

# **Course Title: Exploring the Bhagavad Gita: Philosophy, Wisdom, and Life Lessons**

## **Course Code:**

### **Course Description:**

The course aims to introduce students to the Bhagavad Gita, a significant Hindu scripture, and explore its profound philosophical teachings. Through in-depth study and analysis of selected chapters, students will develop a comprehensive understanding of Gita's core concepts, including self-realization, duty, karma yoga, and the nature of the soul. By examining Gita's relevance to contemporary life and its impact on personal growth and ethical decision-making, students will gain insights into the practical application of its teachings. This course encourages critical thinking, fosters a deeper appreciation for diverse philosophical perspectives, and promotes intercultural understanding and dialogue.

### **Course Objective:**

- To introduce students to the Bhagavad Gita as a philosophical and spiritual text.
- To explore the central themes and teachings of the Bhagavad Gita, including dharma, karma, yoga, and self-realization.
- To analyze the philosophical concepts presented in the Bhagavad Gita and their practical applications in daily life.
- To examine the historical and cultural context of the Bhagavad Gita and its relevance in the modern world.
- To foster critical thinking and reflection on the profound wisdom and life lessons offered by the Bhagavad Gita.
- To encourage students to engage in meaningful discussions and personal reflections on the teachings of the Bhagavad Gita.

### **Learning Outcomes**

**LO1:** Demonstrate a comprehensive understanding of the Bhagavad Gita, including its historical and cultural context, structure, chapters, and teachings.

**LO2:** Analyze and interpret the central philosophical concepts presented in the Bhagavad Gita, such as dharma, karma, yoga, self-realization, and the nature of the self and the Supreme Being.

**LO3:** Apply the practical wisdom and life lessons from the Bhagavad Gita to real-life situations, including managing desires, finding balance, discovering one's purpose and duty, and making ethical decisions.

**LO4:** Evaluate the relevance and impact of the Bhagavad Gita in the modern world, recognizing its influence on personal growth, ethical decision-making, leadership, and the pursuit of happiness.

**LO5:** Engage in critical thinking and reflection on the profound teachings of the Bhagavad Gita, fostering a deeper appreciation for diverse philosophical perspectives and promoting intercultural understanding and dialogue.

**LO6:** Communicate effectively through presentations and projects, showcasing personal reflections and applications of the Bhagavad Gita's teachings, and engage in meaningful discussions on its comparative perspectives and contemporary relevance.

### **1. Introduction to the Bhagavad Gita**

- 1.1 Overview of the Bhagavad Gita: its historical and cultural context
- 1.2 Understanding the structure, chapters, and teachings of the Bhagavad Gita



- 1.3 Exploring the main characters and their roles in the text
- 1.4 Analyzing the relevance and impact of the Bhagavad Gita in Indian philosophy and Spirituality

## **2. Philosophical Teachings of the Bhagavad Gita**

- 2.1 Concept of Dharma and its Significance in the Gita
- 2.2 Karma Yoga: Path of Selfless Action
- 2.3 Jnana Yoga: Path of Knowledge and Self-Realization
- 2.4 Bhakti Yoga: Path of Devotion and Surrender
- 2.5 Understanding the concept of the Self (Atman) and the Supreme Being (Brahman)

## **3. Wisdom and Life Lessons from the Bhagavad Gita**

- 3.1 The Nature of the Mind and the Importance of self-control (Yoga of the Mind)
- 3.2 Managing Desires, attachments, and the Concept of Renunciation
- 3.3 Finding Balance and equanimity amidst life's Challenges
- 3.4 Discovering one's purpose and duty in life (Svadharma)
- 3.5 The Gita's teachings on leadership, decision-making, and ethical conduct

## **4. Practical Applications of the Bhagavad Gita**

- 4.1 Applying the Gita's teachings in daily life, relationships, and work
- 4.2 Integrating meditation and mindfulness practices from the Gita
- 4.3 Cultivating virtues and qualities for personal growth and Well-being
- 4.4 Exploring Gita's teachings on success, failure, and the pursuit of happiness
- 4.5 Reflections and Discussions on the Relevance of the Gita in the modern world

## **5. Comparative Perspectives and Contemporary Relevance**

- 5.1 Comparative analysis of the Bhagavad Gita with other philosophical traditions
- 5.2 Exploring the Gita's Influence on literature, Art, and popular culture
- 5.3 Examining Gita's Relevance to contemporary issues and global challenges
- 5.4 Discussions on the universal principles and timeless wisdom of the Gita
- 5.5 Student presentations and projects on personal reflections and applications of the Gita's teachings

The image shows five handwritten signatures in blue ink. From left to right: the first is a stylized signature, the second is a simple horizontal line with a small loop, the third is a signature with the word 'Amrit' circled, the fourth is a signature that appears to be 'Ajay Kumar Singh', and the fifth is a signature that appears to be 'S. Singh'.

### Suggested Reading

- The Bhagavad Gita: A New Translation" by Stephen Mitchell.
- The Bhagavad Gita: A Walkthrough for Westerners" by Jack Hawley
- Bhagavad Gita as It Is by A.C. Bhaktivedanta Swami Prabhupada
- The Bhagavad Gita: Krishna's Counsel in Time of War by Barbara Stoler Miller
- The Bhagavad Gita: The Song of God Retold in Simplified English by Ramesh Menon
- Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation, and Indian Philosophy by Eknath Easwaran
- The Bhagavad Gita: Eknath Easwaran's Classics of Indian Spirituality by Eknath Easwaran
- The Bhagavad Gita: A Biography by Richard H. Davis
- Bhagavad Gita: The Beloved Lord's Secret Love Song by Graham M. Schweig
- The Bhagavad Gita: A Verse Translation by Winthrop Sargeant
- श्रीमद्भगवद्गीता by ए.सी. भक्तिवेदांत स्वामी प्रभुपाद
- श्रीमद्भगवद्गीता: सार और सरल व्याख्या by स्वामी रामसुखदास जी महाराज
- भगवद्गीता रहस्य by श्री आदिशंकराचार्य
- श्रीमद्भगवद्गीता: भावार्थ सहित by पं. गीताध्यानी मिश्र
- भगवद्गीता: संस्कृत और हिंदी अनुवाद सहित by डॉ. भारती तीर्थ शंकराचार्य
- भगवद्गीता सार: संस्कृत एवं हिंदी अनुवाद by पं. रामलालाश्री
- भगवद्गीता: व्याख्या और टीका by गीताप्रेमी श्री यशपाल
- श्रीमद्भगवद्गीता: संस्कृत एवं हिंदी अनुवाद by श्री जयदयाल गोयन्दका
- श्रीमद्भगवद्गीता: संस्कृत एवं हिंदी अनुवाद by स्वामी तेजोमयानंद सरस्वती
- भगवद्गीता सरल हिन्दी अनुवाद सहित by डॉ. विनायक केशव गोडसे

