

# SELF MANAGEMENT LESSONS FROM THE GITA

An online course offering  
practical tools and insights



**Every Saturday  
9:30 AM – 11:00 AM**

## Details

### NARENDRA MURTY

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BhāratShakti, SAS

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Register**

**START DATE:  
28 FEBRUARY, 2026**

**END DATE:  
28 MARCH, 2026**





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### COURSE TOPICS:

- The “Krishna cure” for the “Arjuna Disease”
- Self-Management precedes managing the world
- As is the Mind, So is the World
- The Mind: A Friend or a Beast?
- Why are we not able to manage ourselves?
- The Evenness of the Mind
- Yoga is Efficiency in Action

**Facilitator**  
**Narendra Murty**

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