



आत्मनो मोक्षार्थं जगत् हिताय च



National Youth Day 2025-26

युवाओं के लिए

राष्ट्रीय युवा दिवस प्रतियोगिता

This world is the great gymnasium where we come to make ourselves strong. -Swami Vivekananda

*Drawing, Recitation, Debate, Group Song, Essay Writing,
Speech, Handicraft, Quiz (Written), Rangoli*

From 16th Aug to 21st Nov (1st Phase, Intra School Level at School Campus)
From 10th Dec to 20th Dec. 2024 (2nd Phase, Inter School Level at Ashrama Campus)

Declared Open on Guru Purnima, 10th July 2025

Culmination on

*NYD Celebration & Prize Distribution
Monday, 12th Jan. 2026 at 9.30 am*

Ramakrishna Mission Sevashrama

Swami Vivekananda Path, Bela, Muzaffarpur-842002
0621-2272127, 2272963 9123435351/9470701911/9931490439
Visit <https://rkmsmuzaffarpur.org>

IMPORTANT NOTES & INSTRUCTIONS

The Directors, Principals, and Heads of Schools, Colleges, Universities, and Coaching Institutes are **humbly requested to encourage their students to participate** in the **Value-Based National Youth Day (NYD) Competitions, 2025–26**. The objective of these competitions is to **foster personality development and impart value education** among students.

1. Competition Overview: The **National Youth Day Competitions** will be conducted in **two phases**:

- **First Phase (Intra-School/College):** To be organized by respective institutions individually **between August and November 2025**, on dates of their convenience. **Ashrama representatives** will visit and provide guidance during these events.
- **Final Phase (Inter-School/College):** To be held (among 1st, 2nd, 3rd and consolation winners of different institutions) at the **Ashrama premises** in **December 2025**, as per the Programme Schedule, 2025-26. Participants must **report 30 minutes before** the competition time.

2. Registration: Registration can be done **online** through the **official website: www.rkmsmuzaffarpur.org**, **Fee: ₹25** per event per student. Students may participate in **multiple events** according to their class/group. Institutions are requested to **fill in the Event Schedule** and **submit it online to the Ashrama** by **15 August 2025**. Institutions must **submit candidate-details online**. Institutions **may upload candidate's photographs**, if they like. **Uploaded candidate's photos** may later be displayed by us on the Ashrama website: www.rkmsmuzaffarpur.org

3. Participation and Awards:

- **First Phase – Intra-School/College Competitions: Eligibility:** Students from Class II to Postgraduate (P.G.) level. **Awards:** All participants will receive Participation Certificates only. Participants selected for the next phase will include top performers: 1st, 2nd, 3rd, and deserving candidates for Consolation recognition.
- **Final Phase – Inter-School/College Competitions: Eligibility:** Only those who were selected as 1st, 2nd, 3rd Prize winners or Consolation candidates in the First Phase. **Awards:** 1st, 2nd, and 3rd Prizes to top performers. Consolation Prizes for deserving candidates. Participation Certificates for all remaining participants.

4. Escort: Participants attending the **Final Phase** in the Ashrama premises (on the day of Inter School competitions mentioned in the Programme Schedule 2025-26) and **NYD Prize Distribution Ceremony** (on **12 January 2026**) must be **escorted by teachers or parents** both ways. **Tea, Snacks/Light refreshments** will be provided to all attendees during the Final Phase of competitions and on the day of the **Prize Distribution Ceremony(12 Jan, 2026)**.

5. Reference Materials: Reference Books for preparation are available at the **Ashrama Book Stall** at **15% discount**. (Complete works of Swami Vivekananda, Selections from Complete Works, Religion and its Practice, Gyanayoga, Karmayoga, Essentials of Hinduism, Modern India, Powers of Mind, Swami Vivekananda-Friend of All, Call to the Nation, My India-The Eternal India, Eternal Values for a Changing Society, धर्मविज्ञान, धर्मरहस्य, धर्मतत्त्व). Book Stall Timings: **9:00 AM – 1:00 PM** and **2:00 PM – 5:00 PM** (Closed on Sundays).

6. Competition Materials: **Drawing Sheets** and **Ruled Papers** will be provided by Ashrama. **Recitation Passages** can be downloaded or photocopied from the official copies supplied to schools. **All other materials** must be brought by the students themselves.

7. Result Announcement: Result of Competitions and the Program of National Youth Day will be published on the Ashrama website www.rkmsmuzaffarpur.org in the **first week of January 2026**. A hard copy of the same will also be sent to institutions in the first week of January, 2026.

8. National Youth Day Celebration & Prize Distribution: The **Final Phase Winners** (1st, 2nd, 3rd, and Consolation) will be awarded during the **Prize Distribution Ceremony** on **Monday, 12 January 2026, Time: 9:30 AM** in the Ashrama premises. Reporting Time **9:15 AM**.

9. Stage Performance: By selected Top Performers. Selection will be made by our office in consultation with winner institutions.

10. Contact & Communication

For queries and clarifications, please contact:

📞 9123435351 (Sri Dipendra Kumar), 📞 9470701911 (Sw. Lilamayananda), 📞 9931490439 (Prof S.N.P Singh)



Ramakrishna Mission Sevashrama

Programme Schedule, 2025-26

Value Based NYD Competitions, 2025-26

Gr.	Class	Intra School Date, Time be fixed by Schools / Colleges	Inter School / Final Round at Ashrama Date /Time	Topic, Notes, Instructions	Notes, Instructions
1. Drawing					
A	2,3		Fri. 12 Dec. 2025 9:30 am-11.30 am	Blooming Lotus on Water (पानी पर खिला हुआ कमल का फूल) or Colorful Butterfly (रंगबिरंगी तितली)	Drawing Sheets will be supplied by Ashrama. Pencil,brush, paint have to be brought by students. Trace paper and Copy not allowed, Coloring is must Time allowed : 2 hours
B	4,5		Fri. 12 Dec. 2025 9:30 am-11.30 am	Any Outdoor Game (कोई भी मैदानी खेल) or Wood Pecker (कठफोड़वा)	
C	6 to 8		Fri. 12 Dec. 2025 9:30 am-11.30 am	Any incident of Sw. Vivekananda's boyhood स्वामीजी के बचपन का कोई एक प्रसंग or Chhath Puja View (छठ पूजा का दृश्य)	
D	9,10		Fri. 12 Dec. 2025 9:30 am-11.30 am	Chandrayan-3 (चंद्रयान-3) View of a Gym (व्यायामशाला का दृश्य)	
2. Recitation					
A	2,3		Sat. 13 Dec. 2025 9:30 am - 12:30 am	Self Confidence (आत्मविश्वास) / संस्कृत सुभाषित	Recitation passages / prose are attended Students have to memorize the given passage and recite the same without seeing it.They may opt one, two or all three Languages. Time : 3 to- 4 min
B	4,5		Sat. 13 Dec. 2025 9:30 am - 12:30 am	Faith (श्रद्धा) Or Geeta (गीता) 5 श्लोक	
C	6 to 8		Sun. 14 Dec. 2025 9:30 am - 12:30 am	Boldness, निर्भीकता, विवेकानंद पञ्चकम्	
D-E	9 to 12		Sun. 14 Dec. 2025 9:30 am - 12:30 am	Patriotism, देशभक्ति, गीता श्लोक	
3. Debate					
D	9,10		Mon. 15 Dec. 2025 9:30 am - 12:30 am	Value Formation in Society is the Sole Responsibility of Parents (समाज में मूल्य निर्माण करना केवल अभिभावकों की जिम्मेदारी है)	Only one team of 2 participants each from a school /college is allowed. The team should compulsorily consist of 2 participants, one for the motion and other against the motion. Both the participants will get 5 mins (4+1) to put forward their views. They will have to face counter questions from either side. Thus each team will get 10 mins. only.
E	11,12		Mon. 15 Dec. 2025 9:30 am - 12:30 am	Religion is must for human development (मानव विकास के लिए धर्म आवश्यक है)	
F	UG, PG, Research Scholars		Mon. 15 Dec. 2025 9:30 am - 12:30 am	Civilization has not begun and Education it is yet to be! (सभ्यता अभी प्रारंभ नहीं हुई है और शिक्षा होनी अभी बाकी है!)	

4.Group Song					
C	6 to 8		Tue. 16 Dec. 2025 9:30 am - 12:30 am	Devotional song / Patriotic song / Folk song.	Instruments of music to be arranged by schools. Preference will be given to the teams which play instrumental without the help of teachers. No Track sound and background sound Allowed.
D-E	9 to 12		Tue. 16 Dec. 2025 9:30 am - 12:30 am	One team from each group expected from a school. One song allowed for each group. A group to have 5 to 7 students for oral and instrumental both. Language – Hindi / Sanskrit. Time: 5 to 7 mins. for each song. Ref Books: - 1. संगीत कल्पतरु 2. भजनांजलि 3. स्तव-भजनांजलि	
5.Essay Writing					
C	6 to 8		Thr. 11 Dec. 2025 at 11:00 - 11:45 am	Smart City Muzaffarpur in My View (स्मार्ट शहर मुजफ्फरपुर - मेरी दृष्टि में)	Time allowed: 45 min Word limit: 400 to 500 words
D-E	9 to 12		Thr. 11 Dec. 2025 at 11:00 - 11:45 am	AI And Humanity (कृत्रिम बुद्धिमत्ता एवं मानवता)	
6.Speech					
C	6 to 8		Wed. 17 Dec. 2025 9:30 am - 12:30 am	Importance of Exercise in Student's Life (विद्यार्थी जीवन में व्यायाम का महत्व) OR Concentration is the Essence of Education (एकाग्रता ही शिक्षा का सार है)	Time allowed: 4 mins.
D	9,10		Thr. 18 Dec. 2025 9:30 am - 12:30 am	Self Confidence is the mother of Success (आत्मविश्वास ही सफलता की जननी है) Patriotism- according to Swami Vivekananda (स्वामी विवेकानन्द के अनुसार देशभक्ति)	
E- F	11,12, UG, PG, Research Scholars		Thr. 18 Dec. 2025 9:30 am	Cyber Crime and Prevention (साइबर अपराध और रोकथाम) Or, Indian Culture through Eternity (सनातन भारतीय संस्कृति)	Time allowed: 5 mins.
7.Handicraft					
C	6 to 8		Fri. 19 Dec.2025 9:30 am - 11:30 am	Paper Handicraft (कागज आधारित कला) Time allowed:2 hours	Students will bring papers and prepare here.
8.Quiz					
C	6 to 8		Sat. 20 Dec. 2025 at 9.30 am- 10:30 am	Total 50 Questions (in Hindi and English): 40 Questions from the book "Vivekananda, The Friend of All', 10 Questions from GK	Time allowed: 1 hour
D-E	9 to 12		Sat. 20 Dec.2025 at 9.30 am- 10:30 am	Total 50 Questions (in Hindi and English): 40 Questions from the book "Vivekananda, The Friend of All', 10 Questions from GK	
9.Rangoli					
C-D	6 to 10		Wed. 10 Dec.2025 at 9:30 am to 11:30 am	Floral Design (Floral Area Allowed 3' X 3' to individual participants. 3'.6"x3'.6" to a group of two participants.) Theme Sri Sarda Devi or A Smart City Time allowed: 2 hours	Students will bring colours, Trace paper and Copying not allowed, in a group maximum 2 students allowed

Recitation Passage English Language

Std.: 2 & 3 (Group A) Self Confidence

He is an atheist who does not believe in himself. The old religions said that he was an atheist who did not believe in God. The new religion says that he is an atheist who does not believe in himself. The history of the world is the history of a few men who had faith in themselves. That faith calls out the divinity within. You can do anything. You fail only when you do not strive sufficiently to manifest infinite power. If you think yourself weak, weak you will be; if you think yourself strong, strong you will be. As soon as a man or a nation loses faith, death comes. - Swami Vivekananda

Std.: 4 & 5 (Group- B) Faith

Faith, faith, faith in ourselves, faith, faith in God – this is the secret of greatness. If you have faith in all the three hundred and thirty millions of your mythological gods, and in all the gods which foreigners have now and again introduced into your midst, and still have no faith in yourself, there is no salvation for you. The history of the world is the history of a few men who had faith in themselves. That faith calls out the divinity within. You can do anything. You fail only when you do not strive sufficiently to manifest infinite power. As soon as a man or a nation loses faith, death comes. You are infinite, deathless, birthless. Because you are infinite spirit, it does not befit you to be a slave. Arise! Awake! Stand up and fight! - Swami Vivekananda

Std.: 6 to 8 (Group-C) Boldness

Take courage and work on. Patience and steady work this is the only way. Go on; remember patience and purity and courage and steady work...So long as you are pure, and true to your principles you will never fail. Great enterprise, boundless courage, tremendous energy, and, above all, perfect obedience these are the only traits that lead to individual and national regeneration. If you are my children, you will fear nothing, stop at nothing. You will be like lions. We must rouse India and the whole world... My children must be ready to jump into fire, if needed, to accomplish their work. There is success and failure in every work. But I am inclined to believe that one who is a coward will be born after death as an insect or a worm, that there is no salvation for a coward even after millions of years of penance. Strength, strength is what the Upanishads speak to me from every page. This is the one great thing to remember, it has been the one great lesson I have been taught in my life; strength, it says, strength, O man, be not weak. Are there no human weaknesses? says man. There are, say the Upanishads, but will more weakness heal them, would you try to wash dirt with dirt? Will sin cure sin, weakness cure weakness? Strength, O man, strength, say the Upanishads, stand up and be strong. Ay, it is the only literature in the world where you find the word "Abhiih", "fearless", used again and again; in no other scripture in the world is this adjective applied either to God or to man. - Swami Vivekananda

Std.: 9,10,11 & 12 (Group D) Patriotism

The national ideals of India are renunciation and service. Intensify her in those channels, and the rest will take care of itself. My hope of the future lies in the youths of character-intelligent, renouncing all for the service of others, and obedient-who can sacrifice their lives in working out

my ideas and thereby do good to themselves and the country at large. Otherwise, boys of the common run are coming in groups and will come. Dullness is written on their face-their hearts devoid of energy, their bodies feeble and unfit for work, and minds devoid of courage. What work will be done by these? My boy, when death is inevitable, is it better to die like heroes than as stocks and stones? And what is the use of living a day or two more in this transitory world? It is better to wear out than to rust out specially for the sake of doing the least good to others. No great work can be achieved by humbug. It is through love, a passion for truth, and tremendous energy, that all undertakings are accomplished. Therefore, manifest your manhood.

What our country now wants are muscles of iron and nerves of steel, gigantic wills which nothing can resist, which can penetrate into the mysteries and the secrets of the universe, and will accomplish their purpose in any fashion even if it meant going down to the bottom of the ocean and meeting death face to face. Then only will India awake, when hundreds of large-hearted men and women, giving up all desires of enjoying the luxuries of life, will long and exert themselves to their utmost for the wellbeing of the millions of their countrymen who are gradually sinking lower and in the vortex of destitution and ignorance. Men, men, these are wanted: everything else will be ready, but strong, vigorous, believing young men, sincere to the backbone, are wanted. A hundred such and the world becomes revolutionized. Strength, strength is what the Upanishads speak to me from every page. This is the one great thing to remember, it has been the one great lesson I have been taught in my life; strength, it says, strength, O man, be not weak. Are there no human weaknesses? says man. There are, say the Upanishads, but will more weakness heal them, would you try to wash dirt with dirt? Will sin cure sin, weakness cure weakness? Strength, O man, strength, say the Upanishads, stand up and be strong. Ay, it is the only literature in the world where you find the word "Abhiih", "fearless", used again and again; in no other scripture in the world is this adjective applied either to God or to man. - Swami Vivekananda

Recitation Passage Hindi Language

Std.: 2 & 3 (Group A) आत्मविश्वास

विश्वास, विश्वास, अपने आप में विश्वास, ईश्वर में विश्वास यही महानता का रहस्य है। अनन्त विश्वास और शक्ति ही सफल होने की शर्त हैं। आगे बढ़ने के लिए सबसे पहले अपने आप में श्रद्धा होनी चाहिए और उसके बाद भगवान में। जिसमें आत्मश्रद्धा नहीं है, उसे कभी भी ईश्वर में श्रद्धा नहीं हो सकती। यदि तुम सचमुच मेरी सन्तान हो, तो तुम किसी चीज से नहीं डरोगे, किसी बात पर नहीं रुकोगे। तुम सिंहतुल्य होगे। मेरी प्रार्थना और आशीर्वाद हर कदम तुम्हारे साथ है। यदि तुममें आत्मश्रद्धा है, तो तुम्हें सबकुछ प्राप्त होगा। याद रखो कि तुम स्वयं अपने भाग्य के निर्माता हो। तुम जो कुछ बल या सहायता चाहो, सब तुम्हारे भीतर विद्यमान है।

Std.: 4 & 5 (Group B) श्रद्धा

स्वयं पर विश्वास करो तुममें अनन्त शक्ति है इसे जान लो और -प्रकट करो। कहो, "मैं सब कुछ कर सकता हूँ।" "सर्प का विष भी निष्प्रभ हो जाएगा, यदि तुम उसे दृढ़ता से नकार दो।" सावधान, कभी 'नहीं' मत कहना और नकारात्मक विचारों को त्याग दो। जब तक तुम्हारे अंदर विश्वास, निष्कपटता और लगन है, सब कुछ यशस्वी होगा। यदि तुम पुराण के तैंतीस करोड़ देवताओं और विदेशियों द्वारा बतलाये हुए सब देवताओं में भी विश्वास करते हो, पर अपने आप में विश्वास नहीं करते, तो तुम्हारी मुक्ति नहीं हो सकती। अपने आप पर विश्वास करो और इसी विश्वास के बल पर अपने पैरों पर खड़े हो जाओ और शक्तिशाली बनो, हमें इसी की आवश्यकता है। परिश्रम करो, धैर्यवान बनो और ईश्वर में विश्वास करो। - स्वामी विवेकानंद

Std.: 6, 7 & 8 Group C निर्भक्ता

साहस का आश्रय लो और कार्य में लग जाओ। धैर्य और अनवरत कार्य - यही एकमात्र उपाय है। बढ़ते चलो, याद रहे धैर्य, पवित्रता, साहस और अनवरत कार्य... यदि तुम पवित्र हो और अपने सिद्धान्तों पर अडिग हो, तो तुम कभी भी असफल नहीं होगे। महान कार्य, अनंत साहस, प्रचंड ऊर्जा और सर्वोपरि पूर्ण आज्ञाकारिता - केवल इन्हीं गुणों से व्यक्ति और राष्ट्र का पुनरुत्थान हो सकता है। यदि तुम सचमुच मेरी सन्तान हो, तो तुम किसी चीज से नहीं डरोगे, किसी बात पर नहीं रुकोगे। तुम सिंहतुल्य होगे। हमें भारत और पूरे संसार को जगाना है। यदि कार्य की पूर्णता के लिए आग में कूदना भी पड़े, तो मेरे बच्चों उसके लिए तत्पर रहना।

मनुष्य, केवल मनुष्य भर चाहिए। बाकी सब कुछ अपने आप हो जायगा। आवश्यकता है वीर्यवान, तेजस्वी, श्रद्धा-सम्पन्न और दृढ़विश्वासी निष्कपट नवयुवकों की। ऐसे सौ मिल जायें तो संसार का कायाकल्प हो जाय। शक्ति ! हे मनुष्य ! शक्ति! यही उपनिषद कहते हैं, खड़े हो जाओ और शक्तिवान बनो। समस्त विश्व में केवल यही ग्रन्थराशि है, जिसमें 'अभी:' 'निर्भय' शब्द को तुम बार-बार पाओगे। जगत के अन्य किसी भी ग्रन्थ में इस विशेषण को मनुष्य अथवा ईश्वर के लिए उपयोग नहीं किया गया है।

Std.: 9,10,11 & 12 (Group D) देशभक्ति

हमारे देश के लिए इस समय आवश्यकता है लोहे की तरह ठोस मांस-पेशियों और मजबूत स्नायुवाले शरीरों की, आवश्यकता है ऐसी अदम्य इच्छा-शक्ति की, जो ब्रह्माण्ड के सारे रहस्यों को भेद सके और जिस किसी उपाय से भी हो अपने उद्देश्य को पूर्ण कर सके यदि उसके लिए समुद्र के तल में जाना पड़े और मृत्यु का सामना करना पड़े। भारत तभी जागेगा जब विशाल हृदयवाले सैकड़ों स्त्री-पुरुष भोग विलास और सुख की सभी इच्छाओं को विसर्जित कर मन, वचन और शरीर से उन करोड़ों भारतीयों के कल्याण के लिए सचेष्ट होंगे जो दरिद्रता तथा मूर्खता के अगाध सागर में निरन्तर नीचे डूबते जा रहे हैं। मनुष्य, केवल मनुष्य भर चाहिए। बाकी सब कुछ अपने आप हो जायगा। आवश्यकता है वीर्यवान, तेजस्वी, श्रद्धा-सम्पन्न और दृढ़विश्वासी निष्कपट नवयुवकों की। ऐसे सौ मिल जायें तो संसार का कायाकल्प हो जाय। शक्ति ! हे मनुष्य ! शक्ति! यही उपनिषद कहते हैं, खड़े हो जाओ और शक्तिवान बनो। समस्त विश्व में केवल यही ग्रन्थराशि है, जिसमें 'अभी:' 'निर्भय' शब्द को तुम बार-बार पाओगे। जगत के अन्य किसी भी ग्रन्थ में इस विशेषण को मनुष्य अथवा ईश्वर के लिए उपयोग नहीं किया गया है।

भारत के राष्ट्रीय आदर्श हैं त्याग और सेवा। आप उसकी इन धाराओं में तीव्रता लाइए और बाकी सब अपने आप ठीक हो जाएगा। चरित्रवान, बुद्धिमान, दूसरों के लिए सर्वस्व त्यागी तथा आज्ञाकारी युवकों पर ही मेरे भविष्य का कार्य निर्भर है। उन्हीं पर मुझे भरोसा है, जो मेरे भावों को जीवन में परिणत कर अपना और देश का कल्याण करने में जीवन दान कर सकेंगे। नहीं तो, झुण्ड के झुण्ड कितने ही लड़के आ रहे हैं और आयेंगे, पर उनके मुख का भाव तमोपूर्ण है। हृदय में उद्यम की आकांक्षा नहीं, शरीर में शक्ति नहीं और न ही मन में साहस है। इन्हें लेकर क्या कार्य होगा ? मेरे बच्चो, यदि मृत्यु अवश्यम्भावी है, तो क्या कीट पंतगों की अपेक्षा वीर की भाँति मरना श्रेयस्कर नहीं है? और इस क्षणभंगुर जीवन में दो-एक दिन अधिक जीकर भी क्या लाभ है। दूसरों के रत्ती भर कल्याण के लिए तिल-तिल मरने की अपेक्षा घिसकर मर जाना अधिक श्रेयस्कर है। कोई भी महान कार्य कपट के द्वारा नहीं हो सकता। केवल प्रेम, सत्य के प्रति उत्कट इच्छा, प्रचंड ऊर्जा के द्वारा ही समस्त कार्य सम्पन्न होते हैं। इसलिए अपने पौरुष को प्रकट करो।

Recitation Passage Sanskrit Language

Std.: 2 & 3 (Group A) संस्कृत सुभाषित

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः | नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति ॥
उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः । न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः ॥
उष्ट्राणां च विवाहेषु गीतं गायन्ति गर्दभाः | परस्परं प्रशंसन्ति अहो रूपम् अहो ध्वनिः ॥
काक चेष्टा बको ध्यानं, श्वान निद्रा तथैव च। अल्पहारी गृहत्यागी, विद्यार्थी पंच लक्षणं ॥

Std.: 4 & 5 (Group B) गीता श्लोक

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन। मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥
क्लैब्यं मा स्म गमः पार्थ नैतत्त्वय्युपपद्यते। क्षुद्रं हृदयदौर्बल्यं त्यक्त्वोत्तिष्ठ परन्तप ॥
चञ्चलं हि मनः कृष्ण प्रमाथि बलवद्दृढम् । तस्याहं निग्रहं मन्ये वायोरिव सुदुष्करम् ॥
असंशयं महाबाहो मनो दुर्निग्रहं चलम् । अभ्यासेन तु कौन्तेय वैराग्येण च गृह्यते ॥
असंयतात्मना योगो दुष्प्राप इति मे मतिः । वश्यात्मना तु यतता शक्योऽवाप्तुमुपायतः ॥

Std.: 6,7 & 8 (Group C) श्रीविवेकानन्दपञ्चकम्

अनित्यदृश्येषु विविच्य नित्यं तस्मिन् समाधत्त इह स्म लीलया ।
विवेकवैराग्यविशुद्धचित्तं योऽसौ विवेकी तमहं नमामि ॥१॥
विवेकजानन्दनिमग्नचित्तं विवेकदानैकविनोदशीलम्
विवेकभासा कमनीयकान्तिं विवेकिनं तं सततं नमामि ॥२॥
ऋतं च विज्ञानमधिश्रयद्य-न्निरन्तरं चादिमध्यान्तहीनम् ।
सुखं सुरूपं प्रकरोति यस्य आनन्दमूर्तिं तमहं नमामि ॥३॥
सूर्यो यथान्धं हि तमो निहन्ति विष्णुर्यथा दुष्टजनांश्छिनत्ति ।
तथैव यस्याखिलनेत्रलोभं रूपं त्रितापं विमुखीकरोति ॥४॥
तं देशिकेन्द्रं परमं पवित्रं विश्वस्य पालं मधुरं यतीन्द्रम् ।
हिताय नृणां नरमूर्तिमन्तं विवेक आनन्दमहं नमामि ॥५॥
नमः श्रीयतिराजाय विवेकानन्दसूरये ।
सच्चित्सुखस्वरूपाय स्वामिने तापहारिणे ॥६॥

Std.: 9-12 Group D, E Sanskrit Recitation (Chapter 2)

अशोच्यानन्वशोचस्त्वं प्रज्ञावादांश्च भाषसे । गतासूनगतासूंश्च नानुशोचन्ति पण्डिताः ॥

न त्वेवाहं जातु नासं न त्वं नेमे जनाधिपाः । न चैव न भविष्यामः सर्वे वयमतः परम् ॥

देहिनोऽस्मिन्यथा देहे कौमारं यौवनं जरा । तथा देहान्तरप्राप्तिर्धीरस्तत्र न मुह्यति ॥

मात्रास्पर्शास्तु कौन्तेय शीतोष्णसुखदुःखदाः । आगमापायिनोऽनित्यास्तांस्तितिक्षस्व भारत ॥

यं हि न व्यथयन्त्येते पुरुषं पुरुषर्षभा समदुःखसुखं धीरं सोऽमृतत्वाय कल्पते ॥

नासतो विद्यते भावो नाभावो विद्यते सतः । उभयोरपि दृष्टोऽन्तस्त्वनयोस्तत्त्वदर्शिभिः ॥

अविनाशि तु तद्विद्धि येन सर्वमिदं ततम् । विनाशमव्ययस्यास्य न कश्चित्कर्तुमर्हति ।

अन्तवन्त इमे देहा नित्यस्योक्ताः शरीरिणः । अनाशिनोऽप्रमेयस्य तस्माद्युध्यस्व भारत ॥

य एनं वेत्ति हन्तारं यश्चैनं मन्यते हतम् । उभौ तौ न विजानीतो नायं हन्ति न हन्यते ॥

न जायते म्रियते वा कदाचि-न्नायं भूत्वा भविता वा न भूयः । अजो नित्यः शाश्वतोऽयं पुराणो-न हन्यते हन्यमाने शरीरे ॥
