

# SUGGESTED COURSE OF STUDY BY Swamiji H.H.Paramarthananda Saraswati

## Suggested Course Of Study - LEVEL 1

| S. No | TITLE                             | No Of Module* | No. of TALKS | Duration         | Size            |
|-------|-----------------------------------|---------------|--------------|------------------|-----------------|
| 1     | INTRODUCTION TO VEDĀNTA           | 2             | 16           | 18:55:59         | 1.01 GB         |
| 2     | TATTVABODHA                       | 2             | 22           | 21:21:48         | 1.14 GB         |
| 3     | BHAGAVAD-GĪTĀ SUMMARY             | 3             | 22           | 29:03:34         | 1.55 GB         |
| 4     | BHAJAGOVINDAM                     | 1             | 12           | 10:59:54         | 604 MB          |
| 5     | BHAGAVAD-GĪTĀ (CHAPTERS 1 TO 6)   | 10            | 99           | 94:35:26         | 5.07 GB         |
| 6     | SĀDHANA-PAÑCAKAM AND VALUES       | 1             | 13           | 12:16:42         | 674 MB          |
| 7     | BHAGAVAD-GĪTĀ (CHAPTERS 7 TO 12)  | 7             | 65           | 61:12:59         | 3.28 GB         |
| 8     | JĪVAYĀTRĀ AND MANIṢĀ-PAÑCAKAM     | 2             | 20           | 18:33:52         | 0.99 GB         |
| 9     | BHAGAVAD-GĪTĀ (CHAPTERS 13 TO 18) | 8             | 79           | 76:56:13         | 4.12 GB         |
|       | <b>Total</b>                      | <b>36</b>     | <b>348</b>   | <b>343:56:27</b> | <b>18.14 GB</b> |

## Suggested Course Of Study - LEVEL 2

| S. No | TITLE  | No Of Module* | No. of TALKS | Duration         | Size           |
|-------|--|---------------|--------------|------------------|----------------|
| 1     | THE ESSENCE OF UPANIṢADS                       | 3             | 30           | 28:35:24         | 1.53 GB        |
| 2     | UPADEŚASĀRA                                    | 1             | 11           | 10:18:14         | 566 MB         |
| 3     | MUNḌAKA-UPANIṢAD                               | 4             | 38           | 37:21:45         | 2.00 GB        |
| 4     | SARVA-VEDĀNTA-SIDDHĀNTA-SĀRASANĠRHA (PORTIONS) | 3             | 29           | 28:38:14         | 1.53 GB        |
| 5     | KENA-UPANIṢAD                                  | 1             | 12           | 11:09:37         | 613 MB         |
| 6     | ĀTMABODHA                                      | 3             | 30           | 28:24:19         | 1.52 GB        |
| 7     | KAṬHA-UPANIṢAD                                 | 4             | 45           | 42:18:00         | 2.26 GB        |
| 8     | APAROKṢĀNUBHŪTI                                | 4             | 42           | 37:44:57         | 2.02 GB        |
| 9     | KAIVALYA-UPANIṢAD                              | 1             | 13           | 11:57:22         | 656 MB         |
| 10    | VĀKYAVṚTTI                                     | 2             | 19           | 18:32:12         | 0.99 GB        |
| 11    | TAITTIRĪYA-UPANIṢAD                            | 5             | 51           | 47:14:36         | 2.53 GB        |
| 12    | DRḠ-DRŚYA-VIVEKA                               | 2             | 21           | 20:02:36         | 1.07 GB        |
| 13    | MĀNḌŪKYA-UPANIṢAD AND KĀRIKĀ                   | 8             | 81           | 77:05:35         | 4.13 GB        |
|       | <b>Total</b>                                   | <b>41</b>     | <b>422</b>   | <b>399:21:51</b> | <b>21.4 GB</b> |

### Suggested Course Of Study - LEVEL 3

| S. No | TITLE  | No Of Module* | No. of TALKS | Duration         | Size           |
|-------|--|---------------|--------------|------------------|----------------|
| 1     | SAD-DARŚANAM   | 2             | 24           | 22:50:56         | 1.22 GB        |
| 2     | DAKṢIṆĀMŪRTI-STOTRAM AND PORTIONS OF ŚIVĀNANDALAHARĪ | 2             | 21           | 19:57:40         | 1.07 GB        |
| 3     | ADVAITA-MAKARANDA                                    | 1             | 14           | 13:15:35         | 695 MB         |
| 4     | BRAHMASŪTRAS (1 TO 4)                                | 4             | 35           | 31:54:59         | 1.71 GB        |
| 5     | AṢṬĀVAKRA-GĪTĀ                                       | 7             | 74           | 64:49:27         | 3.74 GB        |
|       | <b>TOTAL</b>   | <b>16</b>     | <b>168</b>   | <b>157:48:37</b> | <b>8.43 GB</b> |

\* Module means that which has many lessons(classes)

#### Terms & Conditions for Suggested Course of Study:

- Subscribed courses will be available in your account after making payment.
- Validity if this course is "April 1st to March 31st of any given year" only.
- After this mentioned period subscribed courses validity will expire.
- **Prerequisites: It is mandatory to complete Level 1 first in order to study Level 2 & Level 3.**
- Global class subscription is not transferrable to On Demand Courses.
- For payments loginto <https://mantraglobus.in>, existing member to use yogamalika.org registered User name & Password. New members are requested to register in mantraglobus.in