



GUJARAT TECHNOLOGICAL UNIVERSITY

Program Name: Bachelor of Science

Level: Under Graduate

Branch Name: Honors/ Honors With Research (Biotechnology)

Course / Subject Code: BS01001081

Course / Subject Name: Bhagvad-Gita and Life Management

W.e.f. Academic Year:	2024-25
Semester:	1
Category of the Course:	Indian Knowledge Systems

Prerequisite:	Students should have a general understanding of Indian scriptures and an interest in personal development through spiritual and ethical learning.
Rationale:	This course introduces the profound teachings of the Bhagavad Gita as a guide for life management. The focus will be on applying the Gita's teachings in personal, academic, and professional life. Students will learn about self-discipline, leadership, emotional balance, and ethical decision-making as prescribed in the Gita.

Course Scheme:

Teaching Scheme			Total Credits	Assessment Pattern and Marks				Total Marks
L	T	PR		Theory		Practical		
			ESE (E)	PA(M)	ESE (V)	PA (I)		
2	0	0	2	50	50	0	0	100

Course Outcome:

After Completion of the Course, Student will able to:

Sr. No	Course Outcomes	RBT Level
1	Understand the core principles of the Bhagavad Gita and apply them in life management	UNAPAN
2	Develop emotional intelligence and self-discipline based on Gita's teachings	UNAPAN
3	Make ethical decisions and perform duties with mindfulness and responsibility	UNAPAN

*RM: Remember, UN: Understand, AP: Apply, AN: Analyze, EL: Evaluate, CR: Create

Sr. No.	Course Content	No. of Hours	% of Weightage
1	Introduction to the Bhagavad Gita - Overview of the Gita's structure and key messages - Historical context and its relevance in modern life	5	20%
2	Self-Management and Discipline (Atma-Sanyam)	5	16%



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	- Managing desires, emotions, and ego - Concept of selfless action (Nishkam Karma)		
3	Leadership and Duty (Dharma) - Responsibilities in personal and professional life - Aligning individual goals with higher purpose	4	16%
4	Emotional Balance (Sthitaprajna) - Maintaining mental peace amidst challenges - Role of meditation and detachment	4	14%
5	Decision-Making and Ethics - Ethical decision-making based on Gita's teachings - Overcoming doubts and confusion (Arjuna's dilemma)	4	14%
6	Practical Applications of the Gita in Daily Life - Applying Gita's lessons in studies, work, and relationships	4	10%
7	Work-Life Balance (Karma Yoga) - Balancing material duties with spiritual growth	4	10%

Reference Books:

1. Bhagavad Gita As It Is by A. C. Bhaktivedanta Swami Prabhupada
2. The Essence of the Gita by Swami Vivekananda
3. Life Management Through Bhagavad Gita by Swami Mukundananda