

### **The Gita: Navigating Life Challenges**

| Course title & code                  | Total Credits | Credit distribution of the course |          |                    | Eligibility Criteria           | Pre-requisite of the course |
|--------------------------------------|---------------|-----------------------------------|----------|--------------------|--------------------------------|-----------------------------|
|                                      |               | Lecture                           | Tutorial | Practical/Practice |                                |                             |
| The Gita: Navigating Life Challenges | 02            | 1                                 | 0        | 1                  | Pass in Class 12 <sup>th</sup> | NIL                         |

#### **Course Objectives**

- To explore the universal principles of the *Bhagawad Gita* and their relevance to modern life challenges across cultural backgrounds
- To develop self-awareness and the spirit to overcome obstacles in personal and professional lives
- To empower students to cope with problems and dilemmas

#### **Learning Outcomes**

- Analyse different stages of self-knowledge identified in the Gita
- Relate solutions provided in the Gita to personal and academic challenges
- Develop a resilient approach to life by embracing values such as equanimity, compassion, and self-awareness.
- Demonstrate improved stress management and mindfulness practices inspired by the Gita's guidance

#### **Syllabus of *The Gita: Navigating Life Challenges***



|                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| <b>UNIT I</b><br><b>• The Context of the Bhagawad Gita</b>                                                                                                                                                                                                                                                                                                                                                                                          | <b>Lectures</b><br><b>4</b> |
| <ul style="list-style-type: none"> <li>○ Understanding the universal relevance of the Gita</li> <li>○ Doubts, fears, apathy and dilemmas as stepping stones to growth and evolution: Arjuna's dilemma and Krishna's guidance</li> <li>○ Practical tools for self-awareness, acceptance and the desire to make an effort (<i>kṛta sadhya</i>) to overcome</li> <li>○ How to act without attachment to the outcome (<i>Nishkama Karma</i>)</li> </ul> |                             |
| <b>UNIT II</b><br><b>• Challenges for the Life Ahead</b>                                                                                                                                                                                                                                                                                                                                                                                            | <b>4</b>                    |
| <ul style="list-style-type: none"> <li>○ Navigating Career Dilemmas and Indecisiveness</li> <li>○ Unhealthy Competition and Peer Pressure</li> <li>○ Poor Self-Esteem and Self-Doubt: <i>Who am I?</i></li> <li>○ Self-discovery and reflections on the concept of <i>Swadharma</i></li> </ul>                                                                                                                                                      |                             |
| <b>UNIT III</b><br><b>• Managing Stress and Negative Emotions</b>                                                                                                                                                                                                                                                                                                                                                                                   | <b>4</b>                    |
| <ul style="list-style-type: none"> <li>○ Aggression, Conflicts and Stress</li> <li>○ Addiction to Substances and Digital Media</li> <li>○ The Gita's teachings on equanimity: Responding to both success and failure</li> <li>○ Managing <i>Sattvika</i>, <i>Rajasika</i> and <i>Tamasika Gunas</i></li> </ul>                                                                                                                                      |                             |
| <b>Unit IV</b><br><b>• The Quest for Balance</b>                                                                                                                                                                                                                                                                                                                                                                                                    | <b>3</b>                    |
| <ul style="list-style-type: none"> <li>○ The practice of <i>Yoga – Yama, Niyama, Pranayama</i> and meditation (<i>Pratyahara, Dhyana, Dharana</i>) as tools for achieving balance.</li> <li>○ The qualities of <i>Sthitapragya</i> – the joyful, energised and purposeful state of being</li> </ul>                                                                                                                                                 |                             |

**Practical/Practice Component**

**(15 sessions of 2 hours each= 30 hours)**



- Students can maintain a journal detailing some of the immediate academic and personal dilemmas they are facing, and attempt to integrate the class discussions on the Gita to those issues
- Students may attempt to write a commentary on any section/verses of the Gita, providing their own interpretation.
- An interesting activity in the form of group discussion can relate around the theme of conflict resolution. Each group can be given a case study.
- Students may be asked to think/write about whom they approach for advice.
- Some practical sessions can be devoted to students trying to discover their *swadharma*. What work would give them joy?
- Meditation exercises
- Any other Practical/Practice as decided from time to time by the teacher

**Note:** Teachers may use the following verses of the Gita to facilitate unit-wise discussions in the classroom.

Unit I

Chapter 2, Verse 47

Unit II

Chapter 18, Verse 14

Chapter 6, Verse 5

Chapter 18, Verse 45

Unit III

Chapter 16, Verse 2

Chapter 2, Verse 62-63

Unit IV

Chapter 6, Verse 6

**The Bhagavadgītā or The Song Divine** (English) Gita Press, Gorakhpur **OR** श्रीमद्भगवद् गीता (साधक हिन्दी टीका), Gita Press, Gorakhpur (Hindi) can be consulted for the above references

#### ESSENTIAL READINGS

1. श्रीमद्भगवद् गीता (साधक हिन्दी टीका), Gita Press, Gorakhpur (as specified in the Note above)
2. **The Bhagavadgītā Or The Song Divine (With Sanskrit Text and English Translation)** Gita Press, Gorakhpur ((as specified in the Note above)



3. Essence of the Bhagavad Gita: A contemporary Guide to Yoga, Meditation and Indian Philosophy by Eknath Easwaran, Nilgiri Press, 2011; pp. 23-32, 105-128, 147-166
4. Swami Chinmayananda, (1996), "Holy Geeta", Central Chinmaya Mission Trust, Mumbai pp. 2-13

**Examination scheme and mode:** Subject to directions from the Examination Branch/University of Delhi from time to time