



ॐ TRIKĀLA SANDHYĀ ॐ

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

॥ Jai Śrī Mādhava ॥



"Rau tib neeg lub neej, Trisandhya yog ib yam li lub neej tshuaj."

Ua Trisandhya rau peb lub sijhawm sandhya txhua hnuv, nyeem ib tshooj ntawm Shrimad Bhagavata Mahapurana txhua hnuv, thiab hu lub npe Madhav tas li hauv lub siab.

TUAV COV 5 ZAJ LUS QHIA HAUV QAB NO NROG RAU TRIKAL SANDHYA

1. Kawm mloog lus.
2. Kawm tos.
3. Kawm hlub thiab qhia kev khuv leej rau txhua tus tsiaj muaj txoj sia.
4. Tswj cov kev xav.
5. Tso tseg qhov kev xav tias “Kuv thiab kuv li, koj thiab koj li” (qhov kev xav ntawm tus kheej).

PEB LUB SIJHAWM NTAWM TRISANDHYA

Sawv ntxov hauv Brahma Muhurta, ua ntej hnuv tuaj

Nruab hnuv ntawm 11:30 thiab 12:30

Hmo ntuj yuav ua tau ntawm **peb caug feeb** ua ntej thiab **peb caug feeb tom qab hnuv poob**

TRISANDHYA COV NTSIAB LUS

- | | |
|---------------------------------|-----------------------------|
| 1. Mantras | 5. 108 times “Mādhava” name |
| 2. Śrī Viṣṇu Ṣoḍaśa Nāma Stotra | 6. Kalki Mahāmantra |
| 3. Śrī Daśāvatāra Stotra | 7. Jayaghoṣa |
| 4. Durgā-Mādhava Stuti | |

IB QHO KEV THOV KHWV TXOG KEV HAIS LUS

Thov mloog [Trisandhya lub suab raug cai](#) kom paub txog kev hais lus tiag (pom zoo kom mloog ntawm 1.5x ceev), vim tias cov ntawv transliterations yuav muaj qee qhov kev hloov me ntsis ntawm lub suab. Peb txhawb kom koj mloog ntau zaus raws li qhov tsim nyog kom txog thaum koj xav tias yooj yim tag nrho.

Ceeb toom: Kev hu lub npe 'Madhava' yuav tsum ua nyob ntsiag to hauv lub siab, thaum nyob hauv lub suab kaw, 'Madhava Geeta' yog hu nyob rau hauv qhov ntawd.

1. MANTRAS

['Om'] * 3 zaug

[*Om Bhūrbhuvah Svah Tatsaviturvareṇyam ।
Bhargo Devasya Dhīmahi Dhiyo Yo Nah Prachodayāt ॥*] * 3 zaug

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(KAUM RAU LUB NPE NTAWM SHRI VISHNU)

*Auśadhe Cintayet Viṣṇum । Bhojane Ca Janārdanam ॥
Śayane Padmanābham Ca । Vivāhe Ca Prajāpatim ॥
Yuddhe Cakradharam Devam । Pravāse Ca Trivikramam ॥
Nārāyaṇam Tanutyāge । Śrīdharam Priyasaṅgame ॥
Duḥsvapne Smara Govindam । Saṅkaṭe Madhusūdanam ॥
Kānane Narasiṃham Ca । Pāvake Jalaśāyinam ॥
Jalamadhye Varāham Ca । Gamane Vāmanam Caiva ॥
Parvate Raghunandanam ।*

[*Sarva Kāryeṣu Mādhavam*] ॥ * 3 zaug

*Ṣoḍaśaitāni Nāmāni Prātarutthāya Yaḥ Paṭhet Sarvapāpa Vinirmukto Viṣṇuloke
Mahīyate ॥*

3. ŚRĪ DAŚĀVATĀRA STOTRA

(DASHAVATARA STOTRAM TSIM LOS NTAWM SHRI JAYADEVA JI)

*Pralaya Payodhi-jale Dhṛtavān Asi Vedam ।
Vihita Vahitra-caritram Akhedam ॥
Keśava Dhṛta- Mīna Śarīra Jaya Jagadīśa Hare ॥ 1 ॥*

*Kṣitir Ati Vipulatare Tava Tiṣṭhati Prṣṭhe ।
Dharaṇi Dhāraṇa Kīṇa Cakra Gariṣṭhe ॥
Keśava Dhṛta- Kacchapa-rūpa Jaya Jagadīśa Hare ॥ 2 ॥*

*Vasati Daśana-śikhare Dharaṇī Tava Lagnā ।
Śaśini Kalaṅka Kaleva Nimagnā ॥
Keśava Dhṛta- Śūkara Rūpa Jaya Jagadīśa Hare ॥ 3 ॥*

*Tava Kara Kamala-vare Nakham Adbhuta Śṛṅgam ।
Dalita-Hiraṇyakaśipu-tanu Bhṛṅgam ॥
Keśava Dhṛta- Narahari Rūpa Jaya Jagadīśa Hare ॥ 4 ॥*

*Chalayasi Vikramane Balim Adbhuta Vāmana ।
Pāda-nakha Nīra Janita Jana-pāvana ॥
Keśava Dhṛta- Vāmana Rūpa Jaya Jagadīśa Hare ॥ 5 ॥*

*Kṣatriya Rudhira Maye Jagad-apagata Pāpam ।
Snāpayasi Payasi Śamita Bhava Tāpam ॥
Keśava Dhṛta- Bhṛgupati-rūpa Jaya Jagadīśa Hare ॥ 6 ॥*

*Vitarasi Dikṣu Raṇe Dika Pati Kamanīyam ।
Daśa-mukha Mauli-balim Ramaṇīyam ॥
Keśava Dhṛta- Raghupati Rūpa Jaya Jagadīśa Hare ॥ 7 ॥*

*Vahasi Vapuṣi Viśade Vasanam Jaladābham ।
Hala-hati-bhīti-milita-Yamunābham ॥
Keśava Dhṛta- Haladhara-rūpa Jaya Jagadīśa Hare ॥ 8 ॥*

*Nindasi Yajña Vidher Ahaha Śruti Jātam ।
Sadaya Hṛdaya Darśita Paśu-ghātam ॥
Keśava Dhṛta- Buddha-śarīra Jaya Jagadīśa Hare ॥ 9 ॥*

*Mleccha Nivaha Nidhane Kalayasi Karavālam ।
Dhūmaketum-iva Kim Api Karālam ॥
Keśava Dhṛta- Kalki Śarīra Jaya Jagadīśa Hare ॥ 10 ॥*

*Śrī-Jayadeva-kaver Idam Udītam Udāram ।
Śṛṇu Sukha-dam Śubha Dam Bhava-sāram ॥
Keśava Dhṛta- Daśa-vidha Rūpa Jaya Jagadīśa Hare ॥ 11 ॥*

4. DURGĀ-MĀDHABA STUTI

(DURGA - MADHAVA STUTI KEV NYEEM)

*Jaya He! Durgā Mādhava Kṛpāmaya Kṛpāmāyī ।
Durgāñku Sebi Mādhava Hoile Mo Diāna Saim ॥ 0 ॥*

Jaya He ...

*Bahu Rūpe Jaya Durge, Byāpi Achhu Sarva Thābe ।
Rama Umā Baṇi Rādhā To Chhāḍa Anya Ke Nāhim ॥ 1 ॥*

Jaya He ...

*Madana-Mohana Rūpe Byāpi Achhu Sarva Thābe ।
Mohana Citta Mohilu Śrī Sarva Maṅgala Tuhi ॥ 2 ॥*

Jaya He ...

*Dharma Saṁsthāpanne Janma Yadi Hvanti Nārāyaṇa ।
Durgāñku Chhāḍi Mādhava Kheli Bara Śakti Kāhim ॥ 3 ॥*

Jaya He ...

*Mādhabanka Khelā Pāim Deha Dharu Mahāmayī ।
Mādhabanku Pati Putra Rūpe Khelāouchhu Tuhi ॥ 4 ॥*

Jaya He ...

*Mādhabanku Durgā Kole Jehum Dekhe Beni Dole ।
Tāhara Bhāgyar Kathā Brahmā Śibe Na Jogāi ॥ 5 ॥*

Jaya He ...

*Jaya Durgati Nāśinī Abhirāmar Jananī ।
Śubhāgamana Karāntu Mādhabanku Kole Nei ॥ 6 ॥*

Jaya He ...

5. 108 ZAUG “MADHAV” LUB NPE (NYOB NTSIAG TO)

['Mādhava'] * 108 zaug

*Hu lub npe 'Madhava' ntawm Jagannatha Mahaprabhu 108 zaug.
Tsis txhob hais nrov. suav ntawm koj cov ntiv tes thiab hu lub npe hauv lub siab.*

6. KALKI MAHĀMANTRA

[*Rāma Hare Kṛṣṇa Hare, Rāma Hare Kṛṣṇa Hare ।*
Rāma Hare Kṛṣṇa Hare, Ananta Mādhava Hare ॥] * 11 zaug

7. JAYAGHOṢA

*Lub Jayaghosha yuav tsum tau nyeem hauv lub siab, tsis txhob hais nrov.
(Nws tsuas yog hu nrov tau yog tias koj sawv ntsug.)*

*Tvameva Mātā Ca Pitā Tvameva
Tvameva Bandhuśca Sakhā Tvameva ।
Tvameva Vidyā Draviṇam Tvameva
[Tvameva Sarvam Mama Deva Deva] ॥ * 3 zaug*

*Om Namō Brahmaṇya Devāya Gobrahmaṇahitāya Ca ।
Jagat Hitāya Kṛṣṇāya Govindāya Namō Namaḥ ॥*

*[Om Ananta Koṭi Viśva Brahmāṇḍa Nātha Parabrahma Nārāyaṇa Mahāviṣṇu
Bhagavān Kalkirām Śrī Śrī Śrī Satya Ananta Mādhava Mahāprabhu Jī kī Jaya!] **
3 zaug

*[Mātā Mahālakṣmī Jī kī Jaya!] * 3 zaug
[Mātā Vaiṣṇo Devī Jī kī Jaya!] * 3 zaug
[Sarva Devī-Devatāom kī Jaya!] * 3 zaug
[Sudharma Mahā-Mahā Saṅgha kī Jaya!] * 3 zaug
[Sudharma Mahā-Mahā Saṅgha kī Jaya!] * 3 zaug*

*Au Vajtswv! Thov kom txhua tus neeg pe hawm thoob ntiaj teb tuaj sib sau ua ke
sai li sai tau —*

Hais zoo siab ib zaug, "Hari Hari", "Hari Hari", "Hari Hari"

*Au Vajtswv! Thov kom Qhov Tseeb, Kev Hlub, Kev Khuv Leej, Kev Zam Txim
thiab Kev Thaj Yeeb yuav tsum tau tsim tsa rau hauv lub ntiaj teb no, tag nrho
lub ntiaj teb sai li sai tau —*

*Hais zoo siab ib zaug, "Hari Hari", "Hari Hari", "Hari Hari" * 3 zaug*

JAI ŚRĪ MĀDHAVA

COV LUS QHIA TSEEM CEEB

Txawm tam sim no, thaum kev tshawb fawb thiab kev ntseeg ob leeg xav tias muaj kev hloov loj yuav los txog, tib neeg tsis muaj txoj hauv kev tseeb los daws qhov teeb meem no. Raws li ‘Bhavishya Malika’ — tso tseg kev ua txhaum, thiab cia cov neeg ntawm txhua txoj kev ntseeg coj ‘Trisandhya’ los tiv thaiv lub neej.

Lub sijhawm no ntawm kev hloov pauv ntawm lub hnub nyoog, txoj cai zais cia no yog tib qho Mrita Sanjivani rau kev tiv thaiv lub neej.

Cov neeg uas xav mus txog Satyayuga yuav tsum tuav cov lus qhia no hauv lawv lub neej.

Raws li cov lus qhia ntawm Vajtswv Kalki thaum lub sijhawm tsim tsa Dharma, peb yuav tsum ua raws li cov no hauv peb lub neej:

1. Qhia kev khuv leej rau txhua tus tsiaj muaj txoj sia. Tso tseg kev noj nqaij thiab coj lub neej sattvic. Tsis txhob ua phem rau ib tus tsiaj muaj txoj sia lossis ib tus tib neeg li cas los xij.
2. Lub sijhawm no, hu lub npe Madhav (Vajtswv). Yog tias koj xav tau, koj tuaj yeem hu nrov lossis nco Nws lub npe nyob ntsiag to hauv lub siab.
3. Txhua tus neeg yuav tsum tuav cov tsib yam zoo no: Qhov Tseeb, Kev Hlub, Kev Khuv Leej, Kev Zam Txim thiab Kev Thaj Yeeb.
4. Txhua tus neeg yuav tsum koom nrog Satsang tsis tu ncua. Satsang txhais tau tias sib sau ua ke los hu nkauj txog Vajtswv cov yam ntxwv, piav qhia Nws lub yeeb koob, thiab sib tham txog kev ntseeg.
5. Ua Trisandhya txhua hnub — nco thiab qhuas Vajtswv thaum sawv ntxov, nruab hnub thiab hmo ntuj.
6. Hu Kalki Mahamantra uas Vajtswv Kalki tau muab txhua hnub.
7. Txhua tus neeg yuav tsum taug txoj kev Dharma.
8. Sawv saum kev ntsub ntxaug haiv neeg thiab kev ntseeg, tuav Satsang nrog txhua tus.
9. Tso tseg qhov kev xav tias “Kuv” thiab “kuv li.” Qhov kev khav theeb thiab kev txuas nrog no ua rau tus neeg nyob deb ntawm lawv tus kheej kev ntseeg tiag tiag.
10. Nyeem Shrimad Bhagavata Mahapurana hauv tsev txhua hnub. Raws li lub sijhawm tso cai, kawm bhajan, kirtan, Puranas, cov vaj lug kub, Bhavishya Malika thiab lwm yam ntawv sau txog kev ntseeg.
11. Hu txhua tus poj niam tias “Niam”/“Maa” thiab txhua tus txiv neej tias “Tij Laug.”
12. Ua ntej noj mov, thawj zaug muab zaub mov rau Vajtswv.

13. Yog tias koj xav paub ntau ntxiv txog Vajtsv Kalki thiab txoj haujlwm loj no, hu rau tus xov tooj ntawm tes uas tau muab rau thaum kawg ntawm phau ntawv no.

1. Cov lus nug dav dav txog kev xyau Trisandhya

Trisandhya yuav ua tau **tsis tas da dej**. Muab koj txhais tes tso rau ntawm koj lub hauv pliaj thiab nco txog Niam Ganga, hais “**Shri Gange**” peb zaug. Yog tias ua tau, ntxuav koj txhais taw ua ntej thiab nchuav dej me ntsis rau koj tus kheej.

Trisandhya yuav ua tau txhua qhov chaw — **ntawm txoj kev, hauv tsheb ciav hlau, hauv tsheb, ntawm koj qhov chaw ua haujlwm**, lossis **nyob ntsiag to hauv lub siab**. Hauv ib hom lossis lwm hom, hauv qee qhov chaw lossis lwm qhov chaw, nws yuav tsum tau ua tsis muaj qhov yuam kev.

Lub Shrimad Bhagavata Mahapurana yuav tsum tau nyeem **tsuas yog tom qab da dej**, thaum huv. Thaum lub sijhawm koj khaub ncaws, Trisandhya yog ua rau peb lub sijhawm raws li ib txwm — nrov lossis hauv lub siab. Rau cov xya hnuv ntawd, lub Shrimad Bhagavata Mahapurana **tsis txhob nyeem, txawm tias yuav mloog tau**.

Thaum sutak kuj, Trisandhya yuav ua tau rau peb lub sijhawm; tab sis lub sijhawm ntawd lub Shrimad Bhagavata Mahapurana yuav tsum **tsis txhob nyeem lossis mloog**, thiab Satsang yuav tsum tsis txhob koom. Hauv ob qho xwm txheej, lub Shrimad Bhagavata Mahapurana thiab lwm yam khoom pe hawm yuav tsum **tsis txhob kov**.

2. Yuav ua li cas yog tias Trisandhya tag nrho tsis tuaj yeem ua tau raws sijhawm?

Yog tias Trisandhya tag nrho tsis tuaj yeem ua tau raws sijhawm, ces ua lub **Trisandhya luv luv** lub sijhawm ntawd, thiab ua lub **Trisandhya tag nrho tom qab** thaum lub sijhawm tso cai.

Lub Trikal Sandhya yuav ua tau txhua qhov chaw — **ntawm qhov chaw ua haujlwm, thaum taug kev ntawm txoj kev, thaum tsav tsheb, ntawm tsev kawm ntawv**, lossis txawm thaum ua lwm yam haujlwm: **nyob ntsiag to, hauv lub siab**. Ua Trisandhya raws sijhawm, txhua qhov chaw, yog qhov tsim nyog heev.

Yog tias Trikal Sandhya tsis tuaj yeem ua tau raws sijhawm, hu lub npe ntawm Vajtswv Madhav thiab **khuv xim**, thiab thov Vajtswv kom txij tam sim no mus nws yuav ua tau raws sijhawm; vim tias cov vaj lug kub tshaj tawm tias Trikal Sandhya yuav tsum tau ua raws sijhawm.

Txoj kev ntawm Trikal Sandhya thaum tsis muaj sijhawm

Lub shloka uas Panditji tau muab hauv Google Meet. Thaum lub sijhawm ua sandhya tsis tuaj thiab lub sijhawm pib dhau mus, ces hloov chaw ntawm sandhya koj tuaj yeem **hu lub npe Madhav 108 zaug, Jai Durga Madhav 11 zaug**, thiab nyeem lub shloka hauv qab no ib zaug.

DAŚĀVATĀRA STOTRAM (FINAL VERSE)

***Vedān uddharate jagannivahate bhūgolam udbibhrate
daityaṁ dārayate balim chalayate kṣatrakṣayaṁ kurvate,
paulastyam jayate haram kalayate kārūṇyam ātanvate
mlecchān mūrcchayate daśākṛtikṛte Kṛṣṇāya tubhyaṁ namaḥ.***

3. Cov tub ntxhais kawm yuav tsum ua Trisandhya li cas nrog rau lawv cov haujlwm niaj hnuv?

Cov tub ntxhais kawm yuav tsum ua lub sandhya sawv ntxov (Brahma Muhurta) thiab hmo ntuj raws sijhawm, raws li txoj cai. Vim yog kev xav tau ntawm tsev kawm ntawv lossis kev kawm, lawv tuaj yeem ua tiav lub sandhya nruab hnuv **hauv lub siab, xav txog Vajtswv hauv lub siab**.

4. Yuav ua Trisandhya li cas ntawm qhov chaw ua haujlwm?

Tsis muaj **txoj cai chaw** rau Trisandhya. Koj tuaj yeem ua nws txhua qhov chaw koj nyob — **ntawm koj lub rooj, hauv lub Hoobkas, hauv lub khw, hauv ib daim teb**, lossis **ntawm txoj kev**.

Yog tias tsis tuaj yeem hais nrov, ua nws **hauv lub siab**; lub siab yog qhov chaw txaus. Yog tias ua tau, hle koj nkawm khau thiab zaum ib pliag; thiab yog tias txawm tias qhov ntawd tsis tuaj yeem ua tau, tsis txhob tso tseg Trisandhya vim li ntawd.

Yog tias koj tsis nco qab nws thiab ua tau, koj tuaj yeem **mloog Trisandhya lub suab**. Qhov tseem ceeb yog tias nws tsis ploj.

5. Yog tias kev ua haujlwm hauv tsev tsis muaj sijhawm, yuav ua li cas thiaj yuav ua raws li kev xyau Trisandhya?

Ua Trisandhya **thaum koj ua haujlwm** — rau qhov no tsis tas yuav tos sijhawm dawb; txawm thaum ob txhais tes tab tom ua haujlwm nws tuaj yeem ua tau **hauv lub siab**.

Rau Bhagavata, siv sijhawm me ntsis uas koj tuaj yeem nrhiav tau — yog tias ib tshooj tag nrho ua tau ces ib tshooj, thiab yog tias tsis yog, ib nplooj ntawv, lossis txawm tias ib shloka. Cia qhov no nyob hauv lub siab, tias tsis muaj ib hnuv dhau mus yam tsis tau nyeem.

6. Cov poj niam yuav tsum ua raws li kev xyau Trisandhya li cas thaum lub sijhawm koj khaub ncaws?

Thaum lub sijhawm koj khaub ncaws, lub Bhagavata **tsis txhob nyeem** rau tag nrho xya hnuv. Nws **yuav mloog tau**.

Ua Trisandhya rau peb lub sijhawm. Yog tias koj tsis nco qab nws, mloog nws.

(Tsis **txhob kov** lub Shrimad Bhagavata Mahapurana, lossis lwm yam khoom pe hawm.)

7. Yog tias ib tus neeg hauv tsev neeg ua raws li kev xyau Trisandhya, puas yog lawv txhua tus yuav tau txais nws cov txiv?

Nws yog qhov tsim nyog rau **txhua tus neeg ua raws li nws tus kheej**. Yog tias ib tus neeg hauv tsev neeg nyeem tsis tau, cia lawv mloog Trisandhya thiab Bhagavata. Thiab rau cov neeg uas hais tsis tau lossis hnov tsis tau, ua kom muaj zog, raws li qhov ua tau, kom lawv **sau lub npe ‘Madhav’** dua thiab dua.

8. Yog tias peb noj ngaij thiab haus cawv, peb puas tuaj yeem pib trisandhya?

Tsis yog, ua ntej pib Trisandhya ib tus yuav tsum coj lub neej **noj zaub xwb**, yuav tsum **tsis txhob noj qe**. Txhua yam kev haus cawv (xws li cawv, bhang, luam yeeb, cov khoom luam yeeb, pan masala, gutka, thiab lwm yam) yuav tsum tau tso tseg kom meej.

9. Peb puas tas yuav tsum tsis txhob noj Dos thiab Qej los pib Trisandhya?

Tsis yog, koj tuaj yeem ua Trisandhya **txawm tias koj noj Dos thiab qej**. Tsuas yog **txhua yam ngaij yuav tsum tsis txhob noj** (suav nrog qe).

10. Cov poj niam puas tuaj yeem hu Gayatri Mantra thiab Trisandhya?

Yog, cov poj niam **yuav tsum hu gayatri mantra peb zaug** thaum trisandhya.

11. Peb puas tuaj yeem hu Gayatri Mantra yam tsis muaj *Lub Upnayan Sanskar (janeu)*?

Yog, koj tuaj yeem hu Gayatri Mantra **txawm tias koj tsis hnav lub xov janeu dawb huv**. Koj tuaj yeem nyeem tag nrho cov mantras ntawm Trisandhya **yam tsis tau txais deekshit los ntawm ib tus guru ib yam nkaus**.

12. Peb puas tuaj yeem hu Gayatri Mantra yam tsis muaj *Shaap vimochan* (kev daws kev foom tsis zoo) ?

Yog, koj yuav tsum hu Gayatri Mantra peb zaug thaum ua Trisandhya, **yam tsis tau ua ib qho kev daws kev foom tsis zoo**.

13. Yog tias ib tus neeg tsis paub ntawv, muaj kev tsis taus, menyuam mos lossis tus laus, nyeem Trisandhya tsis tau, lawv yuav tsum ua li cas?

Yog tias ib tus neeg nyeem Trisandhya cov ntawv tsis tau, lawv tuaj yeem **mloog nws lub suab peb zaug ib hnuv** thaum lub sijhawm Trisandhya. Cov menyuam mos yog **zam yog tias lawv niam ua Trisandhya** (lawv yuav tau txais txiaj ntsig). Txawm li cas los xij, lawv yuav tsum xyaum Trisandhya **thaum lawv loj hlob**.

VIŚVA SANĀTAN DHARAMA SEVĀ TRUST

Rau Trisandhya thiab lwm yam ntaub ntawv kev ntseeg, hu rau WhatsApp:

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Cov Chaw Haujlwm Raug Cai thiab YouTube Channels

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - Lub Chaw Haujlwm Raug Cai: https://www.youtube.com/@Kalki_Avatara

Caj Ces ntawm Vajtswv KALKI (Txoj Kev mus rau Lub Ntiaj Teb Tshiab): <https://youtube.com/@dynastyofkalki>

KalkiAvatarRussian: <https://youtube.com/@kalkiavatarrussian>

kalkiavatartelugu: <https://youtube.com/@kalkiavatartelugu>

kalkiavatarspanish: <https://youtube.com/@kalkiavatarspanish>

kalkiavatarkannada: <https://youtube.com/@kalkiavatarkannada>

JAI ŚRĪ MĀDHAVA
