

**AD806 BHAGAVAD GITA: A HANDBOOK FOR A PURPOSEFUL LIFE 4-0-0- 4**

*OBJECTIVES: To provide a comprehensive overview of the Gita and to familiarize the students with the pathways to Divinity as revealed in the Bhagavad Gita.*

**Unit 1**

Introduction to Bhagavad Gita - Arjuna Vishaada Yoga - Sankhya Yoga - Karma Yoga

**Unit 2**

Jnana Karma Sannyasa Yoga - Karma Sanyaasa Yoga - Dhyana Yoga - Jnana Vigyaana Yoga

**Unit 3**

Aksharabrahma Yoga - Raja Vidhya Raja Guhya Yoga - Vibhuti Yoga - Vishwarupa Darshana Yoga

**Unit 4**

Bhakthi Yoga - Kshetra Kshetragna Vibhaaga Yoga - Guna Traya Vibhaaga Yoga - Akshara Purushottama Yoga

**Unit 5**

Daivaasura Sampad Vibhaaga Yoga - Shraddha Traya Vibhaaga Yoga - Moksha Sannyasa Yoga

**TEXT BOOKS/ REFERENCES:**

1. Swami Chinmayananda, "The Holy Geeta", Central Chinmaya Mission Trust, 2002.
2. Swami Ramakrishnananda Puri, "The Timeless Path", Mata Amritanandamayi Mission Trust, 2009.
3. Swami Chinmayananda, "A Manual of Self Unfoldment", Central Chinmaya Mission Trust, 2001.
4. Swami Ramakrishnananda Puri, "Eye of Wisdom", Mata Amritanandamayi Mission Trust, 2007.