



# Gita Panchamrit

*Learn, Live and Lead*



CHINMAYA  
AMRIT MAHOTSAV

75  
years



**5** Shlokas. **1** Essence.

A simple way for everyone to  
connect with the Bhagavad Gita

**Gita Panchamrit** is an initiative of **Chinmaya Mission** that seeks to awaken love and reverence for the Bhagavad Gita in every heart. Through five carefully chosen verses—simple to learn, inspiring to reflect upon, and uniting in spirit—it offers a glimpse of the Gita’s timeless relevance. The first three verses guide what we, as seekers, can do; the last two reveal what Bhagavan does when we surrender in faith. The verses provided here with Sandhi split for easy chanting.

**1 Take Charge of Your Life and Rise Up**

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ।  
आत्मैव ह्यात्मनो बन्धुः आत्मैव रिपुरात्मनः ॥

uddhared-ātmanātmānaṁ nātmānam-avasādayet,  
ātmaiva hyātmano bandhuḥ ātmaiva ripur-ātmanaḥ. (6.5)

One should lift oneself by oneself; one should not lower oneself. The mind is verily one’s friend; the mind is one’s own enemy.

**2 How Does One Uplift Oneself?**

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।  
मा कर्मफलहेतुर्भूः मा ते सङ्गोऽस्त्वकर्मणि ॥

karmaṇyevādhikāraṣte mā phaleṣu kadācana,  
mā karmaphalaheturbhūḥ mā te saṅgo’stvakarmaṇi. (2.47)

Thy right is to work only, but never to its fruits; let the fruit of action not be thy motive, nor let thy attachment be to inaction.



### 3 Develop an Attitude of Dedication

यत्करोषि यदश्नासि यज्जुहोषि ददासि यत् ।  
यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ॥

yatkarōṣi yadaśnāsi yajjuhoṣi dadāsi yat,  
yattapasyasi kaunteya tatkuruṣva madarpaṇam. (9.27)

Whatever you do, whatever you eat, whatever you offer in sacrifice, whatever you give in charity, whatever you practice as austerity, O Kaunteya! Do it as an offering to Me.

### 4 Shri Krishna's Assurance

अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते ।  
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ॥

ananyāścintayanto mām ye janāḥ paryupāsate,  
teṣāṃ nityābhiyuktānām yogakṣemaṃ vahāmyaham. (9.22)

To those who worship Me alone, thinking of no other, to those ever self-controlled, I provide what they need and preserve what they already possess.

### 5 Bhagavan Frees Us from All Bondages

सर्वधर्मान्परित्यज्य मामेकं शरणं ब्रज ।  
अहं त्वा सर्वपापेभ्यः मोक्षयिष्यामि मा शुचः ॥

sarvadharmān-parityajya mām-ekam śaraṇam vraja,  
aham tvā sarvapāpebhyaḥ mokṣayiṣyāmi mā śucaḥ. (18.66)

Abandoning all dharmas (of the body, mind and intellect), take refuge in Me alone; I will liberate thee from all sins; grieve not.

# Empower yourself and others

with the timeless wisdom of the Gita



1

Learn five selected Gita Panchamrit shlokas - the essence of the Gita distilled for everyone



2

Chant these 5 verses daily with devotion, reflection and understanding



3

Inspire others by being a Gita Doota and urging friends, family and colleagues to learn



4

Connect aspirants either virtually or in-person with Gita Dootas



5

Join the Movement, Register and Learn  
Visit: [chinmaya75.org](http://chinmaya75.org)



Take these five simple yet powerful steps to be part of a global wave of awakening

[chinmayamission.com](http://chinmayamission.com)  
[chinmaya75.org](http://chinmaya75.org)

Register and connect  
with other Gita Dootas



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One Movement  
Beyond Boundaries  
Eternally Inspired

An expression of devotion and gratitude that unites thousands across the globe through spiritual and cultural offerings – a once-in-a-generation gathering for three days of reflection, devotion and inspiration.

## Highlights

- Chinmaya Amrit **Yatra Conclusion** and Grand commemorative ceremonies
- **Vedic Chanting** by Swamins and Brahmacharins
- **Enlightening Sessions**
- **Chinmaya Amrit Musical**
- Special Programme on **'Non Dualism for World Understanding'**
- Immersive **'Chinmaya Experience'** exhibition - Heritage Artefacts, Digital Storytelling
- Global participation: **India and 25+ Countries**

Register Now : [chinmaya75.org/amrit/register](http://chinmaya75.org/amrit/register)



23-25

October  
2026

Bharat Mandapam

Pragati Maidan, New Delhi, Delhi 110001