



THE K.N.S.B.L ARTS & COMMERCE COLLEGE, KHERALU

Certificate Course

LIFE WITH BHAGVAD GITA

Eligibility:

Any student who got admission in B A/ B Com and M A in this institution

Course Duration:

Two Months....Four days a week....per day two hours

Introduction

The central philosophy of the Bhagavad-Gita characterizes in many ways. The central theme of Hinduism even in today's context. It contains the message of divine centered living based upon right knowledge, faith, devotion, self-surrender, detachment and dispassionate performance of tasks as opposed to the ego centered living, which is characterized by incessant striving, self-centered thinking, egoism, and suffering arising out of non-attainment of desires, or union with the undesired objects or separation from the desired objects. The book is a discourse of immense spiritual value, for people who are engaged in the daily battles of life, symbolically or even truly reflected by the episode of Arjuna, who was stricken with sorrow and confusion, being taught and assisted by God himself, in the middle of the battlefield of Kurukshetra where good and evil forces stood in confrontation with each other.

The Bhagavad-Gita reveals how anyone can perform ordinary duties in the world and yet remain free from the consequences of one's actions. It is not by inaction, not even by doing only the so called good deeds, one attains liberation, but by doing deeds without the sense of doer-ship as a sacrificial offering to God in the true spirit of renunciation and without shunning the responsibility, which comes with birth.

Objective of the Course

The Bhagavad-Gita is a book of self-discovery and inward journey into the Abode of God. It helps a devotee move from sorrow driven mortal existence to eternal and blissful life. Desire is central to all human activity. By eliminating desires, without abandoning the actions, a person can free himself from the bondage caused by desire driven actions. Such an approach not only liberates human beings from the struggling and striving that characterizes their egoistic actions, but also greatly reduces their anxieties and frustrations, creating in them in the process a permanent basis for a stable, peaceful and contented life.

Learning Outcome:

At the completion of the course, students will know:

- How to recognize the inner battle of life and make the effort that will win it
- How the law of karma works, including the effects of vasanas and samskaras
- How to use the workings of karma to one's advantage
- How to recognize and avoid a variety of psychological traps
- How to overcome desire, anger, and attachment
- A deeper understanding of the paths of Karma, Gyana, Bhakti, and Raja Yoga
- The three gunas: how they manifest in life and in people, and how they relate to improving one's experience of life
- Recognizing caste tendencies in oneself, and what to do to move to the next higher caste
- How to get past attachment to experiencing pleasure and avoiding pain
- What one can do when he bogs down, spiritually
- How to deepen your relationship with God

Syllabus

Unit	Description in detail	Weightage
1	Introduction to Bhagvad Gita Gain a comprehensive and consistent overview of the Bhagvad Gita as both a <i>moksa-sastra</i> and a <i>yoga-sastra</i> .	20%
2	Understand the scope and relevance of the pursuits of knowledge and action in the Bhagvad Gita	20%
3	Be able to resolve paradoxes and seemingly competing viewpoints in the verses.	20%
4	Gain clarity on the meaning of moksa, karmayoga, bhakti, and meditation, in the Gita	20%
5	Discern some of the paradigms that underlie various interpretations of the Gita.	20%

Reference books:

1. Bhagvad Gita by A C Bhaktivedant swami, Bhkatedant Book Trust, Mumbai
2. Shrimad Bhagvatgita, Gitapress, Gorkhpur

Co-ordinators:

1. Prof. Dr. Raghubhai Patel (Department of Sanskrit)
2. Miss Shitalben Mistry (Department of Sanskrit)