

Leadership Excellence Through the Gita

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

Course Objectives

1. To demonstrate how Bhagavat Gita conceptualizes leadership and its role in developing the self and society
2. To build skills and competencies for leadership excellence
3. To illustrate the importance of righteousness, ethics and compassion through the wisdom of Gita

Learning Outcomes

1. Analysis of one's strengths and weaknesses as a leader (SWOC of Self)
2. Develop leadership techniques
3. Becoming ethical and compassionate leaders
4. Identify the qualities of a responsible leader

Syllabus of *Leadership Excellence Through the Gita*

UNIT 1- Decoding Leadership through Gita	Lectures 5
<ul style="list-style-type: none"> Defining the role of a leader in terms of <i>Dharma</i>, <i>Adharma</i> and <i>Arajkata</i> and <i>Loksangrah</i> Understanding the nuances of <i>Dharma</i>: Concept of <i>Swa-Dharma</i>, <i>Ashrama-Dharma</i> and <i>Apad-Dharma</i> (Extraordinary situations): Rights and Responsibilities Excellence in a leader –Concepts of <i>Karma</i>, <i>Vikarma</i> and <i>Akarma</i> 	
<ul style="list-style-type: none"> UNIT 2: Developing Leadership Qualities 	4
<ul style="list-style-type: none"> Leader a <i>Karmayogi</i>: Aspirational, Focused, Compassionate and Equanimous <i>Triguna</i> model: <i>Sattva</i>, <i>Rajas</i>, <i>Tamas</i> Nurturing excellence in leadership by: <ul style="list-style-type: none"> a. Reducing <i>Tamas</i> b. Balancing <i>Rajas</i> c. Increasing <i>Sattva</i> 	
UNIT III Ethical and compassionate Leadership	3
<ul style="list-style-type: none"> <i>Yajna</i> – Give back to nature <i>Dana</i> – Give back to Society <i>Tapas</i>- Remove weakness in self 	
Unit IV Case Studies of Leaders from Modern Bharat	3
<ul style="list-style-type: none"> Lessons from life – Swami Vivekanand, Gandhi, APJ Abdul Kalam, Ratan Tata 	

Practical/Practice Component

(15 sessions of 2 hours each= 30 hours)

- Students will do a SWOC (Strength, Weakness, Opportunity and Challenges) analysis of their personality as a Leader. Make a list of Opportunities (O) available to you for nurturing excellence in leadership.
- Students will share a story with the class when in a difficult situation they took responsibility and displayed excellence as a leader.
- Based on *Dharma* and *Swadharma* concepts students will make a list of the rights and responsibilities associated with them at the level of Self and Family.
- As a youth how can you contribute towards the wellbeing of your community /campus (*lokasangraha*).
- Sit in a group and discuss: (a) what are the *Tamasik* behaviors that you and your friends have and would like to reduce.
- What changes can you make in your lifestyle (diet, habits and activities) to increase *Satwik guna* in your personality.
- Practice Single Pointedness and Focus: Sit with your eyes closed and focus your attention unwaveringly on one particular sound that is there in your immediate environment.
- Keep your attention on your breath while breathing in and breathing out. Do this 20 times (10 rounds). This will develop stability of the mind and balance emotions.
- Plan some activities for the wellbeing of the campus which you as a student (or part of team) can do voluntarily to inculcate the spirit of *yajna* (*Sewa*). OR to practice the attitude of *tapasya* take up a project for the good of others and work on it without expecting rewards with full dedication for a few months.
- Find ways of developing an attitude of *dana*.

- Make a timetable for yourself for the next three months showing the things that you will do to develop your leadership skills.
- Any other Practical/Practice as decided from time to time by the teacher

Essential Readings

1. *The Message of the Gita as interpreted by Sri Aurobindo*. Shri Aurobindo Ashram Publication Department, Pondicherry
2. *The Bhagawad Geeta Chapter XVIII* by Swami Chinmayananda. Central Chinmaya Mission Trust, MUMBAI.
3. *Talks on the Gita* by Vinoba Bhave
https://www.mkgandhi.org/talksongita/talk_gita.php
4. *Essays on The Gita* by Shri Aurobindo. Shri Aurobindo Ashram Publication Department, Pondicherry.
5. *The Bhagavad Gita for Daily Living*. Eknath Easwaran. Vols I, II & III. Jaico Publishing House
6. *Bhagavad-gita (with Vaishnava commentaries)* by Narayana Gosvami, MLBD, 2013
7. श्रीमद्भगवद् गीता (साधक हिन्दी टीका), Gita Press, Gorakhpur
8. *The Bhagavadgītā Or The Song Divine (With Sanskrit Text and English Translation)* Gita Press, Gorakhpur

Suggested Readings

1. From *The Bhagavad Gita for Daily Living* by Eknath Easwaran. Vols I, II & III. Jaico Publishing House
 - Dharma & Swadharma. Pages 196 & 197; Slokas 35,36 &38 (Chapter 3)
 - Karma, Vikarma & Akarma Pages 245,24, & 247; Slokas 16,17&18, (Chapter 4)
2. From *The Bhagawad Geeta, Chapter XVIII* by Swami Chinmayananda. Central Chinmaya Mission Trust, MUMBAI.
 - The Triguna theory - Satwik, Rajasik , Tamasik Gunas
 - Three types of Karma- Page 46, Sloka 23, 24, & 25 (Chapter 18)
 - Three types of Actors- Page 52 Sloka 26, 27, 28 (Chapter18)
 - Three types of Bhuddhi- Page 60, Sloka 30,31, & 32 (Chapter 18)
 - Three types of Dhriti- Page 66, Slokas 33,34 &35 (Chapter 18)
 - Three types of Happiness- Page 72, Slokas 36,37&3 (Chapter 18)

- Varna Ashram, Pages 88,89, & 90 Sloka; 41,42, & 43 (Chapter 18)
3. From *Talks on the Gita* by Vinoba Bhave
- https://www.mkgandhi.org/talksongita/talk_gita.php
- Karmayogi. Pages 37-45 (Chapter 3)
 - *Yajna, Dana & Tapasya*. Pages 229, 230 & 231; Sloka 11 to 26 (Chapter 17)

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