



CHINMAYA GEETA CHANTING

COMPETITION - 2025

Bhagawad Geeta Chapter - XV

PURUŞOTTAMA YOGA

The Yoga of Supreme Spirit



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 – 2025

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 fifteenth chapter: Puruṣottama Yogaḥ - THE YOGA OF SUPREME SPIRIT, has been selected for the competition. Chanting of Geeta will improve the pronunciation skill and memory power of your child.

This Geeta Fest-2025 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: XVTH 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 9	9
C	III rd & IV th	1 to 13	13
D	V th & VI th	1 to 15	15
E	VII th , VIII th , IX th	1 to 18	18
F	X th , XI th , XII th	1 to 20	20

CRITERIA FOR JUDGEMENT

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

Memory	Pronunciation	Presentation & Overall Effect	Meter / Tune	Total
45 marks	30 marks	15 marks	10 marks	100 marks

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

Memory	Pronunciation	Presentation & Overall Effect	Meter / Tune	Total
40 marks	40 marks	10 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 2025. 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 14th September, 2025 and final round on 5th October, 2025.**
6. **This year the State Level Competition will be held in the second week of November 2025. Eligible winners of Mulund centre from each group, will be nominated for the State finals.**
7. **National level Competition will be held in the last week on November 2025.**



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 Panchadashodhyaayah - Purushottama 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 ततः पदं - 15.4), the full visarga should not be pronounced. It should be pronounced as a half visarga ending with फ़्.
- When a visarga (:) is followed by स (as in द्वन्द्वैर्विमुक्ताः सुखदुःखसंज्ञैः - 15.5) or श (as in ऊर्ध्वमूलमधःशाखम् -15.1), the full visarga should not be pronounced. It should be pronounced as a half visarga ending with स् or श् respectively.
- When a visarga (:) is followed by ष (as in मनः षष्ठानी...- 15.7), the visarga should be pronounced as ष्.

4. 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!’.

5. Sankalpa Vakya

If the participant is asked to chant the last verse (i.e. Verse 20 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 ELDERES – 2025

CHAPTER 15 - PURUṢOTTAMA YOGAḤ THE YOGA OF SUPREME SPIRIT

PRELIMINARY ROUND

ON SUNDAY, 14TH SEP 2025, 9.30 AM TO 12.30 NOON

VENUE: SRI SRI RAVISHANKAR VIDYA MANDIR, MULUND WEST

GROUPING AND PORTIONS:

Group	Age	Shlokas for Preliminary Round	Shlokas for Final Round	No. of Shlokas
G	18 to 40	1 to 18 (Seeing the book)	1 to 18 (By heart)	18
H	41 to 63	5 to 20 (Seeing the book)	5 to 20 (By heart)	16
I	64 & above	11 to 20 (Seeing the book)	11 to 20 (By heart)	10

CRITERIA FOR JUDGEMENT:

Rounds	Memory	Pronunciation	Presentation & Overall Effect	Meter / Tune	Total
Prelims	-	60 marks	30 marks	10 marks	100 marks
Finals	40 marks	40 marks	10 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 10th Sep 2025.
- 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 **5th Oct 2025.**

Contact: Vasantha Balan - 8879717030, Lakshmi Kumar - 9820590472

Chinmaya Mission Mulund

VIDEO QUIZ

Bhagawad Geeta Chapter – XV

PURUṢOTTAMA YOGAḤ

THE YOGA OF SUPREME SPIRIT

on

16th Nov 2025, Sunday, 7.00 pm to 8.30 pm

*Watch attentively one-hour video of
Pujya Gurudev Swami Chinmayananda
based on 15th 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/-
Certificate Sponsorship	Rs. 1000/-
Prize Sponsorship	Rs. 2500/-

To donate visit:

<https://chinmayamissionmulund.com/geeta-chanting-competition-sponsorship/>

Contact: Vasantha Balan – 8879717030



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। ॐ श्री परमात्मने नमः ।

। अथ पञ्चदशोऽध्यायः ।

। पुरुषोत्तम योगः ।

श्रीभगवानुवाच ।

ऊर्ध्वमूलमधःशाखम्

अश्वत्थं प्राहुरव्ययम् ।

छन्दांसि यस्य पर्णानि

यस्तं वेद स वेदवित् ॥ १ ॥

अधश्चोर्ध्वं प्रसृतास्तस्य शाखाः

गुणप्रवृद्धा विषयप्रवालाः ।

अधश्च मूलान्यनुसन्ततानि

कर्मानुबन्धीनि मनुष्यलोके ॥ २ ॥

न रूपमस्येह तथोपलभ्यते

नान्तो न चादिर्न च सम्प्रतिष्ठा ।

अश्वत्थमेनं सुविरूढमूलम्

असङ्गशस्त्रेण दृढेन छित्त्वा ॥ ३ ॥

| Om śrī paramātmāne namaḥ |
atha pañcadaśo'dhyāyaḥ
puruṣottama yogaḥ

śrībhagavānuvāca

ūrdhvamūlamadhaḥśākham
aśvattham̐ prāhuravyayam,
chandāmsi yasya parṇāni
yastam̐ veda sa vedavit. || 1 ||

adhaścordhvam̐ prasṛtāstasya śākhāḥ
guṇappravṛddhā viṣayappravālāḥ,
adhaśca mūlānyanusantatāni
karmānubandhīni manuṣyaloke. || 2 ||

na rūpamasyeha tathopalabhyate
nānto na cādirna ca sampratiṣṭhā,
aśvatthamenam̐ suvirūḍhamūlam
asaṅgaśastreṇa dṛḍhena chittvā. || 3 ||

ततः पदं तत्परिमार्गितव्यं
यस्मिन्गता न निवर्तन्ति भूयः ।
तमेव चाद्यं पुरुषं प्रपद्ये
यतः प्रवृत्तिः प्रसृता पुराणी ॥ ४ ॥

निर्मानमोहा जितसङ्गदोषाः
अध्यात्मनित्या विनिवृत्तकामाः ।
द्वन्द्वैर्विमुक्ताः सुखदुःखसञ्ज्ञैः
गच्छन्त्यमूढाः पदमव्ययं तत् ॥ ५ ॥

न तद्भासयते सूर्यः
यद्गत्वा न निवर्तन्ते
न शशाङ्को न पावकः ।
तद्धाम परमं मम ॥ ६ ॥

ममैवांशो जीवलोके
मनःषष्ठानीन्द्रियाणि
जीवभूतः सनातनः ।
प्रकृतिस्थानि कर्षति ॥ ७ ॥

शरीरं यदवाप्नोति
गृहीत्वैतानि संयाति
यच्चाप्युत्क्रामतीश्वरः ।
वायुर्गन्धानिवाशयात् ॥ ८ ॥

tataḥ padaṁ tatparimārgitavyaṁ
yasmingatā na nivartanti bhūyaḥ,
tameva cādyāṁ puruṣaṁ prapadye
yataḥ pravṛttiḥ prasṛtā purāṇī. || 4 ||

nirmānamohā jitasāṅgadoṣāḥ
adhyātmanityā vinivṛttakāmāḥ,
dvandvairvimuktāḥ sukhaduḥkhasaṅjñaiḥ
gacchantyamūḍhāḥ padamavyayaṁ tat. || 5 ||

na tadbhāsayate sūryaḥ
na śaśāṅko na pāvakaḥ,
yadgatvā na nivartante
taddhāma paramaṁ mama. || 6 ||

mamaivāṁśo jīvaloke
jīvabhūtaḥ sanātanaḥ,
manaḥṣaṣṭhānīndriyāṇi
prakṛtisthāni karṣati. || 7 ||

śarīraṁ yadavāpnoti
yaccāpyutkrāmatīśvaraḥ,
gṛhītvaitāni saṁyāti
vāyurgandhānivāśayāt. || 8 ||

श्रोत्रं चक्षुः स्पर्शनं च
अधिष्ठाय मनश्चायं

रसनं घ्राणमेव च ।
विषयानुपसेवते ॥ ९ ॥

उत्कामन्तं स्थितं वापि
विमूढा नानुपश्यन्ति

भुञ्जानं वा गुणान्वितम् ।
पश्यन्ति ज्ञानचक्षुषः ॥ १० ॥

यतन्तो योगिनश्चैनं
यतन्तोऽप्यकृतात्मानः

पश्यन्त्यात्मन्यवस्थितम् ।
नैनं पश्यन्त्यचेतसः ॥ ११ ॥

यदादित्यगतं तेजः
यच्चन्द्रमसि यच्चाग्नौ

जगद्भासयतेऽखिलम् ।
तत्तेजो विद्धि मामकम् ॥ १२ ॥

गामाविश्य च भूतानि
पुष्णामि चौषधीः सर्वाः

धारयाम्यहमोजसा ।
सोमो भूत्वा रसात्मकः ॥ १३ ॥

अहं वैश्वानरो भूत्वा
प्राणापानसमायुक्तः

प्राणिनां देहमाश्रितः ।
पचाम्यन्नं चतुर्विधम् ॥ १४ ॥

śrotraṃ cakṣuḥ sparśanaṃ ca
rasanaṃ ghrāṇameva ca,
adhiṣṭhāya manaścāyaṃ
viṣayānupasevate. || 9 ||

utkrāmantam sthitam vāpi
bhuñjānam vā guṇānvitam,
vimūḍhā nānupaśyanti
paśyanti jñānacakṣuṣaḥ. || 10 ||

yatanto yoginaścainam
paśyantyātmanyavasthitam,
yatanto'pyakṛtātmānaḥ
nainam paśyantyacetasaḥ. || 11 ||

yadādityagataṃ tejaḥ
jagadbhāsayate'khilam,
yaccandramasi yaccāgnau
tattejo viddhi māmakam. || 12 ||

gāmāviśya ca bhūtāni
dhārayāmyahamojasā,
puṣṇāmi cauṣadhīḥ sarvāḥ
somo bhūtvā rasātmakaḥ. || 13 ||

aham vaiśvānaro bhūtvā
prāṇinām dehamāśritaḥ,
prāṇāpānasamāyuktaḥ
pacāmyannam caturvidham. || 14 ||

सर्वस्य चाहं हृदि सन्निविष्टः
मत्तः स्मृतिर्ज्ञानमपोहनं च ।
वेदैश्च सर्वैरहमेव वेद्यः
वेदान्तकृद्वेदविदेव चाहम् ॥ १५ ॥

द्वाविमौ पुरुषौ लोके
क्षरः सर्वाणि भूतानि

क्षरश्चाक्षर एव च ।
कूटस्थोऽक्षर उच्यते ॥ १६ ॥

उत्तमः पुरुषस्त्वन्यः
यो लोकत्रयमाविश्य

परमात्मेत्युदाहृतः ।
बिभर्त्यव्यय ईश्वरः ॥ १७ ॥

यस्मात्क्षरमतीतोऽहं
अतोऽस्मि लोके वेदे च

अक्षरादपि चोत्तमः ।
प्रथितः पुरुषोत्तमः ॥ १८ ॥

यो मामेवमसम्मूढः
स सर्वविद्भजति मां

जानाति पुरुषोत्तमम् ।
सर्वभावेन भारत ॥ १९ ॥

sarvasya cāham hṛdi sanniviṣṭaḥ
mattaḥ smr̥tirjñānamapohanaṁ ca,
vedaśca sarvairahameva vedyah
vedāntakṛdvedavideva cāham. II 15 II

dvāvimau puruṣau loke
kṣaraścākṣara eva ca,
kṣarah sarvāṇi bhūtāni
kūṭastho'kṣara ucyate. II 16 II

uttamaḥ puruṣastvanyaḥ
paramātmetyudāhṛtaḥ,
yo lokatrayamāviśya
bibhartyavyaya īśvaraḥ. II 17 II

yasmātkṣaramatīto'ham
akṣarādapi cottamaḥ,
ato'smi loke vede ca
prathitaḥ puruṣottamaḥ. II 18 II

yo māmevamasammūdhah
jānāti puruṣottamam,
sa sarvavidbhajati mām
sarvabhāvena bhārata. II 19 II

इति गुह्यतमं शास्त्रं

इदमुक्तं मयानघ ।

एतद्बुद्ध्वा बुद्धिमान्स्यात्

कृतकृत्यश्च भारत ॥ २० ॥

ॐ तत्सत् इति श्रीमद्भगवद्गीतासु उपनिषत्सु
ब्रह्मविद्यायां योगशास्त्रे श्रीकृष्णार्जुनसंवादे
पुरुषोत्तमयोगो नाम पञ्चदशोऽध्यायः ॥

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

iti guhyatamaṁ śāstram
idamuktaṁ mayānagha,
etadbuddhvā buddhimānsyāt
kṛtakṛtyaśca bhārata. ॥ 20 ॥

om tatsat iti śrīmadbhagavadgītāsu upaniṣatsu
brahmavidyāyāṁ yogaśāstre śrīkṛṣṇārjunasamvāde
puruṣottamayogo nāma pañcadaśo'dhyāyaḥ ॥

॥ hariḥ om ॥ ॥ śrī gurubhyo namaḥ ॥ ॥ hariḥ om ॥

गीतापाठः स्वयं ज्ञानयज्ञः ।

अनेन जपेन चित्तशुद्धिः सिद्ध्यति, धर्मविज्ञानं वर्धते च ।

Chanting the Gita is itself a sacrifice of knowledge.
Through this recitation, purification of the mind is achieved
and the understanding of dharma is enhanced.

CHANT. STUDY. KNOW. LIVE

ABOUT BALAVIHAR:

“Children are not vessels to be filled, but lamps to be lit.”

Mission Statement: “To help children learn values with fun, to delight like the moon and shine like the sun.”

Balavihar is a weekly gathering of children, between the ages of 6 to 15 years. It takes place in Chinmaya Mission Centres or in private homes, under the supervision of trained Sevikas/Sevaks for duration of 90 minutes. The aim of Balavihar is to help children bloom, grow, and inculcate values. Balavihar class includes chanting of stotras, bhajans, Bhagvad Geeta etc, stories of Indian saints & teachings from Ramayanam, Puranas etc to comprehend moral values, introduction to our culture and festivals and understanding their significance and importance, fun-filled activities like games, discussions etc for personality development. Balavihar grooms the child according to our values and culture. It enhances the overall development of the personality of a child at all levels — physical, emotional, intellectual and spiritual.

"The main objective of Balavihar is to connect children to Bhagavan. Children should blossom in such a way that they turn to Him not just in need or during difficulties; they should be connected to the Lord at every point in time!"

– Swami Tejomayananda

“Don't just invest on the child, also invest in the child. 'Investment on' gives outer prosperity. 'Investment in' ensures inner unfoldment and lasting prosperity. True education is 'investment on' the child complemented with 'investment in' the child.”

– Swami Chinmayananda

Give your children values, instead of valuables.

Balavihar Co-ordinator: Pavitra Shetty - 9867338832



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