

Course syllabus

Department of Civil Engineering, Indian Institute of Technology Madras

GN6001 – Integral Karmayoga

Credit Distribution: C: 9 L: 3 T: 0 P: 0 E: 0 O: 6 TH: 0

Course Type: Theory

Description: To explore spirituality in work, based on selected teachings from ancient Indian wisdom.

Course Content: 1. Integral Karmayoga: Towards Fulfillment in Work and Life based on teachings from 162 selected verses of the Bhagavad Gita: The setting and purpose of the Gita; Arjuna Dejection; Death and Immortality, Asat and Sat, Deha and Dehi; The calm and wise Hero (Sth itapraj); Action and Inaction, Sinand Svadharma; Desire and Indiscrimination; Self-control, meditation and regulated action; Desireless action (Nikama Karma) with equipoise and skill; Consecrating work as sacrifice (Yaja); The play of Guas and Delusion of doership; Soul and nature: Purua and Prakti; Guas in Renunciation (Tyaga); Offerings (Yaja-Dana-Tapas); Guas in Knowledge (Jana), Action (Karma), the Doer (Karta), Intellect (Buddhi), Resolve (Dhti) and Happiness (Sukha); Purification and transformation of Guas; Divine manifestations: Soul forces, Vibhuti and Avatar; The yoga of Devotion, Bhakiyoga; The final supreme teaching: Immortal Dharma. 2. Transformation of Self to facilitate Transformation in the Collective: Finding ones inner calling; Living ones inner calling; Opening to intuitions and being in a natural state of inner knowing; Accessing and expressing ones most authentic self in life and work; Invoking, holding and expressing Divine qualities in life and work; Connecting to the Soul of India and participating in Her renaissance; Supporting in transforming the world by helping to enhance Divine qualities within it. 3. Application of Selected Teachings from Ancient Indian Literature: an interpretation of popular characters and events and their relevance in the modern world through the framework of Purusharthas: Core values and ethics; Finding meaning and happiness in work; Karmayoga Service through action.

Text Books:

- Menon, D., Spirituality at Work, Yogi Impressions, 2016.
- Sri Aurobindo, Essays on the Gita, Sri Aurobindo Ashram Publishing, 2010.
- SriAurobindo, Renaissance in India, Sri Aurobindo Ashram Publishing, 1920.
- Dev, A., Into Great Depth of your Being, <http://peoplefirst.co.in/into-great-depth-of-your-being/>.

Reference Books:

- Sargeant, W., The Bhagavad Gita, State University of New York Press, 2009.
- Reding, P.J., Positively Brilliant Self-mastery: Reclaim Your Authentic Self Now, Positively Brilliant Productions, 2009.
- Das, G., The Difficulty of Being Good: On the Subtle Art of Dharma, Penguin Books, 2009.
- Hawley, J., Reawakening the Spirit in Work: The Power of Dharmic Management, McGraw-Hill Education, 1993.
- Bhyrappa, S.L. and Rao, K.R., Parva: A Tale of War, Peace, Love, Death, God and Man, Sahitya Akademi, 2009.

Prerequisite: Nil