



Scheme of Study

Source: Self-Unfoldment (Appendix III)

Basic Study scheme for Adults

Group Study

1. Kindle Life
2. Bhaja Govindam
3. Tattva Bodha
4. Manah Shodhanam
5. Atma Bodha
6. Upadesha Sara
7. Narada Bhakti Sutra
8. Meditation & Life
9. Gita Introduction, Chapter 1 & 2
10. Jnanasara
11. Kena Upanishad
12. Gita Chapter 3 – 6
13. Dhyana Svarupam
14. Kaivalya Upanishad
15. Gita Chapter 7 – 9
16. Ishavasya Upanishad
17. Gita Chapter 10-12
18. Bhakti Sudha
19. Gita Chapter 13-15
20. Mundaka Upanishad
21. Gita Chapter 16-18
22. Drig Drishya Viveka
23. Saddarsana

Self Study

1. Vedanta Thru Letters
2. We Must
3. Sadhana Panchakam
4. Purusha Suktam
5. Hymns to Badrinatha
6. Vishnu Sahasranama

Video

Vivekachoodamani



Advanced Study

1. Yoga Vashishta Sara Sangraha
2. Advaita Makaranda
3. Aitareya Upanishad
4. Dakshinamurty Stotram
5. Katha Upanishad
6. Prashna Upanishad
7. Taittiriya Upanishad
8. Mandukya Upanishad

Study Scheme for Youth Groups

Junior CHYK*

1. Art of Living
2. Hanuman Chalisa
3. Art of God Symbolism
4. I Love You
5. Game of Life
6. Right Thinking

Senior CHYK

1. Self Unfoldment
2. Art of Man Making
3. We Must
4. Vibhishana Gita
5. Sadhana Panchakam

Self Study

Hindu Culture

*CHYK : Chinmaya Yuva Kendra

