

## 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 Anudvigna Manaah**
  - **Anger Management**
- 7. Illustration - **Reasons for Duhkha (Sorrow)**
  - **Dhyaayatah Vishayaan Pumsah – Sangah**
  - Sanga > Kaamah
  - Kamaat > Krodhah
  - Krodhaat > Sammohah
  - Sammmohaat > Smruti Vibhramah
  - Smruti Bhramshaat > Buddhi Naashah
  - Buddhi Naashaat > Pranaashah
- 8. Illustration – **Control**
  - Yukta Aahaara
  - Yukta Vihaara
  - Karmasu – Yukta Cheshta
  - Yukta – Swapna 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 Dharmaan Parityajya

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### 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**