

DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES

Course Code	HSAU17
Course Title	Teachings of Gita
Number of Credits	2 (2L + 0T)
Prerequisites (Course Code)	----
Course Category	AUDIT COURSE(AU)

Semester: Odd/Even

Internal: 50 Marks

Total: 50 Marks

Course Objectives

- To develop a deeper understanding of the *BhagavadGita*.
- To inculcate the teachings of the *BhagavadGita* in real life in order to lead a more meaningful and spiritual life.
- To initiate a culture of contemplation and spirituality for maintaining a balance between material and spiritual needs.

Unit-I: Introduction to Bhagavad Gita

Bhagavad Gita: Meaning, Origin and History. Reading and understanding of the text, analysis of the Bhagavad Gita with reference to the age in which it was composed and its contemporary relevance. Ethical Teachings of Bhagavad Gita.

Unit-II: Teachings of Bhagavad Gita: Chapter 2

The focus will be on how teachings of Gita as mentioned in Chapter 2 can be applied to overcome problems in real life like management of stress, control over mind, ethical decision making, leadership skills and problems of justice etc. Concept of Jyanayoga, Karmayoga and Bhaktiyoga.

Unit-III: Teachings of Bhagavad Gita: Chapter 3

The focus will be on how teachings of Gita as mentioned in Chapter 3 can be applied to overcome problems in real life like management of stress, control over mind, ethical decision making and leadership skills etc.

Course Outcomes

At the end of the Course, students will be able to develop an understanding of the *Bhagavad Gita* and they will learn to implement the teachings of the *Bhagavad Gita* in real life situation.

Reference Books

1. Sri Aurobindo, "Bhagavad Gita and Its Message" by Shri Aurobindo. Lotus Publishers, 1996.
2. Shrimad Bhagavad Gita, Geeta Press, Gorakhpur, 1923.
3. Juan Macaro, The Bhagavad Gita, Penguin Books, 2003.
4. PanditAryamuni, Vedic Gita, 2019.
5. Jack Hawley, The Bhagavad Gita: A Walkthrough for Westerners, New World Library, 2011.