

Gītā Sathakam



Gītā Vidya

"Gita Vidya Program" is designed by GloMan Foundation to present the essence of Bhagavad-Gita. It is developed in multiple languages and offered through the "Blended Learning" model comprising of **Saadhana**, **Shodhana** and **Vaadhana**, which help in memorising, understanding and application of Gita Vidya. This program is offered through various platforms such as Online, Classroom, Radio, TV etc.,

We wish to associate with people who are interested to become Gita Vidya Bodhakas (Voluntary Trainers) and spread this ancient wisdom for the benefit of man kind. We look forward to engage with Schools, Social organisations, Yoga centers, Temples, Community groups etc., to propagate the essence of Bhagavad-Gita around the world.



Shri. Gopi V. Prasad
Founder President
GloMan Foundation

Gita Vidya

Email: info@gitavidya.org

WhatsApp: +49 17626301020

YouTube: [GitaVidya.org](https://www.youtube.com/GitaVidya.org)

Website: www.gitavidya.org

GloMan Foundation (Trust)

8/1, 1st Cross, 2nd Main Road,
Jai Hanuman Layout, Kodigehalli,
Bangalore - 560097, KA, INDIA

Gita Sathakam

Course Contents

Module 1

- 1: Soul and God
- 2: Sense Control
- 3: Sense Gratification
- 4: Body and Mind

Module 2

5. Physical wisdom
6. Social wisdom
7. Occupational wisdom

Module 3

8. Mental wisdom
9. Emotional wisdom
10. Spiritual wisdom

Module 4

11. Path of Karma
12. Path of Jyana
13. Path of Dhyana
14. Path of Bhakti



About Bhagavad Gita

Ancient: Bhagavad Gita is the most ancient divine wisdom known to the world. It holds the essence of spiritual scriptures of Hindu Dharma such as the Vedas, Upanishads, Puranas, Itihasas etc. The early Indian civilization followed the Hindu Dharma.

Eternal: The beginning and end of the Hindu Dharma are beyond human understanding. It is eternal. Hindu Dharma exists before, during and after the human era. The time course of the Hindu Dharma is measured in four Yugas: Satya, Treta, Dvapara and Kali.

Modern: The principles of Bhagavad-Gita have survived the changing times. Though ancient, it aptly explains the physical, social, professional, mental, emotional, and spiritual dimensions of modern life.

About the course

"Gita Sathakam" is designed using 116 slokas of Bhagavad-Gita structured into 14 lessons under 4 modules covering the topics of Hindu Identity, Outer Wisdom, Inner Wisdom and Hindu Paths. It presents the six dimensions of ancient wisdom namely, Physical, Social, Occupational, Mental, Emotional and Spiritual. It is developed by Shri Gopi V. Prasad together with Bhagavad-Gita scholars and language experts. The audio tracks are availed from Vyoma labs. The course composition, translation, digitalisation, publication is carried out by GloMan Foundation. The course is available in multiple languages at www.gitavidya.org.

About us

GloMan Foundation (Trust) is a non profit organisation with activities in the field of education and social service for the overall wellness and development of men, women and children. This course is designed and developed by GloMan Foundation in cooperation with spiritual, academic and social institutions from India and abroad. All rights of this course are reserved. To Copy, Share, or Screen the contents of this course either in part or full, without the written permission of GloMan Foundation would be an offence.

Gita Vidya

Email: info@gitavidya.org

WhatsApp: +49 17626301020

Website: www.gitavidya.org

GloMan Foundation (Trust)

8/1, 1st Cross, 2nd Main Road,
Jai Hanuman Layout, Kodigehalli,
Bangalore - 560097, KA, INDIA