

## Course Modules:

### Unit 1: Brief history of Indian Philosophy

- Systematic Evolution of Philosophical thought from the Vedas to Upaniṣads
- Overview of six traditional systems of Indian Philosophy
- Sāṅkhya and Yoga connections
- Early Sāṅkhya literature, Patanjali's Yoga sutras and Sāṅkhya metaphysics

### Unit 2: Tenets of Bhāgavata Dharma

- New notion of Dharma and historical prominence of devotional literatures

### Unit 3: Sāṅkhya and Yoga in the Bhagavad Gītā

- Sāṅkhya meanings in relation to Yoga
- Prakṛti and Puruṣa, kṣetra and kṣetra-jñā, guṇa and karma, kṣara and akṣara

### Unit 4: Sāṅkhya philosophy in the Bhāgavata Purāṇa

- Reality of the world, purpose of existence, goal of life
- Prakṛti and its Evolution
- Enumeration of elements constituting prakṛti, hierarchical evolution
- Models of perception and cognition within Sāṅkhya
- Role of the subtle mind, role of jīva, intentions and free will

### Unit 5: Bhāgavata Sāṅkhya and Theories of Mind (consciousness)

- Fundamental nature of mind and consciousness

### Unit 6: Bhāgavata Sāṅkhya and Mental Health Applications

- A holistic approach to mental health by recognizing the interconnection of the body, mind, and spirit
- Recognizing interplay of the three gunas (modes of nature) — sattva (goodness), rajas (passion), and tamas (ignorance), to achieve mental equilibrium.
- Comparison to contemporary holistic mental health approaches.

### Unit 7: Culmination of Bhāgavata Sāṅkhya – Pure Bhakti

- Metaphysical basis for Bhakti and its efficacy in transcending the temporary