



J.C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD, HARYANA, (INDIA)

A State Government University (Accredited 'A+' Grade by NAAC)
(Established by Haryana State Legislative Act No. 21 of 2009, Recognized by U.G.C. u/s 2 (f) and 12(B) of U.G.C. Act 1956)
SECTOR-6, MATHURA ROAD, FARIDABAD-121006, HARYANA, (INDIA)

Community College of Skill Development

Lesson Plan: SHRIMAD BHAGWADGEETA

Program: Diploma in Yoga & Naturopathy

Semester: 1st

Course Code: YND-201-V/DYN-301

Credits: 3

Course Objectives: The objective of this course is to provide students with a deep and holistic understanding of the philosophical, spiritual, and practical teachings of the Shrimad Bhagavad Gita. Through a structured exploration of its chapters and key concepts, students will gain insight into the nature of the self, the Supreme, and the universe, as well as the paths of Yoga—Karma Yoga, Bhakti Yoga, Jnana Yoga, and Raja Yoga'

Course Outcomes: At the end of the course, the student shall be able to

CO1: Explain the historical and philosophical background of the Shrimad Bhagavad Gita and its relevance in the context of the Mahabharata.

CO2: Interpret key concepts of Yoga as presented in the Gita, including definitions, paths to liberation, and the nature of Yoga Sadhana.

CO3: Analyze the metaphysical ideas of the Self, Supreme, Prakriti, and Purushottama, and their interrelationships as described in Sankhya and Jnana Yoga.

CO4: Demonstrate understanding of Karmayoga, including its principles, types of karma, and its application in daily life.

CO5: Evaluate the significance of Bhakti Yoga, its forms, characteristics of devotees, and its role in divine realization.

CO6: Recite and reflect upon selected shlokas from the Bhagavad Gita to deepen spiritual understanding and personal growth.

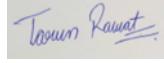
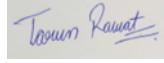
CO7: Assess the contemporary relevance of Bhagavad Gita teachings in addressing modern challenges and promoting holistic living.

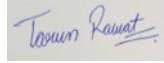
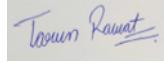
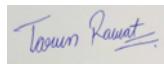
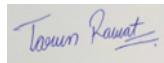
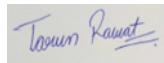
Equipment required in Classroom/ Laboratory/ Workshop

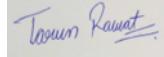
- i. LCD/Projector
- ii. Whiteboard/ Black Marker

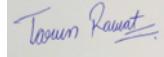
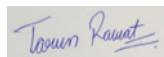
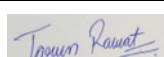
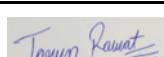
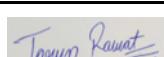
Assessment Scheme

S.No.	Criteria	Marks
1	End Term Examination	75
2	Internal Evaluation Scheme	25
2a	Class Tests	15
2a (i)	Class Test-I	7.5
2a (ii)	Class Test-II	7.5
2(b)	Teacher Assessment (Continuous Evaluation)	10
2b (i)	Attendance	5
2b (ii)	Assignment / Presentation	5

Lecture No.	Topic Covered	Pedagogy	Date of Implementation	Course Outcomes Covered	Faculty Sign
1	UNIT-1 General Introduction of the Shrimad Bhagavad Gita; Background of Mahabharat	Lecture-based explanation using whiteboard and visual aids	07/08/25	CO1	
2	History and Background of Shrimad-Bhagavad-Gita	Recitation and memorization of selected shlokas	07/08/25	CO1	
3	The Gita and its Commentaries	Group discussions	14/08/25	CO1	

		on philosophic al concepts and interpretations			
4	The Nature of Yoga	Use of charts and diagrams to explain yogic models	14/08/25	CO2	
5	The Major Definitions of Yoga	Reflective journaling and self-assessment exercises	21/08/25	CO2	
6	Shrimad-Bhagavad-Gita Shloka Recitation	Audio-visual presentations of Mahabharata and Gita commentaries	21/08/25	CO6	
7	Yoga Sadhana in The Bhagavad Gita	Peer teaching and collaborative learning activities	23/08/25	CO2	
8	Different Ways to attain Liberation	Question-Answer sessions to reinforce understanding	23/08/25	CO2	
9	Revision of complete Unit-1	Assignments and worksheets for shloka analysis	28/08/25	CO1	
10	UNIT-2 Understanding the Self and the Supreme	Role-play and	28/08/25	CO3	

		dramatization of key Gita episodes			
11	Characteristics of Individual Soul (Jiva)	Comparative study of different yoga paths (Karma, Bhakti, Jnana)	30/08/25	CO3	
12	Sthitaprajna as an Ideal Person of the Gita	Guided meditation and introspective practices	30/08/25	CO3	
13	Concept Of The Soul (Purushottama)	Debates on ethical dilemmas and dharma from the Gita	06/09/25	CO3	
14	Concept Of The Prakarti	Case studies on relevance of Gita in modern life	06/09/25	CO3	
15	Relation between Atman, Prakriti & Parmatman	Unit-wise revision through student presentations and quizzes	11/09/25	CO3	
16	Light on Sankhya Yoga or Jnana Yoga	Lecture-based explanation using whiteboard and visual aids	11/09/25	CO3	
17	Revision of complete Unit-2	Recitation and	13/09/25	CO3	

		memorization of selected shlokas			
18	UNIT-3 Concepts Of Karmayoga	Group discussions on philosophic al concepts and interpretations	18/09/25	CO4	
19	Meaning of Arjun Vishad Yoga	Use of charts and diagrams to explain yogic models	18/09/25	CO4	
20	Karmayoga and its Importance	Reflective journaling and self-assessmen t exercises	20/09/25	CO4	
21	Yajnartha Karma	Audio-visual presentatio ns of Mahabharata and Gita commentari es	04/10/25	CO4	
22	Nishkam Karma	Peer teaching and collaborativ e learning activities	09/10/25	CO4	
23	Concept of Raj Yoga	Question–Answer sessions to reinforce understandi ng	11/10/25	CO4	
24	Forms Of Dhyana Yoga	Assignment		CO4	

		s and worksheets for shloka analysis			
25	Shloka Recitation of Karmayoga	Role-play and dramatization of key Gita episodes		CO6	
26	Revision of complete Unit-3	Comparative study of different yoga paths (Karma, Bhakti, Jnana)		CO4	
27	UNIT-4 Concepts Of Bhakti and Mahatmya	Guided meditation and introspective practices		CO5	
28	The Necessity Of Devotion In Divine Realization	Debates on ethical dilemmas and dharma from the Gita		CO5	
29	Types Of Bhaktiyoga	Case studies on relevance of Gita in modern life		CO5	
30	Characteristics Of The Devotee	Unit-wise revision through student presentations and quizzes		CO5	
31	Karmyogi as an Ideal Person of Gita	Lecture-based explanation		CO4	

		using whiteboard and visual aids			
32	Trividh Aahar-Vihar; Yuktahar Viharshas; Concept of Trividha Shradha; Concept of Trividh Yajya	Recitation and memorization of selected shlokas		CO5	
33	Bhakti Yoga Shloka Recitation	Group discussions on philosophic al concepts and interpretations		CO6	
34	Revision of complete Unit-4	Use of charts and diagrams to explain yogic models		CO5	
35	Relevance of Bhagavad Gita in Today's Scenario	Reflective journaling and self-assessmen t exercises		CO7	

Reference Books:

- 1. Bhagavad Gita – Commentary by Swami Chinmayananda**
- 2. The Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation, and Indian Philosophy by Eknath Easwaran**
- 3. Bhagavad Gita – As It Is by A.C. Bhaktivedanta Swami Prabhupada**
- 4. The Bhagavad Gita – Translation and Commentary by Swami Sivananda**
- 5. Greatest Indian Spiritual Wisdom: Boxed Set (Includes Bhagavad Gita, Upanishads, and Yoga texts) by Swami Vivekananda and Swami Parmananda**
- 6. The Bhagavad Gita – A New Translation by Stephen Mitchell**
- 7. The Yoga of the Bhagavad Gita by Paramahansa Yogananda**

