

# NHSF (UK)

## Mantra Booklet



**NATIONAL HINDU  
STUDENTS' FORUM (UK)**



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# Introduction

## Welcome to NHSF (UK)'s Mantra booklet.

This book is for you - a simple guide that takes you through some of the key ways of practising universal Hindu values in your daily life. We all have different approaches to life, so it is natural that we would approach Hindu Dharmā differently. This pocket guide sheds light on four paths (chār yoga) from which we can take different elements to apply in our lives.

### Bhakti Yoga

The path of devotion and love. The essence of bhakti yoga is a real and genuine search for ísvara. Bhakti yoga is its own fruition, its own means and its own end. It typically involves recitation of devotional songs and mantras towards one's chosen ísta devtā. This path involves not only devotion and love for that form, but for the whole of creation: humans, animals and nature.

### Jñāna Yoga

The path of knowledge. The essence of jñāna yoga is to understand the true nature of reality through our entire being - to be able to distinguish between reality and unreality. A starting point for knowing is reading our deep philosophy. Attaining knowledge through study, practice and experience can bring about true freedom.

### Karma Yoga

The path of action. The essence of karma yoga is to act in total selflessness. This means the intentions of our actions should be entirely to serve others. In this path, it is imperative we detach ourselves from the fruits of our actions. We should change our psychology in all our actions and understand that our actions have a corresponding reaction on our body, mind and consciousness.

### Rāja Yoga

The path of mental control. The essence of rāja yoga is self-mastery over the senses and the mind. To achieve this, the yogi may sit in a comfortable position and attempt to silence their mind, practice yogāsana (physical postures) or prānāyāma (breath control). Yogic teachings began as far back as the Vedic period, over 5000 years ago, adopting the practice of rituals within the Vedas. Throughout the ages, the practice of yoga has developed through the appearance of the Upaniṣad, Bhagavad Gītā, Mahābhārata and Patānjali's Yogasūtras.

The selection of mantras, in this booklet, can be said throughout the day to express our gratitude and increase the positivity around us. The following short collection of mantras are taken from our ancient scriptures - the Vedas and Upaniṣad. The meanings of these mantras are powerful. We hope that by chanting these mantras, they enlighten us on our journey through life and become the guiding principles of the work we do.

## Ganesh Mantra

**vakratuṅḍa mahākāya sūryakoti samaprabha  
nirvighna kurū me deva sarvakāryeṣu sarvadā**

(I meditate on Sri Ganesha)

Who has a curved trunk, large body, and who has the  
brilliance of a million suns.

O Ganesha, please make all my endeavors free of obstacles,  
always.

## Saraswati Mantra

**sarasvatī namastubhya varade kāmarūpiṇi  
vidhyārambha kariṣyāmī siddhirbhavatu me sadā**

Salutations to Devi Saraswati, Who is the giver of Boons  
and fulfiller of Wishes,

O Devi, when I begin my studies, Please bestow on me  
the capacity of Right Understanding, always.



## Morning Mantras

ॐ bhūrbhuvah svah  
tatsaviturvarenyam  
bhargo devasya dhīmahī  
dhiyo yo nah pracodayāt

O Bhagavān! You are the giver of life, the remover  
of pains and sorrows, and the bestower of happiness.  
O creator of the universe, may we receive the supreme  
light. May you guide our intellect  
in the right direction.

---

asato mā sadgamaya  
tamaso mā jyotir gamaya  
mrityormā'mrta gamaya

Brahman, lead me from unreal to real. Lead me  
from darkness to light. Lead me from mortality  
to immortality.

---

sarve bhavantu sukhinaḥ  
sarve santu nirāmayāḥ  
sarve bhadrāni paśyantu  
mā kascid duḥkhabhāg bhavet

Let all be happy.  
Let all be free from diseases.  
Let all see auspicious things and positive in all. Let  
nobody suffer from grief.

---

na tvaha kāmāye rājya  
na svarga nāpunarbhavam  
kāmaye duḥkhataptānām prānināmārtināśanam

I do not desire a kingdom, heaven, or the end of rebirth.  
I only desire that all beings afflicted by misery  
and suffering become happy.

---



# Bhojan Mantra

## Mantra before meals

### Description:

Food is the fuel that keeps our minds and bodies active so that we can serve society. Before we begin eating our food, we recite the following mantras, which together make the Bhojan mantra. By reciting the Bhojan mantra we are appreciating the food in front of us, offering it first to Bhagavān, and finally acknowledging that this food is what allows us to carry out our duties towards the samāj (society) and towards each other.

### Mantra:

**anna grahana karane se pahale  
vichāra mana me karanā hai  
kisa hetu se isa śārīra kā  
rakshana poṣana karanā hai**

Before we take our food,  
we pause to think  
for what purpose should we  
nurture and protect our body

**he parmeśwar ek prārthanā  
nitya tumhāre charano me  
laga jāye tan man dhan merā  
viśva dharma kī sevā me**

O Parameshwar, grant us this prayer,  
for which I bow with respect at your feet,  
that my body, mind and wealth be put to use  
in the service of Universal Dharma.

**ॐ brahmārpanam brahmahavir  
brahmāgnau brahmanā hutam  
brahmaiva tena gantavya  
brahma karma samādhinā**

The act of offering is Brahman.  
The offering itself is Brahman.  
The offering is done by Brahman in the sacred fire which is Brahman.  
He alone attains Brahman who, in all ac-  
tions, is completely absorbed (samādhi) in Brahman.

**ॐ saha nāvavatu  
saha nau bhunaktu  
saha vīrya karavāvahai  
tejasvināvadhītamastu mā vidviṣāvahai**

Let us protect each other, let us eat together,  
let us work together, let us study together  
to be bright and successful and let us not hate each other.

**ॐ śantiḥ śantiḥ śantiḥ**  
ॐ Peace Peace Peace



## Hanuman Chalisa

**śrī guru charana saroja raja nijamana mukura sudhāri |  
varanau raghuvara vimalayaśa jo dāyaka phalachāri ||  
buddhihīna tanujānikai sumirau pavana kumāra |  
bala buddhi vidyā dehu mohi harahu kaleśa vikār ||**

After cleansing the mirror of my mind with the dust of my Guru's Lotus feet, I profess the pure, unattained glory of Shri Raghuvar, which bestows the four fruits of life (Dharma, Arth, Kama, & Moksha).

**jaya hanumāna gyāna guna sāgara |  
jaya kapīśa tihu loka ujāgara || 1 ||**

Glory to Hanuman! Ocean of wisdom and virtue, Hail to O'Kapisa (Monkey Deity)! Your glory is well-versed in all the three worlds (entire cosmos).

**rāmadūta atulita baladhāmā |  
añjani putra pavanasuta nāmā || 2 ||**

You are the emissary of Shri Rama, abode of immeasurable strength; you are the son of Anjana and Kesari, also called Pavana Putra (Son of the Wind).

**mahāvīra vikrama bajaranḡi |  
kumati nivāra sumati ke saḡgī ||3 ||**

O valiant! You are as mighty as a thunderbolt. You dispel the evil thoughts and stand by with the virtuous.

**kañchana varana virāja suveśā |  
kānana kuṇḡala kuñchita keśā || 4 ||**

The color of your body is golden, splendidly adorned. You wear kundala (heavy earrings) in your ears and have striking curly hair.

**hāthavajra aur dhvajā virājai |  
kānthe mūñja janevū sājai || 5||**

You carry in your hands a Vajra (thunder bolt) and Dhvaja (virtuous flag). A sacred thread of munja (dried grass) adorns your shoulder.

**śaḡkara suvana kesarī nandana |  
teja pratāpa mahājaga vandana || 6 ||**

You yourself are an avatar of Shiva and joy of Kesari. Your omnipotent glory is revered throughout the world.

**vidyāvāna gunī ati chātura |**

**rāma kāja karive ko ātura || 7 ||**

You are intelligent, virtuous and supremely wise, always eager to fulfill the wishes of Rama.

**prabhu charitra sunive ko rasiyā |**

**rāmalakhana sītā mana basiyā || 8||**

You are always keen to listen to the narration of Rama's deeds. Rama, Lakhan and Sita always reside in your mind.

**sūkshma rūpadhari siyahi dikhāvā |**

**vikaṭa rūpadhari laṅka jarāvā || 9 ||**

You appeared before Sita in a tiny form. You assumed a gigantic form and set Lanka on fire.

**bhīma rūpadhari asura sahāre |**

**rāmachandra ke kāja savāre || 10 ||**

You took on the colossal form to destroy the demons. By that you accomplished the mission of Shri Rama.

**lāya sañjivana lakhana jiyāye |**

**śrī raghuvīra haraśhi uralāye || 11 ||**

Bringing the Sanjivani (a herb that revives life), you revived Lakshmana and Shri Rama embraced you with joy.

**raghupati kīnhī bahuta baḍāyī |**

**tuma mama priya bhāratahi sama bhāyī || 12 ||**

Raghupati (Shri Rama) praised you with great admiration: "O Brother (Hanuman), you are as dear to me as Bharata."

**sahasa vadana tumharo yaśagāvai |**

**asa kahi śrīpati kaṅṭha lagāvai || 13 ||**

The sesha Naga through his thousand mouths sings your glory; saying that Shri Rama embraced you affectionately.

**sanakādika brahmādi muniśā |**

**nārada śārada sahita ahīśā || 14 ||**

Sanaka and the Sages, deities like Brahma and Munis (hermits), Devarishi Narada, Mata Sarawati with Aheesa (Mother of Naga Devtas).



**yama kubera digapāla jahā te |  
kavi kovida kahi sake kahā te || 15 ||**

Even Yamaraj (Deity of death), Kubera (Deity of wealth), the Diggpals (Deities of ten directions), the poets and the scholars,  
how can they articulate your glory which is  
beyond infinite praise?

**tuma upakāra sugrīvahi kīnhā |  
rāma milāya rājapada dīnhā || 16 ||**

You rendered great favour to Sugriva by introducing him to Rama and he  
was blessed with the kingship.

**tumharo mantra vibhīšana mānā |  
lañkeśvara bhaye saba jaga jānā || 17 ||**

The universe knows that by following your advice Vibheeshana became king of  
Lanka.

**yuga sahasra yojana para bhānū |  
līlyo tāhi madhura phala jānū || 18 ||**

Though the fiery sun is thousands of miles away from the earth, you grabbed it and  
placed it in your mouth as if it was a sweet fruit.

**prabhu mudrikā meli mukha māhī |  
jaladhi lānghi gaye acharaja nāhī || 19 ||**

(After grabbing the sun), no wonder you could leap across the vast ocean and  
carry the ring in your mouth.

**durgama kāja jagata ke jete |  
sugama anugraha tumhare tete || 20 ||**

Every arduous task in this world becomes effortless with your grace.

**rāma duāre tuma rakhavāre |  
hota na āgyā binu paisāre || 21 ||**

Even to attain Rama you are the medium; without your compassion no one can reach  
Shri Rama.

**saba sukha lahai tumhārī śaranā |  
tuma rakśhaka kāhū ko ḍara nā || 22 ||**

All the comforts take refuge in you. Those whom you protect should not have any fear.

**āpana teja tumhāro āpai |  
tīno loka hāñka te kāmpai || 23 ||**

O Prabhu! Please hold your splendour within you as the three worlds (the  
entire universe) tremble at your roar.

**bhūta piśācha nikaṭa nahi āvai |  
mahavīra jaba nāma sunāvai || 24 ||**

The ghosts, demons and evil spirits keep away where your name (Mahavir) is uttered.

**nāsai roga harai saba pīrā |  
japata nirantara hanumata vīrā || 25 ||**

O Veer (Brave) Hanuman, all diseases, pains, and sufferings are eradicated by constantly reciting your name.

**saṅkaṭa se hanumāna chuḍāvai |  
mana krama vachana dhyāna jo lāvai || 26 ||**

Those who remember Shri Hanuman in thought, words and deeds with sincerity and faith are rescued from their crises.

**saba para rāma tapasvī rājā |  
tinake kāja sakala tuma sājā || 27 ||**

Above all kings Rama was the most pious and dutiful. You carry out his every task.

**aura manoradha jo koyi lāvai |  
tāsu amita jīvana phala pāvai || 28 ||**

One who brings yearning to you obtains the imperishable fruit of existence.

**chāro yuga paritāpa tumhārā |  
hai parasiddha jagata ujyārā || 29 ||**

All through the four Yugs (ages), your splendour is radiantly acclaimed all over the cosmos.

**sādhu santa ke tuma rakhavāre |  
asura nikandana rāma dulāre || 30 ||**

You are the protector of saints and sages. O destroyer of all demons, you are the beloved of Shri Rama.

**aśhṭhasiddhi nava nidhi ke dātā |  
asa vara dīnha jānakī mātā || 31 ||**

Mother Janki bestowed the boon on You to utilize the Ashta Siddhi (8 powers) and Nav Niddhis (9 treasures) among Shri Rama's bhaktas.

**rāma rasāyana tumhāre pāsā |  
sāda raho raghupati ke dāsā || 32 ||**

You hold the elixir of Shri Rama. Your disciples have always remained Shri Raghupati's bhaktas.

**tumhare bhajana rāmako pāvai |  
janma janma ke dukha bisarāvai || 33 ||**

Through your praise one finds Rama and escapes the sorrows of countless lives.

**anta kāla raghuvara purajāyī |  
jahā janma haribhakta kahāyī || 34 ||**

If at the time of death one goes to Vaikunta (Rama's abode), thereafter in all further births he will be born as Hari-Bhakta (Hari's devotee).

**aura devatā chitta na dharayī |  
hanumata seyi sarva sukha karayī || 35 ||**

When all other deities do not respond to one's prayers, devotion to Shri Hanuman gains one all happiness

**saṅkaṭa kaṭai miṭai saba pīrā |  
jo sumirai hanumata bala vīrā || 36 ||**

One is freed from all the sufferings and pains by chanting your name. O Hanuman the mighty hero.

**jai jai jai hanumāna gosāyī |  
kṛpā karo gurudeva kī nāyī || 37 ||**

Glory! Glory! Glory! to Shri Hanuman, the creator of the universe, please bless me in the capacity as my supreme Guru.

**jo śata vāra pāṭha kara koyī |  
Chūṭahi bandi mahā sukha hoyī || 38 ||**

One who recites Hanuman Chalisa hundred times is released from bondage and enjoys supreme bliss.

**jo yaha paḍai hanumāna chālīsā |  
hoya siddhi sākhī gaurīśā || 39 ||**

One who recites the Hanuman Chalisa achieves success. For that Ishwar (Gaureesa's husband) is our witness.

**tulasīdāsa sadā hari cherā |  
kījai nātha hṛdaya mahā ḍerā || 40 ||**

Sage Tulsidas says that he is a humble bhakta of Shri Hari, he prays that the divine grants him a space in his heart.

**pavana tanaya saṅkaṭa harana - maṅgala mūrati rūp |  
rāma lakhana sītā sahita - hṛdaya basahu surabhūp ||**

O Son of the Wind, destroyer of all miseries, you are a symbol of auspiciousness. The king of all devtas, Shri Rama, along with Lakhan and Sita, reside in my heart.

## Pūrnamadah Pūrnamidam

pūrṇamadaḥ pūrṇamidam  
pūrṇātpūrṇamudacyate  
pūrṇasya pūrṇamādāya  
pūrṇamevāvaśiṣyate

*Īśāvāsya upaniṣad*

That (Absolute Brahman that is me) is infinite. This  
(Manifested Brahman that is the Universe) is also  
infinite. From infinity comes infinity. Infinity subtracted  
from infinity, still leaves infinity.

## Aarti - ॐ jaya jagadīśa harē

ॐ jaya jagadīśa harē  
svāmī jaya jagadīśa harē  
bhakta janōṃ kē saṅkaṭa,  
dāsa janōṃ kē saṅkaṭa,  
kṣaṇa mēṃ dūra karē,  
ॐ jaya jagadīśa harē

Om, Victory to You, O jagadīśa  
Victory to You, O jagadīśa  
For the sake of your devotees,  
For the sake of your servants,  
Remove their troubles instantly,  
Om, Victory to You, O jagadīśa

jō dhyāvē phala pāvē,  
dukha binasē mana kā  
svāmī dukha binasē mana kā  
sukha sammati ghara āvē,  
sukha sammati ghara āvē,  
kaṣṭa miṭē tana kā  
ॐ jaya jagadīśa harē

He who meditates attains the fruit  
Their minds are freed from sorrow,  
O their minds are freed from sorrow,  
Joy, prosperity enter the home  
Joy, prosperity enter the home  
The body will be freed of problems  
Om, Victory to You, O jagadīśa

**māta pitā tuma mērē,  
śaraṇa gahūṃ maiṃ kisakī  
svāmī śaraṇa gahūṃ maiṃ kisakī .  
tuma bina aura na dūjā,  
tuma bina aura na dūjā,  
āsa karūṃ maiṃ jisakī  
ōṃ jaya jagadīśa harē**

You are my Mother and Father  
Whom should I take refuge with  
O whom should I take refuge with  
Without You, there is no other  
Without You, there is no other  
In whom I can place my hopes,  
Om, Victory to You, O jagadīśa

**tuma pūraṇa paramātmā,  
tuma antarayāmī  
svāmī tuma antarayāmī  
parābrahma paramēśvara,  
parābrahma paramēśvara,  
tuma saba kē svāmī  
ōṃ jaya jagadīśa harē**

You are the ancient great Self,  
You are the indweller of everyone  
O You are the indweller of everyone  
You are the transcendent Supreme Being,  
You are the transcendent Supreme Being  
You are the Guide of everyone  
Om, Victory to You, O jagadīśa

**tuma karuṇā kē sāgara,  
tuma pālanakartā  
svāmī tuma pālanakartā,  
maiṃ mūrakha khala kāmī  
maiṃ sēvaka tuma svāmī,  
kṛpā karō bhartāra  
ōṃ jaya jagadīśa harē**

You are an ocean of mercy  
You are the protector  
O svāmī, You the protector  
I am ignorant with vain desires,  
I am here to serve on your behalf,  
Grant me your Kripa (divine grace)  
Om, Victory to You, O jagadīśa



tuma hō ēka agōchara,  
sabakē prāṇapati,  
svāmī sabakē prāṇapati,  
kisa vidha milūṃ dayāmaya,  
kisa vidha milūṃ dayāmaya,  
tuma kō maiṃ kumati  
ōṃ jaya jagadīśa harē

You are the One unseen  
The life force of all beings,  
O svāmī, the life force of all beings,  
How should I meet You, O eternal mercy  
How should I meet You, O eternal mercy  
I am nothing compared to you,  
Om, Victory to You, O jagadīśa

dīnabandhu dukhahartā,  
ṭhākura tuma mērē,  
svāmī tuma ramērē  
apanē hātha uṭhāvō,  
apanī śaraṇa lagāvō  
dvāra paḍxā tērē  
ōṃ jaya jagadīśa harē

Friend of the helpless and remover of sorrows,  
You are my refuge,  
O svāmī, you are my refuge,  
Lift up your hand  
Offer me your Sharana (refuge)  
I surrender at your door,  
Om, Victory to You, O jagadīśa

viṣaya vikāra miṭāvō,  
pāpa harō dēvā,  
svāmī pāpa harō dēvā,  
śraddhā bhakti baḍhāvō,  
śraddhā bhakti baḍhāvō,  
santana kī sēvā  
ōṃ jaya jagadīśa harē

Removing faults of the mind (like ego, greed, selfishness)  
Remove that which furthers me from divinity, O Deva  
Remove that which furthers me from divinity, O Deva  
Increase my Shraddha (faith) and devotion  
Increase my Shraddha (faith) and devotion  
In the service of your devotees,  
Om, Victory to You, O jagadīśa



**Tan man dhan sab kuch hai Tera  
svāmī sab kucha hai tera  
tera tujhko arpaṇa  
tera tujhko arpaṇa  
Kya Laage mera  
ōṃ jaya jagadīśa hare**

Body, mind, wealth, everything is Yours  
Everything is Yours  
Everything is Yours  
I'll give everything Yours back to You  
I'll give everything Yours back to You  
Nothing is mine  
Om, Victory to You, O jagadīśa

**ōṃ jaya jagadīśa harē  
svāmī jaya jagadīśa harē  
bhakta janōṃ kē saṅkaṭa,  
dāsa janōṃ kē saṅkaṭa,  
kṣaṇa mēṃ dūra karē,  
ōṃ jaya jagadīśa harē**

Om, Victory to You, O jagadīśa  
Victory to You, O jagadīśa  
For the sake of your devotees,  
For the sake of your servants,  
Remove their troubles instantly,  
Om, Victory to You, O jagadīśa



## Karpūra Gauram Mantra

**Karpūra Gauram Karuṇā vatāram  
Sansāra sāram Bhujagendra Hāram  
Sadā Vasantaṁ Hṛdayā ravinde  
Bhavaṁ Bhavānī Sahitaṁ Namāmi**

Pure White like Camphor, an Incarnation of Compassion,  
the Essence of worldly existence, Whose Garland is the  
King of Serpents, always Dwelling inside the Lotus of the  
Heart. I Bow to Shiva and Parvati (Shakti) together.

## Mindfulness

As students, our minds are put through a lot. Pressure, stress and anxiety are all symptomatic of a hectic student life. How can we be more aware of our emotional state and exercise mindfulness through the daily stresses that we face?

Mindfulness is a practice that allows us to focus our mind to the present in an active state. There are many ways to cultivate mindfulness and dhyān (meditation), is one key way that stems from our Hindu texts such as the Yogasūtras of Patanjali.

### Aspects of Mindfulness

**Awareness** – This involves being conscious and alert to our thoughts. This pure awareness lives only in the current moment when you are aware of your breath, the sensations in your body, and the experiences that are happening in the moment.

**Acknowledgement** – This is the recognition of the existence of something. With mindfulness, this means recognising thoughts, feelings and events that are occurring.

**Acceptance** – To become more mindful, we must accept the fact that we will not always experience pleasant states of being. Mindfulness allows us to sit with uncomfortable thoughts with a greater sense of calm and less resistance.

**Non – judgemental** – This means not making an evaluation of what is happening.

**Letting go** – When we find ourselves judging our experiences, or when thoughts of the past and the future come up, we recognise them and let go of those judgmental thoughts.

**Focus and engagement** – Mindfulness requires focus – a clear and defined point of attention of activity. It means managing your attention, so that it is focussed with immediate experiences.

**Beginner's mind** – The development of a mindset that is willing to see everything as though it is for the first time. Rather than responding to events in the same old ways, such as ways from the past, you put them away and open yourself to new possibilities in familiar situations.

**Patience and trust** – This aspect of mindfulness is the understanding that things develop in their own time.

### How to begin Mindfulness:

1. Sit in a chair or on the floor in a comfortable position. Take note of what you are thinking and slowly become aware of your surroundings.
2. Take three deep breaths and allow your mind to absorb your surroundings. Alternately, focus on sounds or sensations to your breathing and different parts of your body.
3. Move your focus to your mental state. Are there thoughts whizzing around your mind? What emotions are you feeling? Why might you be feeling these emotions?

Guided meditation is a simple way to practice **dhyān**. There are also many apps including the **free app 'Sattva'** that enable you to practice meditation in your everyday life. Through various soundtracks, this app is easy to use and provides thought-provoking collections and playlists to take away the stress and hassle of knowing what to use for your practice.

If dhyān is not your cup of chai, there are also other simple ways that are effective in leading a more holistic and positive life. Here are a few more examples which you can try:

- **Keeping a gratitude journal**
- **Starting a happiness jar that stores your happy memories**
- **Spending 5 minutes each morning with deep breathing exercises**
- **Engaging in physical activity like yoga or group sports**
- **Eating a well-balanced meal that enhances your energy, and hence emotional energy**
- **Embarking in one good deed a day**

Through the daily practice of dhyān, as well as some of these small exercises, we can slowly attune our mind to our environment and begin to give it the care and attention it needs in order for us to be happy and at peace, allowing us to make the most of our time at university.

## Study Tips

Embarking on the journey of university education can be both exciting and challenging. To thrive academically and make the most of your university experience, we've wracked our brains to share some top tips to help you study effectively.

### Choose a good place to study

- Choose a well lit room that is free of distractions. Make sure you're comfortable and that the study area is free of clutter.

### "Early to bed and early to rise"

- Morning time can be the most effective time to study as you benefit from a refreshed and energised mind after a good night of sleep. This energy makes it easier to focus on what's being learned and absorb the information more effectively. Getting a good night of sleep will also allow your brain to recharge and recall what you have studied.

### Take short breaks between study sessions

- To increase concentration, take regular breaks in between study. Try and use this time away from the screen, take a walk or get some fresh air.
- One helpful technique is the Pomodoro technique, which consists of 25 minutes of study followed by a 5 minute break.

### Perform Yogasanas

- Performing yogasanas plays a strong role in the brain development of an individual, by improving your concentration, thereby improving productivity levels.

### Daily recitation of stotras

- Reciting stotras daily can help remove negative thought patterns, create a positive atmosphere as well as increase mental strength.

### Managing your time

- Time management skills will help you take control of your study workload, which will help you achieve more and stress less.
- Maintaining a study schedule will also help you plan out when to study a certain module, review notes and what to prioritise.

### Study group

- Studying with others can help you gain a better understanding of the course content and gain a new perspective on a topic that can help you learn more thoroughly.

### Set your goals

- Reviewing the course and assessing how you will be scored can help you set a target, as well as creating a to-do list to tick these targets off. Setting study goals can boost your motivation and reduce procrastination as having clear objectives can encourage you to get back on track.

## About Us

In 1991, a handful of students in London each arrived at a realisation that would bring them together to change the student landscape. They realised that universities across the country did not provide a sense of community for Hindu students or a place to explore their Hindu identity; there was no single body championing their voice and nothing to root them within the principles and values of dharma. With these thoughts, the National Hindu Students' Forum (UK) was born, with the mission to protect, preserve, practice and promote Hindu dharma.

Decades later, we stand on the shoulders of those who laid the foundations before us to continue to create a welcoming environment on campus, where students can develop universal values and grow into leaders of tomorrow.

Today, we engage over 10,000 students across 50 universities and colleges in the country. Our National and Zonal events across the year offers our students the opportunity to connect, collaborate and create ways of integrating universal values into our everyday lives. Each of our chapter Hindu societies take their students on a journey through their weekly activities: upholding ahimsa to the mind and body through yoga and dhyaan sessions, understanding their identity through discussions on Hindu philosophy and history, cultivating a sevak mindset through serving their community, celebrating values on campus through Diwali and Holi events, are just a few ways in which we continue to nurture key sanskaars from the grassroots.

We owe all our growth to the time, efforts and financial support from our well wishers.

For more information on our projects, please visit our website or email us:  
[www.nhsf.org.uk/about-us/support-us/well-wisher](http://www.nhsf.org.uk/about-us/support-us/well-wisher)  
[info@nhsf.org.uk](mailto:info@nhsf.org.uk)

Your support will continue to water the seeds those students back in 1991 planted. Support us, in supporting thousands of others.

**Sangathan Mein Shakti Hai  
Together we are stronger**



# NATIONAL HINDU STUDENTS' FORUM (UK)



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