



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 CD.s on Upnishats, Bhagavad Gita chanting (Chapt. 1 to 18) in one MP3 CD on Upanishats and Bhagavad Gita 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.



As man advances spiritually, he begins to feel that God is omnipresent, that he must be in him, that he must be everywhere, that he is not a distant God, but clearly the Soul of all souls. As my soul moves my body, even so is God the mover of my soul. Soul within soul.

And a few individuals who have developed enough and are pure enough, go still further, and at last find God.

Every soul is destined to be perfect, and every being, in the end, will attain the state of perfection. Whatever we are now is the result of our acts and thoughts in the past; and whatever we shall be in the future will be the result of what we think and do now. But this, the shaping of our own destinies, does not preclude our receiving help from outside; nay, in the vast majority of cases such help is absolutely necessary. When it comes, the higher powers and possibilities of the soul are quickened, spiritual life is awakened, growth is animated, and man becomes holy and perfect in the end.

- SWAMI VIVEKANANDA

165th BIRTHDAY CELEBRATION OF SWAMI VIVEKANANDA - 2027

**ANNUAL COMPETITION IN SANSKRIT RECITATION
FOR JUNIOR STUDENTS
(5th, 6th & 7th Standards)**

RAMAKRISHNA MATH

12th Road, Khar (West), Mumbai - 400 052.
Phones: 6181 8002, 6181 8000 • E-mail: vivekotsavrkm@gmail.com
Website : www.rkmkhar.org

Special Instruction : Participant must recite both Mahanarayanopanisad and Bhagavad Gita Chapter 2 : 13 to 17 as printed below in Sanskrit.

महानारायणोपनिषत्

तत्पुरुषाय विद्महे महादेवाय धीमहि । तन्नो रुद्रः प्रचोदयात् ॥

ईशान-स्सर्व-विद्याना-मीश्वर-स्सर्व-भूतानां ब्रह्माऽधिपति-
ब्रह्मणोऽधिपति-ब्रह्मा शिवो मे अस्तु सदाशिवोम् ॥

नमो हिरण्यबाहवे हिरण्यवर्णाय हिरण्यरूपाय हिरण्यपतये
ऽम्बिकापतये उमापतये पशुपतये नमो नमः ॥

ऋतं सत्यं परं ब्रह्म पुरुषं कृष्णपिङ्गलम् । ऊर्ध्वरितं
विरूपाक्षं विश्वरूपाय वै नमो नमः ॥



[श्रीमद्भगवद्गीता]

देहिनोऽस्मिन्यथा देहे कौमारं यौवनं जरा ।

तथा देहान्तरप्राप्तिर्धीरस्तत्र न मुह्यति ॥ १३ ॥

मात्रास्पर्शास्तु कौन्तेय शीतोष्णसुखदुःखदाः ।

आगमापायिनोऽनित्यास्तांस्तितिक्षस्व भारत ॥ १४ ॥

यं हि न व्यथयन्त्येते पुरुषं पुरुषर्षभ ।

समदुःखसुखं धीरं सोऽमृतत्वाय कल्पते ॥ १५ ॥

नासतो विद्यते भावो नाभावो विद्यते सतः ।

उभयोरपि दृष्टोऽन्तस्त्वनयोस्तत्त्वदर्शिभिः ॥ १६ ॥

अविनाशि तु तद्विद्धि येन सर्वमिदं ततम् ।

विनाशमव्ययस्यास्य न कश्चित्कर्तुमर्हति ॥ १७ ॥

अध्यायः २ : १३-१७

This Page is not for recitation

MAHANARAYANOPANISHAD

May we know or realize the Supreme Person. For that, may we meditate upon Mahadeva and to that meditation may Rudra impel us.

May the Supreme who is the ruler of all knowledge, controller of all created beings, the preserver of the Vedas and the one overlord of Hiranyagarbha, be benign to me. I am the Sadashiva described thus and denoted by Pranava.

Salutations again and again to Hiranyabahu, Hiranyavarna, Hiranyarupa, Hiranyapati, Ambikapati, Umapati, Pashupati. [1. One who has ornaments of gold on the arms, or possessing a form having golden hue. 2. He who is the source of the syllables of the Vedas which are as precious as gold. 3. He who is shining in splendour. 4. The Lord of riches, wholesome and charming. 5. The consort of Ambika, the Mother of the universe. 6. The master of Uma, Brahavidya personified as such. 7. The Lord of all created beings.]

Supreme Brahman, the Absolute Reality is in the form of Umamaheshwara, dark blue and reddish brown in hue, absolutely chaste and possessing uncommon eyes. Salutations to Him alone who is the Soul of the universe or whose form is the universe.



BHAGAVAD GITA

Even as the embodied soul experiences childhood, youth and old age in this body, so he also passes into another body. The serene ones are not bewildered by this. [13]

Feelings of heat and cold, pain and pleasure, are produced, O son of Kunti, by the contact of the senses with their objects. They come and go and are impermanent. Bear them patiently, O Bharata. [14]

O best of men, that calm man, who is the same in pain and pleasure, whom these cannot disturb, alone is fit to attain immortality. [15]

The unreal never is. The Real never ceases to be. The truth about both has been realized by the seers. [16]

Know That to be verily indestructible by which all this is pervaded. None has the power to destroy the Immutable. [17]

Chapter 2 : 13-17