

SELF MANAGEMENT LESSONS FROM THE GITA

An online course offering
practical tools and insights



**Every Saturday
9:30 AM – 11:00 AM**

Details

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**START DATE:
28 FEBRUARY, 2026**

**END DATE:
28 MARCH, 2026**

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Register**



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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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Zoom



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