



Chapter: New York City
SMVN 108: Essentials of Bhagavad Gita: A systematic Course (Level-1)

Fiscal Year 2025-2026

Class hours: Every alternative Saturday 10:00-11:50 AM (in-person)
Every other alternative Saturday 9:00-11:00 AM (online synchronous)

Instructor Contact Info.:

Dr. Ratan K. Dhar

Email: srividyan@gmail.com (preferred) or 347 806 3120 (weekend only)

Available for discussion: after in-person class or by appointment

Adrita Dhar and Aishwari Paul : Online synchronous class sessions

SMVN 108: Essentials of the Bhagavad Gita: A systematic Course (Level-1)

Total hours per month: 4 hours in-person and 4 hours online synchronous

Course Description:

The course guides students through Bhagavad Gita Chapters 1–6, exploring the profound dialogue between Krishna and Arjuna, and covering essential themes like self-knowledge, duty, selfless action, wisdom, meditation, and ethical living. Each session combines verse study, reflection, and practical exercises, equipping participants to apply the Gita's timeless wisdom to modern life.

Prereq: students must be in 3rd grade or higher level.

Learning Outcomes:

This course is designed for beginners to the Bhagavad Gita, focusing on fundamental concepts, key teachings, and practical applications in daily life. The course is structured for 20 learning sessions (in-person) and 20 practice sessions (online synchronous), each around 90-100 minutes. By the end of this 20-class course, participants should:

- Understand the philosophical and spiritual teachings of Gita Ch. 1–6.
- Compare Dharma, Karma, Jñāna, Sannyāsa, and Dhyāna in a practical context.
- Begin integrating yogic principles into daily decision-making.

Textbook: Bhagavad Gita: The Scripture of Mankind - by Tapasyananda (Paperback- amazon <\$8)

Reference: Srimad Bhagavad Gita: The Scripture of Mankind by Tapasyananda

(An Economy Edition-Hardcover amazon \$25) **Free PDF version on request.**

Quizzes and Tests:

There will be total three exam assessments on four covered modules. Exams will be designed and administered according to the students' grade level, ensuring assessments are appropriate to their stage of learning. The exams will be given in combination of multiple-choice, True/False, fill-in the blanks and short answer questions. Exams will be based on the chapter verses, discussions and interpretations. Therefore, your best strategy is to attend class carefully and take notes during the discussions. Exams will be given in-person on pre-scheduled dates.

CAP: Class attendance and participation points. Students are strongly suggested to join in the class on time. In order to secure the maximum points, students must attend every class and participate in the discussion/questions on different environmental topics.

Journal: (Should be neat and organized)

Each student will choose three verses from each class section and write them with meaning and rationale in the journal book. They will discuss the journal with online instructors. Students are also encouraged to memorize those verses with meaning. This will help them to make their final presentation at the end of the course. Students will lose the point if they miss the deadline of their journal writing.

Presentation:

Students could decide to make individual or group presentation at the end of the course based on their learning. They are encouraged to discuss with instructors to finalize their topic of the speech or drama.

Course grading:

Three exams	(20% each)	60%
Journal Book		25%
Presentation/Drama		10%
CAP (Class Attendance and Participation)		05%

Final grades will be assigned on the following basis (scaled scores for all work)

A ⁺	A	A ⁻	B ⁺	B	B ⁻	C ⁺	C	C ⁻	D ⁺	D	F
97.0-100	93.0-96.9	90.0-92.9	87.0-89.9	83.0-86.9	80.0-82.9	77.0-79.9	73.0-76.9	70-72.9	67.0-69.9	60.0-66.9	0-59

Make-up Exams:

There is **no make-up** except under circumstances totally beyond students' control. Students are strongly advised to arrange with instructor for their make-up exams. **Make-up exams without valid reason will not be allowed at any circumstances!! If you fail to come on time you will get zero for the exam!!!**

Extra Help: If you need any additional assistance pertaining to the understanding of the verses-topics, please feel free to contact me anytime.

Respect for others: Please turn off your phone before class begins. If you are unavoidably late, come in quietly without disturbing class. Food is not allowed during class. Please do not talk during lectures or exams unless expected to as part of a class activity. If you regularly disrupt class by not following these basic rules, you will be required to leave.

10 -12 pm	SriMā Vidyā Niketan (NYC) Tentative Schedule for FY 2025-2026				9 -11 am
In-person Meeting	Date	Journaling	Lesson: Reading and Discussion	No of Verses	Zoom Meeting
			Orientation and welcoming students of NYC and LI regions		6-Sep
1	13-Sep	x	Syllabus; Understanding Historical Context and Structure of the Gita		20-Sep
2	27-Sep	yes	Chapter 1: Part-I: Characters-main warriors		4-Oct
3	11-Oct	yes	Chapter 1: Part-II: Arjuna's moral and emotional crisis		18-Oct
4	25-Oct	yes	Chapter 1: Part-III: Arjuna's arguments and complete delusions		1-Nov
5	8-Nov	yes	Chapter 2: Part-I: Immortality of the Soul		15-Nov
6	22-Nov	yes	Chapter 2: Part-II: Duty and Action		29-Nov
7	6-Dec	yes	Chapter 2: Part-III: Balanceed and Wise Person		13-Dec
8	20-Dec	yes	1st Exam		27-Dec
9	3-Jan	x	Chapter 3: Part-I: Call to Action		10-Jan
10	17-Jan	yes	Chapter 3: Part-II: Sacrifice and Universal Order		24-Jan
11	31-Jan	yes	Chapter 3: Part-III: Leadership as Service		7-Feb
12	14-Feb	yes	Chapter 4: Part-I: Divine Incarnation		21-Feb
13	28-Feb	yes	Chapter 4: Part-II: Action guided by knowledge		7-Mar
14	14-Mar	yes	Chapter 4: Part-III: The Guru–Disciple Relationship		21-Mar
15	28-Mar	yes	2nd Exam		4-Apr
16	11-Apr	x	Chapter 5: Part-I: Renunciation and Action		18-Apr
17	25-Apr	yes	Chapter 5: Part-II: Freedom through detachment		2-May
18	9-May	yes	Chapter 6: Part-I: Practice of Meditation		16-May
19	23-May	yes	Chapter 6: Part-II: Meditation Techniques		30-May
20	6-Jun	yes	Chapter 6: Part-III: Mind Mastery and Self-Discipline		13-Jun
21	20-Jun	yes	3rd Exam		
22	TBA	x	Individual or Group Presentation/Drama		