



RAMAKRISHNA MISSION SHILLONG

52nd CULTURAL COMPETITION, 2026

Language: Sanskrit

Group: A-I

Class: V - VII

Date: 11.07.26

Time: 9.00 A.M.

प्रार्थना श्लोकाः -Prarthana Slokas

1. Sri Vishnu

शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।

प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥

Shukla-Ambara-Dharam Vishnum Shashi-Varnam Chatur-Bhujam |

Prasanna-Vadanam Dhyayet Sarva-Vighno-pashaantaye ||

Meaning:

1: (We Meditate on Sri Vishnu) Who is **Wearing White Clothes**, Who is **All-Pervading**, Who is **Bright in Appearance like the Moon** and Who is Having **Four Hands**,

2: Who is Having a **Compassionate and Gracious Face**; One should **Meditate** on Him to **ward of all Obstacles**.

2. Sri Krishna

कृष्णाय वासुदेवाय देवकी नन्दनाय च ।

नन्दगोप कुमाराय गोविन्दाय नमो नमः ॥

Krshnaaya Vaasudevaaya Devaki Nandanaaya Cha |

Nanda-Gopa Kumaaraaya Govindaaya Namoh Namah ||

Meaning:

1: Namaskars to **Sri Krishna** Who is the **Son** and the **Joy** of Father **Vasudeva** and Mother **Devaki**,

2: Salutations to Him Who is the **Boy** of **Cowherd Nanda** and Who is Himself the Lord **Govinda**; Namaskars to Him again and again.

3. Rama

रामाय रामभद्राय रामचन्द्राय वेधसे ।

रघु-नाथाय नाथाय सीतायाः पतये नमः ॥

Ramaaya Ramabhadraaya Ramachandraaya Vedhase |

Raghu-Naathaaya Naathaaya Sitaayah Pataye Namaha ||

Meaning:

Salutations to **Rama** who is also known as **Ramabhadra** and **Ramachandra** and is mentioned in the Vedas as the greatest lord of **Raghuvansha** and the whole world and who is the consort of **Sita**.

4. Sri Ramakrishna Mantra

ॐ स्थापकाय च धर्मस्य सर्वधर्मस्वरूपिणे।

अवतारवरिष्ठाय रामकृष्णाय ते नमः॥

om sthā- pakāya ca dhar- masya sarva-dharma-svarūpiṇe |

avatāra var- iṣṭhāya rāmakṛṣṇāya te namaḥ ||

Meaning:

To the One who came to establish dharma, one who is the personification of all faiths and religions, one who is the greatest embodiment of the Divine, to that Ramakrishna I offer my salutations

5. Shanti Mantra

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।

मृत्योर्मा अमृतं गमय । ॐ शान्तिः शान्तिः शान्तिः ॥

Om Asato Maa Sad-Gamaya | Tamaso Maa Jyotir-Gamaya |

Mrtyor-Maa Amrtam Gamaya | Om Shaantih Shaantih Shaantih ||

Meaning:

- 1: Om, From **Unreality**, Lead me towards the **Reality**,
- 2: From the **Darkness** (of Ignorance), Lead me towards the **Light**,
- 3: From Death, Lead me towards **Immortality** ,
- 4: Om, **Peace, Peace, Peace.**



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शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।
प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥ 1 ॥

कृष्णाय वासुदेवाय देवकी नन्दनाय च ।
नन्दगोप कुमाराय गोविन्दाय नमो नमः ॥ 2 ॥

रामाय रामभद्राय रामचन्द्राय वेधसे ।
रघु-नाथाय नाथाय सीतायाः पतये नमः ॥ 3 ॥

ॐ स्थापकाय च धर्मस्य सर्वधर्मस्वरूपिणे ।
अवतारवरिष्ठाय रामकृष्णाय ते नमः ॥ 4 ॥

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय । ॐ शान्तिः शान्तिः शान्तिः ॥ 5 ॥

