

Bhagavad Geeta & Mahabharata Competition 2025 – Candidate Instructions for Verse Selection and Recitation

For Ages 5–7

Selected Verses (Chapter 12, Verses 13–17):

1. **Verse 12.13**
*adveṣṭā sarva-bhūtānām
maitraḥ karuṇa eva cha
nirmamo nirahankāraḥ
sama-duḥkha-sukhaḥ kṣhamī*
2. **Verse 12.14**
*santusṭaḥ satataṁ yogī
yatātmā dṛiḍha-niśchayaḥ
mayy arpita-mano-buddhir
yo mad-bhaktaḥ sa me priyaḥ*
3. **Verse 12.15**
*yasmān nodvijate loko
lokān nodvijate cha yaḥ
harṣhāmarṣha-bhayodvegair
mukto yaḥ sa cha me priyaḥ*
4. **Verse 12.16**
*anapekṣhaḥ śhuchir dakṣha
udāsīno gata-vyathaḥ
sarvārambha-parityāgī
yo mad-bhaktaḥ sa me priyaḥ*
5. **Verse 12.17**
*yo na hṛiṣhyati na dveṣṭi
na śhochati na kāṅkṣhati
śhubhāśhubha-parityāgī
bhaktimān yaḥ sa me priyaḥ*

Recitation Rules:

- **Recitation Only:** Candidates are required to recite the above five verses exactly as provided.
- **No Memorization or Speech Required.**
- *Note:* Extra memorization beyond the stated requirement will not be awarded extra points.

For Ages 8-10

Selected Verses (Chapter 3, Verses 10–14):

1. **Verse 3.10**

*saha-yajñāḥ prajāḥ sṛiṣṭvā
purovācha prajāpatiḥ
anena prasaviṣhyadhvam
eṣha vo 'stviṣṭa-kāma-dhuk*

2. **Verse 3.11**

*devān bhāvayatānena
te devā bhāvayantu vaḥ
parasparam bhāvayantaḥ
śhreyaḥ param avāpsyatha*

3. **Verse 3.12**

*iṣṭān bhogān hi vo devā
dāsyante yajña-bhāvitāḥ
tair dattān apradāyaibhyo
yo bhunkte stena eva saḥ*

4. **Verse 3.13**

*yajña-śhiṣṭāśhinaḥ santo
muchyante sarva-kilbiṣhaiḥ
bhuñjate te tvaghaṁ pāpā
ye pachantyātma-kāraṇāt*

5. **Verse 3.14**

*annād bhavanti bhūtāni
parjanyaād anna-sambhavaḥ
yajñād bhavati parjanyo
yajñaḥ karma-samudbhavaḥ*

Recitation Rules:

- **Recitation:** All five verses must be recited clearly.
- **Speech Requirement:** A short speech is required on **one designated verse**. (Verse to be selected by candidate). (Time Limit: 5 minutes)
- No additional memorization beyond these requirements. No verses or speech need to be memorised.

Speech on One Designated Verse:

- **Understanding:** Ability to explain the meaning of the selected verse.
- **Clarity and Articulation:** How clearly and confidently the candidate expresses the meaning of the verse.
- **Time Limit:** The speech should not exceed 5 minutes. Exceeded time will not be considered.

For Ages 11–13

Selected Verses (Chapter 2, Verses 31–37):

1. **Verse 2.31**
*swa-dharmam api chāvekṣhya
na vikampitum arhasi
dharmyāddhi yuddhāch chhreyo 'nyat
kṣhatriyasya na vidyate*
2. **Verse 2.32**
*yadṛichchhayā chopapannam
swarga-dvāram apāvṛitam
sukhinaḥ kṣhatriyāḥ pārtha
labhante yuddham īdṛiṣham*
3. **Verse 2.33**
*atha chet tvam imam dharmyam
saṅgrāmam na kariṣhyasi
tataḥ swa-dharmam kīrtim cha
hitvā pāpam avāpsyasi*
4. **Verse 2.34**
*akīrtim chāpi bhūtāni
kathayiṣhyanti te 'vyayām
sambhāvitasya chākīrtir
maraṇād atirichyate*
5. **Verse 2.35**
*bhayād raṇād uparataṁ
mansyante tvāṁ mahā-rathāḥ
yeṣhām cha tvam bahu-mato
bhūtvā yāsyasi lāghavam*
6. **Verse 2.36 (Memorization Required)**
*avāchya-vādānśh cha bahūn
vadiṣhyanti tavāhitāḥ
nindantastava sāmartyam
tato duḥkhataram nu kim*
7. **Verse 2.37 (Memorization Required)**
*hato vā prāpsyasi swargam
jivā vā bhokṣhyase mahim
tasmād uttiṣṭha kaunteya
yuddhāya kṛita-niśhchayaḥ*

Recitation Rules:

- **Recitation:** All seven verses must be recited.
- **Memorization:** Verses 2.36 and 2.37 must be memorized exactly as provided.
- **Speech Requirement:** A short speech is required on **one selected verse** (Verse to be selected by candidate). (Time Limit: 5 minutes)

- *Note:* Additional memorization beyond these requirements will not yield extra points.

Speech on One Selected Verse:

- **Interpretation:** Depth of understanding and explanation of the selected verse.
 - **Delivery and Engagement:** Confidence, voice modulation, and the ability to engage the audience.
 - **Relevance and Structure:** How well the candidate organizes their thoughts and stays on topic.
 - **Time Limit:** 5 minutes. Exceeded time will not be considered.
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For Ages 14–17

Selected Verses (Chapter 6, Verses 5–11):

1. **Verse 6.5**
*uddhared ātmanātmānam
nātmānam avasādayet
ātmaiva hyātmano bandhur
ātmaiva ripur ātmanaḥ*
2. **Verse 6.6**
*bandhur ātmātmanas tasya
yenātmaivātmanā jitaḥ
anātmanas tu śhatrutve
vartetātmaiva śhatru-vat*
3. **Verse 6.7**
*jitātmanaḥ praśhāntasya
paramātmā samāhitaḥ
śhītośhṇa-sukha-duḥkheṣhu
tathā mānāpamānayoḥ*
4. **Verse 6.8**
*jñāna-vijñāna-triptātmā
kūṭa-stho vijitendriyaḥ
yukta ityuchyate yogī
sama-loṣṭāśhma-kāñchanaḥ*
5. **Verse 6.9**
*suhṛin-mitrāryudāsīna-
madhyastha-dveṣhya-bandhuṣhu
sādhuṣhvapi cha pāpeṣhu
sama-buddhir viśhiṣhyate*
6. **Verse 6.10**
*yogī yuñjīta satatam
ātmānam rahasi sthitaḥ
ekākī yata-chittātmā
nirāśhīr aparigrahaḥ*
7. **Verses 6.11**
*śhuchau deśhe pratiṣṭhāpya
sthīram āsanam ātmanaḥ*

*nātyuchchhritam nāti-nīcham
chailājina-kuśhottaram*

Recitation Rules:

- **Recitation:** All seven verses must be recited.
- **Memorization:** All verses are required to be memorized exactly as provided.
- **Speech Requirement:** A short speech is required for **each verse**, expressing personal interpretation and understanding. (Time Limit: 8 minutes)

Speech on Each Verse:

- **Personal Interpretation:** Candidates must provide their own understanding of each verse and its relevance.
- **Expression and Impact:** How effectively the candidate communicates the deeper meaning and engages the listeners.
- **Comprehension:** Ability to explain the connection between the verses and convey overall understanding.
- **Time Limit:** 8 minutes. Exceeded time will not be considered.
- *Note:* Unnecessary memorization beyond these requirements will not award extra points.

For Ages 18–30

Selected Verses (Chapter 18, Verses 63–69):

1. **Verse 18.63**

*iti te jñānam ākhyātām
guhyād guhyataram mayā
vimṛśhyaitad aśheṣheṇa
yathechchhasi tathā kuru*

2. **Verse 18.64**

*sarva-guhyatamam bhūyaḥ
śhṛṇu me paramam vachaḥ
iṣṭo 'si me dṛiḍham iti
tato vakṣhyāmi te hitam*

3. **Verse 18.65**

*man-manā bhava mad-bhakto
mad-yājī mām namaskuru
mām evaiśhyasi satyam te
pratijāne priyo 'si me*

4. **Verse 18.66**

*sarva-dharmān parityajya
mām ekam śharaṇam vraja
ahaṁ tvām sarva-pāpebhyo
mokṣhayiṣhyāmi mā śhuchaḥ*

5. **Verse 18.67**

*idaṁ te nātapaskāya
nābhaktāya kadāchana
na chāśhuśhrūṣhave vāchyam
na cha mām yo 'bhyasūyati*

6. **Verse 18.68**

*ya idaṁ paramam guhyam
mad-bhakteṣhv abhidhāsyati
bhaktim mayi parām kṛtvā mām
evaishyatya asanśhayaḥ*

7. **Verse 18.69**

*na cha tasmān manuṣhyeṣhu
kaśhchin me priya-kṛittamaḥ
bhavitā na cha me tasmād
anyaḥ priyatara bhuvi*

Recitation Rules:

- **Recitation:** All seven verses must be recited accurately.
- **Memorization:** Complete memorization of each verse is required.
- **Speech Requirement:** A short speech is required for **each verse**, articulating personal insight into its meaning. (Time Limit: 10 minutes)

Speech on Each Verse:

- **Insight and Analysis:** In-depth personal insight into the meaning of each verse, demonstrating a thorough understanding.
- **Clarity and Persuasiveness:** Clarity in articulation and ability to persuade the audience of their interpretation.
- **Comprehensiveness:** Coverage of all verses in a well-structured manner without unnecessary content.
- **Time Limit:** 10 minutes. Exceeded time will not be considered.
- *Note:* Extra memorization beyond these requirements will not be awarded additional points.

General Guidelines for All Candidates:

- Ensure clear pronunciation and proper pacing during recitation.
- Stick to the prescribed number of verses and requirements—extra content or memorization beyond what is specified will not garner extra marks.
- Practice both recitation and speech delivery to convey the deeper meaning of each verse.
- Time limits are to be strictly adhered, at the last minute mark, the judge will inform you accordingly.