



GITA ACHARAN FOUNDATION

INNER WISDOM, OUTER EXCELLENCE

A 25■Session Transformational Course on the Bhagavad Gita

Ancient Wisdom • Spiritual Awareness • Character Development • Professional Competence



About the Course

Gita Acharan Foundation is offering a twenty-five-session course titled Inner Wisdom, Outer Excellence on Bhagavad Gita.

This course introduces seekers to India's ancient wisdom through a contemporary scientific lens. It lays a strong foundation for inner wisdom, spiritual awareness, and character development, while equipping them with practical tools and insights to become professionally competent and effectively navigate the challenges of the modern world.

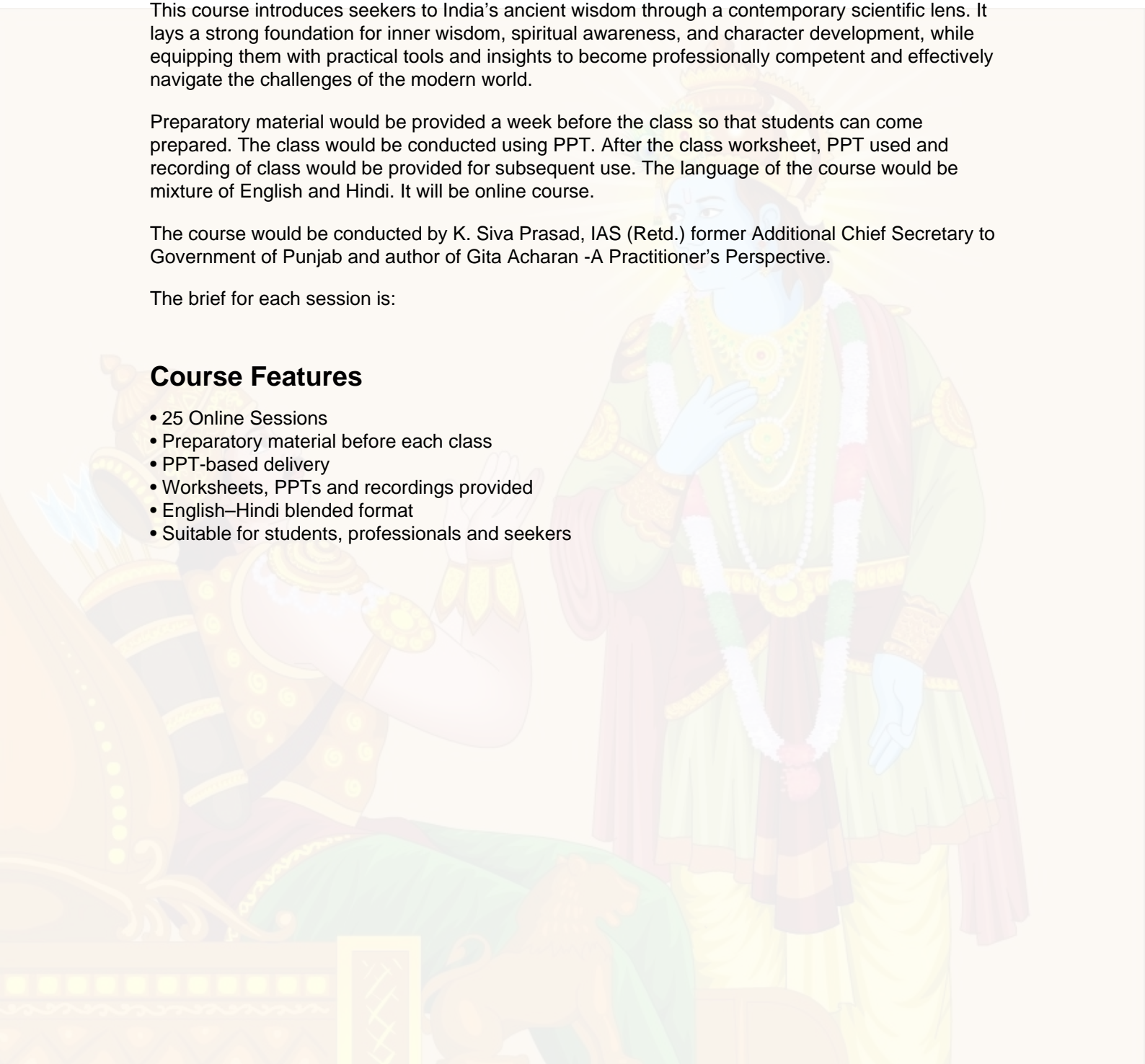
Preparatory material would be provided a week before the class so that students can come prepared. The class would be conducted using PPT. After the class worksheet, PPT used and recording of class would be provided for subsequent use. The language of the course would be mixture of English and Hindi. It will be online course.

The course would be conducted by K. Siva Prasad, IAS (Retd.) former Additional Chief Secretary to Government of Punjab and author of Gita Acharan -A Practitioner's Perspective.

The brief for each session is:

Course Features

- 25 Online Sessions
- Preparatory material before each class
- PPT-based delivery
- Worksheets, PPTs and recordings provided
- English-Hindi blended format
- Suitable for students, professionals and seekers



Course Sessions

1. Approaching Bhagavad Gita

This introductory session presents the Bhagavad Gita as a timeless dialogue on life, action, and self-understanding, arising from Arjuna's crisis on the battlefield. It explains how the Gita operates at multiple levels of consciousness and offers practical guidance for navigating life's complexities. Its central message is to perform one's duty with awareness, free from attachment and hatred, while recognising oneself as an instrument of the Divine.

2. Understanding Senses, Mind and Intellect

This session explores the relationship between senses, mind, and intellect as presented in the Bhagavad Gita. Krishna explains how sensory inputs shape our perceptions, how the mind reacts to them, and how the intellect can guide us beyond conditioned responses. By understanding these mechanisms and consciously reshaping our mental patterns, we can overcome divisive conditioning and progress towards greater awareness and inner freedom.

3. Senses and Sense Objects

This session examines how the interaction between senses and sense objects generates pleasure, pain, attachment, and aversion, shaping our thoughts and actions. Krishna explains that suffering arises when we become entangled in these reactions. Through awareness, self-reflection, and surrender to a higher reality, one can transcend sensory conditioning, attain inner peace, and discover contentment within oneself.

4. Transcending Senses

This session explores the Bhagavad Gita's teaching on senses and sense objects, showing how attachment and aversion arise from their interaction. Krishna advocates restraining the senses through practice, dispassion, and awareness, ultimately becoming a witness to their play. True freedom lies not in suppressing the senses but in transcending dependence on them and discovering the joy that arises from within.

5. Manifested and Un-manifested

This session explores the distinction between the manifested (vyakta) and unmanifested (avyakta) dimensions of existence. Krishna explains that while bodies, forms, and the material world are transient, the underlying reality -the soul and Paramatma, is eternal and imperishable. By discerning the real from the unreal, the changing from the changeless, one begins to perceive the Divine presence behind all existence.

6. Transcending Dualities (dwandwa)

This session explores the dualities (dwandwa) inherent in life, such as pleasure and pain, praise and criticism, attraction and aversion. Krishna explains that suffering arises when we cling to one pole and resist the other. Through awareness, witnessing, dispassion, and surrender, we can transcend these opposites and discover the underlying unity beyond them.

7. Internal Equanimity and External Harmony

This session presents the central message of the Bhagavad Gita: attaining internal equanimity and realising external harmony. Krishna teaches that true peace and joy arise from maintaining balance amidst pleasure and pain, gain and loss, praise and criticism; maintaining equanimity to things and people. As equanimity deepens, one perceives the interconnected harmony of existence and discovers that such equal vision itself is the highest form of devotion.

8. Sankhya, Karma and Bhakti Yoga

This session examines the three principal paths of the Bhagavad Gita -Sankhya (awareness), Karma (action), and Bhakti (devotion). Though they appear distinct, Krishna reveals that they ultimately converge in the same goal: union with the Self. Through awareness, selfless action, and devotion, one transcends ahankaar, attains equanimity, and realises the Divine.

9. Sattva, Rajo and Tamo Gunas

This session explains the nature and functioning of the three gunas -sattva, rajas, and tamas which govern human behaviour and bind the soul to the body. It shows how all actions arise from the interplay of these gunas, how they create the illusion of doership, and how understanding their operation helps us see beyond appearances and move towards freedom and self-knowledge.

10. Transcending Gunas

This session explores Krishna's teaching on the three gunas -sattva, rajas, and tamas and the path to transcending them. While all beings are influenced by these qualities, true freedom lies in remaining a witness to their play, free from attachment, aversion, and doership. Equanimity amidst pleasure and pain, praise and criticism, is the hallmark of the guna-atheeth, one who has risen beyond the gunas and attained inner freedom.

11. Understanding Karma

This session explores Krishna's profound understanding of karma as the expression of creative cosmic energy rather than merely physical action. It examines the roles of intention, execution, and the five causes of action, while emphasising that liberation lies not in avoiding karma but in performing it without attachment, hatred, or desire, with inner balance and awareness.

12. Facets of Karma

This session explores the intricate nature of karma, akarma, and vikarma, highlighting Krishna's teaching that wisdom and awareness, rather than guilt and punishment, liberate us from sin. It presents yajna as the principle of selfless action that sustains life through interconnectedness and shows how actions performed without attachment lead to contentment, harmony, and liberation.

13. Work is Worship

This session explores the Gita's insight that work itself can become worship when performed with devotion, awareness, and without attachment. Krishna teaches that all actions carry inherent imperfections, yet liberation does not come from avoiding work but from performing one's natural duties wholeheartedly. By dedicating action to the Divine and relinquishing attachment, one attains freedom from karma and inner fulfilment.

14. Karma and Karma-phal

This session explores Krishna's teaching on the relationship between karma (action) and karma-phal (fruits of action). While we have control over our actions, the results are shaped by many factors, including the mysterious influence of daivam. By focusing on sincere effort rather than outcomes, performing one's duty as worship, and relinquishing attachment to results, one progresses towards freedom, peace, and karma yoga as a way of life.

15. Aham-karta; I am doer

This session examines ahankaar -the illusion of personal doership (“I am the doer”), as the root of human bondage and suffering. Krishna teaches that actions are performed through the interplay of the gunas, while the Self remains a witness. By cultivating selfless action, relinquishing attachment to outcomes, and becoming a mere instrument (nimitta-matra) of the Divine, one transcends ego, attains peace, and becomes free from karma-bandhan.

16. Third Alternative

This session explores Krishna’s teaching of the “third alternative” -anaasakti (non-attachment), veet-raag (beyond attachment and aversion), and abhayam (beyond fear and fearlessness). True freedom lies not in clinging to or rejecting life, but in witnessing its polarities with equanimity. By transcending attachment, aversion, and doership, one becomes a peaceful instrument of the Divine, free from bondage.

17. Handling Relationships

This session explores the Bhagavad Gita’s guidance on relationships with oneself and others. Krishna teaches that harmony begins by living according to one’s own nature (swa-dharma), free from comparison and self-judgment. By becoming a friend to oneself, cultivating awareness and compassion, and avoiding agitation of oneself or others, one develops healthier relationships and discovers lasting peace within.

18. Art of Knowing

This session explores the art of true knowing, distinguishing information from wisdom. Krishna teaches that lasting contentment arises not from external achievements but from discovering the oneness that underlies all existence. Through self-study, disciplined practice, humility, questioning, and service, one transcends divisive conditioning and uncovers the wisdom already present within. Different temperaments may follow different paths, but all ultimately lead to the same truth.

19. Qualities of Devotee and Knowledge

This session explores the qualities of a true devotee and the virtues that lead to self-knowledge. Krishna describes devotion not as ritual, but as freedom from hatred, agitation, attachment, and ego, combined with compassion, forgiveness, equanimity, and contentment. He further identifies humility, self-control, non-attachment, devotion, and perseverance in self-inquiry as the essential qualities of knowledge and spiritual growth.

20. Daiva and Asura Natures

This session contrasts the divine (daiva) and demonic (asura) tendencies that coexist within every human being. Krishna presents divine qualities such as fearlessness, compassion, self-control, truthfulness, forgiveness, and non-attachment as pathways to liberation, while greed, anger, pride, and accumulation lead to bondage. The session emphasises transcending ego, embracing harmony, and recognising that lust, anger, and greed are the principal obstacles on the spiritual journey.

21. Divine Glories

This session explores Vibhuti Yoga, where Krishna reveals His divine glories through the countless manifestations of existence. From wisdom, courage, forgiveness, and time to nature, leadership, and beauty, every excellence reflects a spark of the Divine. By recognising these glimpses, one transcends ego, overcomes division, and gradually realises the underlying unity that sustains all creation.

22. sovereign wisdom and secret

This session explores the sovereign wisdom and supreme secret of the Gita: recognising the all-pervading presence of Paramatma in all existence. Krishna teaches that freedom comes through shradddha (trust), non-attachment, surrender of doership, and devotion. By offering all actions to the Divine, transcending desires and hatred, and seeing God in everything, one becomes free from bondage and attains lasting peace and liberation.

23. Purushottam Yoga

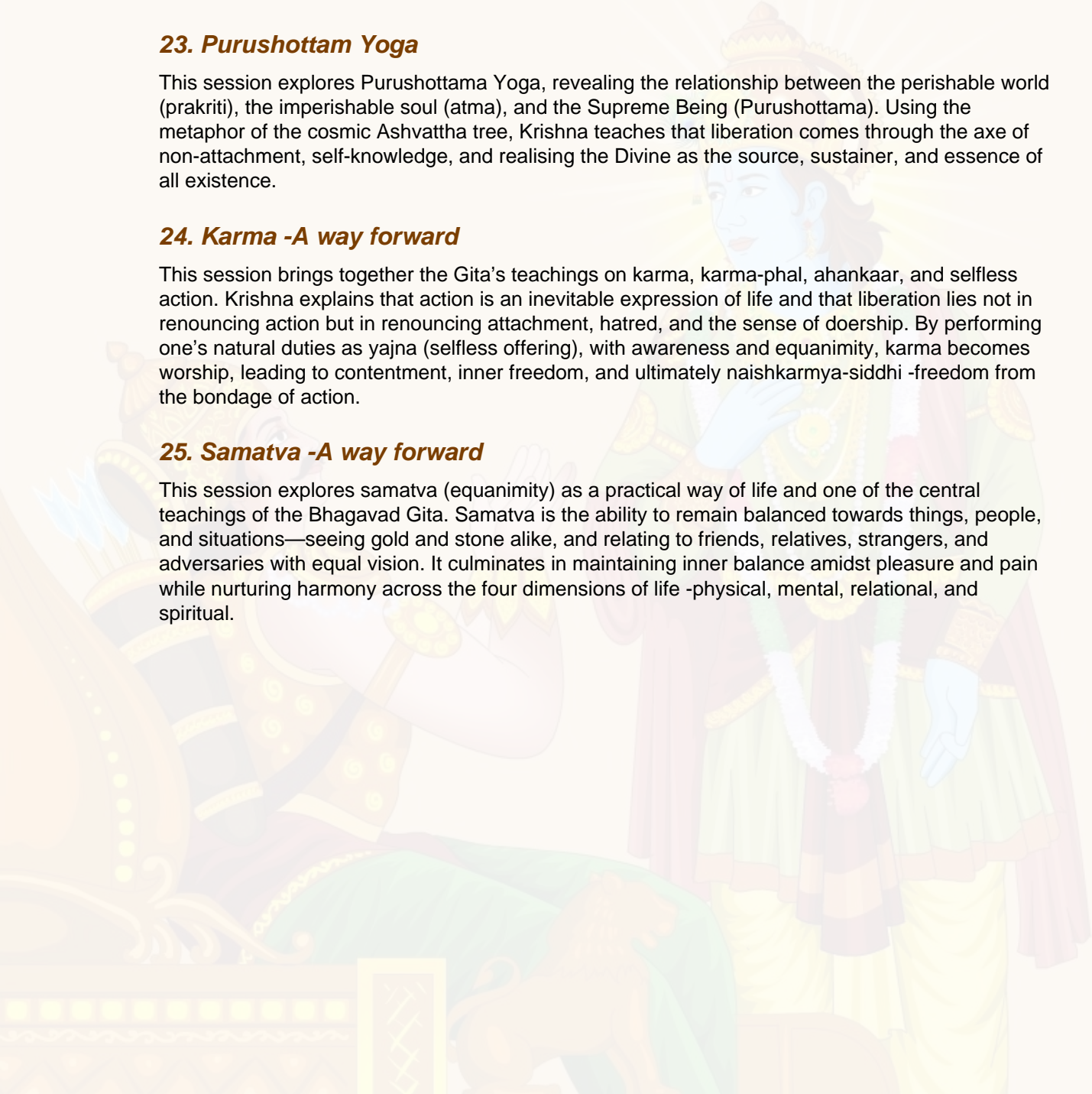
This session explores Purushottama Yoga, revealing the relationship between the perishable world (prakriti), the imperishable soul (atma), and the Supreme Being (Purushottama). Using the metaphor of the cosmic Ashvattha tree, Krishna teaches that liberation comes through the axe of non-attachment, self-knowledge, and realising the Divine as the source, sustainer, and essence of all existence.

24. Karma -A way forward

This session brings together the Gita's teachings on karma, karma-phal, ahankaar, and selfless action. Krishna explains that action is an inevitable expression of life and that liberation lies not in renouncing action but in renouncing attachment, hatred, and the sense of doership. By performing one's natural duties as yajna (selfless offering), with awareness and equanimity, karma becomes worship, leading to contentment, inner freedom, and ultimately naishkarmya-siddhi -freedom from the bondage of action.

25. Samatva -A way forward

This session explores samatva (equanimity) as a practical way of life and one of the central teachings of the Bhagavad Gita. Samatva is the ability to remain balanced towards things, people, and situations—seeing gold and stone alike, and relating to friends, relatives, strangers, and adversaries with equal vision. It culminates in maintaining inner balance amidst pleasure and pain while nurturing harmony across the four dimensions of life -physical, mental, relational, and spiritual.



Faculty

K. Siva Prasad, IAS (Retd.)

Former Additional Chief Secretary to Government of Punjab

Author of *Gita Acharan – A Practitioner's Perspective*

Former Civil Servant • Author • Speaker on the Bhagavad Gita

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