

**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> <ul style="list-style-type: none"> <li><b>The Context of the Bhagawad Gita</b></li> </ul>	<b>Lectures</b> <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>krta sadhya</i>) to overcome</li> <li>How to act without attachment to the outcome (<i>Nishkama Karma</i>)</li> </ul>	
<b>UNIT II</b> <ul style="list-style-type: none"> <li><b>Challenges for the Life Ahead</b></li> </ul>	<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> <ul style="list-style-type: none"> <li><b>Managing Stress and Negative Emotions</b></li> </ul>	<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> <ul style="list-style-type: none"> <li><b>The Quest for Balance</b></li> </ul>	<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 1

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