

Points to Ponder

Introduction and Chapter-1

Video 1

- 1) Why was the Bhagavad Gita taught ?
- 2) Is Bhagavad Gita a new teaching of Krishna and if so what is the main message Krishna is trying to convey?
- 3) What is the difference between Upanishads and Vedanta ?
- 4) What is the initial portion of the Vedas called and what is its significance ?
- 5) What is a Shastra ? Why is the Bhagavad Gita called a 3-in-1 shastra ? What are the three aspects covered ?
- 6) What is the main message of the Bhagavad Gita ?
- 7) What are the two Yogas taught in the Bhagavad Gita ?
- 8) The Bhagavad Gita is organized as 3 sets of 6 chapters each. Each set of 6 chapters is called a Shatkam. What are the main topics covered in the three Shatkams ?

9) Why are the chapters in the Gita titled “Yoga” for example Arjuna Vishada Yoga (the Yoga of Arjuna’s grief) , Samkhya Yoga etc. ?