



Shri Ramcharitmanas

All 7 Kands — 30-Minute Satsang Guide

For Caribbean Hindu Communities • Trinidad • Guyana • Suriname

 150+ Years of Ramayan Heritage in the Caribbean



Our Ancestors' Gift: When Indian indentured workers arrived in Trinidad, Guyana, and Suriname from 1838 onward, they brought the Ramcharitmanas with them. For 150+ years, Caribbean Hindu families have kept this sacred tradition alive — often in homes where Hindi is no longer spoken. This guide is designed *for you*: the full 7 Kands, in English, with syllable-broken chants so every generation can participate.

- ◆ **CONGREGATION CHANTS TOGETHER:** Verses in the shaded boxes — everyone sings along.
- ◆ **PUNDIT / KATHAVACHAK:** After each verse, share the meaning in 2–3 sentences.
- ◆ **SAMPUT REFRAIN:** After every Kand, all voices join in the Samput. This is the traditional Akhand Path practice our grandparents kept alive.

Opening — Mangalacharan (2 minutes)

CONGREGATION CHANTS TOGETHER:

Var-naa-naam ar-tha sang-haa-naam,

Man-ga-laa-naam cha kar-taa-rau,

Van-de Vaa-ni Vi-naa-ya-kau.

Bha-waa-ni Shan-ka-rau van-de,

Shrad-dhaa vish-waas roo-pi-nau.

Jai Jai Ram! Jai Jai Ram!

 **PUNDIT EXPLAINS:**

Meaning: We bow to Mother Saraswati and Lord Ganesh — the givers of words, wisdom, and song. We honour Bhavani and Shankar — the embodiments of faith and devotion. Without their blessing, even the greatest mind cannot know God.

♥ *Our grandparents sang this same opening verse at every Ramayan satsang.*

 **SAMPUT — All Together Now:**

*Man-gal Bha-van A-man-gal Haa-ri,
Dra-vau so Da-sha-rath A-jir Bi-haa-ri.*

Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!

Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!

1 BALKAND — The Birth of Ram (4 minutes)

 **CONGREGATION CHANTS TOGETHER:**

*Man-gal bha-van, a-man-gal haa-ri,
Dra-vau so Da-sha-rath a-jir bi-haa-ri.*

*Jai Jai Sur-naa-yak, jan sukh-daa-yak,
Pra-nat-paal Bha-ga-wan-ta.*

Jai Jai Ram! Jai Jai Ram!

 **PUNDIT EXPLAINS:**

Meaning: In Balkand, Lord Ram is born in Ayodhya to King Dasharath. He is the home of all good and the destroyer of all evil. Every god and every creature rejoices at his birth — the one they had been praying for.

♥ *In T&T and Guyana, Ramnavami celebrations honour this very birth. That tradition came straight from Balkand.*

 **SAMPUT — All Together Now:**

*Man-gal Bha-van A-man-gal Haa-ri,
Dra-vau so Da-sha-rath A-jir Bi-haa-ri.*

Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!

Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!

2 AYODHYAKAND — The Exile (4 minutes)

 **CONGREGATION CHANTS TOGETHER:**

*Ra-ghukul reet sa-daa cha-li aa-i,
Praan jaa-hun ba-ru ba-chan na jaa-i.*

*Jaat Ram, sab log du-khaa-ri,
Bi-kal bi-kal ban-bas bi-chaa-ri.
Jai Jai Ram! Jai Jai Ram!*

 **PUNDIT EXPLAINS:**

Meaning: The Raghu family's eternal code — let life go, but never break your word. Queen Kaikeyi uses her boons; Ram is sent to the forest for 14 years. Ram leaves with no complaint, no bitterness. This is the highest dharma: duty, sacrifice, and dignity.

 **SAMPUT — All Together Now:**

*Man-gal Bha-van A-man-gal Haa-ri,
Dra-vau so Da-sha-rath A-jir Bi-haa-ri.*

*Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!
Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!*

3 ARANYAKAND — The Forest & Sita's Abduction (4 minutes)

 **CONGREGATION CHANTS TOGETHER:**

*Khar Doo-shan Tri-si-ra, ba-li haa-ri,
Ra-van chhal kar Si-ta le gaa-i.*

*Ja-taa-yu vee-ra praan di-ye,
Ma-ta Si-ta ki rak-sha ki-ye.
Jai Jai Ram! Jai Jai Ram!*

 **PUNDIT EXPLAINS:**

Meaning: Ram protects the holy men in the forest. Ravana uses trickery to kidnap Mother Sita. The great eagle Jatayu gives his life trying to save her. He is the symbol of selfless devotion — fighting for righteousness even to his last breath.

 **SAMPUT — All Together Now:**

*Man-gal Bha-van A-man-gal Haa-ri,
Dra-vau so Da-sha-rath A-jir Bi-haa-ri.*

Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!
Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!

4 KISHKINDHAKAND — Alliance with Sugriva (3 minutes)

🙏 CONGREGATION CHANTS TOGETHER:

Ram Su-greev mi-taa-i,
Ja-gat pra-siddh sa-kal jag gaa-i.

Jaam-ba-vant ke ba-chan su-haa-ye,
Bal bud-dhi big-yaan ba-rhaa-ye.
Jai Jai Ram! Jai Jai Ram!

📖 PUNDIT EXPLAINS:

Meaning: Ram forms a sacred friendship with Sugriva the monkey king. Ram helps Sugriva reclaim his kingdom; Sugriva pledges his army to search for Mother Sita. True friendship is about giving and receiving with equal heart.

🔗 SAMPUT — All Together Now:

Man-gal Bha-van A-man-gal Haa-ri,
Dra-vau so Da-sha-rath A-jir Bi-haa-ri.

Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!
Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!

5 SUNDARKAND — Hanuman's Great Leap ★ Most Beloved (5 minutes)

🙏 CONGREGATION CHANTS TOGETHER:

Jaa-ma-vant ke ba-chan su-haa-ye,
Su-ni Ha-nu-mant hri-day har-shaa-ye.

Ma-no-ja-vam maa-ru-ta-tul-ya-ve-gam,
Shri Ram doo-tam sha-ra-nam pra-pad-ye.

*See-ta Ram, See-ta Ram,
See-ta Ram ja-pat chal!*

 **PUNDIT EXPLAINS:**

Meaning: Sundarkand is Hanumanji's chapter — the one Caribbean Hindus have always sung most. He leaps across the ocean, finds Mother Sita, delivers Ram's message, and burns Lanka. With God's name and true devotion, nothing is impossible. "Sita Ram" — our ancestors chanted this in the cane fields, and it carried them through.

♥ *The Sundarkand puja that many Caribbean families hold separately comes from this very Kand.*

 **SAMPUT — All Together Now:**

*Man-gal Bha-van A-man-gal Haa-ri,
Dra-vau so Da-sha-rath A-jir Bi-haa-ri.*

*Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!
Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!*

6 LANKAKAND — Dharma Triumphs (4 minutes)

 **CONGREGATION CHANTS TOGETHER:**

*Ram Ram ra-tat saa-gar maa-hin,
Bha-yau se-tu ma-haa pra-taap.*

*Rav-an vadh bha-yo Ram raaj,
Si-ta ma-ta mu-cta bha-yeen.*

Jai Jai Ram! Jai Jai Ram!

 **PUNDIT EXPLAINS:**

Meaning: Chanting the name of Ram, the army of devotees builds a bridge across the sea. Ravana is defeated. Mother Sita is freed. Good always wins over evil — this is the eternal promise of Lankakand, and the reason Ramayan satsang has kept our community together for generations.

 **SAMPUT — All Together Now:**

*Man-gal Bha-van A-man-gal Haa-ri,
Dra-vau so Da-sha-rath A-jir Bi-haa-ri.*

Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!

Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!

7 UTTARKAND — Ram's Kingdom (3 minutes)

🙏 CONGREGATION CHANTS TOGETHER:

*Ram Raaj bai-the trai-lo-ka,
Har-shit bha-ye, ga-ye sab so-ka.*

*Bay-ru na kar kaa-hu san ko-i,
Ram praa-tap sab sukh ho-i.
Jai Jai Ram! Jai Jai Ram!*

📖 PUNDIT EXPLAINS:

Meaning: Ram returns to Ayodhya. Ram Rajya begins — a time when no one suffers, no one is treated unjustly, every being lives with dignity. Tulsidas's vision of a just society, guided by God's grace. This is the dream our Caribbean Hindu community carries forward.

🔍 SAMPUT — All Together Now:

*Man-gal Bha-van A-man-gal Haa-ri,
Dra-vau so Da-sha-rath A-jir Bi-haa-ri.*

Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!

Ram Si-ya Ram • Si-ya Ram Jai Jai Ram!

🙏 Closing — Aarti & Blessing (2 minutes)

🙏 CONGREGATION CHANTS TOGETHER:

*Aar-ti kee-jai Ha-nu-man la-la ki,
Dusht da-lan Ra-ghu-naath ka-la ki.*

*Si-ya-var Ram-chan-dra ki JAI!
Pa-van-sut Ha-nu-man ki JAI!
Bo-lo bhaa-i sab san-tan ki JAI!*





OM Shri Ram



Satsang Schedule — 30 Minutes

Kand / Section	Time
Opening — Mangalacharan	2 min
1. Balkand — Birth of Ram	4 min
2. Ayodhyakand — The Exile	4 min
3. Aranyakand — Sita's Abduction	4 min
4. Kishkindhakand — Alliance with Sugriva	3 min
5. Sundarkand — Hanuman's Leap ★	5 min
6. Lankakand — Ravana Defeated	4 min
7. Uttarkand — Ram's Kingdom	3 min
Closing — Aarti & Blessing	2 min
Total	~31 min



Guidance for the Pundit / Kathavachak

- Chant slowly — the congregation follows your pace. Pause after each verse.
- Share meanings in 2–3 plain English sentences. Connect to Caribbean life where natural.
- Invite the congregation to repeat the Samput refrain — this is the most powerful part.
- Distribute copies so every family member, young and old, can follow and sing.
- The syllable breaks (e.g. "Man-gal Bha-van") show exactly how to pronounce each word.
- Cross-reference with Gita Press Gorakhpur edition for complete accuracy.

Preserving Our Heritage: When our great-grandparents arrived as indentured labourers, the Ramayan was the one book that kept families, culture, and identity together across the generations. Every time we gather for satsang — whether in Port of Spain, Georgetown, or Paramaribo — we continue that unbroken chain. *Jai Siya Ram.*

OM Shri Ram Jai Ram Jai Jai Ram

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For Caribbean Hindu Satsang use • Trinidad • Guyana • Suriname • Diaspora worldwide

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