



Indraprastha College for Women

University of Delhi

Course Name:	BAP
Paper Title:	GITA and UPANISHAD
Unique Paper Code:	
Semester:	III
Faculty(s):	SHRADDHA UPADHY
Year:	@2024-2025

Work Plan			
Period	Unit No.	Learning Objective	Topics to be Covered
1 st Aug -3 rd Aug			Jnana Yoga,
5 th Aug-10 th Aug			Karmayoga
12 th Aug-17 th Aug			Bhakti Yoga.
19 th Aug-24 th Aug			Nature of Atman, (Text Reading, Grammar, Translation, Explanation, Question based on Shlokas) 9- 19
26 th Aug-31 st Aug			Nature of Atman, (Text Reading, Grammar, Translation, Explanation, Question based on Shlokas) 20 – 30
2 nd Sep-7 th Sep			Karmyog, (Text Reading, Grammar, Translation, Explanation, Question based on Shlokas) 31-42
9 th Sep-14 th Sep			Karmyog, (Text Reading, Grammar, Translation, Explanation, Question based on Shlokas) 43 - 54
16 th Sep-21 st Sep			Sthitaprajya, (Text Reading, Grammar, Translation, Explanation, Question based on Shlokas) 55 - 61
23 rd Sep-28 th Sep			Sthitaprajya, (Text Reading, Grammar, Translation, Explanation, Question based on Shlokas) 62- 68
30 th Sep-5 th Oct			General Introduction to Upaniṣadic Philosophy: ātman, brahman, Īśvara, karma, srṣṭi.

7 th Oct-12 th Oct			General Introduction to Upaniṣadic Philosophy: brahman,
14 th Oct-19 th Oct			General Introduction to Upaniṣadic Philosophy: Īśvara
21 st Oct-26 th Oct			General Introduction to Upaniṣadic Philosophy: karma, srṣṭi.
28 th Oct-2 nd Nov			MID SEMESTER BREAK
4 th Nov-9 th Nov			Text Introduction to Īśāvāsyopniṣad
11 th Nov-16 th Nov			Text Reading of Īśāvāsyopniṣad 1-6
18 th Nov-23 rd Nov			Text Reading of Īśāvāsyopniṣad 7- 12
25 th Nov-27 th Nov			Text Reading of Īśāvāsyopniṣad 12- 18
28 th Nov	DISBERSAL OF CLASSES		

Unit	TOPICS
I	Unit I - General introduction to Philosophy of Gita: Jnana Yoga, Karmayoga and Bhakti Yoga
II	Gītā: Chapter Two – (Verse: 31-54) Karmyog, (Text Reading, Grammar, Translation, Explanation, Question based on Shlokas)
III	(Verse: 55-68) Sthitaprajya, (Text Reading, Grammar, Translation, Explanation, Question based on Shlokas)
IV	General Introduction to Upaniṣadic Philosophy General Introduction to Upaniṣadic Philosophy: ātman, brahman, Īśvara, karma, srṣṭi. Upaniṣad: Īśāvāsyopniṣad Text Introduction to Īśāvāsyopniṣad Text Reading of Īśāvāsyopniṣad
S. No.	Name of Authors/Books/Publishers
1.	1. भगवद्गीता, शाङ्कराचार्य अनुवाद सभरत, अनुवादक- श्री हररकृष्णदास गायन्दका, गीता प्रेस गोरखपुर। 2. गीतााध्यनवाम्बरा, डा. भशवनारायण शास्त्री। 3. श्रीमद्भगवद्गीता, साधकसञ्जीवनी टीका, रामसुखपरमदास, गीताप्रअेस गोरखपुर। 4. हनुमान प्रसाद पोद्दार (सम्पादक), इशावास्योपभनषद, गीताप्रेस गोरखपुर। 5. भशवनारायण शास्त्री (व्या),

	इशावास्योपनिषद्, परमल प्रकाशन, ददल्ली, 1996 । 6. शभश भतवारी, इशावास्योपनिषद्: िभमका एवव्याख्या, िरतीय भवद्या प्रकाशन, ददल्ली, 7.Radhakrushana, Gītā. 8. Gītā with Hindi Translation, Gita Press, Goraphur
2.	
3.	
4.	

Detailed Syllabus

Unit I

12Hrs

General introduction to Philosophy of Gita:

Jnana Yoga, Karmayoga and Bhakti Yoga.

Gītā: Chapter Two – (Verse: 09-30)

Nature of Atman, (Text Reading, Grammar, Translation, Explanation, Question based on Shlokas)

Unit II

12Hrs

Gītā: Chapter Two – (Verse: 31-54)

Karmyog, (Text Reading, Grammar, Translation, Explanation, Question based on Shlokas)

Gītā: Chapter Two – (Verse: 55-68)

Sthitaprajya, (Text Reading, Grammar, Translation, Explanation, Question based on Shlokas)

Unit III

09Hrs

General Introduction to Upaniṣadic Philosophy

General Introduction to Upaniṣadic Philosophy: ātman, brahman, īśvara, karma, srṣṭi.

Unit IV

12Hrs

Upaniṣad: Īśāvāsyopniṣad

Text Introduction to Īśāvāsyopniṣad

Text Reading of Īśāvāsyopniṣad