

GitaVidya

India | Europe | America

“गीता विद्या स्वयंशिक्षा अभियान” (GitaVidya Self-Learning Campaign)

Namastey,

‘GitaVidya Self-Learning Campaign’ is an initiative of ‘Gita Vidya Peetam’ designed to share the timeless wisdom of PoornaYoga through a simple, systematic, and self-guided learning approach. Rooted in the profound teachings of the Bhagavad Gita and the classical Yoga framework of the Patanjali Yoga Sutras, the program presents spiritual knowledge in a structured and practical format that can be studied and understood independently. The campaign is aimed at; (i) Inspiring moral values, duty, and self-development. (ii) Increase spiritual awareness among students, youth, and families. (iii) Cultivate a culture of self-study.

The PoornaYoga Self-Learning Program is open for all age groups. Anyone can **enrol, study and complete** the program at their **own phase and convenience**. The Program is designed and developed using the **ancient Indian learning techniques** with the **modern tools of knowledge transfer** for a **flexible and effective Self-Learning** experience. For more information, please scan the QR code below to watch the introduction video. Please visit **www.GitaVidya.org** to enrol into the PoornaYoga program.

Gita Vidya Peetam is looking for volunteers in India, Europe and America for the position of the “GitaVidya Saha-BODHAK”. For more details, please reach us by email **GitaVidya.org@gmail.com** / WhatsApp **+918792430562**.

With best wishes,



Gopi Venkateswara Prasad
Founder President, Gita Vidya Peetam



Introduction Video

About the PoornaYoga Self-Learning Program.

The **Poorna Yoga Self-Learning Program** aims to offer a broad understanding of Yoga, through **140 Gita-shlokas** and **96 Yoga-sutras** under **22 thematic lessons**, which are grouped into four courses namely **DEHA, GNANA, YOGA** and **JEEVA**. Each lesson is structured with the **G-Education** model using the three components of learning namely **SADHANA, SODHANA** and **VAADANA**, which enable students to **UNDERSTAND, EXPLORE** and **APPLY** the wisdom of PoornaYoga in daily life.

The **SADHANA** component involves activities such as **shravana** means **hearing**, **pathana** means **reading**, and **manana** means **reflecting**. These activities enable students to **UNDERSTAND** the essence of the lesson. Students do SADHANA using the PoornaYoga transliteration **textbooks**.

The **SODHANA** component involves activities such as **varna** means **colouring**, **visleshana** means **analysis** and **anveshana** means **searching**. These activities enable students to **EXPLORE** deeper insights of the lesson. Students do SODHANA using the PoornaYoga **workbooks**.

The **VAADANA** component involves the activities such as **charcha** means **discussion**, **samiksha** means **inspection**, and **pariksha** means **examination**. These activities enable students to **APPLY** the PoornaYoga wisdom in daily life. Students can do VAADANA together with friends or family.

About the PoornaYoga Study Material.

It is essential to obtain the specially designed transliteration textbooks and graphic workbooks for the successful completion of the PoornaYoga Self-Learning Program. Students should complete the following tasks using the textbook and workbooks.

Textbook tasks: The PoornaYoga Self-Learning textbooks are available in multiple **transliteration scripts** such as Devanagari, Bengali, Gujarati, Kannada, Malayalam, Oriya, Punjabi, Roman, Tamil, Telugu and Urdu covering over **33 world languages**. Students shall scan the QR codes inside the textbook to access the Self-Learning videos to practice the Shloka recitation and understand the Shloka meaning.

Workbook tasks: The workbooks are designed to stimulate interest and facilitate learning through **graphic illustrations** and **interactive learning tasks**. Students shall add colours to the graphic illustrations and describe them in own words. Students shall copy-write shlokas and meanings from the textbook to workbook.

About the PoornaYoga Certificate

The course completion certificate is awarded by the 'Gita Vidya Peetam' after the successful completion of each of the four courses namely DEHA, GNANA, YOGA and JEEVA. After completing all the four courses the student is awarded with the "PoornaYoga certificate". Students should fulfil the following tasks in the same order;



1. Scan QR codes inside the textbook to learn the recitation and understand the meaning of shlokas / sutras.
2. Fill colours and describe the graphics in the workbook.
3. Copy verses and meanings from the textbook to workbook.
4. After completing the above tasks, students should get their workbook validated by a certified GitaVidya Saha-BODHAK.
5. Saha-BODHAK shall verify the student workbook and grant a validation code and note the student details in his code book.

6. Saha-BODHAK shall email a legible scanned copy of the validation page of the student workbook to GitaVidya.org@gmail.com and receive the certificate by post.

How to support the PoornaYoga Self-Learning Program?

The PoornaYoga Self-Learning Textbooks are published by CourseLink in multiple transliteration scripts covering over 33 world languages, with quadra verse English translation and integrated Self-Learning videos. The **minimum cost** of providing the transliteration textbook for DEHA, GNANA, YOGA and JEEVA courses along with unlimited access to the Self-Learning video lessons **in India is INR 100/- per student.**

Interested individuals, corporates and organisations from around the world can voluntarily support the school children in India by sponsoring the cost of these textbooks. Sponsors of **100, 500** and **1000** students will be honoured by the GitāVidya Peetam with "**GitāVidya Dāta**", "**GitāVidya Visistadāta**" and "**GitāVidya Mahādāta**" awards.

Sponsorship amount can be directly paid to the publisher's bank account given below. The transaction ID along with the name and address of the sponsor should be sent to CourseLink firm by email to obtain a digital receipt along with the award certificate.

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A/c number: 50200105096553
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**The Body, Mind and Soul are inseparable yet not cohesive in life.
Principles and techniques of uniting them are called PoornaYoga.**

- Gopi Venkateswara Prasad

How to enrol for the PoornaYoga Self-Learning program.

The PoornaYoga Self-Learning Program is open for all age groups. Anyone from across the different time zones of the world can pursue this program at their own convenience. The PoornaYoga Self-Learning Program has four courses namely DEHA, GNANA, YOGA and JEEVA. All four courses are available in a single textbook. Each course has a separate workbook. It is essential to obtain the textbook and workbooks to **enrol**, **study** and **complete** the program. For further information please visit the www.GitaVidya.org website. **To enrol** for the PoornaYoga Self-Learning Program **please scan the QR code and fill the form.**



About the Author.

The “Poorna Yoga Self-Learning Program” is systematically designed and professionally developed by Shri Gopi Venkateswara Prasad, to offer a broad understanding of Yoga, through graphic interpretation of 140 Gita-shlokas and 96 Yoga-sutras under 22 thematic lessons. Each lesson is structured with three components of learning namely Sadhana, Sodhana and Vaadana, to enable students understand, explore and apply the wisdom of PoornaYoga in daily life. Gopi studied Yoga in its various forms since his childhood. His lifelong interest in Yoga Shastra led to the foundation of PoornaYoga Self-learning Program in India, Europe and America. His experience in the field of Education has led to the creation of the G-Education model, which is applied in the development and dissemination of structured learning programs such as this one. Gopi has an ‘MBA in Global Management’ from Germany and a ‘Diploma in Physical Education’ from India. His interests include poetry, singing and spiritual art.

