

Why Bhagavad Gita

- **Bhagavad – Gita (Extolled by God)**
- **Yoga Shaastra – Science of Life**
- **What is Yoga? – Karmasu Koushalam**
- **How? - Samatwam Yogah**
 1. Illustration – **Tulya Nindaa Stutih**
 2. Illustration – **Mounee**
 3. Illustration – **Santushtah Yena Kena Chit**
 4. Illustration – **Aniketah (IAS, IPS etc.)**
 5. Illustration - **Sthiramatih – Focused on Mission**
 6. Illustration – **Manage Sorrow**
 - **Duhkheshu AnudvignaManaaah**
 - **Anger Management**
 7. Illustration - **Reasons for Duhkha (Sorrow)**
 - **Dhyaayatah Vishayaan Pumsah – Sangah**
 - **Sanga > Kaamah**
 - **Kamaat > Krodhah**
 - **KroDhaat> Sammohah**
 - **Sammohaat> Smruti Vibhramah**
 - **Smruti Bhramshaat > Buddhi Naashah**
 - **Buddhi Naashaat > Pranaashah**
 8. Illustration – **Control**
 - Yukta Aahaara
 - Yukta Vihaara
 - Karmasu – Yukta Cheshta
 - Yukta – Svapna Avabodha
 - Duhkhahaa Yogah Bhavati

- 9. **Tips for Analysis of personality**
 - **Categorisation of interests & Preferences**
 - Guna Traya Vibhaaga
 - Shraddhaa Traya Vibhaaga
 - Daiva Asura Sampat Vibhaaga
 - **Swabhavo Duratikramah**
 - Be peace and adjust with that category
 - Practise alignment of goals and interest in own life
- 10. **Governance - Paritraanaaya Sadhoonam**
- 11. **Withdrawal**
 - Kurmah – Angaani Iva
- 12. **End Goal - Sarva Dharmaaan Parityajya**

Conflict Illustration

 - **Arjuna** - Buddhim Mohayasi Iva Me,
 - Tadekam Vada Nischitya
 - Karma or Jnaana
 - **Krishna** -
 - Prajnaa Vaadamscha Bhaashase
 - **Karma with Jnaana**
 - **Learn the Method to think properly, by setting the goals on a path of righteousness and keep focused on the aim.**
 - **Be Duty bound, not by Self-Benefit**