



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.



Strength is life, weakness is death. Strength is felicity, life eternal, immortal; weakness is constant strain and misery, weakness is death.

Education is the manifestation of the perfection already in man.

Education is not the amount of information that is put into your brain and runs riot there, undigested, all your life. We must have life-building, man-making, character-making assimilation of ideas. If you have assimilated five ideas and made them your life and character, you have more education than any man who has got by heart a whole library.

Truth does not pay homage to any society, ancient or modern. Society has to pay homage to Truth or die. That society is the greatest, where the highest truths become practical.

Virtue is that which tends to our improvement, and vice to our degeneration.

We want to lead mankind to the place where there is neither the Vedas, nor the Bible, nor the Koran; yet this has to be done by harmonizing the Vedas, the Bible and the Koran. Mankind ought to be taught that religions are but the varied expressions of THE RELIGION, which is Oneness, so that each may choose the path that suits him best.

— Swami Vivekananda

164th Birthday Celebration of Swami Vivekananda - 2026
ANNUAL COMPETITION IN SANSKRIT RECITATION
(UPANISHAT AND BHAGAVAD GITA)
For Senior students (8th, 9th and 10th Standards)

RAMAKRISHNA MATH AND RAMAKRISHNA MISSION

12th Road, Khar (W), Mumbai - 400 052
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FOR SENIOR STUDENTS (8th, 9th & 10th Standards)

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

[ईशावास्योपनिषत्]

ॐ ॥ यस्तु सर्वाणि भूतान्यात्मन्येवानुपश्यति ।
सर्वभूतेषु चात्मानं ततो न विजुगुप्सते ॥ ६॥

यस्मिन्सर्वाणि भूतान्यात्मैवाभूद्विजानुतः ।
तत्र को मोहः कः शोकं एकत्वमनुपश्यतः ॥७॥

स पर्यगच्छुक्रमकायमवृणमस्नाविरग्नं शुद्धमपापविद्धम् ।
कविर्मनीषी परिभूः स्वयम्भू-र्याथातथ्यतोऽर्थान्

व्यदधाच्छाशवतीभ्यः समाभ्यः ॥८॥

ॐ असतो मा सुद्गमय ।

तुमसो मा ज्योतिर्गमय ।

मृत्योर्माऽमृतं गमय ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

(ब्रह्मारण्यकोपनिषत्)

[श्रीमद्भगवद्गीता]

अहङ्कारं बलं दर्पं कामं क्रोधं परिग्रहम् ।
विमुच्य निर्ममः शान्तो ब्रह्मभूयाय कल्पते ॥५३॥

ब्रह्मभूतः प्रसन्नात्मा न शोचति न काङ्क्षति ।
समः सर्वेषु भूतेषु मद्भक्तिं लभते पराम् ॥५४॥

भक्त्या मामभिजानाति यावान्यश्वास्मि तत्त्वतः ।
ततो मां तत्त्वतो ज्ञात्वा विशते तदनन्तरम् ॥५५॥

सर्वकर्मण्यपि सदा कुर्वाणो मद्व्यपाश्रयः ।
मत्प्रसादादवाप्नोति शाश्वतं पदमव्ययम् ॥५६॥

(अध्यायः १८ : ५३-५६)

This Page is not for recitation

[ISHAVASYOPANISHAT]

He who sees all beings in the Self itself, and the Self in all beings, feels no hatred by virtue of that realization. [6]

What delusion, what sorrow is there for the wise man who sees the unity of existence and perceives all beings as his own Self? [7]

He (the Atman) is all-pervasive, pure, bright, bodiless, without wound, without a physical body, untainted by sin or ignorance, whole and radiant, seeing all, knowing all, ruler of mind, transcendent, self-existent and eternal. He has duly allotted the respective duties to the eternal Prajapatis (Creators). [8]

Om From the unreal lead me to the Real.

From darkness lead me to Light.

From death lead me to Immortality.

Om Peace, Peace, Peace.

[Brihadaranyakopanishat]

[BHAGAVAD GITA]

Having abandoned egoism, power, arrogance, desire, enmity, superfluous possessions, free from the notion of 'mine' and, peaceful—he is fit to become one with Brahman. [53]

Becoming Brahman, serene-minded, he neither grieves nor desires; the same to all beings, he obtains supreme devotion to Me. [54]

By devotion he knows Me in truth, what and who I am; having thus known Me in truth, he forthwith enters into Me. [55]

Even though engaged in all kinds of action; a man who has taken refuge in Me reaches, by My grace, the eternal and imperishable Abode. [56]

[Chapter 18 : 53-56]