

## Course Modules:

S. No	Topic	Sub-topics
1	Introduction to Shad Darshana, Yoga and Vedanta	<ul style="list-style-type: none"><li>● Darshana Shastras<ul style="list-style-type: none"><li>○ Introduction to the 6 Philosophical Systems and the core concepts in each system: Nyaya, Vaisheshika, Yoga, Sankhya, Mimamsa and Vedanta</li></ul></li><li>● Position of Yoga and Vedanta in the Darshana shastra<ul style="list-style-type: none"><li>○ Introducing the core concepts in Yoga and Vedanta Philosophical systems and a map of various texts available in each system</li></ul></li><li>● Purushartha: Goals of Human Life<ul style="list-style-type: none"><li>○ Understanding the 4 goals of human life: Dharma (ethics/duty/responsibility/sustainability), Artha (purpose/wealth), Kama(pleasure), Moksha(freedom from limited identities)</li><li>○ The relevance of Purushartha in a student's life and larger context of modern society</li></ul></li></ul>
2	Sadhana Chatushtaya	<ul style="list-style-type: none"><li>● Qualifications for a student ready to contemplate on oneself<ul style="list-style-type: none"><li>○ Sadhana Chatushtaya: Viveka, Vairagya, Shatsampati and relevance to contemporary students and seekers</li><li>○ Illustrating qualities through relevant stories and anecdotes</li></ul></li><li>● Inner attitude and approach to contemplation<ul style="list-style-type: none"><li>○ How Sadhana Chatushtaya can prepare one for contemplative practices</li></ul></li><li>● <i>Contemplative practices-1</i></li></ul>
3	Tattva Viveka	<ul style="list-style-type: none"><li>● Understanding the foundational principles of reality<ul style="list-style-type: none"><li>○ Looking at reality through frameworks in the Darshana Shastras especially Yoga and Vedanta</li><li>○ Understanding terminologies like Purusha-Prakriti, Jiva, Karma etc through technical definitions in source texts</li></ul></li><li>● Understanding the substratum of all experiences in life and making sense of life<ul style="list-style-type: none"><li>○ Understanding Vrittis and Kleshas from the Yogasutra</li><li>○ How Vrittis and Kleshas color our life experiences</li></ul></li><li>● <i>Contemplative practices-2</i></li></ul>
4	Koshas and Shareera	<ul style="list-style-type: none"><li>● Tri shareera<ul style="list-style-type: none"><li>○ Understanding sthula, sukshma and karana shareera</li></ul></li></ul>

		<p>through</p> <ul style="list-style-type: none"> <li>• Panchakosha <ul style="list-style-type: none"> <li>○ Understanding Annamaya, Pranamaya, Manomaya, Anandamaya, Vijnanamaya koshas and relevant tools (yogic and contemplative practices) for all koshas</li> </ul> </li> </ul>
5	Avastha Traya	<ul style="list-style-type: none"> <li>• States of Consciousness <ul style="list-style-type: none"> <li>○ Jagrat, Swapna, Sushupti avastha from various source texts including Yogasutra, Mandukya Upanishad and Tattva Bodha</li> </ul> </li> <li>• Inquiry into “Who Am I” <ul style="list-style-type: none"> <li>○ Introduction to self-inquiry through “who am i” leading to understanding according to definition of jivatma in tattva bodha (not the body, not the mind etc)</li> </ul> </li> <li>• <i>Contemplative practices-3</i></li> </ul>
6	Pindanda and Brahmanda	<ul style="list-style-type: none"> <li>• Microcosm and Macrocosm <ul style="list-style-type: none"> <li>○ Why is it said that the microcosm and macrocosm are the same : as per upanishad and vedantic texts</li> </ul> </li> <li>• Understanding one’s role in the family and society and place in the universe</li> <li>• <i>Contemplative practices - 4</i></li> </ul>
7	Transcending Limitations	<ul style="list-style-type: none"> <li>• Going beyond limited identities <ul style="list-style-type: none"> <li>○ Moksha as defined in Yogic and Vedantic traditions</li> </ul> </li> </ul>
8	Bhagavad Gita	<ul style="list-style-type: none"> <li>• Insights on purpose of one’s life from the Bhagavad Gita <ul style="list-style-type: none"> <li>○ Understanding Swadharma through verses from the Bhagavad Gita</li> <li>○ Understanding Satva, Rajas and Tamas from Bhagavad Gita</li> </ul> </li> </ul>