

Course Modules:

Unit 1: Introduction to Bhagavad-Gītā and Sanskrit Basics

Origins and significance; Overview of Mahabharata; Basics of Sanskrit language; Pronunciations and grammar.

Unit 2: Arjuna's Dilemma (Chapter 1)

The setting of Kurukshetra; Arjuna's observations; Emotional conflicts and ethical issues.

Unit 3: Transcendental Knowledge (Chapter 2)

Sankhya yoga; Nature of soul; Concepts of Dharma and Karma; Significance of detached action.

Unit 4: Path of Devotion (Chapter 3)

Karma Yoga; Duty and righteousness; The balance of action and inaction.

Unit 5: Approaching the Ultimate Truth (Chapters 4-5)

Knowledge and renunciation; Concepts of Yagna and selfless action; Jnana yoga vs. Bhakti yoga.

Unit 6: The Science of Self-Realization (Chapter 6)

Dhyana Yoga; Practices and principles of meditation; Achieving spiritual equilibrium.