



VALUE -ADDED COURSES
ON
SRIMAD BHAGVADGITA



Syllabus on Srimad Bhagvadgita

Teaching Hours-36 hrs.

Full Mark: 60

Unit-1: Introduction to Bhagvad-Gita

Unit- 2: Karma yoga vis-à-vis Nirkama karma (Karma, Akarm, Vikarma etc)

Unit-3 :Thana-karma-sarryasa yoga

Unit-4 :Bhakti yoga and its practices.

Dr. Anisha

Pradyumna

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Pradyumna
Nilamani Mahavidyalaya
Rupsa, Balasore

Unit-5: Nature of Purusa and prakrit and its three modes. Time (kala) and its influence: Dhyana Yoga; Instruction about flicker nature of mind. Science and re-science (Vidya and Avidya)

Unit-6: Benefits of Meditation (Samadhi/ Yoga) : The practice of meditation is beneficial in the following Problems: Mental Disorder, Memory-loss, Mental stress and other psychic problems.

Srimad Bhagvad Gita

The Gita is set in a narrative framework of dialogue between Pandav prince Arjuna and his guide and charioteer Krishna. At the start of the dharma yuddha (or the righteous war) between the pandavas and the kouravas. Arjuna is preoccupied by a moral and emotional dilemma and despairs about the violence and death the war will cause in the battle against his kin. Wondering if he should renounce the war, he seeks Krishna's counsel whose answers and discourses constitute the Gita. Krishna counsel Arjuna to "fulfil his kshatriya (warrior) duty to uphold the dharma" through karma (selfless action).

The Krishna-Arjuna dialogues cover a broad range of spiritual topics, touching upon ethical dilemmas and philosophical issues that go far beyond the war that Arjuna faces. The teaching by Lord Krishna helped change Arjuna's perspective about life and thus his life path. While the Gita is many centuries old, the logic and knowledge inherent in its every word make it a timeless guide. Understanding the ageless guiding principles of the Bhagvad Gita can help us gain a deep insight into the how is and the why is of everyday life. So there are several benefits of reading the Bhagvad Gita.

We must make students aware of the importance of the Bhagvad Gita. It can encourage the habit of self inquiry and guide them towards adopting a pragmatic approach to life.

Arjuna
Alisha

Rohit

Doni

The
4/1/22
Principals
Jilamani Mahavidyalaya
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