

STATE TIMES

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Your Companion for a Funday

6 simple mantras to chant in the morning

The early morning hours set the tone for the rest of the day. Waking up with a positive heart and mind and having good thoughts early on helps with having a more positive outlook throughout the day. From manifesting good things and saying affirmations out loud, to the age-old practices of chanting mantras and engaging in morning meditation or puja, the early morning positive notes really help people in life. Here we list 6 simple mantras that one chant first thing in the morning to have a calm, yet energetic start to the day.

OM
The simple chant of OM is said and believed to be the most powerful chant. OM is said to be at the heart of all creation and is the primordial sound. ‘OM’ has mentions in all sacred texts and many mantras start with the sound of ‘OM’.
Chanting Om in the morning, be it while doing meditation or while praying, helps align our consciousness with the universe’s energies. The sound of OM is believed to bring a sense of calm within. When chanted with concentration and dedication, OM calms the mind, clears away distractions, and connects us to our innermost being. By starting the day with Om chanting, we put ourselves at ease and fill the atmosphere around us with positive energies.
Mahamrityunjaya mantra
Mantra - Aum Tryambakam yajaamahe sugandhim pushtivardhanam |
Urvaarukamiva bandhanaan mrityormuksheeya maamritaat ||
One of the most powerful Shiva mantras in the Mahamrityunjaya mantra. It is believed that in the face of life’s uncertainties, the Mahamrityunjaya Mantra is like the ultimate tool of strength. This mantra not only provides clarity in life but also offers strength and protection to Lord Shiva’s devotees.
Lord Shiva, who is respected as the supreme deity of transformation, is at the heart of this mantra. Chanting the Mahamrityunjaya Mantra in the morning, especially when someone prays to Shiv ji, instills courage in the person’s heart and removes any fear of hurdles or even death. It is believed that as mortals, death is the biggest fear of humans and the Mahamrityunjay mantra helps remove the fear of death from people’s mind.

Gayatri Mantra
Mantra - Om Bhur Bhuvassuvaha | Tatsa viturvarenyam | Bhargo devasya dhimahi | Dhiyo yonaha prachidayat ||
Just like the morning sun brightens the sky, the Gayatri Mantra is believed to brighten minds. Chanting Gayatri mantra puts us at ease, sharpens our instincts and makes our thoughts clearer. Each time we repeat the Gayatri mantra, we spread positivity and good energy around us. Chanting the Gayatri Mantra in the morning is like giving our minds a refreshing start which clears away any confusion and helps us see things more clearly. It’s an easy thing to do every day that has a big impact on how



Gamaya Mrityor Ma Om mantram gamaya
If you have ever taken Sanskrit classes in school, there is no doubt that the classes started with this mantra and ended with the chant of ‘Om Shanti’. The Pavamana mantras, as the name suggests, is one that helps purify our heart. ‘Pav’ is purity and ‘Mana’ is our heart. Also known as the Shanti Mantra, chanting this mantra helps humans be more at peace with themselves and remove any negativity around them. It is believed that chanting the Pavamana Mantra in the morning creates a protective aura around us, protecting us from negative influences. Plus, the end chant of ‘Om Shaanti Shaanti Shaanti hi’ makes us feel at ease instantly.
Bonus mantra
Mantra - Karagre vaste Lakshmi, Karmadhye Sarawati. Karmule sthito Brahma, Prabhate kar darshanam.
Chanting this mantra first thing in the morning is believed to invoke the blessings of prosperity, knowledge and creativity. It sets a positive tone for the day by aligning one’s mind with auspicious energies. Lakshmi ji symbolises wealth, Mata Saraswati signifies wisdom, and Brahma represents creation. By starting the day with this mantra, devotees aspire for divine guidance and inspiration, that will enable them to have a sense of clarity, abundance in life, and a better spiritual connection.

we approach life.
Vishnu Mahamantra
Mantra - Om Namo Bhagavate Vasudevaya
A mantra dedicated to Lord Vishnu, the chant of ‘Om Namo Bhagavate Vasudevaya’ helps us leave out our ego and approach everyday with humility. Chanting this mantra is said to remove any form of negativity and ill energies from around us because we surrender ourselves to Vishnu ji through this chant. This simple mantra and its chanting reminds us of our interconnect-edness with all beings, including the divine.
Additionally, as we pray to Vishnu ji or meditate and chant on his name we surrender ourselves to him, with both good and bad qualities, leaving up to him to decide our fate.
Guru Stotram
Mantra - Gururabrahma Gurur Vishnu Gurur Devo Maheshwara Guru Sakshat Parabrahma Tasmai Shri Guruve Namah
People often wonder in their lives, ‘What is the importance of a Guru’. Well, this mantra is exactly the answer to this question. Throughout our lives, from being kids to successful people holding jobs, there is always a guru or a teacher who guides us and sets us on the right path. And the Guru Stotram is a way to show gratitude to those who helped us throughout our life. It is believed that when someone chants the Guru Stotram with a pure heart in the morning, they receive the blessings of not just the teachers in their life, but also the Gods who are everyone’s Guru in life.
Pavamana Mantra
Mantra - Asato Ma sadgamaya Tamaso Maa Jyotir

9 tips for single fathers to be the best parent

Raising kids single-handedly is challenging for both a single mother as well as a single father. At its core, single fathers bear the dual roles of both mother and father in raising their children. Single dads assume not just the role of bread-winners but caregivers too in the absence of the mother of their children. So, here we list down some tips for single fathers to be the best parent for their child.
Be a responsible parent: Solo-parenting is challenging and demands a lot of single-handed effort in raising the children. Single dads have to play the role of both mother and father for their kids. Responsible parenting entails getting involved with the needs of your children.
Focus on financial planning: Raising kids alone as a dad requires strong financial planning. It is important to sort out the finances to give your children a better life and a bright future. Budgeting your children’s education and making savings is the critical aspect of parenting. As the sole breadwinner in the family, focusing on financial planning, and health insurance of the family is paramount.
Avoid yelling about your ex-partner in front of kids: Men who are single parents because of a separation or divorce from their partner should avoid criticising the mother of their children. Speaking negatively about their mother in front of them is emotionally harmful to children. Healthy parenting entails creating a positive environment for children’s growth.
Seek a supportive network: Single dads should build a positive social circle. Raising children single-handedly is not easy. Single fathers should actively seek support from friends, family members, and loved ones. One should break the social stigma of sharing family problems being a ‘parent’.
Move on and forget the past: Emotional baggage and past wounds can interfere with family relationships. Healing and self-care practices support growth and nurture relationships. Single dads should move on from the past experiences to support their children. To be a supportive father, prioritising self-care is important.
Spend quality time with children: Single dads should ensure that children do not feel void due to the absence of their mother. Being a single dad is challenging when the finances and household have to be managed single-handedly. In between the responsibilities, single dads must prioritise spending time with the children.
Be a role model for children: Single dads can be the best role models for their children. As primary caregivers, single dads should give the best life lessons to their children and focus on a positive upbringing.
Be empathetic and communicate openly: While single dads have responsibilities on their shoulders, they should not ignore the needs of their children. An open dialogue with the kids helps build trust between the parent and child.
Don’t be an overprotective dad: While being a solo parent, it is natural for single dads to constantly worry about their children. However, overprotective parenting can hinder children’s social development.



10 habits for happy gums: Your ultimate guide to preventive care

Ensuring optimal gum health is crucial for overall oral well-being. Strong gums not only provide support to teeth but also contribute to overall appearance. Thankfully, by adopting a few straightforward practices and embracing preventive measures, you can effectively maintain gum health. In this guide, we’ll delve into ten strategies for promoting gum health, offering you comprehensive guidance for preventive care.
Regular Toothbrushing:
Initiating a habit of brushing your teeth twice daily using fluoride toothpaste serves as a cornerstone for healthy gums. This routine aids in eliminating plaque and bacteria accumulation, preventing potential gum diseases and other oral complications. Utilize a toothbrush with soft bristles, employing gentle, circular motions to thoroughly clean both teeth and gumline.
Daily Flossing:
Supplementary to toothbrushing, flossing daily is pivotal for gum health. By meticulously removing food debris and plaque from between teeth and along the gumline, flossing complements the cleaning process where a toothbrush may fall short. Adopt proper flossing techniques by gently guiding the floss between each tooth and wrapping it around the base in a C-shape.
Mouthwash Usage:
Incorporating a fluoride or antibacterial mouthwash into your oral care regimen can provide added support for gum health. Mouthwash aids in rinsing away bacteria and debris, thereby minimizing the risk of gum disease and promoting fresher breath. Opt for an alcohol-free mouthwash endorsed by dental professionals for optimal efficacy.
Balanced Dietary Choices:
The significance of diet in gum health cannot be overstated. Consuming a balanced diet rich in fruits, vegetables, lean proteins, and whole grains provides vital nutrients essential for gum tissue support. Restricting intake of sugary and acidic foods and beverages can mitigate tooth decay and gum inflammation.
Hydration:
Maintaining adequate hydration is crucial for preserving healthy gums. Drinking



plenty of water facilitates the removal of food particles and bacteria, preventing their accumulation along the gumline. Aim for a daily intake of at least eight glasses of water and consider rinsing your mouth with water after meals to aid in cleansing.

Smoking Cessation:
Smoking poses a significant risk factor for gum disease and can hinder the healing process in case of gum issues. If you smoke, quitting is imperative for your gum health. Seek assistance from healthcare professionals or smoking cessation programs to successfully kick the habit.
Bruxism Prevention:
Teeth grinding or clenching exerts excessive pressure on gums, potentially leading to gum recession and related complications. Using a mouthguard at night can safeguard teeth and gums against grinding. Additionally, embracing stress-relief techniques like meditation or yoga can alleviate stress-induced bruxism.
Regular Dental Visits:
Routine dental check-ups and cleanings are vital for sustaining gum health. Dentists can detect early signs of gum disease or other oral issues and provide appropriate interventions. Aim for biannual dental visits or as advised based on individual requirements.
Selection of Soft Toothbrush:
Opt for a toothbrush with soft bristles for daily oral care routines, as stiff bristles may irritate gums and cause harm. Replace your toothbrush every three to four months, or sooner if bristles appear frayed. Employ gentle brushing techniques to ensure gum health and prevent irritation.
Stress Management:
Stress can compromise immune function and exacerbate inflammation, including in the gums. Integrating stress management practices such as exercise, deep breathing, or mindfulness meditation into your daily routine can help regulate stress levels and support overall gum health.
By integrating these ten practices into your daily regimen, you can proactively uphold gum health. Remember, preventive care is pivotal for long-term oral health. Prioritize gum health today to enjoy a lifetime of happy, healthy gums. Should any concerns regarding gum health arise, do not hesitate to consult a dentist for personalized guidance and care. With consistent effort and diligence, you can preserve gum health and revel in its benefits for years to come.