

Branch Name:	B.Sc. Physics
Program Code:	SC105
Course Name:	Shrimad Bhagvad Gita & Stress Management in life
Course Code:	2SC1000632
Pre-requisite Course:	-

Course Objective:

- To provide awareness and knowledge about Vedas and Shrimad Bhagvad Geeta
- To Introduce students to background of Mahabharata and Role of Shri Krishna in Mahabharata.
- To discuss the importance of Arjunvishadyog.
- To draw attention of students, how to handle stress management in life.
- To aware about karmyog in life management.

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)				
Lecture (L)	Tutorial (T)	Practical (P)	Credit	Theory (Marks)		Practical (Marks)		Total (Marks)
				University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
2	--	--	2	--	50	--	--	50

Subject Contents:

Unit	Content	Lectures	Weightage
1	Introduction of Shrimad Bhagavad Geeta and ArjunvishadYog. • Background of Mahabharat and Veda Vyas • Fundamentals of Veda-Upanishads and relation with Shrimad Bhagavad Geeta • Background, Status and Form of Shrimad Bhagvad Gita in Mahabharat. • Role of Shri Krishna in Mahabharata	15	50%
2	Concepts of Stress Management : Saankhyayog • Stress, Anxiety, Conflict Faced by Arjun in the Battle Field of Kurukshetra. • Reasons of Stress, Anxiety, Conflict Faced by Arjun. • How Shrikrishna solve Arjun's Stress and Inner Conflict. • Understanding the Truth about Self and Supreme. • Concept of "karma" explained by Bhagavan Shri Krishna. • Types and Reasons of Conflicts and Stress in Life and Solution through GEETA.	15	50%

Reference Books:

1. Shrimad Bhagavad Geeta : Original Text svarupe)
2. Book on Geetabhashya by Aadi Shankaracharya
3. Geeta rahasya by Bal Gangadhar Tilak
4. Essays on Geeta, by Shree Aurobindo, Sri Aurobindo Ashram, Pandichery
5. Stress Management: as per Shrimad Bhagavad Geeta , Kindle publication
6. Shrimad Bhagavad Geeta (gujarati) Gorakhapur GeetaPress
7. Shrimad Bhagavad Geeta (kuruXetra) sampadak- Shastri Hariprakash (BHU), Svaminarayan Gurukul, Gandhinagar
8. Bhagavd Geeta for Executives: V. Ramanathan, Bharatiya Vidhyabhavan, Bombay

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Learn various theories of Vedas, Upanishad and Shrimad Bhagvad Geeta and composer of them.	1 Remember
CLO2	Basically, understand the The Mahabharata and Role of Shri Krishna in Mahabharata.	2 Understand
CLO3	Understand the major Conflict Faced by Arjun (Arjun vishadyog) and How Shrikrishna solve Arjun's Stress and Apply this knowledge to solve Inner Conflict.	2 Understand 3Apply
CLO4	Analyze the how bhagavad geeta address the inner conflict and stress.	4 Analyze
CLO5	Think critically about how to handle stress management in life.	5 Evaluate
CLO6	The Student would understands The karmyog in life management. Will able to create Understanding the Truth about Self and Supreme.	2 Understand 6 Create

Mapping of CLOs with Pos & PSOs

Course Learning Outcomes	Programme Outcomes (POs)									Programme Specific Outcome (PSOs)	
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO1	PSO2
CLO1						H					
CLO2							L				
CLO3								H			
CLO4									M		
CLO5							M				
CLO6									L		

H: High, M:Medium, L:Low