

**Indian Knowledge System and Mental Health Applications (IKSMHA) Center
IIT Mandi**

COURSE TITLE: BHAGAVATA SANKHYA

Focus Area/Subject Area: Bhagvad Geeta chapter 7,13,14. Srimad Bhagvatam

Credits: 3

Eligibility: B.Tech. (3rd & 4th)/M.Tech./ M.Sc./ MA/ PhD

Details of the Instructor:

Prof. Laxmidhar Behera, Director, IIT Mandi

Course Objectives:

This course offers a holistic comprehension of the the metaphysical doctrines prevalent in the Bhagavad Gītā and Bhāgavata Purāṇa, covering philosophical realms of prakṛti, puruṣa, guṇa, karma, the cosmic evolution and revealing the underlying ontological reality associated with mind and consciousness. This course will also aim to bridge ancient wisdom with present-day challenges, in particular exploring applications in modern mental health frameworks and offering novel insights into addressing prevalent issues.

Learning Outcome:

Students understood the holistic approach of the philosophical aspects but also connected ancient wisdom with modern-day challenges, specifically in the context of mental health. This interdisciplinary approach is commendable

SYLLABUS

Unit 1: Brief history of Indian Philosophy (10 hours)

- Systematic Evolution of Philosophical thought from the Vedas to Upaniṣads
- Overview of six traditional systems of Indian Philosophy
- Sāṅkhya and Yoga connections
- Early Sāṅkhya literature, Patanjali's Yoga sutras and Sāṅkhya metaphysics

Unit 2: Tenets of Bhāgavata Dharma (5 hours)

- New notion of Dharma and historical prominence of devotional literatures

Unit 3: Sāṅkhya and Yoga in the Bhagavad Gītā (8 hours)

- Sāṅkhya meanings in relation to Yoga
- Prakṛti and Puruṣa, kṣetra and kṣetra-jña, guṇa and karma, kṣara and akṣara

Unit 4: Sāṅkhya philosophy in the Bhāgavata Purāṇa (8 hours)

- Reality of the world, purpose of existence, goal of life
- Prakṛti and its Evolution
- Enumeration of elements constituting prakṛti, hierarchical evolution
- Models of perception and cognition within Sāṅkhya
- Role of the subtle mind, role of jīva, intentions and free will

Unit 5: Bhāgavata Sāṅkhya and Theories of Mind (consciousness) (6 hours)

- Fundamental nature of mind and consciousness

Unit 6: Bhāgavata Sāṅkhya and Mental Health Applications (3 hours)

- A holistic approach to mental health by recognizing the interconnection of the body, mind, and spirit
- Recognizing interplay of the three gunas (modes of nature) — sattva (goodness), rajas (passion), and tamas (ignorance), to achieve mental equilibrium.
- Comparison to contemporary holistic mental health approaches.

Unit 7: Culmination of Bhāgavata Sāṅkhya – Pure Bhakti (2 hours)

- Metaphysical basis for Bhakti and its efficacy in transcending the temporary

References:

1. Dasgupta, Surendranath (reprint, 2022), *A History of Indian Philosophy, Volume 1*, Motilal Banarsidass Publishing
2. Dalela, Ashish (2022), *A Scientific Commentary on Sāṅkhya Sūtras*, Shabda Press
3. Stapp, Henry P. (1994). *A Report on the Gaudiya Vaishnava Vedanta: Form of Vedic Ontology*. Bhaktivedanta Institute.
4. Basel, Peter Charles. *The Samkhya System of the Bhagavata Purana*. Diss. University of Iowa, 2012.
5. Gupta, Ravi M. *The Chaitanya Vaishnava Vedanta of Jiva Gosvami: When knowledge meets devotion*. Routledge, 2007.