



CHINMAYA GEETA FEST - 2024

Bhagwad Geeta Chapter - V

KARMA-SANNYĀSA YOGAḤ

The Yoga of True Renunciation of Action



CHANT GEETA



ENCHANT KRISHNA



Geeta Chanting for Children and Elders | Video Quiz

CHINMAYA MISSION MULUND

www.chinmayamissionmulund.com |  +91 22 2567 1381

CHINMAYA GEETA FEST – 2024

Respected Principals / Parents,
Hari OM!

Inspired and initiated by Param Pujya Swami Chinmayanandaji, the Chinmaya Mission under the guidance of Pujya Swami Swaroopanandaji has been organizing the Geeta Fest, throughout the world. Every year lakhs of children chant the Bhagawad Geeta. This year, the fifth chapter: Karma-Sannyāsa Yogaḥ - THE YOGA OF TRUE RENUNCIATION OF ACTION, has been selected for the competition. Chanting of Geeta will improve the pronunciation skill and memory power of your child.

This Geeta Fest-2024 is meant for children from nursery, junior KG up to Std. XII. Children have to chant the shlokas by heart i.e. without seeing the book in preliminary rounds and final rounds.

GROUPING AND PORTIONS: VTH CHAPTER

GROUP	STANDARD	PRELIMINARY & FINAL ROUNDS	NO. OF SHLOKAS
A	Nursery, Jr. KG & Sr. KG	1 to 6	6
B	I st & II nd	1 to 11	11
C	III rd & IV th	1 to 16	16
D	V th & VI th	1 to 21	21
E	VII th , VIII th , IX th	1 to 26	26
F	X th , XI th , XII th	1 to 29	29

CRITERIA FOR JUDGEMENT

The following shall be the criteria for the **Preliminaries**:

Memory	Pronunciation	Presentation & Overall Effect	Total
50 marks	40 marks	10 marks	100 marks

The following shall be the criteria for the **Finals**:

Memory	Pronunciation	Presentation & Overall Effect	Total
30 marks	60 marks	10 marks	100 marks

Definitions of Terms of the Criteria for Judgment:

1. **Memory:** The ability to chant the specified portions without any break, hesitations or confusions.
2. **Pronunciation:** The ability to chant the verses in consonance with the **Chinmaya Geeta Chanting Learning Aid**.
3. **Presentation & Overall effect:** Refers to devotional bhava (right attitude and feeling) and the overall effect on the listener, including posture, confidence, mannerism, sincerity of efforts, etc.

GENERAL INSTRUCTIONS

1. Registration fee for Geeta Chanting Competition is Rs.30/- on payment of which the book will be given free of cost.

2. Scan QR code to download the respective learning aid audio file from our website.



3. Submission of Enrolment Form is compulsory for participating in the Chinmaya Geeta Chanting Competition 2024. Please fill the Enrolment Form and submit to the respective Teacher/Geeta Sevika/Sevak.

4. All the participants will be given PARTICIPATION CERTIFICATES and the winners will be given prizes STANDARD-WISE.

5. Preliminary round of Geeta Chanting Competition will be on 17th November, 2024 and final round on 1st December, 2024.

6. This year the State Level Competition will be held in the second week of January 2025. Eligible winners of Mulund centre from each group, will be nominated for the State finals. Exact Date, Venue and Time for the State finals will be communicated later.

CHINMAYA MISSION shall have the right to alter or cancel any of the programmes. The decision of the judges will be final and binding in all the rounds of the competition.

IMPORTANT INSTRUCTIONS

1. Beginning

When the judge tells to start, the participant should always start with Om Shri Paramaatmane Namah - Atha Panchamodhyaayah - Karma Sanyaasa Yogah

2. Dodging

Participants other than Group “A” may be asked to chant any shloka/shlokas in between their portion.

3. Visarga (:) Pronunciations

- When a visarga (:) is followed by प (as in यत्सांख्यैः प्राप्यते - 5.5), the full visarga should not be pronounced. It should be pronounced as a half visarga ending with फ्.
- When a visarga (:) is followed by क (as in सन्न्यासः कर्मयोगश्च - 5.2), the full visarga should not be pronounced. It should be pronounced as a half visarga ending with ख्.
- When a visarga (:) is followed by स (as in ज्ञेयः स नित्यसन्न्यासी - 5.3), the full visarga should not be pronounced. It should be pronounced as a half visarga ending with स्.

4. Anusvaara

- For the ease of the participants, it has been decided that Anusvaara (as in एकं सांख्यं च योगं च – 5.5) can be pronounced with a म् sound.
- When सं is followed by य (as in संयोगं – 5.14), it should be pronounced as सय्योगं.

5. Ending

If the participant is asked to chant the last verse of his/her portion, he/she should end with:

‘Harih Om! Shree Gurubhyo Namah! Harih Om!’.

6. Sankalpa Vakya

If the participant is asked to chant the last verse (i.e. Verse 29 of this chapter) provided it is there in his/her portion, he/she is expected to chant the Sankalpa Vakya:

“Om Tatsad iti Shreemadbhagavadgeetasu....”

- Break-up of the verses should be as per the Learning Aid.

GEETA CHANTING FOR ELDERS – 2024

CHAPTER 5 - KARMA-SANNYĀSA YOGAḤ THE YOGA OF TRUE RENUNCIATION OF ACTION

PRELIMINARY ROUND

ON SUNDAY, 10TH NOV 2024, 9.30 AM TO 12.00 NOON

VENUE: CHINMAYA SHREERAM

GROUPING AND PORTIONS:

Group	Age	Shlokas for Preliminary Round	Shlokas for Final Round	No. of Shlokas
G	18 to 25	1 to 26 (Seeing the book)	1 to 26 (By heart)	26
H	26 to 45	1 to 23 (Seeing the book)	1 to 23 (By heart)	23
I	46 to 65	1 to 21 (Seeing the book)	1 to 21 (By heart)	21
S	66 & above	20 to 29 (Seeing the book)	20 to 29 (By heart)	10

CRITERIA FOR JUDGEMENT:

Rounds	Memory	Pronunciation	Presentation & Overall Effect	Total
Preliminary	-	70 marks	30 marks	100 marks
Finals	50 marks	40 marks	10 marks	100 marks

Rules:

- 1) Registration fee is Rs.50/- on payment of which the book will be given free of cost. Registration forms are available at Chinmaya Shreeram.
- 2) Depending on the group you belong to, please download the respective audio file from the website:
www.chinmayamissionmulund.com/geeta-chanting-competition/
- 3) Bhagawad Geeta book can be used for preliminary round while the participant should by heart all the verses for final round.
- 4) Last date of registration is 1st Nov 2024.
- 5) Guidance will be provided to the participants. Contact us for the same.
- 6) Tune is not the criteria for judgment. Verses should be chanted in consonance with the learning aid only.
- 7) Last year's first prize winners should not participate this year.
- 8) The **final round** will be on **24th Nov 2024**.

Contact: Vasantha Balan-8879717030, Lakshmi Kumar-9820590472

Chinmaya Mission Mulund

VIDEO QUIZ

Bhagawad Geeta Chapter – V

KARMA-SANNYĀSA YOGAḤ THE YOGA OF TRUE RENUNCIATION OF ACTION

on

8th Dec 2024, Sunday, 7.00 pm to 8.30 pm

*Watch attentively one-hour video of
Puja Gurudev Swami Chinmayananda
based on 5th chapter and answer the
questions based on the video.*



Eligibility: Age 16 and above

Registration form fee: Rs. 50/-

For any queries contact: Vasantha Balan – 8879717030

VENUE: Chinmaya Shreeram, First Floor, Aroto House,
P K Road, Mulund(W) – 80.

DEAR GEETA LOVERS

The grand vision behind the Geeta Fest, is that chanting initially introduces one to the world renowned Bhagawad Geeta. Naturally this leads to the study of the text, resulting in the gain of the knowledge revealed therein.

We invite all of you to be a part of Geeta Fest and request parents and well-wishers to contribute and donate generously towards this noble endeavor.

Sponsorship for 10 Children	Rs. 300/-
Sponsorship for 25 Children	Rs. 750/-
Sponsorship for 50 Children	Rs. 1500/-
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Contact: Vasantha Balan – 8879717030



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। ॐ श्री परमात्मने नमः ।

। अथ पञ्चमोऽध्यायः ।

। कर्मसन्न्यासयोगः ।

अर्जुन उवाच ।

सन्न्यासं कर्मणां कृष्ण

पुनर्योगं च शंससि ।

यच्छ्रेय एतयोरेकं

तन्मे ब्रूहि सुनिश्चितम् ॥ १ ॥

श्रीभगवानुवाच ।

सन्न्यासः कर्मयोगश्च

निःश्रेयसकरावुभौ ।

तयोस्तु कर्मसन्न्यासात्

कर्मयोगो विशिष्यते ॥ २ ॥

ज्ञेयः स नित्यसन्न्यासी

यो न द्वेष्टि न काङ्क्षति ।

निर्द्वन्द्वो हि महाबाहो

सुखं बन्धात्प्रमुच्यते ॥ ३ ॥

साङ्ख्ययोगौ पृथग्बालाः

प्रवदन्ति न पण्डिताः ।

एकमप्यास्थितः सम्यक्

उभयोर्विन्दते फलम् ॥ ४ ॥

| Om śrī paramātmāne namaḥ |
atha pañcamo'dhyāyaḥ
karmasannyāsayogaḥ

arjuna uvāca

sannyāsaṁ karmaṇāṁ kṛṣṇa
punaryogaṁ ca śaṁsasi
yacchreya etayorekaṁ
tanme brūhi suniścitam || 1 ||

śrībhagavānuvāca

sannyāsaḥ karmayogaśca
niḥśreyasakarāvubhau
tayostu karmasannyāsāt
karmayogo viśiṣyate || 2 ||

jñeyaḥ sa nityasannyāsī
yo na dveṣṭi na kāṅkṣati
nirdvandvo hi mahābāho
sukhaṁ bandhātpramucyate || 3 ||

sāṅkhyayogau pṛthagbālāḥ
pravadanti na paṇḍitāḥ
ekamapyāsthitaḥ samyak
ubhayorvindate phalam || 4 ||

यत्साङ्घैः प्राप्यते स्थानं

एकं साङ्घं च योगं च

सन्न्यासस्तु महाबाहो

योगयुक्तो मुनिर्ब्रह्म

योगयुक्तो विशुद्धात्मा

सर्वभूतात्मभूतात्मा

नैव किञ्चित्करोमीति

पश्यञ्शृण्वन्स्पृशञ्छिघ्रन्

प्रलपन्विसृजन्गृह्णन्

इन्द्रियाणीन्द्रियार्थेषु

ब्रह्मण्याधाय कर्माणि

लिप्यते न स पापेन

तद्योगैरपि गम्यते ।

यः पश्यति स पश्यति ॥ ५ ॥

दुःखमाप्तुमयोगतः ।

नचिरेणाधिगच्छति ॥ ६ ॥

विजितात्मा जितेन्द्रियः ।

कुर्वन्नपि न लिप्यते ॥ ७ ॥

युक्तो मन्येत तत्त्ववित् ।

अश्नन्गच्छन्स्वपञ्श्वसन् ॥ ८ ॥

उन्मिषन्निमिषन्नपि ।

वर्तन्त इति धारयन् ॥ ९ ॥

सङ्गं त्यक्त्वा करोति यः ।

पद्मपत्रमिवाम्भसा ॥ १० ॥

yatsāṅkhyaiḥ prāpyate sthānam
tadyogairapi gamyate
ekam sāṅkhyam ca yogam ca
yaḥ paśyati sa paśyati || 5 ||

sannyāsastu mahābāho
duḥkhamāptumayogataḥ
yogayukto munirbrahma
nacireṇādhighacchati || 6 ||

yogayukto viśuddhātmā
vijitātmā jitendriyaḥ
sarvabhūtātmabhūtātmā
kurvannapi na lipyate || 7 ||

naiva kiñcitkaromīti
yukto manyeta tattvavit
paśyañśṛṅvanspṛśañjighran
aśnangacchansvapañśvasan || 8 ||

pralapanvisṛjangṛhṇan
unmiṣannimiṣannapi
indriyāṇīndriyārtheṣu
vartanta iti dhārayan || 9 ||

brahmaṇyādhāya karmāṇi
saṅgam tyaktvā karoti yaḥ
lipyate na sa pāpena
padmapatramivāmbhasā || 10 ||

कायेन मनसा बुद्ध्या
योगिनः कर्म कुर्वन्ति

केवलैरिन्द्रियैरपि ।
सङ्गं त्यक्त्वात्मशुद्धये ॥ ११ ॥

युक्तः कर्मफलं त्यक्त्वा
अयुक्तः कामकारेण

शान्तिमाप्नोति नैष्ठिकीम् ।
फले सक्तो निबध्यते ॥ १२ ॥

सर्वकर्माणि मनसा
नवद्वारे पुरे देही

सन्न्यस्यास्ते सुखं वशी ।
नैव कुर्वन्न कारयन् ॥ १३ ॥

न कर्तृत्वं न कर्माणि
न कर्मफलसंयोगं

लोकस्य सृजति प्रभुः ।
स्वभावस्तु प्रवर्तते ॥ १४ ॥

नादत्ते कस्यचित्पापं
अज्ञानेनावृतं ज्ञानं

न चैव सुकृतं विभुः ।
तेन मुह्यन्ति जन्तवः ॥ १५ ॥

ज्ञानेन तु तदज्ञानं
तेषामादित्यवज्ज्ञानं

येषां नाशितमात्मनः ।
प्रकाशयति तत्परम् ॥ १६ ॥

kāyena manasā buddhyā
kevalairindriyairapi
yoginaḥ karma kurvanti
saṅgam̐ tyaktvātmaśuddhaye || 11 ||

yuktaḥ karmaphalam̐ tyaktvā
śāntimāpnoti naiṣṭhikīm
ayuktaḥ kāmakāreṇa
phale sakto nibadhyate || 12 ||

sarvakarmāṇi manasā
sannyasyāste sukham̐ vaśī
navadvāre pure dehī
naiva kurvanna kārayan || 13 ||

na kartṛtvaṁ na karmāṇi
lokasya sṛjati prabhuḥ
na karmaphalasaṁyogam̐
svabhāvastu pravartate || 14 ||

nādatte kasyacitpāpam̐
na caiva sukṛtam̐ vibhuḥ
ajñānenāvṛtam̐ jñānam̐
tena muhyanti jantavaḥ || 15 ||

jñānena tu tadajñānam̐
yeṣām̐ nāśitamātmanaḥ
teṣāmādityavajjñānam̐
prakāśayati tatparam || 16 ||

तद्बुद्धयस्तदात्मानः

गच्छन्त्यपुनरावृत्तिं

विद्याविनयसम्पन्ने

शुनि चैव श्वपाके च

इहैव तैर्जितः सर्गः

निर्दोषं हि समं ब्रह्म

न प्रहृष्येत्प्रियं प्राप्य

स्थिरबुद्धिरसम्मूढः

बाह्यस्पर्शेष्वसक्तात्मा

स ब्रह्मयोगयुक्तात्मा

ये हि संस्पर्शजा भोगाः

आद्यन्तवन्तः कौन्तेय

तन्निष्ठास्तत्परायणाः ।

ज्ञाननिर्धूतकल्मषाः ॥ १७ ॥

ब्राह्मणे गवि हस्तिनि ।

पण्डिताः समदर्शिनः ॥ १८ ॥

येषां साम्ये स्थितं मनः ।

तस्माद् ब्रह्मणि ते स्थिताः ॥ १९ ॥

नोद्विजेत्प्राप्य चाप्रियम् ।

ब्रह्मविद् ब्रह्मणि स्थितः ॥ २० ॥

विन्दत्यात्मनि यत्सुखम् ।

सुखमक्षयमश्रुते ॥ २१ ॥

दुःखयोनय एव ते ।

न तेषु रमते बुधः ॥ २२ ॥

tadbuddhayastadātmānaḥ
tanniṣṭhāstatparāyaṇāḥ
gacchantyapunarāvṛttim
jñānanirdhūtakalmaṣāḥ || 17 ||

vidyāvinayasampanne
brāhmaṇe gavi hastini
śuni caiva śvapāke ca
paṇḍitāḥ samadarśinaḥ || 18 ||

ihaiva tairjitaḥ sargaḥ
yeṣāṃ sāmye sthitaṃ manaḥ
nirdoṣaṃ hi samaṃ brahma
tasmād brahmaṇi te sthitāḥ || 19 ||

na prahr̥ṣyetpriyaṃ prāpya
nodvijetprāpya cāpriyam
sthirabuddhirasammūḍhaḥ
brahma vid brahmaṇi sthitaḥ || 20 ||

bāhyasparśeṣvasaktātmā
vindatyātmani yatsukham
sa brahmayogayuktātmā
sukhamakṣayamaśnute || 21 ||

ye hi saṃsparśajā bhogāḥ
duḥkhayonaya eva te
ādyantavantaḥ kaunteya
na teṣu ramate budhaḥ || 22 ||

शक्रोतीहैव यः सोढुं

कामक्रोधोद्भवं वेगं

प्राक्शरीरविमोक्षणात् ।

स युक्तः स सुखी नरः ॥ २३ ॥

योऽन्तःसुखोऽन्तरारामः

स योगी ब्रह्मनिर्वाणं

तथान्तज्योतिरेव यः ।

ब्रह्मभूतोऽधिगच्छति ॥ २४ ॥

लभन्ते ब्रह्मनिर्वाणम्

छिन्नद्वैधा यतात्मानः

ऋषयः क्षीणकल्मषाः ।

सर्वभूतहिते रताः ॥ २५ ॥

कामक्रोधवियुक्तानां

अभितो ब्रह्मनिर्वाणं

यतीनां यतचेतसाम् ।

वर्तते विदितात्मनाम् ॥ २६ ॥

स्पर्शान्कृत्वा बहिर्बाह्यान्

प्राणापानौ समौ कृत्वा

चक्षुश्चैवान्तरे भ्रुवोः ।

नासाभ्यन्तरचारिणौ ॥ २७ ॥

यतेन्द्रियमनोबुद्धिः

विगतेच्छाभयक्रोधः

मुनिर्मोक्षपरायणः ।

यः सदा मुक्त एव सः ॥ २८ ॥

śaknotīhaiva yaḥ soḍhum
prākśarīravimokṣaṇāt
kāmakrodhodbhavaṃ vegam
sa yuktaḥ sa sukhī naraḥ || 23 ||

yo'ntaḥsukho'ntarārāmaḥ
tathāntarjyotireva yaḥ
sa yogī brahmanirvāṇam
brahmabhūto'dhigacchati || 24 ||

labhante brahmanirvāṇam
ṛṣayaḥ kṣīṇakalmaṣāḥ
chinnadvaidhā yatātmānaḥ
sarvabhūtahite ratāḥ || 25 ||

kāmakrodhaviyuktānām
yatīnām yatacetasām
abhito brahmanirvāṇam
vartate veditātmanām || 26 ||

sparśānkṛtvā bahirbāhyān
cakṣuścaivāntare bhruvoḥ
prāṇāpānau samau kṛtvā
nāsābhyantaracāriṇau || 27 ||

yatendriyamanobuddhiḥ
munirmokṣaparāyaṇaḥ
vigatecchābhayakrodhaḥ
yaḥ sadā mukta eva saḥ || 28 ||

भोक्तारं यज्ञतपसां

सर्वलोकमहेश्वरम् ।

सुहृदं सर्वभूतानां

ज्ञात्वा मां शान्तिमृच्छति ॥ २९ ॥

ॐ तत्सदिति श्रीमद्भगवद्गीतासु उपनिषत्सु
ब्रह्मविद्यायां योगशास्त्रे श्रीकृष्णार्जुनसंवादे
कर्मसंन्यासयोगो नाम पञ्चमोऽध्यायः ॥ ५ ॥

॥ हरिः ॐ ॥ ॥ श्री गुरुभ्यो नमः ॥ ॥ हरिः ॐ ॥

bhoktāraṃ yajñatapasāṃ
sarvalokamaheśvaram
suhṛdaṃ sarvabhūtānāṃ
jñātvā mām śāntimṛcchati || 29 ||

om tatsaditi śrīmadbhagavadgītāsu upaniṣatsu
brahmavidyāyām yogaśāstre śrīkṛṣṇārjunasaṃvāde
karmasannyāsayogo nāma pañcamo'dhyāyaḥ || 5 ||

|| hariḥ om || || śrī gurubhyo namaḥ || || hariḥ om ||

balvihar

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