

Sanskrit Stotras

Class objective: I will be able to learn Sanskrit stotras.

Concept A: Stotras with meaning:

- गणपति अथर्वशीर्ष

The following Stotra is the first Stotra of गणपति अथर्वशीर्ष ।

ॐ भद्रं कर्णेभिः शृणुयाम देवाः ।

भद्रं पश्येमाक्षभिर्यजत्राः ।

स्थिरैरङ्गैस्तुष्टुवाग्ँसस्तनूभिः ।

व्यशेम देवहितं यदायूः ।

om bhadraṁ karṇebhiḥ śṛṇuyāma devāḥ ।

bhadraṁ paśyemākṣabhiryajatrāḥ ।

sthirairāṅgaistuṣṭuvāgṁsastanūbhiḥ ।

vyaśema devahitaṁ yadāyūḥ ।

Translation with Meaning:

Om, O Devas, May we Hear with our Ears what is Auspicious,

May we See with our Eyes what is Auspicious and Adorable,

May we be Prayerful (in Life) with Steadiness in our Bodies (and Minds),

May we Offer our Lifespan allotted by the Devas (for the Service of God).

- गायत्री मन्त्रः

ॐ भूर्भुवः स्वः

तत्सवितुर्वरेण्यं

भर्गो देवस्य धीमहि

धियो यो नः प्रचोदयात् ॥

om bhūrbhuvah svah

tatsaviturvareṇyam

bhargo devasya dhīmahi

dhiyo yo naḥ pracodayāt ॥

1. **Introduction**

2. **Background**

3. **Method**

- 1. **Study Design**
- 2. **Participants**
- 3. **Intervention**

4. **Results**

- 1. **Primary Outcome**
- 2. **Secondary Outcome**
- 3. **Subgroup Analysis**

5. **Conclusion**

- 1. **Summary**

6. **References**

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- 1. **Table 1**
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