

The Gita for Sustainable Universe

Course title & code	Total Credits	Credit distribution of the course			Eligibility Criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/Practice		
The Gita for Sustainable Universe	02	1	0	1	Pass in Class 12 th	NIL

Course Objectives

1. To sensitise students about creation and nature.
2. To analyse the idea of sustainability from the perspective of Bhagavad Gita
3. To establish the relationship between human beings and environment.
4. To explore strategies for a sustainable universe

Learning Outcomes

1. Develop insights on the value of sustainability
2. Analyse the elements that contribute to creation and regeneration
3. Formulate ways and means to make the universe sustainable

UNIT I Gita for a <i>Sandharaniya Vishva</i>	Lectures
• <i>Sat</i> - The timeless and universal concepts from Gita • The Ecological Consciousness reflected in Gita • Destruction of Nature – the consequence of Human ignorance, greed and ambitions	4
UNIT II	4
• <i>Prakriti</i> - the Manifestation of Divine Energy	
1. <i>Pancha-mahabhutas</i> - The building blocks of Universe 2. <i>Triguna</i> – the diversity in nature 3. <i>Prakriti</i> – co-relating the external and internal	
UNIT III	3
• <i>Prakriti</i> – The Provider of Resources	
• <i>Prakriti</i> and its gifts to humankind • Reciprocity between <i>Devata</i> (Powers of Nature) and <i>Yajna</i> (Human Action) • <i>Dharma</i> - Humankind's selfless duty to serve and conserve nature	
Unit IV	4
• Inculcating Values for Sustainability	
• Yoga – Way to discipline self and maintain balance • Experiencing Oneness with nature • <i>Samattvam yoga</i> - sharing and using natural resources judiciously • Managing the Ecological Footprint	

Practical/Practice Component

(15 sessions of 2 hours each= 30 hours)

1. Discuss and develop an ecological conservation model on the basis of the Gita.
2. Prepare a video presentation/picture gallery to demonstrate the impact of human beings' interference with the nature.

3. Compare the different entities around you e.g. stone, plants, water, air, etc in terms of the proportion of *Pancha-Mahabhutas* in them. Enlist the characteristics of each *Mahabhuta*.
4. Work in group for one hour everyday to make the earth a better place to live. Present your work through audio-visual presentation.
5. Discuss in class your *Dharma*, as a student as well as a human being, to ensure ecological balance on earth
 - i. Enlist ten daily activities that would lead you achieve your *Dharma*.
 - ii. Make a list of your activities on a given day. Classify them as conducive or obstructive in your pursuit of your *dharma*.
6. Perform a role-play of Krishna-Arjuna dialogue to create awareness of ecological balance.
7. Students are required to watch documentaries and films on the subject-related topics.

Any other Practical/Practice as decided from time to time.

Note: Teachers may use the following verses of the Gita to lead the class discussions unit wise.

(Unit I)

1. 17.26-27
2. 7.4-10, 13.17
3. 2.62-63, 3.12

(Unit II)

1. 13.6
2. 14.5-9
3. 14.4

(Unit III)

1. 3.10-11
2. 3.12-15
3. 3.9-16

(Unit IV)

1. 5.27-28, 6.3, 11-21
2. 11.16, 39
3. 2.48; 17.16

All references have been taken from *SrimadbhagavadgitaSankaraBhasya* (Hindi), Gita Press, Gorakhpur.

Essential Readings

1. Padhy Sachidananda. Ethno-ecological introspection into Bhagawatgeetaa: Principles and components of the ecosystem. J Hum Ecol, 2013, 42(3): 203-209.

- 2 Padhy Sachidananda. Ethno-ecological introspection into Bhagawatgeetaa: Ecological responsibility of human beings. J Biodiversity, 2013, 4(2): 79-82.
- 3 Padhy Sachidananda. Ethno-ecological introspection into Bhagawatgeetaa: 5. Guna (Quality): The metaphysical factor of nature, responsible for diversity. J Hum Ecol, 2014, 45(3): 177-182.
- 4 https://ndl.iitkgp.ac.in/ndl_he
- 5 Essence of the Bhagavad Gita: A contemporary Guide to Yoga, Meditation and Indian Philosophy by Eknath Easwaran, Nilgiri Press, 2011
- 6 SrimadbhagavadgitaSankaraBhasya (Hindi), Gita Press, Gorakhpur.
- 7 SrimadbhagavadgitaRahasaya: B.G. Tilak, Tilak Brothers Publication, Poona.
- 8 The Gita in the Light of Modern Science: R.B.Lal, Somaiya Publication, Bombay.
- 9 श्रीमद्भगवद् गीता (साधक हिन्दी टीका), Gita Press, Gorakhpur
- 10 The Bhagavadgītā Or The Song Divine (With Sanskrit Text and English Translation) Gita Press, Gorakhpur

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