

COURSE TITLE	BHAGWAT GITA: A GUIDE FOR HOLISTIC DEVELOPMENT
COURSE CODE	04BC0433
COURSE CREDITS	2

Objective:

- 1 NA

Course Outcomes: After completion of this course, student will be able to:

- 1 Comprehend the philosophical foundations of the Bhagavad Gita and their relevance to personal growth
- 2 Apply principles from the Gita to enhance mental clarity, emotional balance, and spiritual well-being.
- 3 Develop a sense of purpose and ethical responsibility through the study of dharma and karma yoga.
- 4 Cultivate resilience and inner peace by integrating Gita's teachings into daily life
- 5 Reflect on personal values and behaviors in light of the Gita's guidance for holistic development.

Pre-requisite of course:NA

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
2	0	0	0	50	0	50	0

Contents : Unit	Topics	Contact Hours
1	Introduction to Bhagavad Gita Historical and cultural context of the Bhagavad Gita. Overview of the Mahabharata and the setting of the Gita. Structure and chapters of the Gita. Relevance of the Gita in contemporary times.	6
2	Self-Knowledge and Inner Development Concept of the self (Atman) and the Supreme (Paramatma). Distinction between the body, mind, and soul. Importance of self-realization. Techniques for self-inquiry and introspection.	6
3	Karma Yoga: Path of Selfless Action Understanding karma and its implications. Principles of selfless service. Balancing duty and detachment. Applying karma yoga in professional and personal life	6

Contents : Unit	Topics	Contact Hours
4	Bhakti and Jnana: Devotion and Wisdom Exploring the paths of devotion (bhakti) and knowledge (jnana). Role of faith and surrender in personal growth. Integrating devotion and wisdom for holistic development. Case studies of exemplary devotees and sages	6
5	Applying Gita's Teachings in Daily Life Managing stress and emotions through Gita's insights, Developing leadership and decision-making skills, Cultivating virtues like compassion, patience, and resilience, Designing a personal action plan for continuous self-improvement.	6
Total Hours		30

Textbook :

- 1 Bhagavad Gita As It Is, A.C. Bhaktivedanta Swami Prabhupada, New Age International Publishers, New Delhi., 2019

References:

- 1 The Bhagavad-Gita: With a Commentary Based on the Original Sources, The Bhagavad-Gita: With a Commentary Based on the Original Sources, R. C. Zaehner, Oxford University Press, 1969
- 2 Commentary on the Bhagavad Gita, Commentary on the Bhagavad Gita, Swami Krishnananda, Divine Life Society, 1968

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
10.00	10.00	30.00	20.00	20.00	10.00

Instructional Method:

- 1 Lecture