

**K.M. Agrawal College, Kaylan(W)**

**Internal Quality Assurance Cell (IQAC) of K. M. Agrawal College and**

**ISKCON, Bhiwandi**

**“Certificate Course on “Bhagavad Geeta: Self Mastery”**

**Syllabus**

The course was structured around key themes from 18 chapters of the Bhagavad Gita, presented in a **practical, interactive, and student-friendly manner.**

**modules:**

1. **Understanding Life’s Challenges (Chapter 1 – Doubt & Crisis)**
  - Dealing with confusion, fear, stress, and uncertainty
  - Recognising existential questions and emotional overload
  - Turning crisis into opportunities for growth
2. **Self-Identity & Decision Making (Chapter 2 – Knowledge of the Self)**
  - Who am I? Body vs Soul
  - Handling pressure, anxiety, and failure
  - Making inspired and value-based decisions
3. **Karma Yoga – Balancing Action & Detachment (Chapters 3–5)**
  - Performing duties without burnout
  - Managing expectations and results
  - Integrating career goals with inner peace
4. **Mind Management & Emotional Intelligence (Chapter 6)**
  - Understanding the mind as friend or enemy
  - Stress management through meditation & mantra practice
  - Building focus, discipline, and self-control
5. **Values, Ethics & Clear Understanding (Chapters 7–9)**
  - Developing clarity in beliefs and priorities
  - Addressing misconceptions about life, success, and spirituality
  - Cultivating gratitude, humility, and purpose
6. **Facing Change, Loss & Mortality (Chapter 8)**
  - Understanding impermanence
  - Developing long-term vision beyond short-term success
  - Preparing for life with awareness and responsibility

**7. Bhakti & Gyana Yoga (Chapter 10-18)**

- Art of Surrender and Detachment
- How to build God Consciousness?

**8. Application in Student Life (Chapter 13-18)**

- Relationships, peer pressure, addictions, distractions
- Career clarity and goal alignment
- Leadership qualities and character building

**Session Methodology**

- Improved emotional balance and self-confidence
- Real-life examples and case studies
- Reflective questions and guided introspection
- Simple meditation and mindfulness practices
- Practical takeays for daily student life



IQAC Co-ordinator



Principal  
**PRINCIPAL**  
**K. M. AGRAWAL COLLEGE**  
Gandhari, Kalyan (W)