

C-4
Self-Management in the Gītā
(12131202)

Max. Marks : (75+ 25 = 100)

Credits : Lectures 60 + Tutorials 12

[A] Course Objectives:

The objective of this course is to study the philosophy of self-management in the Gītā. The course seeks to help students negotiate the text independently without referring to the traditional commentaries so as to enable them to experience the richness of the text.

[B] Course Learning Outcomes:

This course will help students to learn to read the Gītā as a multipolar text which is open to several alternative interpretations.

This course will equip them with the practical skills to negotiate conflicts and emotional disturbances and define and pursue their goals with clarity and dedication. The course will instill leadership qualities in learners and also help them to grow as balanced and successful human beings who can face the challenges of life successfully.

[C] Contents:

Unit: I	Gita: Cognitive and Emotive apparatus:	Credit : 08
	<ul style="list-style-type: none"> • Hierarchy of Indriya, Manas, Buddhi and Atman III.42; XV.7 • Role of the Atman - XV.7, XV.9 	
Unit: II	Gita: Cognitive and Emotive apparatus :	Credits : 08
	<ul style="list-style-type: none"> • Mind as a product of Prakriti VII.4 • Properties of three Gunas and their impact on the Mind- XIII. 5-6; XIV.5-8, 11-13; XIV.17 	
Unit: III	Gita: Controlling of the Mind :	Credits : 16
	<ul style="list-style-type: none"> • Confusion and Conduct, Nature of Conflict I.1; I.45; II.6, IV.16 • Casual Factors- Ignorance- II.41; Indriya- II.60, Mind- II.67; Rajoguna- III.36-39; XVI.21; Weakness of Mind- II.3, IV.5 	

Unit: IV Means of Controlling the Mind: Credits : 08

- Meditation Difficulties- VI.34-35; Procedure VI.11-14
- Balanced Life- III.8
- Diet Control- XVII.8-10
- Physical and Mental discipline- VI.36, XVII.14-19

Unit: V Means of Conflict Resolution : Credits: 10

- VI-42
- Importance of Knowledge- II.52; IV.38-39;
 - Clarity of Buddhi- XVII.30-32
 - Process of Decision Making- XVIII.63
 - Control over Senses- II.59, 64
 - Surrender of Kartṛbhava- XVIII.13-16, V.8-9
 - Desirelessness- II.48; II-55
 - Putting others before Self- III.25

Unit: VI Gītā: Self-management through devotion: Credits : 10

- Surrender of Ego- II.7, II.47, VIII.7, IX.27, XI.55,
- Abandoning frivolous Debates- IV.11, VII.21, IX.26
- Acquisition of Moral Qualities- XII.11, XII.13-19

[D] Suggested Books/Readings:

Compulsory Readings:

1. श्रीमद्भगवद्गीता
2. Panchamukhi, V.R.- Managing One-Self (Śrīmadbhagavadgītā: Theory and Practice), R.S. Panchamukhi Indological Research Centre, New Delhi & Amar Grantha Publications, Delhi, 2001.

Additional Resources:

1. Śrīmadbhagavadgītā , The Scripture of Mankind, text in Devanagari with transliteration in English and notes by Swami Tapasyananda, Sri Ramakrishna Math, 1984.
2. Śrīmadbhagavadgītā - English commentary by Jayadayal Goyandka, Tattvavivecinī Gītā Press, Gorakhpur, 1997.
3. श्रीमद्भगवद्गीतारहस्य और कर्मयोगशास्त्र — बालगङ्गाधर तिलक, अपोलो प्रकाशन, दिल्ली, 2008.
4. Śrīmadbhagavadgītārahasya or Karmayogaśāstra - The Hindu Philosophy of Life, Ethics and Religion, Original Sanskrit Stanzas with English Translation, Bal Gangadhar Tilak & Balchandra Sitaram Sukthankar, J.S.Tilak & S.S.Tilak,1965.
5. Śrīmadbhagavadgītā - A Guide to Daily Living, English translation and notes by Pushpa Anand, Arpana Publications, 2000.
6. Chinmayananda - The Art of Man Making (114 short talks on the Bhagavadgītā), Central Chinmaya Mission Trust, Bombay, 1991.
7. Sri Aurobindo - Essays on the Gītā, Sri Aurobindo Ashram, Pondicherry, 1987.
8. Srinivasan, N.K. - Essence of Śrīmadbhagavadgītā : Health & Fitness (commentary on selected verses), Pustak Mahal, Delhi, 2006.

[E] Teaching Learning Process

1. Students shall read the text at home and prepare discussion points
2. Teachers and students will read the text in the class – analyzing all grammatical structures
3. Teachers will help students in disjoining sandhis and dissolving compounds
4. Teachers will discuss the themes occurring in various verses in the class and involve students in the discussion
5. Teachers will give an overview of each topic as a lecture
6. A case study based approach may be encouraged to enable students to connect themes and ideas of the text with real life issues.

[F] Weekly Plan

- Week 1 – Unit 1
 Week 2 – Unit 1
 Week 3 – Unit 2
 Week 4 – Unit 2
 Week 5 – Unit 3
 Week 6 – Unit 3
 Week 7 – Unit 4
 Week 8 – Unit 4
 Week 9 – Unit 5
 Week 10 – Unit 5
 Week 11 – Unit 6
 Week 12 – Unit 6

[G] Assessment Method				
	I.	Basic Structure of Question Paper & Division of Marks		75
		i.	Explanation -3 (Unit-1 to 6)	3 x 8 = 24
		ii.	Long Question-3 (Unit-1 to 6)	3 x 10 = 33
		iii.	Short Notes- 2 (Unit-1 to 6)	2 x 3= 6
		iv.	Critical Question to be answered in Sanskrit -1	07
		v.	Short answer Type Questions 2	05
	II	Internal Assessment (Project/Discussion/Assignment/ paper presentation/ Periodic tests etc.)		25
		Total Marks : (I+II)		(75+25) = 100

[H] Keyword

Gita, Self Managemnt, Ignorance, Mind, Meditation, Balanced Life, Desirelessness, Devotion, Ego, Frivolous Debates. Gunas etc.