

# **Institute for Science and Spirituality Delhi**

## **COURSE TITLE**

### **SAMKHYA SYSTEM IN SRIMAD BHAGAVATAM**

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

**Total Duration:** 28 Hrs (4 Hours/Week)

**Eligibility:** Undergraduate

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

1. Mr. Parveen Kumar, Co-PI, ISS Delhi
2. Dr. Rashmi Mishra, Research Associate, ISS Delhi
3. Mr. Ansul Agarwal, Research Associate, ISS Delhi
4. Dr. Jyotiranjana Beuria, PI, ISS Delhi

#### **Course Objectives:**

1. To explore in depth the Bhagavad Samkhya Philosophy, including its historical context, key themes, and teachings.
2. To comprehend the profound scientific and metaphysical treatises of the Bhagavad Samkhya.
3. To learn the deep cosmology and universal causality through the texts of Samkhya.
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 Samkhya Philosophy to manage and reduce mental stress, anxiety, and emotional overwhelm in personal and professional life.
6. To explore the concept of Isvara, Jiva, Prakriti, Karma and Kala to learn how to make ethical/dharmic decisions aligned with personal values, both in life and as a high-value leader equipped with morality and patience.
7. To imbibe a healthy lifestyle and practices that promote psycho-physical well-being individually and socially.
8. To gain insights from the Gita on building meaningful and harmonious relationships, enhancing effective communication, and critical thinking.
9. To explore how the timeless wisdom of the Samkhya can be integrated into modern life to foster holistic well-being and overall development of the individual and the society as a whole.
10. To develop mindfulness and meditation practices to enhance self-awareness, inner peace, and to achieve the ultimate goal of life as broadly emphasized in Samkhya Philosophy in Bhagavad Gita and Bhagvatam.

#### **Learning Outcome:**

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

## SYLLABUS

### **Module 1: Introduction to the Samkhya System of Indian Philosophy (2 hours)**

- Historical and cultural context
- Brief overview of the Samkhya system
- Samkhya Philosophical worldview - Realism, Idealism, Materialism, Illusionism etc.

### **Module 2: Elements in Classical Samkhya (4 hours)**

- Theistic Samkhya (Bhagavad Samkhya)
- Atheistic Samkhya (Nirishvara Samkhya)
- Understanding of Purusha and Prakriti in each type

### **Module 3: Fundamentals of Bhagavad Samkhya in Bhagavad Gita (5 hours)**

- Introduction of Bhagavad Gita, character and the context
- Five fundamental truths in Bhagavad Gita
- Elements of Samkhya in Bhagavad Gita
- Knowledge of the Absolute
- Nature, the Enjoyer and the Consciousness
- Tri-gunas of material nature

### **Module 4: Principles of Bhagavad Samkhya in Srimad Bhagavatam (8 hours)**

- Puranic narrative of Kapila muni, the son of Devahuti
- Purpose of learning Bhagavad Samkhya
- Manifestation and unmanifestation of 28 elements (Senses, tanmatras, antahkaran, mahabhutas, tri-gunas, kala, jiva, ishvara)
- Matter, Mind and Consciousness: the nature of causal flow
- Conversation of Hamsa Avatar with the Sons of Brahma
- Teachings of Lord Krishna to Uddhava on Samkhya yoga

### **Module 5: Samkhya and Modern Science (6 hours)**

- Epistemology of Sankhya and methods of Modern science
- Understanding matter in Samkhya system and Modern science
- Causal Reductionism and Causality in Samkhya
- Theory of Perception

### **Module 6: Achintya Bhedabheda Philosophy in Bhagavad Samkhya (1 hour)**

- Introduction to Achintya Bhedabheda Vedanta and its relation with Bhagavad Samkhya

### **Module 7: Bhagavad Samkhya in holistic development and mental health (2 hours)**

- Understanding the Manas (Various Subtle Components of Mind)
- Addressing mental health issues from Samkhya
- Societal appeal of theistic Samkhya system

**References:**

1. Radhanath Phukan, Samkhya Karika of Isvarakrsna (Calcutta: Firma K. L. Mukhopadhyay, 1960)
2. Mike Burley (2012), Classical Samkhya and Yoga - An Indian Metaphysics of Experience, Routledge, ISBN 978-0415648875.
3. Original Sanskrit: Samkhya karika Compiled and indexed by Ferenc Ruzsa (2015), Sanskrit Documents Archives; Samkhya karika by Iswara Krishna, Henry Colebrooke (Translator), Oxford University Press
4. Prabhupada, AC Bhaktivedanta Swami, and Bhaktivedanta Swami. Bhagavad-Gita as it is. Los Angeles: Bhaktivedanta Book Trust, 1972.
5. Prabhupada, AC Bhaktivedanta Swami, and Bhaktivedanta Swami. Śrīmad-Bhāgavatam (Bhāgavata Purāṇa). Los Angeles: Bhaktivedanta Book Trust, 1972.