

Life Lessons from Bhagavad Gita

Programme(s) in which it is offered: All UG Programs

Course Category: Value-added	Schedule of Offering:
Course Credit Structure: 0	Course Code: LL300
Total Number of Hours: 30	Contact Hours Per Week: 2
Lecture: 30	Tutorial: 0
Practical: 0	Medium of Instruction: English
Date of Revision: 8/11/2021	Skill Focus: Life Skills
Short Name of the Course: LLB	Course Stream: Value-added
Grading Method: Regular	Repeatable: Credit
Course Level: Introductory	Faculty: Dr. Ramakrishna Pejathaya

Course Description

The nature of Bhagavad Gītā is so special that everyone can draw some inspiration from it. It is a common opinion of the intellectuals that every individual should study Gītā. Keeping this in mind, the School of LLS introduces this as a value-added course to all CVVans. The course aims to discuss some key life-lessons from Bhagavad Gītā.

Course Introduction

Be it Arjuna the great Mahābhārata warrior or E Sreedharan the architect of the Delhi metro, we often see that the great personalities irrespective of their professional areas state that they drew the inspiration to do something or to find a solution to their problems from Gītā. In spite of being such a treasure of knowledge, the Gītā, has remained unknown to many of the people. The course aims to fill this gap by discussing the life lessons of Gītā with some selected verses.

Course Objectives

- To illustrate the usefulness of Gītā in addressing some of the problems (both individual and societal).
- To discuss the major theories of Gītā such as Karmayoga and Jñānayoga.
- To help the students in identifying the roots of our problems and finding

solutions.

- To help the students in developing a new perspective to see themselves and the external world.

Course Outcomes

At the end of the course the students would have -

- Developed a new perspective to see themselves and the external world.
- Understood the major theories of Gītā such as Karmayoga and Jñānayoga.
- The ability to identify and analyse the problems (individual, organizational and societal) aptly and to find the solution themselves.
- A deep appreciation towards Gītā and a motivation to study it further.

PO-CO Mapping

PO-CO Mapping Matrix

CO/PO Mapping	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	✓	✓		✓				
CO2		✓		✓			✓	
CO3		✓		✓			✓	✓
CO4		✓		✓			✓	✓

Prerequisites and other constraints

The course does not have any prerequisites since it is of introductory level.

Pedagogy

The pedagogy adopted will be a combination of lecture and class room discussion. The students are expected to actively participate in the discussions to make the sessions more engaging and vibrant. Relevant verses from Gītā will be explained in detail wherever it is required.

Suggested Reading

- Swami Chinmayananda, Gita for Children, Central Chinmaya Mission Trust, Mumbai, 1975 (Reprint 2017)
- Swami Chinmayananda, Holy Geeta, Central Chinmaya Mission Trust, Mumbai, (1996)
- Swami Ranganathananda, Universal Message of the Bhagavad Gita, 3 volumes, Advaita Ashrama Kolkata, (2001)

- Mahadevan B., Pearls of Wisdom from Bhagavad Gītā, Sumathi Samskriti Trust, Bangalore

Module Sessions

Module 1: Managing Oneself

(8 Sessions)

- *Dharmakṣetre Kurukṣetre*: Setting the Context
- *Balaṃ bhīmābhirakṣitam*: Leadership in the Pāṇḍavas and Kauravas
- What Actually the Gītā is?
- The Situation of Arjuna
- Initial Response of Krishna
- Sthitaprajña: Avoid Being a Victim of Situations
- Know your Enemies
- Developing the Right Perspective of Life
- How Can One Achieve his/her desires?
- Dhyānayaḡa: A Tool to Root Out All Sorrows

Module 2: Our Approach to Work

(6 Sessions)

- Decision Making
- Samatva: The Means to Stress-relief
- Work and Its Impact on a Wise Person (Buddhimān)
- Detached Attachment
- The True Spirit of Renunciation
- The Yuktas and Ayuktas in Life

Module 3: Larger Meaning of Life

(8 Sessions)

- Various Paths Towards One Goal: Karmayoga, Jñānayoga, Dhānayoga, kar-masannyāsayoga, Bhaktiyoga.
- Dharma: The Universal Principle of Equilibrium
- Yajña: The Cardinal Principle of Sustainability
- Environmental Sensitivity
- Samadarshitva: The Vision of Oneness

Module 4: What to adopt and what to abandon

(8 Sessions)

- Distinguishing Daiva and Āsura
- Guṇatraya
- Three Types of –
 - Dāna
 - Tapas
 - Happiness
 - Food
 - Doer (kartā)
 - And others
- Freedom to Choose Your Path
- Conclusion