Illuminating Roads to Introspection

CHIRANTANA
Institute of Introspective Studies











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Bhagavadgita Chanting – Udupi

Organised on 21st December, 2025 - 10:00 am – 1:00 pm

1. Introduction

Chirantana Institute of Introspective Studies participated in a unique spiritual and community event organised in Udupi, for the second time on 21st December 2025, where all the 18 chapters of the Bhagavadgita were chanted with devotion and collective energy.

2. Participants

The chanting session saw active participation from a diverse group:

- 2 Senior Citizens
- 22 Adults (mothers and fathers)
- 1 Young Adult (aged 22 years)
- 8 Children (aged 9–16 years)

Notably, 10 people just came to support their kuTumba members which made the total strength as 43.

3. Travel Details

- Departure: 20th December, 2025 (Saturday) at 6:50 pm from Krantivira Sangolli Rayanna Bengaluru Station, Bengaluru.

- Mode of Transport: Panchaganga SF Express.

- Abhyasa Mitra in the journey – As the journey began, participants started practicing the adhyayas with their Abhyasa Mitra. We had occupied 23 seats amongst 72 in a section of a compartment. The space was filled with voices murmuring shlokas. Few co-passengers were puzzled to understand what the elders were learning with complete dedication as if they were appearing for 2nd PU exams

while few more admired silently. The others openly appreciated the sacredness of the shlokas while the rest supported silently.

- Arrival at Udupi: 5:30 am, 21st December, 2025, delayed by 45 minutes. All of us were driven by 4 local taxis to Hotel Century Executive where we had 5 rooms and shared accommodation.

- Return Journey: Departure from Udupi was supposed to happen at 3:50 pm on 21st December by MRDW SMVB Express. But the train got delayed by 2 hours. Meanwhile, we all sat on the platform comfortably and had a gala party time by savouring chaklis, avalakki, sweets, tea, lemon juice etc.

- Arrival in Bangalore: 10:45 am, 22nd December, 2025, with participants getting down at Kengeri and KSR BS.

4. Preparation & Practice

In the lead-up to the event, participants took sankalpa on Vinayaka Chaturthi, 27th August 2025 - Vinayaka means the one who leads from the front in all the ways possible. Therefore a special sankalpa was taken in front of Him so that He will lead our paths to achieve our goals. "Dear Vinayaka! May I develop Shraddha, Medha and Bhakthi while on the path of learning shlokas. May the Parayana Seva Kaarya happen without any obstacles on Dec 21st at Udupi. Please help me achieve this."

As part of the preparation:

- The group had mentors with whom the assigned group followed a timetable and practiced all the 18 adhyaayas.

- This rigorous practice strengthened confidence and discipline, especially among everyone.

- Chanting together fostered unity, focus, and dedication across all age groups.

- The practice focussed not just learning shlokas but also helped build time management and concentration.

5. Highlights of the Event

- Collective Chanting – The complete recitation of all 18 chapters (700 shlokas) created a spiritually uplifting atmosphere and a profound sense of achievement.
- Community Spirit – A distinctive feature was the homemade food prepared by all the mothers, which was not only healthy and hygienic but also environmentally friendly.
- Eco-Conscious Practices –
    - Zero plastic usage throughout the trip.
    - Careful water management.
    - Eco-friendly packaging ensured minimal waste.
- Chirantana Kutumba Bonding – The event helped all participants unite and bond as one extended family, the Kishkinda Kutumba.
- Confidence & Commitment –
    - Children gained confidence through memorization and chanting.
    - Adults cultivated commitment and consistency.
    - The realization that one can chant 700 shlokas in 3 hours without a break boosted self-esteem and inner strength.

- **Cognitive Growth – Regular practice improved grasping ability, focus, and concentration among participants, proving the timeless value of chanting.**

6. Conclusion

The Bhagavadgita chanting in Udupi was more than just a devotional gathering; it was a celebration of discipline, togetherness, sustainability, and spiritual growth. The thoughtful planning, eco-friendly practices, and whole-hearted participation made the event successful and inspiring for all.

The collective effort not only strengthened spiritual awareness but also deepened the sense of belonging within the Chirantana Kutumba, leaving everyone enriched with confidence, clarity, and joy.

Om Tat Sat