



**Darrang College
(Autonomous),
Tezpur-784001**

Syllabus for Certificate Course

**Course Name: Personality Development and
Self Management through Gita**

SYLLABUS (CERTIFICATE COURSE)

This course is designed with the objective of personality development and Self-management of the learners by stimulating potential and build confidence through the teachings imparted in the Gita.

Unit I

- Surrender of ego
- Abandoning frivolous debates
- Acquisition of moral qualities

Unit II

- Hierarchy of *indriya*, *manas*, *buddi* and *atman*
- Role of the *atman*
- Mind as a product of *prakriti*
- Properties of three *gunas* and their impact on the mind

Unit III

- Nature of conflict
- Causal factors - Ignorance, *Indriya*, Mind, *Rajoguna*, Weakness of mind
- Means of controlling the mind- Meditation - difficulties, procedure, Balance life, Diet control, Physical and mental discipline
- Means of conflict resolution - Importance of knowledge, Clarity of *buddhi*, Process of decision making, Control over sense, Surrender of *kartribhava*, Desirelessness.

Unit IV

- Personality and confidence building through Spoken Sanskrit
- Recitation of the selected verses of the Gita

Suggested Books/ Readings

1. Srimadbhagavatgita – English commentry by Jayadaya Goyanka, Tattvavivecini Gita Press, Gorakhpur, 1997.
2. Srimadbhagavatgitabhasya – The Hindu Philosophy of Life, Ethics and or Karmayogasasta Religion, Original Sanskrit Stanzas with English Translation, Bal Gangadhara & Balchandra Sitaram Sukthankar.
3. Srimadbhagavatgita Yathayath by His Divine Grace A. C. Bhaktivedanta Swami Prabhupada Assamese Translation Dr. Mukundha Madhav Sharma, Bhaktivedanta Book Trust, Guwahati.
4. Srimadbhagavatgita Yathayath by His Divine Grace A. C. Bhaktivedanta Swami Prabhupada, English Translation, Bhaktivedanta Book Trust.
5. Sri Aurobindo- Essays on the Gita, Sri Aurobindo Ashram, Pondicherry.

Signature of subject experts: