

Module 3 (For Age Group **12-14 yrs**) : Theme 11 to Theme 15

Theme 11: Conduct

1. Ch.2, V.55 – *Prajahati yada kaman...* (Conduct of sthitaprajna)
2. Ch.2, V.56 – *Dukhesv anudvigna-manah...* (Balanced in pleasure & pain)
3. Ch.2, V.57 – *Yah sarvatra anabhisnehah...* (Free from attachment)
4. Ch.12, V.15 – *Yasmannodvijate loko...* (Ideal conduct for society)
5. Ch.13, V.8 – *Amanitvam adambhitvam...* (Qualities of good conduct)
6. Ch.16, V.1 – *Abhayam sattva-samshuddhir...* (Divine conduct)

Theme 12: Attitude Towards Food

1. Ch.6, V.16 – *Na atyashnatas tu yogo 'sti...* (No yoga in overeating)
2. Ch.17, V.7 – *Aharas tv api sarvasya...* (Threefold food habits)
3. Ch.17, V.8 – *Ayuh sattva-balarogya...* (Sattvic food)
4. Ch.17, V.9 – *Katvamla-lavanatyushna...* (Rajasic food)
5. Ch.17, V.10 – *Yata-yamam gata-rasam...* (Tamasic food)
6. Ch.6, V.17 – *Yuktaahara-viharasya...* (Balance in diet and lifestyle)

Theme 13: The Seed of All Life Force

1. Ch.7, V.10 – *Bijo 'ham sarva-bhutanam...* (I am the seed of all beings)
2. Ch.9, V.18 – *Gatih bharta prabhuh sakshi* (I am the seed, witness, and shelter)
3. Ch.15, V.13 – *Gam avishya cha bhutani...* (I sustain life)
4. Ch.15, V.14 – *Aham vaishvanaro bhutva...* (I digest food as life fire)
5. Ch.14, V.4 – *Sarva-yonishu kaunteya...* (All beings born of My womb)
6. Ch.7, V.7 – *Mattah parataram nanyat...* (Nothing beyond Me, source of life)

Theme 14: Source of Happiness

1. Ch.2, V.70 – *Apuryamanam achalapratishtam...* (Happiness in peace)
2. Ch.5, V.21 – *Bahya-sparsheshu asaktatma...* (Happiness within)



Sloka Themes

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3. Ch.5, V.24 – *Yo 'ntah-sukho 'ntar-aramah...* (True happiness inside)
4. Ch.5, V.29 – *Bhoktaram yajna-tapasam...* (Peace & happiness in God)
5. Ch.6, V.28 – *Yunjann evam sada 'tmanam...* (Endless joy through yoga)
6. Ch.6, V.30 – *Yo mam pashyati sarvatra...* (Seeing God everywhere brings joy)

Theme 15: Source of Wisdom

1. Ch.4, V.34 – *Tad viddhi pranipatena...* (Wisdom through teacher)
2. Ch.10, V.4 – *Buddhir jnanam asammoha...* (Wisdom comes from Me)
3. Ch.10, V.10 – *Tesham satata-yuktanam...* (Bestowing wisdom to devotees)
4. Ch.13, V.8 – *Amanitvam adambhitvam...* (Qualities leading to wisdom)
5. Ch.13, V.11 – *Adhyatma-jnana-nityatvam...* (Constant pursuit of wisdom)
6. Ch.18, V.66 – *Sarva-dharman parityajya...* (Wisdom of surrender)



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