

Bhagavad Gītā and Management

Program in which it is offered: M.A. Third Semester

Course Category: Elective (PG)

Stream-Philosophy, Psychology and Yoga

Course Credit Structure: 3

- Lecture: 3
- Tutorial: N.A.
- Practical: N.A.

Contact Hours per week: 3

Course coordinators: Dr Tulasi Kumar Joshi & Prof. K. Subramanian

1. Introduction

In the world of philosophy, the School of Advaita Vedānta has contributed a lot to the field of making the social alignment. The unique tenet of Advaita Vedanta is oneness which gives the power for sustaining equality and harmony in society. Though oneness is not identified the notion of oneness is itself provides such power. The philosophy of Advaita Vedānta shows the road for attaining its chief goal in which detachment is a necessary brick through only which the attachment can be broken which is a powerful obstacle in the way of identifying oneness. Our modern society is full of diversities. People are divided into different communities, religions and so on. These diversities sometimes cause many problems in society. In this condition, the notion of oneness can only change these diversities into unity. The book Bhagavad Gītā is chosen for providing some strategy to come out from this diversity. This book has its own importance. In some ways, it also describes the social conducts in order to describe the behaviour and attributes of a person who is enlightened.

The speciality of the course:

- This course is aligned with the modern theories of management which gives a contemporary contrast to the eternal notion of oneness.
- It also will explore a systematic way of behaviour according to the कर्मयोग described in Gītā.
- This course includes the theories of schools of management too through which both the philosophical ideas and social conducts can be clubbed.
- This course will also lead students to some social problem which could be taken as a research problem too.

Course Objectives:

- The chief purpose of this course is to use the modern strategy for spreading harmony in the society by the teachings of Gītā.

1. Prerequisites

- This course only requires the notion of sustaining harmony in the society.

4. Readings

- श्रीमद्भगवद्गीताशाङ्करभाष्यम्, गीताप्रेस, गोरखपुर
- SWAMI NIKHILANANDA, THE BHAGVAD GITA, Sri Ramakrishna Math, P.O. Belur Math, Dist. Howrah, West Bengal, India.

5. Module-wise topics

Module -1 – Introduction to Bhagvad Gītā;

Managing one's own self –

Objectives:

Topics -

- Self-Psychology
- Trait theory
- Business administration and Management
- Linkages among Management- Advaita-Vedānta – Bhagvad gītā

Module -2 – Cause of Despondency and its solution

Objectives – This module is made to

- Introduce the nature of Mind and its weakness.
- Release and neutralise the Despondency from one's mind.

Topics -

- The nature and states of Mind
- The Nature of *Grief, Delusion, Illusion and ignorance* – Ways of removal
- Managing Mind – Sources of Conflict and Distress

Readings -

- श्रीमद्भगवद्गीताशाङ्करभाष्यम्, गीताप्रेस, गोरखपुर
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Module -3 – Power of Managing equanimity and Karma-yoga:

Sessions - 12

Objectives -

- This module tries to resolve the problem of distraction through the preaching of sustaining equanimity and Karma-Yoga:

Topics -

- Equanimity and Karma-Yoga; Perspectives from Śāṅkara-Bhāṣyam
- How to sustain equanimity?
- Equanimity is Yoga
- Nature of a person who has Steady wisdom
- Karma-Yoga

Readings -

- श्रीमद्भगवद्गीताशाङ्करभाष्यम्, गीताप्रेस, गोरखपुर
- SWAMI NIKHILANANDA, THE BHAGVAD GITA, Sri Ramakrishna Math, P.O. Belur Math, Dist. Howrah, West Bengal, India.

Module -4 - Sanyāsa-Yoga

Sessions - 12

Objectives -

- This module seeks to introduce detachment in a correct manner and the nature of a detached person.

Topics -

- Nature of Sanyāsa-Yoga- *Renunciation and Detachment*
- Which kind of state needed for detachment?
- Which is better for the ignorant, Karma-Yoga or Sanyāsa?
- Nature of Sanyāsī: seeing one in all.

Readings -

- श्रीमद्भगवद्गीताशाङ्करभाष्यम्, गीताप्रेस, गोरखपुर
- SWAMI NIKHILANANDA, THE BHAGVAD GITA, Sri Ramakrishna Math, P.O. Belur Math, Dist. Howrah, West Bengal, India.

Module -5 - Theories and its application

Sessions - 12

Objectives -

- This module is made to introduce the nature and functions of three Guṇās.

Topics -

- The nature of Guṇās
- Functions of Guṇās

- How to know when a particular Guṇās is predominant?
- Self and Guṇās
- Modelling code of conduct and Professional ethics.
- Counselling, Mentoring and Coaching for Spiritual values

Readings -

- श्रीमद्भगवद्गीताशाङ्करभाष्यम्, गीताप्रेस, गोरखपुर
- SWAMI NIKHILANANDA, THE BHAGVAD GĪTA, Sri Ramakrishna Math, P.O. Belur Math, Dist. Howrah, West Bengal, India.

6. Pedagogy

This course will mostly consist of lectures based on the reading material. Some multimedia components are also included. The student is expected to participate actively in class.

7. Evaluation Pattern:

Given below is the evaluation pattern.

- End-term exam: 40%
- Mid-term exam: 20%
- Module Assignment: 20%
- Mini Project and Presentation: 20%

Module assignments will be given in class by the teacher at the end of each module.

S.I. No	Date	Topics
1		Introduction to Bhagvad Gītā; Perspectives from Śāṅkarabhāṣyam
2		Introduction to Bhagvad Gītā; Perspectives from Śāṅkarabhāṣyam
3		Self-Psychology Trait theory Business administration and Management Linkages among Management- Advaita-Vedānta – Bhagvad gītā
4		Stimulation to do duty (2-31)
5		The nature of स्थितप्रज्ञः
6		Arjuna's perplexity (3)

7		Modern dissonance
8		Karma-Yoga
9		The way of attachment for an ignorant (3-27..) Desire is the enemy of man (3.36...)
10		The real nature of Action and Inaction (4.16.
11		The nature of a Sage (4.19.) Reasons for the dissolution of Sage's action(4.24) A sage's action is really no action (5.8,9)
12		Which is better for an Ignorant Karma-Yoga or Sanyasa? (Discussions from Bhashya)
13		Karma-Yoga suits the ignorant better than Karma-Sanyasa
14		Nature of a Sanyasin The sage sees one in all(5.18-22)
15		The relation between Karma-Yoga and Sanyasa
16		Karma-Yogin is untainted by the result of actions(5.10-12)
17		The path of Nirvana(5.23-26)
18		Materialistic approaches; Business, Life and work
19		Concepts of profit and success
20		Managing Mind – Sources of Conflict and Distress
21		Who is Yogarūdhah (6.4)
22		Special Ślokas from the 6 th chapter (5,6,7,8,9)
23		Directions for the practice of Yoga (10-17, 24-26) The effect of Dhyana-Yoga(27-32) 32 śloka is important
24		Practice and Indifference are the surest means of Yoga(6.33-36)

25		Failures in Yoga and the after a career (6.37-47)
26		The summery of the seventh discourse (Vijñāna-Yoga)
27		The seven things to be realised by meditation (8 th discourse-Abhyāsa-Yoga)
28		The result of being a Yogi (The life of Akṣaropāsaka) (12 th – 14-20)
29		Guest session-
30		Panel Discussions
31		Out bound exercises – 1
32		Out bound exercises – 2
33		Students Presentation
34		Students Presentation
35		Modelling code of conduct and Professional ethics. Counselling, Mentoring and Coaching for Spiritual values
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38		Modelling code of conduct and Professional ethics. Counselling, Mentoring and Coaching for Spiritual values
39		Modelling code of conduct and Professional ethics. Counselling, Mentoring and Coaching for Spiritual values
40		Guest session
41		Students lecture
42		Students lecture

43		Students lecture
44		Wrapping up/tutorial
45		Revision