

EXTRACT FROM RAMAYANA-3

CLASS OBJECTIVE: To learn more slokas from prathamasarga of prathama and dwitiya kanda .

CONCEPT-A:-Slokas from Ramayana prathamasarga Balakanda

SLOKA-9

बुद्धिमान्नीतिमान्वाग्मी श्रीमान् शत्रुनिर्बहणः ।

विपुलांसो महाबाहुः कम्बुग्रीवो महाहनुः ॥1.1.9॥

Word meaning:-

बुद्धिमान् great intellectual, नीतिमान् learned in ethical (statecraft) philosophy, वाग्मी proficient in speeches, श्रीमान् possessing vast auspiciousness, शत्रुनिर्बहणः destroyer of foes (sins), विपुलांसः broad shouldered, महाबाहुः strongarmed, कम्बुग्रीवः possessing conchshaped neck, महाहनुः having prominent and strong cheeks.

Total meaning:-

He (Sri Rama) is a great intellectual, adherent to rules, eloquent, handsome, destroyer of foes (sins), broadshouldered, strongarmed, having conchshaped neck and prominent cheeks.

SLOKA-10

महोरस्को महेष्वासो गूढजत्रुररिन्दमः ।

आजानुबाहुस्सुशिरास्सुललाटस्सुविक्रमः ॥1.1.10॥

Word meaning:-

महोरस्कः having a broad chest, महेष्वासः armed with a great bow (meaning thereby having a body strong enough to carry a bow), गूढजत्रुः has fleshy collar bones, अरिन्दमः is destroyer of foes (sins), आजानुबाहुः knee-long arms, सुशिराः head with noble qualities, सुललाटः has a large and beautiful forehead, सुविक्रमः valiant

Total meaning:-

Possessing a broad chest, armed with a great bow, with fleshy collar bones, knee-long arms, a noble head, a graceful forehead and great prowess, he is the destroyer of foes (sins).

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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8. **Supplementary Materials**

9. **Notes**

- 1. **Notes**
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