

## Exploring the Bhagavad Gita: Insights for Personal and Professional Development

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**Office Hours:** As per availability

**Course Objective:** This is a 3-unit course. The objective of the course is to provide participants with a comprehensive understanding of the teachings of the Bhagavad Gita and explore its profound wisdom in the context of personal and professional development. This course aims to provide participants with a deeper understanding of the Bhagavad Gita's teachings and their practical applications. By the end of the course, participants will be equipped with valuable insights and tools derived from the Bhagavad Gita to enhance personal growth and excel in their professional lives.

**Key Learning Outcomes:**

- Familiarity with the Bhagavad Gita
- Philosophical Exploration
- Self-Reflection and Inner Development
- Applying Lessons to Professional Life
- Ethical Considerations and Well-Being

**Prerequisite:** Hindi and English (AB202).

**Textbook:** Recommended book for this course is

- 1) Bhagwad Geeta and Management, Vinod Malhotra: What They Should Teach in B School, Pentagon Press
- 2) Shreemadbhagwadgeeta, Geeta Press, Gorakhpur

**Coursework:** It will include lectures, quizzes, and exams. Students need to come prepared daily for the class. They need to cover the previous day's lectures and are highly encouraged to ask questions in class to clear up their doubts. This course will consist of an online lecture (1 hour and 30 minutes twice a week).

## Course Policies:

- 1) Promptness and attentiveness are mandatory.
- 2) Laptops/Tablets are welcome; cellphones off (or put on vibrate mode).
- 3) Attend all class meetings – If unavoidably absent, inform the class instructor and follow his guidance to fulfill the documentation for missed class.
- 4) All missed classes must be made up. Obtain the PowerPoint presentation for the class, refer to the week's study guide, and if possible, ask a classmate to borrow his/her notes from the class. Write a one-page summary of the content of the class, highlighting the key points or ideas. Submit this to your instructor (Email: [adwivedi@inads.org](mailto:adwivedi@inads.org))

**Exams:** There will be two exams. The final exam will be 2 hours, and the mid-semester exam will be 1 hour. All the exams start at the designated time.

Exam I	Mid-semester exam
Final	End of the semester

**Quizzes:** There will be two quizzes. Students need to submit their quiz within the allotted time.

The tentative schedule for the quizzes in this class is as follows.

Quiz 1	7 <sup>th</sup> week of the semester
Quiz 2	12 <sup>th</sup> week of the semester

**Presentation:** Each student needs to select their topic after consultation with the instructor. They need to present their topic in front of the instructor and students.

**Grading Policy:** Course grades will be assigned based on the cumulative score of homework, quizzes, exams, and the final.

Homework	20%
Quizzes	25%
Midterm Exam	20%
Final	20%
Report	10%
Attendance and behavior	5%

Final grading will be as follows (**tentative**):

A+ = > 95%, A = 91 - 95%, B+ = 86 - 90%, B = 81 - 85%, B- = 76 - 80%, C+ = 71 - 75%, C = 66 - 70%, C- = 60 - 65%, D < 60% and Fail < 50%.

## **Tentative Course Schedule:**

### Week 1: Course Introduction and Overview

- Introduction to the course, syllabus review, and expectations
- Overview of the Bhagavad Gita and its significance in Hindu philosophy

### Week 2: Chapter 1 - Introduction to the Bhagavad Gita

- Understanding the context and background of the Bhagavad Gita
- Analysis of the characters, setting, and key themes introduced in Chapter 1

### Week 3-4: Chapter 2 - Fundamental Values in the Bhagavad Gita

- Exploration of the fundamental values presented in Chapter 2, such as duty (Dharma) and self-realization (Atman)
- Reflection on the relevance of these values in personal and professional life

### Week 5-6: Chapter 3 - Karmayoga: The Path of Selfless Action in the Bhagavad Gita

- Study of Karmayoga as described in Chapter 3, emphasizing selfless action and detachment from results
- Examination of practical techniques for implementing Karmayoga in daily life and work

### Week 7: Quiz and Mid-Semester Exam

### Week 8-9: Chapter 4 - Entrepreneurial Skill in the Bhagavad Gita

- Analysis of the entrepreneurial skills and qualities discussed in Chapter 4
- Exploration of the Gita's teachings on decision-making, risk-taking, and adaptability in entrepreneurship

### Week 10-11: Chapter 5 - Administrative Skill in the Bhagavad Gita

- Understanding the principles of effective administration and leadership in Chapter 5
- Application of these principles to organizational contexts and managerial roles

### Week 12: Quiz and Open Discussion

### Week 13: Contemporary Relevance and Application

- Exploration of the Bhagavad Gita's contemporary relevance in areas such as ethics, decision-making, and leadership
- Discussion of case studies and real-world examples showcasing the practical application of the Gita's teachings

### Week 14: Course Wrap-up and Assessment

- Recap of the course content and key takeaways
- Final assessment (essay, exam, or project) to evaluate understanding and application of the Bhagavad Gita's teachings
- Final Semester Exam

## Topics:

- 1) Development of Bhagwadgeeta in Indian Philosophy
- 2) Varn Dharm
- 3) Varn vs Caste Theory
- 4) Definitions of Gyan, Karma, and Bhakti
- 5) Karm, Akarm, and Vikarm Theory
- 6) Anasakt Karmyog and Its Comparison with Kantian Duty for Duties Sake
- 7) Businessman vs Entrepreneur
- 8) Essential qualities of Entrepreneurship
- 9) Administration and Its Prior Qualities

**Academic Conduct:** The Institute of Advanced Sciences (INADS) rules and regulations described in the Academic Conduct Code will be strictly enforced. Students are advised to review the institute's academic code of conduct, including the definitions of academic misconduct as well as the protocol for handling violations. Academic dishonesty or cheating of any type will not be tolerated. Any student participating in **any form** of dishonesty will receive a zero for the exam in question. If a person is caught a second time, a semester grade of "F" will be given for the course. Every instance of academic dishonesty is reported to the Academic Standards Committee, which may impose further penalties. This applies to all forms of academic engagement in the class. While the sharing of data and discussion of data and its interpretation is encouraged, **all** written material, including graphs, tables, and reports, must be from your hand and represent your independent work.

Students are encouraged; otherwise, classroom instructors should be addressed as "Professor" – it's a title they have earned. Students should arrive at class on time and prepared to contribute. Always exercise academic honesty. Conversations not relevant to the class, as well as the passing of notes, are disrespectful and disruptive to both the professor and classmates. Food and drinks should be left outside the classroom. At all times, students should ensure that they are respectful of their classmates and the professor.

Members of the Faculty are encouraged to hold themselves to the following behaviors: Plan to be on time and prepared for class. Keep consistent office hours or establish additional hours when they need to be altered and be sure to make these additional hours known. Return papers and exams expediently; it's the easiest way for a student to assess his or her strengths and weaknesses and adjust study habits accordingly. Faculty should model the behaviors students are held to regarding classroom respect, including eating, cellphone use, and irrelevant conversation. Respect the fact that students have varied learning styles and appreciate varied approaches to the teaching/learning process. Attempt to keep to the syllabus so students who have planned ahead will have used their time wisely. Be mindful that personal biases do not affect interactions with students.

**Phone Policy:** Cell phones should be turned off or silenced or vibrate mode when in the classroom. If you are on call for work or have a personal emergency that requires you to have your cell phone on, please lower the volume on your device and sit near an exit.

**How to Succeed in Class:** To succeed, it is important to study consistently and effectively. Here are some suggestions for effective studying.

- ▶ Before class, ***read the suggested chapter*** and lecture notes. Focus on general concepts rather than getting lost in the details. This “priming” exercise will make the lecture easier to follow.
- ▶ ***Attend class*** faithfully. As soon as possible after the lecture, go over your notes and fill in parts that you do not fully understand using material from the textbook that applies to the topic covered in the lecture. If you did not understand something, also review the lecture video and study the Clicker questions that are designed to help you learn important concepts.
- ▶ ***Writing is important to learning.*** Highlighting sentences with a marker pen is not an effective way to transfer knowledge to the brain. Rather, putting concepts into your own words and writing them down results in your assimilating the concepts and recognizing relationships among concepts.
- ▶ Making ***flash cards*** is one version of using writing to learn concepts and recognize relationships. Picking out the most important concepts and putting them in your own words and writing them down is a powerful learning tool. Try pulling random cards from the stack and ask yourself, “How do these ideas relate to each other?”
- ▶ ***Study groups*** are recommended. Although certain concepts in biochemistry can be memorized, the majority must be learned, and discussing biochemistry with others is a good way to learn. Join a discussion group.
- ▶ ***Complete the problem sets*** provided in the course packet. Research has shown that working through problems is one of the best ways to prepare for a multiple-choice exam.
- ▶ Taking ***accurate and complete notes*** and asking questions are part of the learning process. If you do not understand a topic that was presented in class, ***ask questions***.

**\*All students at INADS World Campus (IWC) are expected to live up to the highest standards of academic honesty.**