



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

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 8.30a.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

164th Birthday Celebration of Swami Vivekananda - 2026
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 : vivekotsavrkm@gmail.com

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

Special instruction : Participant must recite all the passages given below in Sanskrit.

[गायत्रीमन्त्रः]

ॐ भूर्भुवस्सुवः ।
तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ॥

(यजुर्वेदः)

ॐ शान्तिः शान्तिः शान्तिः ॥

[तैत्तिरीयोपनिषत्]

ॐ ॥ आनन्दो ब्रह्मेति व्यजानात् । आनन्दाद्ध्येयं खल्विमानि भूतानि
जायन्ते । आनन्देन जातानि जीवन्ति । आनन्दं प्रयन्त्यभिसंविशन्तीति ।
सैषा भार्गवी वारुणी विद्या । परमे व्योमन् प्रतिष्ठिता । य एवं वेद
प्रतिष्ठति । अन्नवानन्नदो भवति । महान् भवति प्रजया पशुभि-
र्ब्रह्मवर्चसेन । महान् कीर्त्या ॥६॥

ॐ शान्तिः शान्तिः शान्तिः ॥

(भृगुवल्ली प्रश्नः ३ मं. ६)

[श्रीमद्भगवद्गीता]

प्रशान्तमनसं ह्येनं योगिनं सुखमुत्तमम् ।
उपैति शान्तरजसं ब्रह्मभूतमकल्मषम् ॥२७॥
युञ्जन्नेवं सदात्मानं योगी विगतकल्मषः ।
सुखेन ब्रह्मसंस्पर्शमत्यन्तं सुखमश्नुते ॥२८॥
सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।
ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥२९॥
यो मां पश्यति सर्वत्र सर्वं च मयि पश्यति ।
तस्याहं न प्रणश्यामि स च मे न प्रणश्यति ॥३०॥

(अध्यायः ६ : २७-३०)

This Page is not for recitation

[GAYATRI MANTRAH]

Om may we meditate on the Adorable Light of that Supreme Divine Reality, the Source or Projector of the three phenomenal worlds. May that Supreme Divine Being stimulate our intelligence, so that we may realize the Supreme Truth.

[Yajurvedah]

Om Peace, Peace, Peace.

[TAITTIRIYOPANISHAT]

Spiritual Bliss is Brahman. From Bliss indeed, all beings here are born; having been born, they are sustained by Bliss; they move towards and merge in Bliss. This knowledge realized by sage Bhrugu and imparted by Varuna terminates in the Supreme Bliss, established in the cavity of the heart. He who thus comprehends becomes firmly established. He becomes possessor of food and gets power to assimilate and enjoy it. He becomes great in progeny, cattle and radiates the power of Brahman. He always does good to others through his glorious moral conduct. He becomes great in spiritual qualities.

Om Peace, Peace, Peace.

[Chapter III : Bhrugu-Valli]

[BHAGAVAD GITA]

Supreme Bliss verily comes to that Yogi whose mind is perfectly calm, whose passions are subdued, who has become one with Brahman and who is freed from taint (of good and evil). [27]

Constantly engaging the mind thus, the Yogi who is free from taint, attains with ease the infinite bliss of contact with Brahman. [28]

His mind being harmonized by Yoga, he sees himself in all beings and all beings in himself, he sees the same in all. [29]

He who sees Me everywhere and sees all in Me, he never becomes lost to Me, nor do I become lost to him. [30]

[Chapter 6 : 27-30]