

Module 2 (For Age Group 9-11 yrs) : Theme 6 to Theme 10

Theme 6: Self-Mastery

1. Ch.6, V.6 – *Bandhur atmatmanas tasya...* (Self as friend or enemy)
2. Ch.2, V.64 – *Raga-dvesha-vimuktaih...* (Freedom from likes & dislikes)
3. Ch.3, V.30 – *Mayi sarvani karmani...* (Surrender actions to Me)
4. Ch.5, V.7 – *Yoga-yuktat visuddhatma...* (Purity through self-mastery)
5. Ch.6, V.10 – *Yogi yunjita satatam...* (The yogi in solitude and control)
6. Ch.18, V.53 – *Ahankaram balam darpam...* (Abandon ego & violence)

Theme 7: Regulation of Mind

1. Ch.6, V.26 – *Yato yato nishcharati...* (Draw back wandering mind)
2. Ch.6, V.34 – *Chanchalam hi manah krishna...* (Mind is restless)
3. Ch.6, V.35 – *Abhyasena tu kaunteya...* (Practice & detachment regulate mind)
4. Ch.18, V.65 – *Man-mana bhava mad-bhaktō...* (Fix mind on Me)
5. Ch.12, V.8 – *Mayy eva mana adhasva...* (Surrender mind to Me)
6. Ch.2, V.70 – *Apuryamanam achalapratishtam...* (Peaceful mind like ocean)

Theme 8: Joyful Actions

1. Ch.3, V.9 – *Yajñarthat karmano 'nyatra...* (Action as sacrifice brings joy)
2. Ch.3, V.19 – *Tasmad asaktah satatam...* (Detached action is blissful)
3. Ch.4, V.24 – *Brahmarpanam brahma havir...* (Seeing all action as divine)
4. Ch.18, V.11 – *Na hi deha-bhrita sakyam...* (No escape from action)
5. Ch.18, V.48 – *Saha-jam karma kaunteya...* (Joy in one's natural duty)
6. Ch.2, V.47 – *Karmanyē vadhikaraste...* (Right to action, not results)

Theme 9: Altruistic Action

1. Ch.3, V.20 – *Karmanaiva hi samsiddhim...* (Perfection through action for others)
2. Ch.3, V.21 – *Yad yad ācharati shreshthas...* (Setting example for society)



3. Ch.3, V.25 – *Sakta karmanya vidvamsah...* (Acting without attachment)
4. Ch.12, V.13 – *Adveshta sarva-bhutanam...* (Compassionate towards all)
5. Ch.12, V.14 – *Santushtah satatam...* (Always content, altruistic)
6. Ch.18, V.46 – *Yatah pravrittir bhutanam...* (Worshipping through one's work)

Theme 10: Moderation

1. Ch.6, V.16 – *Na atyashnatas tu yogo 'sti...* (No yoga without moderation)
2. Ch.6, V.17 – *Yuktaahara-viharasya...* (Balanced living brings success)
3. Ch.17, V.7 – *Aharas tv api sarvasya...* (Threefold food habits)
4. Ch.17, V.8 – *Ayuh sattva-balarogya...* (Sattvic moderation in food)
5. Ch.17, V.9 – *Katvamla-lavanatyushna...* (Rajasic excess in food)
6. Ch.17, V.10 – *Yata-yamam gata-rasam...* (Tamasic food habits)



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