption of Hindi as the lingua franca of the country.

The Swami raised his strong voice against untouchability and declared, on the authority of the Vedas, that all persons were born equal and were entitled to an equal status in society. A man entered a varna (a class of society) according to his guna (talent), karma (work) and

swabhava (nature). Thus, entry into one or the other class/division of society was not by heredity; rather, it was earned on merit.

The Swami's description of the ideal society and State has always included references to a prosperous economy, abolition of poverty, just distribution of wealth, education and deserving occupations.

Sri Aurobindo described him as a "warrior in God's world, the very soldier of light, a sculptor of men and institutions, a man of practical spirituality." This prophet of emancipation and equality tried to revolutionize the spiritual life of the country by inculcating the Vedic message of intellectual and moral freedom in the people of Bharatvarsha.

We can have an idea of the Swami's greatness from some of his views given below:

"My sole aim is to discover Truth and to help others to discover it, to reject falsehood and help others to do the same."

"I believe in the religion based on universal and all-embracing principles."

"An Arya is one who strives to overcome everything outside as well as within oneself; seeks truth in everything; and fights for one's rights and freedom."

"He alone is entitled to be called a man who possesses a thoughtful nature and feels for others in the same way as he does for himself; does not fear the unjust and the powerful; but fears the truly virtuous, albeit weak."

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*The meaning of things lies not in the things themselves, but in our attitude towards them."*

*What we do to-day, right now, will have an accumulated effect on all our tomorrows."*

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## The DAV Movement



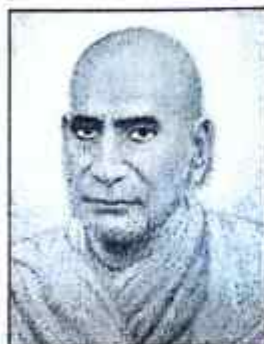
**Mahatma Hansraj**  
(1864 - 1938)

Who fulfilled his pledge  
of 25 years honorary  
service as first Principal  
of the first DAV  
College at Lahore



**Lala Lajpat Rai**  
(1865 - 1928)

Who founded and  
nurtured  
the great movement



**Swami Shradhanand**  
(1856 - 1926)

Founder of Gurukula  
Shiksha Pranali

On Swami Dayananda Saraswati's demise in 1883, a group of socially-oriented people, when met to mourn his death, decided to raise a memorial that would be a befitting tribute to his great ideals. They formed the Dayananda Anglo-Vedic (DAV) College Trust and Management Society, which was registered in 1885. This was the beginning of a great movement, which is now popularly known as the DAV Movement. The Society established its first institution-DAV School-at Lahore on 1 June 1886, with Lala Hansraj (later known as Mahatma Hansraj) as Headmaster (honorary).

The aim of the DAV institutions is to impart education to children in such a way that it helps them to imbibe a sense of deep patriotism and that of pride in their ancient culture and civilization and instil in them a disciplined outlook on the pursuit of knowledge. These institutions aim at creating an environment truly conducive to the development of the child mentally, physically and spiritually.

The DAV College Trust and Management Society is already more than a hundred and twenty years old. This is now the largest non-government educational organisation in India. It broadly covers the entire spectrum of the educational activities in the country. The Society is running more than 700 educational institutions; which include-in addition to public schools (spread all over the country and abroad)-colleges of arts, science, education, commerce, and law; polytechnics; an ayurvedic college; a dental college; a pharmacy; and Vedic research institutes.



## स्वामी दयानन्द सरस्वती

*'My sole aim is to discover Truth and to help others discover it, to reject falsehood and help others do the same'*

'I believe in religion based on universal and all embracing principles which have always been accepted as true by mankind in the ages to come. Hence it is that the religion in question is called the primary eternal religion which means that it is above the hostility of all human creeds whatsoever.'

'He alone is entitled to be called a man who possesses a thoughtful nature and feels for others in the same way as he does for himself, does not fear the unjust, powerful but fears the truly virtuous, however, weak.'

Swamiji raised his strong voice against untouchability and declared that all persons were born equal and were entitled to equal status in society. A man entered into a varna or class of society according to his Guna (talent), Karma (work) and swabhava (nature). Thus entry into one or the other class/division of society was not by heredity (pevce). It was earned on merit (keâce&).

His description of the ideal Society and State has always included references to a prosperous economy, abolition of poverty, just distribution of wealth and education satisfying occupation for men according to their abilities.

### आर्य कौन?

आर्य शब्द से एक सामाजिक तथा नैतिक आदर्श का, एक मर्यादित जीवन का, उदारता, नम्रता, सज्जनता, सरलता, साहस, सौजन्य, पवित्र मानवता, निर्बलों की सहायता, सामाजिक कर्तव्यों का अनुष्ठान, ज्ञान प्राप्ति की उत्कण्ठा इत्यादि गुणों का बोध होता है। वस्तुतः मानवीय भाषा में अन्य कोई शब्द नहीं; जिसका इतिहास इस शब्द से उच्च हो!

- म. अरविन्द घोष

The Arya is he who strives and Overcomes all outside him or within him. That stand opposed to the human Advance in every thing, he seeks truth in every thing right and freedom.

- Sri Aurobindo

### आर्य मर्यादाएँ

- |                  |               |              |                  |
|------------------|---------------|--------------|------------------|
| 1. ईश्वर विश्वास | 2. सत्य       | 3. स्वाध्याय | 4. आत्म-निरीक्षण |
| 5. आत्म-संयम     | 6. आत्म-त्याग | 7. कर्मशीलता | 8. परोपकार       |
| 9. नैतिकता       | 10. निर्भयता  |              |                  |

शिव संकल्प

कृण्वन्तो विश्वमार्यम्

अपने जीवन में आर्य गुणों को धारण करते हुए सारे संसार को आर्य बनाना।

आर्यव्रता निसृजन्तो अधिक्षमि (ऋग)

अन्तः स्थिति से उच्च मानव ही आर्य कहलाता है।



## The Instructions for the Payment of Fees

1. The fee-collection hours are from 8.00 am to 2.00 pm from Monday to Saturday.
2. The last date of depositing the fees is the 15th of the month.
3. The late-fee-deposit fine till the 30th of the month is Rs. 5 Per Day
4. The arrears of the fees of a month must be deposited by the 5th of the next month with a fine of Rs. 100.00
5. The defaulter's name shall be struck off on non-payment of the fees for two months without any intimation.
6. Re-admission may be accepted on payment of Rs. 100.00 as admission fee with the Principal's permission.
7. Payment of the fees in advance on a quarterly, half-yearly and annual basis is also accepted.
8. For classes X and XII, the school fees till March have to be deposited by January (so as to get a no-dues certificate).

## अभिभावक महानुभावों से विनम्र निवेदन

अपने बालक-बालिकाओं के उज्ज्वल भविष्य के लिए आप स्वयं उनकी शिक्षा की प्रगति में रुचि लें। उनके लिए अपने व्यस्त जीवन से अवश्य कुछ समय निकालें। उनकी डायरी तथा अध्यापक के संदेश पर ध्यान दें तथा पालन करें। आप स्वयं समय-समय पर विद्यालय में पधार कर, उनके संबंध में प्राचार्य तथा वर्गाध्यापक से परामर्श करें। फीस समय पर जमा करना और अनुपस्थिति के लिए प्रार्थना-पत्र देना एक अच्छे विद्यालय के लिए स्वस्थ परंपरा होती है।

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‘विद्यार्थी की डायरी उसकी कार्य-कुशलता, जिज्ञासा तथा आचरण का दर्पण है।’

## The DAV Public Schools

The DAV public schools follow the 10+2 pattern of the Central Board of Secondary Education (CBSE) and run classes from KG to XII with English, as well as Hindi, as medium of instruction, as adopted by the Kendriya Vidyalayas, with a view to prepare the students for the All India Secondary School Examination (Class X), and the All India Senior Secondary Certificate Examination (Class XII). The NCERT / CBSE textbooks are chiefly prescribed for all the classes.

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### THE OBJECTIVES OF EDUCATION AT OUR INSTITUTIONS

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1. To prepare the students for active participation in day-to-day life's situations.
2. To develop basic mental abilities and skills.
3. To help in physical growth and proficiency in games.
4. To help the students learn how to establish good human relationships and imbibe virtues of moral courage and social discipline.
5. To acquire economic understanding and efficiency in the management of expenditure.

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### THE WAYS AND MEANS OF REALISING THE OBJECTIVES

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1. Each school has a trained, experienced and dedicated staff.
2. Equal stress is laid on proficiency in Hindi and in English.
3. Study of Sanskrit is encouraged so as to preserve our ancient cultural heritage.
4. For the students' overall development, a number of co-curricular activities are organized. Some of them are painting, photography, gardening, clay modelling, sport, yoga, public speaking, drama and debate.
5. The students are initiated into social service.
6. The fundamental values of truthfulness, fearlessness and tolerance are inculcated in the students.
7. There are frequent interactions between the parents / guardians and the teachers.

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### REGISTRATION

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The registration / admission forms for new admissions are available from 1<sup>st</sup> March every year and selection is made on the basis of a test and a subsequent interview so as to determine the child's capability to pursue the prescribed course of studies.



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## AGE

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For admission to LKG, the child must be more than 3 years, but less than 4 years old, as on 1<sup>st</sup> April of the year of admission.

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## THE WAYS AND MEANS OF REALISING THE OBJECTIVES

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1. The following categories of children shall not remain in the School:
  - ◆ those who fail to show satisfactory progress and are unwilling or unable to profit from the educational programme; those whose fees are in arrears;
  - ◆ those whose behaviour and conduct, in the Principal's opinion, are harmful to the interest of the School; and
  - ◆ those who fail twice in the same class or are below average.
2. The amount of security deposited at the time of admission should be claimed within six months from the date of leaving the school. otherwise it will stand forfeited.
3. Withdrawal or transfer is not possible in March.
4. The Transfer Certificate, the School Leaving Certificate or the Progress Report shall not be issued until all the dues are paid.

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## LEAVE RULES

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1. Absence without leave application is seriously viewed. In case of seven consecutive days of absence, the student's name shall be stuck off. He or she may, however, be re-admitted (subsequent to the Principal's direction) after he or she has paid all the dues and the re-admission fee.
2. For leave of absence, a letter must be sent by the parent(s) / guardian and also a note be made in the diary. All the students are expected to attend the classes on the opening day after each of the vacations and on the closing day before it.
3. Absence due to sickness must be supported by a medical certificate. The students attending school after suffering from an infectious disease such as measles, chicken pox, cholera, mumps, whooping cough, etc must produce a fitness certificate from a registered doctor.
4. The school doctor's opinion is to be respected.

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### EXAMINATIONS

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- (I) HALF YEARLY EXAMINATION : IN SEPTEMBER  
(II) ANNUAL EXAMINATION : IN MARCH
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### PROMOTION RULES

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1. According to latest examination reforms introduced by CBSE, the whole session has been divided into two terms. Each term consists of 100-100 marks. In the first term (April to September) PT1, and HALF YEARLY EXAM will be conducted. In the second term (October to March) PT 2 and ANNUAL EXAM will be conducted.
  2. Overall marks will be awarded after adding the weightage of PT1 + Half Yearly & PT2 + Annual Examination
  2. For Sr. Sec. classes the student's rank shall be determined on the basis of his / her total marks in all the Periodical Tests & Examinations.
  3. For promotion, 33% aggregate marks is compulsory. The supplementary examination (only for very genuine cases) may be held in the month of April.
  4. Only with an attendance of 75%, a student is entitled to appear in the Annual Examination or the CBSE Examination.
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### PROMOTION TO HIGHER CLASS

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1. Every student is required to get a qualifying 33% marks or above in all the subjects excluding additional subject as per scheme of Exam for the purpose of promotion to next class.
  2. A student getting less than 33% marks in Scholastic areas in one or more subjects will have to improve his / her performance in one subsequent attempt to obtain qualifying 33% marks in these subjects.
  3. It is mandatory to appear in all the Periodical Test, Half Yearly Exam & Annual Exam during the Academic Year.
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### TRANSFER CERTIFICATE

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A duplicate copy of the Transfer Certificate may be issued only on producing a copy of the FIR of the lost original certificate on a cash payment of Rs. 100.00

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### HOUSE SYSTEM

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Inter-House competitions are held time to time to inculcate the qualities of leadership, healthy competition and team spirit in the students. The houses are named after great religious or national leaders.

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### INSTRUCTIONS TO THE STUDENTS

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1. The students should arrive at the School at least 5 minutes before the bell.
2. They should observe good manners wherever they are so that they may spread the fragrance of their good conduct and bring credit to themselves, to their parents and to the School.
3. They should treat the property of the School as their own and should not, therefore, damage them. They should report any damage to the class teacher concerned even if he or she does not know the perpetrator(s).
4. They should not borrow, lend or exchange things.
5. They should not keep valuables; for the School shall not be responsible for their loss.
6. They should keep their bicycles locked. They, further, should not ride them in the school campus.
7. They should participate in the co-curricular activities.
8. While using the Library / laboratories, they should follow the rules displayed there.

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### GUIDELINES FOR THE PARENTS / GUARDIANS

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1. The parents / guardians are expected to co-operate with the School by enforcing regularity and discipline, and by showing a keen interest in their children's progress. They should see the Diary regularly; take note of the remark(s); and visit the School from time to time.
2. They should feel free to make any suggestion(s) for the betterment of the School. For that, they may come personally or send a note.
3. Both father and mother should attend the parent-teacher meetings organized by the School from time to time.
4. The parents / guardians are not expected to enter the classrooms.
5. They are not expected to meet the teachers during the school hours. They can, however, see them before / after the school hours or during the recess or, in an urgent case, by appointment through the Principal.
6. They may see the Principal on working days between 9.00 am and 11.30 am.

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### EXCURSIONS

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The School arranges frequent sight-seeing tours as part of the total development of each student's personality.

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### CO-CURRICULAR ACTIVITIES

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The School aims at developing each child's capabilities and in-born talent to the fullest extent. For that, co-curricular activities are arranged every week. The major co-curricular activities are

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|--|-------------------------|
| 1. Paper folding,                          | 2. Freehand painting,   |
| 3. Paper tearing and pasting,              | 4. Magic painting,      |
| 5. Painting with leaves and lady's fingers | 6. Plasticine moulding, |
| 7. Dance,                                  | 8. Song,                |
| 9. Debate,                                 | 10. One-act play,       |
| 11. Quiz,                                  | 12. Sports,             |
| 13. Games and                              | 14. Sand-pit activity   |

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### WORK EXPERIENCE

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Work experience is part of the educational programme. It helps children to come close to the community and make them conscious of their social commitment. It, further, develops in them respect for manual work and a desire to do their best for the common good. It also enables them to earn something while learning. Indirectly, it instils in them a sense of economic security in society. Any one of the following activities as work experience may be opted for:

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|---------------------|---------------------------------|
| 1. Doll/Toy making  | 14. Indian dance                |
| 2. Flower making    | 15. Educational tour            |
| 3. Craft            | 16. Tailoring                   |
| 4. Gardening        | 17. Electronics                 |
| 5. Needle work      | 18. Judo & Karate               |
| 6. Clay modelling   | 19. Yoga                        |
| 7. Aerobics         | 20. Gymnastics                  |
| 8. Knitting         | 21. Vocal or instrumental music |
| 9. Embroidery       | 22. Commercial art              |
| 10. Fabric painting | 23. Textile designing           |
| 11. Batik           | 24. Dye / block printing        |
| 12. Ceramics        | 25. Photography                 |
| 13. Papier mache    |                                 |



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## PHYSICAL EDUCATION

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The School has a well-chalked-out programme for the students' physical fitness. It includes rhythmic exercises, athletics, gymnastics, drills, hockey, football, cricket, volleyball, basketball, badminton, lawn tennis, kho-kho and table tennis. It is given shape by the experienced coaches.

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## THE SCHOOL UNIFORMS

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### For Girls

- Junior: 1. Fawn Coloured Shirt with Checks on pleat  
2. Borders on pleated sleeves  
3. Checked pleated divided skirt

- Senior: 1. Fawn coloured Kurti with checked border on neck button and sleeves.  
2. Checked salwar  
3. Checked waist Coat with fawn piping

### For Boys.

- Junior: 1. Checked Shirt with piping on sleeves (Half) & pockets.  
2. Fawn coloured full pant.

- Senior: 1. Checked shirt with piping on Sleeves & pockets.  
2. Full Sleeve (Nov to Feb)  
3. Half Sleeve (Apr to Oct.)  
4. Fawn Colour full pant.

### On the PT Days

House T-Shirts, white trousers / skirts, white socks and House Coloured tennis shoes.

### Senior Girls:

White Kurti, House coloured Salwar & House Coloured Dupatta

**NB:** 1. The patka put on by a Sikh student should be the colour of the shorts (Maroon colour)

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## MORNING ASSEMBLY

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In order to inculcate moral values in the students, each working day of the School starts with morning assembly, with recitation of some Vedic mantras, devotional and patriotic songs and the thought of the day. The students get introduced to the rich spiritual heritage of Indian philosophy, which transcends the narrow limits of caste, colour, language and creed. Short talks are given by students and guests on a variety of subjects such as good manners, hygienic habits, important events of day-to-day life and great people's lives. The National Anthem marks the end.

*Remember not only to say the right thing at the right time,  
but to leave unsaid, the wrong thing at the tempting moment.*

## विद्यालयीय प्रार्थना

(I)

दया कर दान विद्या का हमें परमात्मा देना,  
दया करना हमारी आत्मा में शुद्धता देना।

हमारे ध्यान में आओ, प्रभु आँखों में बस जाओ,  
अँधेरे दिल में आ करके, परम ज्योति जगा देना।

बहा दो प्रेम की गंगा, दिलों में प्रेम का सागर।  
हमें आपस में मिलजुलकर, प्रभु रहना सिखा देना।

हमारा धर्म हो सेवा, हमारा कर्म हो सेवा,  
सदा ईमान हो सेवा व सेवक जन बना देना।

वतन के वास्ते जीना, वतन के वास्ते मरना,  
वतन पर जाँ फिदा करना, प्रभु हमको सिखा देना।

(II)

हम बालक हैं ईश्वर तेरे,  
याद करें नित साँझ सवेरे।  
तू पिता कहलाता है,  
तू ही सबका दाता है।  
तूने सूरज चाँद बनाये,  
तूने ही तारे चमकाये।  
तू जल बरसाता है,  
तू ही सबका दाता है।  
तूने यह आकाश बनाया  
फल-फूलों का साज सजाया।  
तेरे गुण जग गाता है,  
तू ही सबका दाता है।  
सच्चे बालक बन जायें हम,  
तेरे ही गुण नित गायें हम।  
तू ही सबकी माता है,  
तू ही सबका दाता है।

(III)

हमको मन की शक्ति देना  
मन विजय करें,  
दूसरों की जय से पहले  
खुद को जय करें।  
भेद-भाव अपने दिल से  
साफ कर सकें, ..... 2  
दूसरों से भूल हो तो,  
माफ कर सकें, ..... 2  
खुद में हौसला रहे,  
बदी से न डरें।  
दूसरों की ..... 1  
मुश्किलें पड़ें तो हम पर  
इतना कर्म कर, ..... 2  
साथ दें तो धर्म का  
चलें तो धर्म पर  
झूठ से बचे रहें  
सच का दम भरें  
दूसरों की ..... 1



### संगठन-सूक्त

ओ३म् सं समिद्युवसे वृषन्नग्ने विश्वान्यर्य आ।

इळस्पदे समिध्यसे स नो वसून्या भर।।

सं गच्छध्वं सं वदध्वं सं वो मनांसि जानताम् ।

देवा भागं यथा पूर्वे संजानाना उपासते।।

समानो मंत्रः समितिः समानी समानं मनः सहचित्तमेषाम् ।

समानं मंत्रमभिमंत्रये वः समानेन वो हविषा जुहोमि।।

समानी व आकूतिः समाना हृदयानि वः।

समानमस्तु वो मनो यथा वः सुसहासति।।

### प्रतिज्ञा ( 1 )

भारत हमारा देश है। हम सब भारतवासी भाई-बहन हैं। हमें अपना देश प्राणों से भी प्यारा है। इसकी समृद्धि एवं विविध संस्कृति पर हमें गर्व है। हम इसके सुयोग्य अधिकारी बनने का सदा प्रयत्न करते रहेंगे। हम सबके साथ विनम्रता का व्यवहार करेंगे। हम अपने देश और देशवासियों के प्रति वफादार रहने की प्रतिज्ञा करते हैं। उनके कल्याण और समृद्धि में ही हमारा सुख निहित है।

### प्रतिज्ञा ( 2 )

भारतवर्षः मम मातृभूमिः । सर्वे भारत वासिनः मम भ्रातरः स्वसारश्च । मम मातृभूमिः प्राणेभ्योऽपि प्रियतरा । अस्याः समृद्धौ विविध संस्कृतौ चाहं गर्वं अनुभवामि । सदा अस्याः उन्नत्यै प्रायतिष्ठे । स्व पितरौ गुरुन् गुरुजनान् च अभिवादयिष्ये । अपिच सर्वैः सह विनम्रतया आचरिष्ये देशाय देशवासिभ्यश्च आत्मोत्सर्गं अपि करिष्ये । तेषां सुखेषु समृद्धिषु च सन्तोषं अवाप्स्ये ।

### Student's Pledge

India is my country. All Indians are my brother and sisters. I love my country and I am proud of its rich and varied heritage. I shall always strive to be worthy of it.

I shall give my parents, teachers and all elders respect and treat everyone with courtesy.

To my country and my people I pledge my devotion. In their well being and prosperity alone lies my happiness.

## राष्ट्रीय गान

जन-गण-मन अधिनायक जय हे, भारत भाग्य विधाता।  
पंजाब, सिन्ध, गुजरात, मराठा, द्राविड़, उत्कल बंग।  
विन्ध्य, हिमाचल, यमुना, गंगा, उच्छल जलधि तरंग।  
तव शुभ नामे जागे,  
तव शुभ आशिष माँगे,  
गाहे तव जय गाथा।  
जन-गण-मंगलदायक जय हे, भारत भाग्य विधाता।  
जय हे, जय हे, जय हे, जय जय जय जय हे।

## डी ए वी गान

“अविरल निर्मल सलिल सदय, ज्ञान प्रदायिनी ज्योतिर्मय  
हो चहुँदिशि उद्घोष अभय, डी. ए. वी. जय जय -2  
प्रबल प्रवाहमयी नित-नूतन, जीवन दायिनी सदा सनातन  
वेद प्रणीता परम पुनीता ये धारा, अक्षय डी.ए.वी. जय जय-2”  
दयानन्द से प्रेम-भक्ति ले हंसराज से त्याग-शक्ति ले  
धर्म-भक्ति का राष्ट्र शक्ति का हो दिनमान उदय  
डी.ए.वी. जय जय -2  
सुख समृद्धि इसकी लहरें, प्रेम शान्ति इसके तट ठहरें  
सघन शान्तिमय प्रबल कान्तिमय लिए अटल निश्चय, डी.ए.वी.  
जय - जय .....

## वन्दे मातरम्

वन्दे मातरम् ....  
सुजलाम्, सुफलाम्, मलयजशीतलाम्  
शस्य-श्यामलाम् मातरम् । वन्दे मातरम् ॥  
शुभ्रज्योत्स्नापुलकितयामिनीम्,  
फुल्लकुसुमितद्रुमदलशोभिनीम् ॥  
सुहासिनीम्, सुमधुरभाषिणीम्  
सुखदाम्, वरदाम्, मातरम् । वन्दे मातरम् ॥



## यज्ञ-प्रार्थना

पूजनीय प्रभु! हमारे भाव उज्ज्वल कीजिये।  
छोड़ देवें छल कपट को, मानसिक बल दीजिए।  
वेद की बोलें ऋचाएँ, सत्य को धारण करें।  
हर्ष में हों मग्न सारे, शोकसागर से तरें।  
अश्वमेधादिक रचाएँ, यज्ञ पर-उपकार को।  
धर्म-मर्यादा चलाकर, लाभ दें संसार को।  
नित्य श्रद्धा-भक्ति से, यज्ञादि हम करते रहें।  
रोग-पीड़ित विश्व के, सन्ताप सब हरते रहें।  
भावना मिट जाये मन से, पाप अत्याचार की।  
कामनायें पूर्ण होवें, यज्ञ से नर-नार की।  
लाभकारी हो हवन, हर जीवधारी के लिए।  
वायु-जल सर्वत्र हो, शुभ गंध को धारण किए।  
स्वार्थ भाव मिटे हमारा, प्रेम-पथ विस्तार हो।  
इदं न मम का सार्थक, प्रत्येक में व्यवहार हो।  
हाथ जोड़ झुकाय मस्तक, वन्दना हम कर रहे।  
नाथ करुणा रूप करुणा, आपकी सब पर रहे।

## सारे जहाँ से अच्छा

सारे जहाँ से अच्छा, हिन्दोस्तां हमारा।  
हम बुलबुले हैं इसकी, ये गुलिस्तां हमारा।  
पर्वत वो सबसे ऊँचा, हमसाया आसमां का,  
वो संतरी हमारा, वो पासबां हमारा।  
गोदी में खेलती हैं, इसकी हजारों नदियाँ,  
गुलशन है जिनके दम से, रश्के जिना हमारा।  
मजहब नहीं सिखाता, आपस में बैर रखना,  
हिन्दी हैं हम, हिन्दी हैं हम, हिन्दी हैं हम,  
वतन है हिन्दोस्तां हमारा।

## तुम्हीं हो माता-पिता

तुम्हीं हो माता, पिता तुम्हीं हो  
तुम्हीं हो बन्धु सखा तुम्हीं हो  
तुम्हीं हो साथी तुम्हीं सहारे  
कोई न अपना सिवा तुम्हारे  
तुम्हीं हो नैया तुम्हीं खेवैया  
तुम्हीं हो बन्धु सखा तुम्हीं हो  
जो खिल सके न वो फूल हम हैं  
तुम्हारे चरणों की धूल हम हैं  
दया की दृष्टि सदा ही रखना  
तुम्हीं हो बन्धु सखा तुम्हीं हो।

## इतनी शक्ति....

इतनी शक्ति हमें देना दाता  
मन का विश्वास कमजोर हो ना  
हम चलें नेक रस्ते पे हमसे  
भूलकर भी कोई भूल हो ना  
इतनी शक्ति हमें .....

दूर अज्ञान के हो अँधेरे, तू हमें ज्ञान की रोशनी दे  
हर बुराई से बचते रहें हम, जितनी भी दे भली जिंदगी दे  
बैर हो ना किसी का किसी से, भावना मन में बदले की हो ना  
हम चलें नेक रस्ते पे हमसे.....

हम न सोचें हमें क्या मिला है  
हम ये सोचें किया क्या है अर्पण  
फूल खुशियों के बाँटे सभी को  
सब का जीवन ही बन जाए मधुबन  
अपनी करुणा का जल तू बहा दे  
कर दे पावन हर एक मन का कोना  
हम चलें नेक रस्ते पे हमसे.....



## ऐ मालिक तेरे बन्दे हम

ऐ मालिक तेरे बन्दे हम  
ऐसे हो हमारे करम  
नेकी पर चलें और बदी से टलें  
ताकि हँसते हुए निकले दम  
ऐ .....

बड़ा कमजोर है आदमी  
अभी लाखों हैं इसमें कमी  
पर तू जो खड़ा, है दयालु बड़ा  
तेरी कृपा से धरती थमी  
दिया तूने हमें जब जन्म  
तू ही ले लेगा हम सबका गम  
ऐ .....

ये अँधेरा घना छा रहा  
तेरा इन्सान घबरा रहा  
हो रहा बेखबर कुछ न आता नज़र  
सुख का सूरज छिपा जा रहा  
है तेरी रोशनी में जो दम  
तू अमावस को कर दे पूनम  
नेकी .....

जब जुल्मों का हो सामना  
अब तू ही हमें थामना  
वो बुराई करें, हम भलाई करें  
नहीं बदले की हो कामना  
बढ़ उठे प्यार का हर कदम  
और मिटे बैर का ये भरम  
नेकी .....

॥ अथदैनिक मंत्र ॥  
AGNIHOTRA DAILY FIRE RITUAL

॥ अथाचमनमन्त्राः ॥

दायें हाथ में जल लेकर तीन मंत्रों से तीन बार आचमन करें।

1. ओ३म् अमृतोपस्तरणमसि स्वाहा ॥ 1 ॥  
ओ३म् अमृतापिधानमसि स्वाहा ॥ 2 ॥  
ओ३म् सत्यं यशः श्रीर्मयि श्रीः श्रयतां स्वाहा ॥ 3 ॥

बायें हाथ में जल लेकर मंत्र पढ़ के दायें हाथ की मध्यमा तथा अनामिका अंगुलियों से अंगों को स्पर्श करें।

Take little water in the left palm and wet the tips of the two middle fingers of the right and touch the different part of the body with them as you recite the following mantras :-

2. ओ३म् वाङ्. मेऽआस्येऽस्तु। ओ३म् नसोर्मे प्राणोऽस्तु।  
ओ३म् अक्ष्णोर्मे चक्षुरस्तु। ओ३म् कर्णयोर्मे श्रोत्रमस्तु।  
ओ३म् बाह्वोर्मे बलमस्तु। ओ३म् ऊर्वोर्मे ओजोऽस्तु।  
ओ३म् अरिष्टानि मेऽङ्. गानि तनूस्तन्वा मे सह सन्तु।

अधेश्वरस्तुतिप्रार्थनोपासनामन्त्राः

3. ओ३म् विश्वानि देव सवितर्दुरितानि परासुव। यद् भद्रं तन्न आ सुव (॥1॥)
4. ओ३म् हिरण्यगर्भः समवर्त्तताग्रे भूतस्य जातः पतिरेक आसीत्  
स दाधार पृथिवीं द्यामुतेमां कस्मै देवाय हविषा विधेम॥ (॥2॥)
5. ओ३म् य आत्मदा बलदा यस्य विश्व उपासते प्रशिषं यस्य देवाः  
यस्यछायाऽमृतं यस्य मृत्युः कस्मै देवाय हविषा विधेम। (॥3॥)
6. ओ३म् यः प्राणतो निमिषतो महित्वैकऽइन्द्राज जगतो बभूव।  
य ईशोऽस्य द्विपदश्चतुष्पदः कस्मै देवाय हविषा विधेम॥ (॥4॥)
7. ओ३म् येन द्यौरग्रा पृथिवी च दृढा येन स्वः स्तभितं येन नाकः।  
योऽन्तरिक्षे रजसो विमानः कस्मै देवाय हविषा विधेम। (॥5॥)
8. ओ३म् प्रजापते न त्वदेतान्यन्यो विश्वा जातानि परि ता बभूव।  
यत्कामास्ते जुहुमस्तन्नोऽस्तु वयं स्याम पतयो रयीणाम्। (॥6॥)
9. ओ३म् स नो बन्धुर्जनिता स विधाता धामानि वेद भुवनानि विश्वा।  
यत्र देवा अमृतमानशानास्तृतीये धामन्नध्यैरयन्त॥ (॥7॥)



10. ओ३म् अग्ने नय सुपथा राये अस्मान् विश्वानि देव वयुनानि विद्वान्।  
युयोध्यस्मज्जुहुराणमेनो भूयिष्ठान्ते नम उक्तिं विधेम॥ (।।8।।)

### अथ अग्न्याधानम्

हवन कुण्ड में समिधा रखें। नीचे के मंत्र से कपूर को जला कर कुण्ड में रखें।

Burn camphor in a spoon and place into the kund while reciting the MANTRAS: ओ३म् भूर्भुवः स्वः

11. ओ३म् भूर्भुवः स्वर्द्यौरिव भूम्ना पृथिवीव वरिष्णा

तस्यास्ते पृथिवि देवयजनि पृष्ठेऽग्निमन्नादमन्नाद्यायादधे।

Wait and help the fire to arouse and catch the woodstick recite the following MANTRA.

12. ओ३म् उद्बुध्यस्वाग्ने प्रतिजागृहि त्वमिष्टापूर्ते सँसृजेथामयं च।

अस्मिन्सधस्थे अद्युत्तरस्मिन् विश्वे देवा यजमानश्च सीदत॥

### अग्नि-आधानमन्त्राः

निम्नांकित मंत्रों में से एक-एक समिधा घी में डुबो कर अग्नि में चढ़ाएँ:

Place three sticks in fire after 1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Mantras :-

13. ओ३म् अयन्त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्धस्व चेद्धवर्द्धय चास्मान्

प्रजया पशुभिर्ब्रह्मवर्चसेनान्नाद्येन समेधय स्वाहा। इदमग्नये जातवेदसे

इदन्न मम॥ (Ashvalayana Gr Sut. 1.10.12) (पहली समिधा)

14. ओ३म् समिधाग्निं दुवस्यत घृतैर्बोधयतातिथिम्।

आस्मिन् हव्या जुहोतन स्वाहा इदमग्नये इदन्न मम॥

15. सुसमिद्धाय शोचिषे घृतं तीव्रं जुहोतन। अग्नये जातवेदसे स्वाहा।

इदमग्नये जातवेदसे इदन्न मम। (Yu. II. 1, 2) (दूसरी समिधा)

16. तन्त्वा समिध्द्रङ्गिरो घृतेन वर्द्धयामसि। बृहच्छोचा यविष्ठय स्वाहा।

इदमग्नयेऽङ्गि. गरसे इदन्न मम॥ (YVII. 1, 2) (तीसरी समिधा)

### पंचघृताहुतिः

17. ओ३म् अयन्त इध्म आत्मा जातवेदस्तेनेध्यस्व वर्धस्व चेद्धवर्द्धय चास्मान्

प्रजया पशुभिर्ब्रह्मवर्चसेनान्नाद्येन समेधय स्वाहा।

इदमग्नये जातवेदसे इदन्न मम॥

### जल-प्रक्षेपन करें

18. ओ३म् अदितेऽनुमन्यस्व । Sprinkle water East side to the Havan Kund
19. ओ३म् अनुमतेऽनुमन्यस्व । West side
20. ओ३म् सरस्वत्यनुमन्यस्व । North side
21. ओ३म् देव सवितः प्रसुव यज्ञं प्रसुव यज्ञपतिं भगाय ।  
दिव्यो गन्धर्वः केतपूः केतं नः पुनातु वाचस्पतिर्वाचं नः स्वदतु ।।  
On all the four sides

### चार घृताहुति दें

Offer ghee four times

22. ओ३म् अग्नये स्वाहा । इदमग्नये इदन्न मम । On the north side
23. ओ३म् सोमाय स्वाहा । इदम् सोमाय इदन्न मम । South side
24. ओ३म् प्रजापतये स्वाहा । इदम् प्रजापतये इदन्न मम । Centre of the fire
25. ओ३म् इन्द्राय स्वाहा । इदमिन्द्राय इदन्न मम ।

### प्रातः काल की आहुतियाँ

Morning Agnihotra with offerings of ghee and samagree :

26. ओ३म् सूर्यो ज्योतिर्ज्योतिः सूर्यः । स्वाहा ।
27. ओ३म् सूर्यो वर्चो ज्योतिर्वर्चः स्वाहा ।
28. ओ३म् ज्योतिः सूर्यः सूर्यो ज्योतिः स्वाहा ।
29. ओ३म् सजूर्देवेन सवित्रा सजूरुषसेन्द्रवत्या । जुषाणः सूर्यो वेतु स्वाहा ।

### सांय काल की आहुतियाँ दें

Evening Angihotra

30. ओ३म् अग्निर्ज्योतिर्ज्योतिरग्निः स्वाहा ।
31. ओ३म् अग्निर्वर्चो ज्योतिर्वर्चः स्वाहा ।

### मौलाहुति

32<sup>nd</sup> Mantra is to be recited in silence

32. ओ३म् अग्निर्ज्योतिर्ज्योतिरग्निः स्वाहा ।
33. ओ३म् सजूर्देवेन सवित्रा सजूरुषसेन्द्रवत्या । जुषाणो अग्निर्वेतु स्वाहा ।



### प्रातः एवं सायंकाल के मंत्र

#### Morning and evening Mantra

34. ओ३म् भूर्गनये प्राणाय स्वाहा । इदमग्नये प्राणाय इदन्न मम ।  
35. ओ३म् भुवर्वायवेऽपानाय स्वाहा । इदं वायवेऽपनाय इदन्न मम ।  
36. ओ३म् स्वरादित्याय व्यानाय स्वाहा । इदमादित्याय व्यानाय इदन्न मम ।  
37. ओ३म् भूर्भुवः स्वरग्निवाय्वादित्येभ्यः प्राणापानव्यानेभ्यः स्वाहा ।  
इदमग्निवाय्वादित्येभ्यः प्राणापानव्यानेभ्यः इदन्न मम ।  
38. ओ३म् आपो ज्योतिरसोऽमृतं ब्रह्म भूर्भुवः स्वरों स्वाहा ।  
39. ओ३म् यां मेधां देवगणाः पितरश्चोपासते ।  
तया मामद्य मेधयाऽग्ने मेधाविनं कुरु स्वाहा ।  
40. ओ३म् विश्वानि देव सवितर्दुरितानि परासुव । यद् भद्रं तन्न आ सुव स्वाहा ।  
41. ओ३म् अग्ने नय सुपथा रायेऽअस्मान् विश्वानि देव वयुनानि विद्वान् ।  
युयोध्यस्मज्जुहुराणमेनों भुयिष्ठान्ते नम उक्तिम् विधेम स्वाहा ।  
42. ओ३म् भूर्भुवः स्वः तत्सवितुर्वरेण्यम् भर्गो देवस्य धीमहि  
धियो यो नः प्रचोदयात् स्वाहा ।  
ओ३म् सर्वं वै पूर्णं स्वाहा । (तीन बार)

### गायत्री मंत्र

#### A UNIVERSAL PRAYER

ओ३म् भूर्भुवः स्वः तत्सवितुर्वरेण्यम् भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्

ऋग्वेद 3-62-10, यजुर्वेद 36-3, सामवेद 3-6-10

तूने हमें उत्पन्न किया, पालन कर रहा है तू,  
तुझसे ही पाते प्राण हम, दुखियों के कष्ट हरता तू।  
तेरा महान तेज है, छाया हुआ सभी स्थान,  
सृष्टि की वस्तु-वस्तु में, तू हो रहा है विद्यमान।  
तेरा ही धरते ध्यान हम, माँगते तेरी दया,  
ईश्वर हमारी बुद्धि को, श्रेष्ठ मार्ग पर चला।

असतो मा सद् गमय

Lead me from unreal to real

तमसो मा ज्योतिर्गमय

Lead me from darkness to light

मृत्योर्माऽमृतं गमय

Lead me from death to immortality

## आर्य समाज के दस नियम Ten Principles of Arya Samaj

1. सब सत्य विद्या और जो पदार्थ विद्या से जाने जाते हैं, उन सबका आदिमूल परमेश्वर है।

The First efficient cause of all true knowledge and that is known through knowledge is Parmeshvara.

2. ईश्वर सच्चिदानन्दस्वरूप, निराकार, सर्वशक्तिमान्, न्यायकारी, दयालु, अजन्मा, अनन्त, निर्विकार, अनादि अनुपम, सर्वाधार, सर्वेश्वर, सर्वव्यापक, सर्वान्तर्यामी, अजर, अमर, अभय, नित्य, पवित्र और सृष्टिकर्ता है। उसी की उपासना करने योग्य है।

Ishvara is existent, intelligent and blissful. He is formless, omnipotent, omniscient and omnipresent, just, merciful, unborn, endless, unchangeable, beginningless, unequalled, the support of all, the master of all immanent, unaging, immortal, fearless eternal, holy and the maker of all. He alone is worth being worshipped.

3. वेद सब सत्य विद्याओं की पुस्तक है। वेद का पढ़ना-पढ़ाना और सुनना-सुनाना सब आर्यों का परम धर्म है।

Vedas are the scripture of true knowledge. It is the first duty of the Aryas to read them, teach them, recite them and hear them being read.

4. सत्य के ग्रहण करने और असत्य के छोड़ने में सर्वदा उद्यत रहना चाहिए।

One should always be ready to accept truth and give up untruth.

5. सब काम धर्मानुसार अर्थात् सत्य और असत्य को विचार करके करना चाहिए।

One should do everything according to dictates of Dharma, i.e., after due consideration of right and wrong.

6. संसार का उपकार करना इस समाज का मुख्य उद्देश्य है अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना।

Doing good to the whole world is the primary objective of this society, i.e., to promote its physical, spiritual and social welfare.

7. सबसे प्रीतिपूर्वक धर्मानुसार यथायोग्य वर्तना चाहिए।



Let the dealings with all be regulated by love and justice in accordance with the dictates of dharma.

8. अविद्या का नाश और विद्या की वृद्धि करनी चाहिए।

One should promote Vidya (realisation of subject and object) and dispel Avidya (illusion).

9. प्रत्येक को अपनी ही उन्नति में संतुष्ट न रहना चाहिए; किन्तु सबकी उन्नति में अपनी उन्नति समझनी चाहिए।

One should not only be content with one's welfare alone, but should look for one's own welfare in the welfare for others also.

10. सब मनुष्यों को सामाजिक सर्वहितकारी नियम पालने में परतंत्र रहना चाहिए और प्रत्येक हितकारी नियम में सब स्वतंत्र रहें।

One should regard oneself under restriction to follow altruistic rulings of society while in following rules of individual welfare all should be free.

### सूक्ति-सुधा

1. कृण्वन्तो विश्वमार्यम् ।

(अपने जीवन में आर्य गुणों को धारण करते हुए समस्त संसार को आर्य बनाना)

"Truth is communicated to men only by deeds of truth".

- Tolstoy

Even a single lamp dispels the deepest darkness.

- M. Gandhi

2. अग्निना अग्नि समिध्यते । (केवल जीवन से ही जीवन प्रकाशित होता है)

Behind every great man there was a parent or a good teacher.

3. न तस्य प्रतिमाऽस्ति । (उसकी कोई प्रतिमा नहीं होती)

when I look at the universe I cannot escape from the feeling that there is an eternal cosmic mystery behind it.

- Albert Einstein

4. अभयं मित्रादभयममित्रादभयं ज्ञातादभयं परोक्षात् ।  
(हम मित्र, शत्रु, परिचित और अपरिचित से अभय हों।)  
The secret of whole existence is to have no fear.

- Vivekanand

5. धर्मार्थकाममोक्षाणां सद्यः सिद्धिर्भवेन्नः ।  
(हमें शीघ्र ही धर्म, अर्थ, काम और मोक्ष प्राप्त हों।)  
We pray to thee, O' lord bless us with a high sense of duty i.e. Dharma, means to live, sufficient work to do and living, thus we may attain salvation.

6. यज्ञो वै श्रेष्ठतमं कर्म । (समस्त कल्याणकारी कर्म यज्ञ कहलाते हैं)  
Yajna and Study of Scriptures (Swadhyaya) generate "Truth" as potential Energy. Through our right conduct and actions in day to day life we convert that Potential Energy into Kinetic energy. Life is Kinetic Energy.

7. आ नो भद्राः क्रतवो यन्तु विश्वतः । (सभी तरफ से अच्छाइयाँ आवें)  
Let noble thoughts come to us from every side.

8. सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः । (सभी सुखी और निरोग हों)  
A man's value to the community depends upon how far his feelings, thoughts and actions are directed towards promoting the good of his fellow-men.

- Albert Einstein

9. आचारहीनं न पुनन्ति वेदाः । (आचारहीन को वेद पवित्र नहीं करते)  
Restraint is the law of our being, for highest perfection is not attainable without highest restraint.

- M. Gandhi

I am absolutely convinced that no wealth in the world can help humanity forward, even in the hands of most devoted workers in the cause. The example of GREAT AND PURE INDIVIDUAL (i.e., AN ARYA) is the only thing that can lead to noble thoughts and deeds.

- Albert Einstein



## ॥ ओ३म् ॥

### उद्देश्य

ओं उत्तिष्ठत जाग्रत प्राप्यवरान्निबोधत।  
उठो, जागो और उत्तम ज्ञान तथा कर्म को प्राप्त करो।

### प्रातःकाल उठने के समय की प्रार्थना

ओ३म् प्रातरग्निं प्रातरिन्द्रं हवामहे प्रातर्मित्रावरुणा प्रातरश्विना।  
प्रातर्भगं पूषणं ब्रह्मणस्पतिं प्रातस्सोममुत रुद्रं हुवेम॥

### विद्यालय से जाते समय

सत्यं वद। धर्मं चर। स्वाध्यायात्मा प्रमदः। मातृदेवो भव।  
पितृदेवो भव। आचार्यदेवो भव। अतिथिदेवो भव। कुशलात् न  
प्रमदितव्यम्। एतदनुशासनम्

### भोजन के समय की प्रार्थना

ओं अन्नपतेऽन्नस्य नो देह्यन्नमीवस्य शुष्मिणः।  
प्र प्र दातारं तारिष ऊर्जं नो धेहि द्विपदे चतुष्पदे॥ (यजु 11-83)

### रात्रि को सोने के समय की प्रार्थना

ओ३म् यज्जाग्रतो दूरमुदैति दैवं तदु सुप्तस्य तथैवैति।  
दूरंगमं ज्योतिषां ज्योतिरेकं तन्मे मनः शिवसंकल्पमस्तु॥

### शान्ति पाठ

ओं द्यौः शान्तिरन्तरिक्षं शान्तिः पृथिवी शान्तिरापः  
शान्तिरोषधयः शान्तिः। वनस्पतयः शान्तिर्विश्वेदेवाः  
शान्तिब्रह्म शान्तिः सर्वं शान्तिः शान्तिरेव  
शान्तिः सा मा शान्तिरेधि।  
ओ३म् शान्तिः। शान्तिः। शान्तिः।

Class / Sec. : ..... Session : .....

These pages are meant for teachers and Parents to communicate with each other in case of need.

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