

# **Institute for Science and Spirituality Delhi**

## **COURSE TITLE**

### **BHAGAVAD GITA: A GUIDE FOR HOLISTIC WELLBEING**

**Focus Area/Subject Area:** Indian Philosophy

**Total Duration:** 42 Hrs (4 Hours/Week)

**Eligibility:** Undergraduate

#### **Details of the Instructor:**

1. Mr. Nisargendu Bhatt, Research Associate, ISS Delhi
2. Mr. Sukavak Das, Research Associate, ISS Delhi
3. Mr. Ansul Aggarwal, Research Associate, ISS Delhi
4. Dr. Jyotiranjan Beuria, PI, ISS Delhi

#### **Course Objectives:**

1. To deeply comprehend the Bhagavad Gita, including its historical context, key themes, and teachings.
2. To learn the scientific aspects of the Bhagavad Gita.
3. To explore how the timeless wisdom of the Gita can be integrated into modern life to foster holistic well-being.
4. To learn techniques and philosophies from the Gita to attain mental and emotional balance in everyday life.
5. To discover practical methods from the Gita to manage and reduce stress, anxiety, and overwhelm in personal and professional life.
6. To explore the concept of dharma (duty) and learn how to make ethical/dharmic decisions aligned with personal values, both in life and as a leader.
7. To learn practices that promote physical health and vitality.
8. To gain insights from the Gita on building meaningful and harmonious relationships, enhancing effective communication, and critical thinking.
9. To encourage community service and social responsibility by discussing the Gita's emphasis on selfless action and service to others.
10. To develop mindfulness and meditation practices based on Gita teachings to enhance self-awareness, inner peace, and bhakti for achieving the ultimate goal of life.

#### **Learning Outcome:**

1. Throughout the course, participants will engage in discussions, reflective exercises, meditation sessions, and practical applications of Gita teachings to achieve these objectives, enhancing their overall well-being and leadership capabilities.
2. They are expected to develop modern scientific and philosophical outlook based on the Bhagavad Gita.

## **SYLLABUS**

### **Unit 1: Introduction to the Bhagavad Gita (2 hours)**

- Historical and cultural context
- Key characters and setting
- Position of the Bhagavad Gita in Sanatan Dharma

### **Unit 2: Broad framework of Bhagavad Gita (3 hours)**

- Structure of Logic, metaphysics, epistemology, and ethics in the Bhagavad Gita
- Five topics in the Bhagavad Gita: Isvara, Jiva, Kala, Karma and Prakriti

### **Unit 3: Nature of Proof (Epistemology) in the Bhagavad Gita (2 hours)**

- Various philosophical schools and system of pramanas
- Vedic Epistemology vs Scientific Method
- Top-down vs Bottom-Up approach and role of preceptor and parampara
- Subjectivity of faith and its verifiability

### **Unit 4: Introduction to the Consciousness Science in Bhagavad Gita (3 hours)**

- Mind-Body problem and its solution in the Gita
- Matter, and Consciousness in light of Samkhya system of the Gita
- Unit of consciousness and its empirical foundation
- Atman as self and its moral, social and ethical implication
- Yoga and its relation to modern science
- Meditation and mindfulness in the Gita

### **Unit 5: Tri-Gunas theory and levels of consciousness (3 hours)**

- Classifying different levels of consciousness and quality of life by gunas
- Current mental health issues and improving quality of life
- Empirical studies on modes of nature

### **Unit 6: Positive Psychology and Mental Well-being (4 hours)**

- Understanding the mind and its fluctuations
- Techniques for managing stress and anxiety
- Self-realization and mental health
- Practical exercises for inner peace

### **Unit 7: Leadership, Management, and Dharmic Ethics (3 hours)**

- Leadership lessons from the Bhagavad Gita

- The qualities of an ideal leader (Dharma Yuddha)
- Decision-making and ethical dilemmas
- Application of Gita teachings in modern leadership

### **Unit 8: Varnasrama System and Symbiotic divisions of society (2 hours)**

- Varnasrama system: an introduction to social and spiritual division
- Jativad: a perverted relic of varnashrama system
- Sanatan Dharma: attaining life's highest goal

### **Unit 9: Hierarchy of life's goals and Yoga systems (6 hours)**

- Divisions of faith and objectivity in religion
- Yoga: the traditional science of connecting with God
- Karma Yoga
- Jnana Yoga
- Dhyana Yoga
- Bhakti Yoga
- Relevance of yoga system in modern society

### **Unit 10: Prayojana: Attaining the nature of the Absolute (4 hours)**

- Four Purusharthas: differentiating spiritual and material goals of life
- Philosophical foundation for God and God's Attributes
- Progressive realisation of the Absolute truth
- Nine-fold means of expression of love
- Bhagavad Gita's message for humanity at large

### **Unit 11: Practical Project Work (10 hours)**

Students will have to choose one of these three topics. The students will be distributed into groups with each group comprising four to five students. Students can also suggest a different project other than those listed below. However, it is to be approved by the respective instructors. Students will have to present their work in 10-15 slides. The themes are as follows.

- **Contemporary Societal Application:** Have students identify contemporary issues or challenges (e.g., ethical dilemmas, personal struggles, societal conflicts) and analyze how the teachings of the Bhagavad Gita can offer guidance or solutions. They can create presentations, essays, or multimedia projects demonstrating how the principles of the Gita are relevant in today's world.
- **Environmental Ethics and Sustainability:** To explore the ecological implications of the Bhagavad Gita's teachings on interconnectedness and stewardship of the environment. Students can study scientific concepts related to sustainability, biodiversity, and climate change, then analyze how the Gita's emphasis on dharma (righteous action) and respect for nature align with contemporary environmental ethics.
- **Sattva-Rajas-Tamas based personality traits:** Using machine learning, analyze behaviors representing sattva, rajas, and tamas modes. To collect and preprocess data, extract features, label behaviors, train models, and evaluate performance. To interpret results to understand patterns as per the Bhagavad Gita. The data can be collected through questionnaires. Sample size should be at least 100.

**References:**

1. Prabhupada, AC Bhaktivedanta Swami, and Bhaktivedanta Swami. *Bhagavad-Gita as it is*. Los Angeles: Bhaktivedanta, Book Trust, 1972.
2. Schweig, Graham M. *Bhagavad Gītā: the beloved Lord's secret love song*. HarperSanFrancisco, 2007.
3. Theodor, Ithamar. *Exploring the Bhagavad Gita: Philosophy, structure and meaning*. Routledge, 2016.