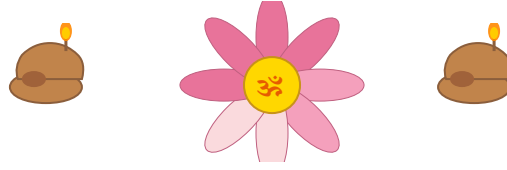




Shri Ramcharitmanas

Saamuuhik Paath — All 7 Kands

Tulsidas Rachit • 30-Minute Satsang • English Chants with Hindi & English Meaning



- ◆ **SABHAAJAN SAATHE GAAAYEN:** — Congregation recites verses in the shaded boxes together.
- ◆ **KATHAVACHAK PRAVACHAN KAREN:** — Kathavachak pauses after each verse and shares the meaning.
- ◆ **SAMPUT** — After each Kand, the entire congregation sings the Samput refrain together. This is the traditional practice in Akhand Path.
- ◆ Suggested pace: 2–4 minutes per Kand. Begin with the Mangalacharan and close with the Aarti.

🙏 Aarambh — Mangalacharan (2 minutes)

🙏 SABHAAJAN SAATHE GAAAYEN:

*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 Jai Ram! Jai Jai Ram!

📖 KATHAVACHAK PRAVACHAN KAREN:

Meaning: We bow to Goddess Saraswati and Lord Ganesha — who create words, meanings, and chandas. We salute Bhavani and Shankar — the embodiments of faith and devotion — without whom even the wisest cannot see God within.

🗣️ SAMPUT — Sabhaajan Saathe Gaaye (Congregation sings together):

*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 — Shri Ram's Sacred Birth (4 minutes)

🙏 SABHAAJAN SAATHE GAAYEN:

*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!

📖 KATHAVACHAK PRAVACHAN KAREN:

Hindi: बालकाण्ड में भगवान राम का जन्म अयोध्या में राजा दशरथ के घर होता है। वे मंगल के घर और अमंगल को हरने वाले हैं।

English: Balkand narrates the divine birth of Lord Rama in Ayodhya. Rama is the abode of all auspiciousness and the destroyer of evil. His incarnation was to relieve the Earth of suffering.

🗨️ SAMPUT — Sabhaajan Saathe Gaaye:

*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 Sacred Exile (4 minutes)

🙏 SABHAAJAN SAATHE GAAYEN:

*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-chaari.

Jai Jai Ram! Jai Jai Ram!

 **KATHAVACHAK PRAVACHAN KAREN:**

Hindi: अयोध्याकाण्ड में रानी कैकेयी अपने दो वरदानों का उपयोग करती हैं — राम को 14 वर्ष का वनवास। राम बिना दुःख के वन को जाते हैं।

English: Queen Kaikeyi uses her boons — Rama is exiled for 14 years. The Raghu dynasty's eternal oath: let life go, but never let one's word be broken. Rama accepts without complaint, showing the highest dharma of obedience and sacrifice.

 **SAMPUT — Sabhaajan Saathe Gaaye:**

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 — Forest Leela & Mata Sita's Abduction (4 minutes)

 **SABHAAJAN SAATHE GAAYEN:**

Khar Doo-shan Tri-si-ra, ba-li haa-ri,

Ra-van chhal kar Si-ta le gaa-i.

Ja-taa-yu veera praan di-ye,

Ma-ta Si-ta ki ra-ksha ki-ye.

Jai Jai Ram! Jai Jai Ram!

 **KATHAVACHAK PRAVACHAN KAREN:**

Hindi: अरण्यकाण्ड में राम वन में ऋषियों की रक्षा करते हैं। रावण छल से माता सीता का हरण कर लेता है। जटायु वीरतापूर्वक उनकी रक्षा का प्रयास करते हैं।

English: Rama protects sages in the forest. Ravana deceitfully abducts Mata Sita. The brave eagle Jatayu sacrifices his life trying to save her — a timeless symbol of selfless devotion.

 **SAMPUT — Sabhaajan Saathe Gaaye:**

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 — Divine Alliance with Sugriva (3 minutes)

🙏 SABHAAJAN SAATHE GAAYEN:

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!

📖 KATHAVACHAK PRAVACHAN KAREN:

Hindi: किष्किन्धाकाण्ड में राम और सुग्रीव की मित्रता होती है। राम बाली का वध करके सुग्रीव को राज्य दिलाते हैं।

English: Rama forms a sacred alliance with Sugriva the monkey king. Rama slays Vali and restores the kingdom. Sugriva sends his army to search for Mata Sita — a lesson in friendship and reciprocity.

🗨️ SAMPUT — Sabhaajan Saathe Gaaye:

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 — Shri Hanumanji's Parakram (5 minutes) ★ Most Beloved Kand

🙏 SABHAAJAN SAATHE GAAYEN:

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!*

 **KATHAVACHAK PRAVACHAN KAREN:**

Hindi: सुन्दरकाण्ड हनुमानजी की अपार भक्ति, साहस और बुद्धि का काण्ड है। वे समुद्र लाँघकर लंका जाते हैं, माता सीता को राम का संदेश देते हैं।

English: Sundarkand is Hanumanji's epic chapter — the most beloved in Ramcharitmanas. He leaps across the ocean, finds Mata Sita, delivers Prabhu Rama's message, and burns Lanka. It teaches that with devotion and God's grace, nothing is impossible.

 **SAMPUT — Sabhaajan Saathe Gaaye:**

*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 — Dharm Ki Vijay (4 minutes)

 **SABHAAJAN SAATHE GAAYEN:**

*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!

 **KATHAVACHAK PRAVACHAN KAREN:**

Hindi: लंकाकाण्ड में राम की वानर सेना समुद्र पर सेतु बनाती है। रावण का वध होता है और माता सीता मुक्त होती हैं।

English: The army of devotees builds a bridge across the ocean through the Name of Rama. Ravana is finally slain and Mata Sita is freed. This Kand is the eternal symbol of dharma triumphing over adharma.

 **SAMPUT — Sabhaajan Saathe Gaaye:**

*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 — Shri Ram Rajya (3 minutes)

🙏 SABHAAJAN SAATHE GAAYEN:

*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!

📖 KATHAVACHAK PRAVACHAN KAREN:

Hindi: उत्तरकाण्ड में प्रभु राम अयोध्या लौटते हैं और रामराज्य की स्थापना होती है। कोई दुःख नहीं, कोई भेदभाव नहीं, सभी सुखी हैं।

English: Prabhu Rama returns to Ayodhya and establishes Ram Rajya — a golden era. No suffering, no inequality, all beings live in harmony. Tulsidas's timeless vision of a just and compassionate society under God's grace.

🗨️ SAMPUT — Sabhaajan Saathe Gaaye:

*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!

🙏 Samapti — Aarti & Ashirwad (2 minutes)

🙏 SABHAAJAN SAATHE GAAYEN:

*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!

🙏 KATHAVACHAK SAMAPTI KAREN:

Singing the glory of Prabhu Rama purifies the heart and bestows peace. As Tulsidas ji says — the Name of Rama is the greatest of all mantras. May Shri Ram's kripa and ashirwad be upon this entire satsang.





ॐ Shri Ram



Satsang Schedule — 30 Minutes

Kand / Vibhag	Time
Aarambh — Mangalacharan	2 min
1. Balkand — Ram Janm	4 min
2. Ayodhyakand — Van Gaman	4 min
3. Aranyakand — Sita Haran	4 min
4. Kishkindhakand — Sugriva Milan	3 min
5. Sundarkand — Hanuman Parakram	5 min
6. Lankakand — Ravana Vadh	4 min
7. Uttarkand — Ram Rajya	3 min
Samapti — Aarti & Ashirwad	2 min
Total	~31 min



Guidance for the Kathavachak

- Chant slowly and clearly — let the congregation follow your pace.
- Pause after each chaupai / doha and share the meaning in 2–3 sentences.
- Invite congregation members to repeat key lines after you.
- If harmonium or tabla is available, establish a gentle rhythm before beginning.
- Distribute copies so everyone can chant together.
- For complete accuracy, cross-reference with the Gita Press Gorakhpur edition.
- The Samput refrain after each Kand is the traditional Akhand Path practice — do not skip it.



ॐ **Shri Ram Jai Ram Jai Jai Ram** ॐ
Jai Siya Ram! Jai Siya Ram!



Created for satsang use • Cross-reference with Gita Press Gorakhpur edition recommended

Prepared with devotion • Meena Gupta • MeenaGupta@makechoice.org