
Essentials of Indian Spiritual Heritage

Module 1: Vedas and Vedic Sages

(Total No. of lectures: 20)

1.0. Overview of the Vedas: Samhitas, Brahmanas, Aranyakas, Vedangas

1.1. The Vedic gods

1.2. Selected Vedic Suktas: Agni, Medha, Nasadiya

1.3. Peace Chants (*Shanti-mantras*) with meaning

1.4. Vedic Rishis

Module 2: Upanishads and Upanishadic Sages

(Total no. of Lectures: 80)

Topic

2.1. Overview of the Upanishads

2.2. Ishवासopanishad

2.2. Kathopanishad

2.3. Kenopanishad

2.4. Brihadaranyaka and Chhandogya Upanishads

2.4. Upanishadic Sages: Yajnavalkya, Satyakama, Svetaketu, etc.

Module 3: Sri Rama and Ramayana Tradition

(Total No. of lectures: 40)

3.1. Valmiki and his Ramayana

3.2. Adhyatma Ramayana

3.3. Overview of Ramayana Traditions

3.4. Sri Rama Sages

Module 4: Vyasa and Mahabharata Tradition

(Total No. of lectures: 80)

4.1. Overview of Mahabharata

4.2. Important Selected Sections of Mahabharata

4.3. Vidura Neeti, Sanat Sujateeya, etc.

4.4. Mahabharata Sages: Vyasa, Vishwamitra, Shukadeva, Ashtavakra, Dattatreya, etc.

4.5. The Various Gitas mentioned in Mahabharata

Module 5: The Bhagavad-Gita

(Total No. of lectures: 60)

5.1. Overview of the Bhagavad-Gita

5.2. Chapterwise Discussion of the Gita

Module 6: Smriti Shastras

(Total no. of lectures: 20)

Topic

1.0. Overview of the Smritis

1.1. Manu Smriti

1.2. Other Smritis

Module 7: The Tantras

(Total no. of lectures: 20)

Topic

No. of class hours

2.1. Overview of the Tantras

2.2. Mahanirvana Tantra

2.2. Tantrasara

Module 8: The Puranas

(Total No. of lectures: 60)

3.1. Overview of the Puranas

3.2. The Eighteen Puranas—A Bird's Eyeview

3.3. Srimad Bhagavata Mahapurana

3.4. Sri Krishna Sages: Surdas, Mirabai, etc.

3.5 Chandi

Module 9: Scriptures and Saints of Other Religions

(Total No. of lectures: 40)

4.1. Buddhism

4.2. Jainism

4.3. Sikhism

4.4. Zoroastrianism

4.5. Judaism

4.6. Christianity

4.7. Islam

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Module 10: Vedanta-Acharyas and Saints of Various Traditions in India
(Total No. of lectures: 20)

5.1. Shankara, Ramanuja, Madhva

5.2. Saints of Bhakti Traditions

5.3 Bhakti Sutras

Module 11: The Ramakrishna Tradition
(Total No. of lectures: 40)

5.1. Sri Ramakrishna and His Gospel

5.2. Sri Sarada Devi and Her Message

5.3. Swami Vivekananda and His Works

5.4. Direct Disciples of Sri Ramakrishna