



The wavy waters in the picture are symbolic of Karma; and lotus, of Bhakti and the rising sun, of Jnana. The encircling serpent is indicative of Yoga and the awakened Kundalini Shakti, while the swan in the picture stands for the Paramatman (Supreme Self). Therefore, the idea of the picture is that, by the union of Karma, Jnana, Bhakti and Yoga, the vision of the Paramatman is obtained.

— SWAMI VIVEKANANDA

SPECIAL ANNOUNCEMENT

Participants in Sanskrit Recitation Competition who wish to learn the chanting of Upanishat and Bhagavad Gita printed inside may refer to the Audio CDs available at

at
Ramakrishna Math (Book Sale Section),
12th Road, Khar (West), Mumbai - 400 052.

Mantrapushpam CDs on Upanishats, Bhagavad Gita chanting (Chapt. 1 to 18) in one MP3 CD are available for sale in Ramakrishna Math, Khar (West), Mumbai from 8.30 a.m. to 11.30 a.m. and 4.00 p.m. to 7.00 p.m. on all days.



The remedy for weakness is not brooding over weakness, but thinking of strength. Teach men of the strength that is already within them.

Purity, Patience and Perseverance are the three essentials to success and, above all — LOVE.

We want that Education by which character is formed, strength of mind is increased, the intellect is expanded, and by which one can stand on one's own feet.

The only definition that can be given of Morality is this : That which is selfish is immoral, and that which is unselfish is moral.

Truth, Purity, and Unselfishness — wherever these are present, there is no power below or above the sun to crush the possessor thereof.

Doing good to others is virtue (dharma); injuring others is sin. Strength and manliness are virtue; weakness and cowardice are sin. Independence is virtue; dependence is sin. Loving others is virtue; hating others is sin. Faith in God and in one's own Self is virtue; doubt is sin. Knowledge of oneness is virtue; seeing diversity is sin.

— Swami Vivekananda

163rd Birthday Celebration of Swami Vivekananda - 2025
ANNUAL COMPETITION IN SANSKRIT RECITATION
(UPANISHAT AND BHAGAVAD GITA)
For Junior students (5th, 6th and 7th Standards)

RAMAKRISHNA MATH AND RAMAKRISHNA MISSION

12th Road, Khar (W), Mumbai - 400 052

Tel. : 61818000 / 6181 8002 Email : mumbairkm@gmail.com

Website : www.rkmkhar.org

FOR JUNIOR STUDENTS (5th, 6th & 7th Standards)

Special instruction : Participant must recite both Upanishat with Intonations and Bhagavad Gita as given below in Sanskrit.

[तैत्तिरीयोपनिषत्]

ॐ शं नो मित्र-शं वरुणः । शं नो भवत्वर्च्यमा । शं नु इन्द्रो बृहस्पतिः ।
शं नो विष्णु रुरुक्रमः । नमो ब्रह्मणे । नमस्ते वायो । त्वमेव प्रत्यक्षं ब्रह्मासि ।
त्वामेव प्रत्यक्षं ब्रह्मं वदिष्यामि । ऋतं वदिष्यामि । सत्यं वदिष्यामि । तन्मामवतु ।
तद्वक्तारमवतु । अवतु माम् । अवतु वक्तारम् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

वेदमनूच्याचार्योऽन्तेवासिन-मनुशास्ति । सत्यं वद । धर्मं चर । स्वाध्यायान्मा
प्रमदः । आचार्याय प्रियं धनमाहृत्य प्रजातन्तुं मा व्यवच्छेत्सीः । सत्यान्न
प्रमदित्व्यम् । धर्मान्न प्रमदित्व्यम् । कुशलान्न प्रमदित्व्यम् । भूत्यै न
प्रमदित्व्यम् । स्वाध्यायप्रवचनाभ्यां न प्रमदित्व्यम् ॥ १९ ॥
देवपितृकार्याभ्यां न प्रमदित्व्यम् । मातृदेवो भव । पितृदेवो भव ।
आचार्यदेवो भव । अतिथिदेवो भव । यान्यनवद्यानि कर्माणि । तानि सेवितव्यानि ।
नो इतराणि । यान्यस्माकं सुचरितानि । तानि त्वयोपास्यानि ॥ २० ॥
ॐ शान्तिः शान्तिः शान्तिः ॥
(तैत्तिरीयोपनिषत् प्रथमा शीक्षावल्ली)

[श्रीमद्भगवद्गीता]

चतुर्विधा भजन्ते मां जनाः सुकृतिनोऽर्जुन ।
आर्तो जिज्ञासुरर्थार्थी ज्ञानी च भरतर्षभ ॥
तेषां ज्ञानी नित्ययुक्त एकभक्तिर्विशिष्यते ।
प्रियो हि ज्ञानिनोऽत्यर्थमहं स च मम प्रियः ॥
उदाराः सर्व एवैते ज्ञानी त्वात्मैव मे मतम् ।
आस्थितः स हि युक्तात्मा मामेवानुत्तमां गतिम् ॥
बहूनां जन्मनामन्ते ज्ञानवान्मां प्रपद्यते ।
वासुदेवः सर्वमिति स महात्मा सुदुर्लभः ॥
(श्रीमद्भगवद्गीता अध्यायः ७ : १६ - १९)

This Page is not for recitation

[TAITTIRIYOPANISHAT]

May Mitra, Varuna, Aryaman, Indra, Brihaspati, and all-pervading Vishnu be propitious to us and grant us welfare and bliss. I bow down to Brahman in loving reverence. O Vayu, I bow down to thee in adoration. You are Brahman perceptible. I shall declare Thou art the right; Thou art the true and the good. May that Universal Being entitled Vayu protect me. May He protect the teacher. May He protect me. May He protect the teacher.

Om Peace, Peace, Peace.

Having taught the Vedas, the preceptor advises the disciple; Speak the Truth. Practise Righteousness. Make no mistake about Study. Having offered the desirable wealth to the teacher, do not cut off the line of progeny. Do not fail to pay attention to Truth. There should be no deviation from righteous activity. There should be no mistake about protection of yourself. Do not neglect propitious activities. Do not be careless about Learning and Teaching.

There should be no error in the duties towards the gods and manes. Let your mother be a god unto you. Let your father be a god unto you. Let your teacher be a god unto you. Let your guest be a god unto you. The works that are not blameworthy are to be resorted to, not the others. You must be intent on the virtuous actions that proceed from us.

Om Peace, Peace, Peace.

[BHAGAVAD GITA]

The Lord said: Four kinds of virtuous people worship Me, O Arjuna : the distressed, the seeker of knowledge, the seeker of wealth, and the wise, O best of the Bharatas.

Of these, the wise man, ever steadfast and devoted to the One, excels; for supremely dear am I to the wise and he is dear to Me.

Noble indeed are all these, but the wise man I regard as My very Self; for, steadfast in mind, he is established in Me alone, as the supreme goal.

At the end of many births, the man of wisdom takes refuge in Me, realizing that Vasudeva is all that is. Rare indeed is that great soul.

[Bhagavad Gita : Chapter 7 : 16-19]