



D2D Atma Gyan Series – Bhagavad Gita

Guidelines for Students

1. Do breathing for 30 rounds (6-4-6-4 cycle) daily 3 times a day.
2. Will be reviewing 1 chapter a week.
3. Listen to the audio of the chapter and write the answers for vichars and case study with the questions and the story of the case study neatly in a notebook and bring it to the class.
4. Please bring the Bhagavad Gita book and the notebook to the class.
5. At any point don't use other Bhagavad-Gita books, videos as reference other than the one given to you.
6. Class is for one hour. For first 15 mins you will do the breathing exercise and then followed by review of the vichars and case studies.
7. If you do not know breathing, learn it from your teachers. Do not do your own techniques.
8. If the reviewing could not be completed within one hour then the remaining will be rescheduled for the next week.
9. Once a chapter is completed listen to the next chapter the next day itself and give enough time to answer the vichars and case study.
10. Please do write your own answers and do not browse internet for answers.
11. Chapter 11 and the final Chapter will be conducted by your teacher's Guru at his house.