



A deep-dive into the Practical Wisdom of  
**Bhagavad-Gita**

## TeensGI™

© (**Gita-Intelligence™** for the **Teens**) ©

**unleash**

The Power of Self-Effort!

**enrich**

Creativity and Productivity!!

**unlock**

The Infinite Potential within!!!

A practical journey through all the 18 chapters of Bhagavad-Gita to develop **STAR perspectives** that will enable the young minds to *connect with (yOGa) their hidden potential* as well as *enhance (kshEma) existing capabilities*.

A totally non-religious exposition of the eternal wisdom of India integrated with modern Work Strategies and Science, that can propel the youth to *stardom rooted in sustainability, inclusiveness, and enrichment!*

A step-by-step exposition of strategies from Chapter 1 to 18  
An open and non-dogmatic pursuit of excellence

One chapter every week with evaluated life-practice activity

A participatory experience of expansion to limitlessness!

**NEXT COMMENCEMENT TO BE ANNOUNCED**



Only limited registration  
Class strength will be maximum of 15 **qualified** teens  
(aged 14 to 20)

*Those who attend and successfully complete all 20 sessions will qualify for the TPI Certificate in **Wisdom of Gita Intelligence***

### **Qualification**

Seriousness  
Regularity  
Persistence  
Consistency  
Eagerness!

*Aimed at the thought-powered teenagers of the 21st century.*

A total of 20 sessions (20 weeks)  
Opening + 18 chapters + Closing

Coach & Mentor

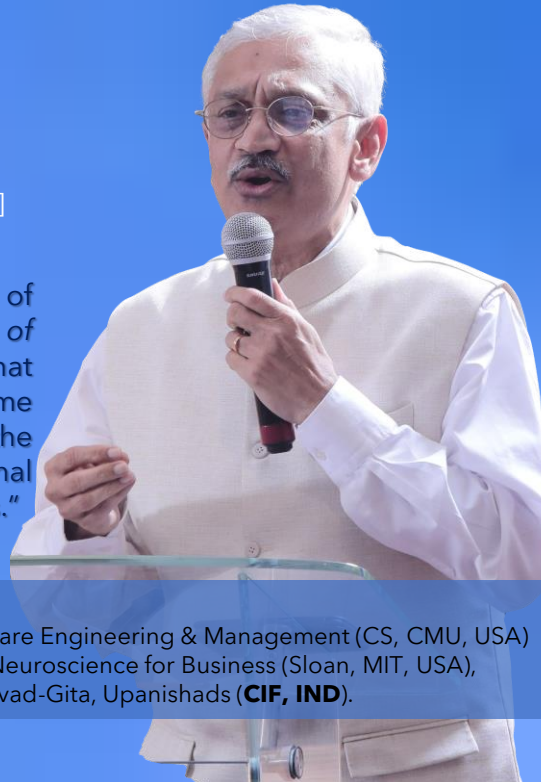
## **Satish Kumar Menon**

COO of **ESRI R&D** center in UAE  
(also, Ex Scientist DRDO)

Founder Trustee - VijnAnVikAs [2003 - ]

Hon. Director - The Pattern Institute [2018 - ]

*"Through The Pattern Institute, I dream of training young minds in the patterns of practical wisdom and strategies that successful people employ to become inspired and inspiring leaders, while at the same time staying rooted in the eternal wisdom of the value systems of the ages."*



### **Secular & Spiritual credentials**

Engineer with a Master Degree, certified in Software Engineering & Management (CS, CMU, USA)  
Technology Management (Tepper, CMU, USA), Neuroscience for Business (Sloan, MIT, USA),  
Foundation Vedanta, Advanced Vedanta, Bhagavad-Gita, Upanishads (**CI, IND**).

# TeensGI™

is a non-religious, non-ritualistic interpretation of Bhagavad-Gita Wisdom. No prior knowledge or exposure required.

*imparts* Strategic wisdom for excellence, correlated with modern scientific knowledge of thought-power, work strategies, and brain-science.

*brings* to you the eternal wisdom of success and perfection, correlating these to the way your thought process can be enhanced, and applied to day-to-day living.

addresses the below-listed *How-to* questions -

## How to...?

- Improve your higher order and creative thinking abilities
- Produce more than you consume and be enriching
- Develop your visual-spatial thinking in addition to other modes
- Manage your Self to progress in both academics and co-curricular activities
- Take ownership of your own progress and manage time well
- Identify the win-win-win attitudes, and learn to practice them
- Manage your aptitudes, developing and enhancing them
- Choose your path and steadily make progress to perfection
- Manage Work-Play-Entertainment-Relaxation
- Break free from your comfort-zones

## Frequently Asked Questions

### How is this course different from other Bhagavad-Gita courses?

See TeensGI specs above.

### Why should my child attend this workshop?

Strategies to get inspired in life and take complete ownership of own destiny is imparted with practical tips. It is a heritage-wisdom inspired scientific transformation of *personality to character!* ["*End of Education is Character*"]

### Is there any preparation required by the child before he/she attends each of the sessions?

There are no pre-requisites. The only need is to be determined and disciplined to attend all sessions!

### Is there any parental involvement required while my child attends this course?

Parental involvement will be the inspirer behind the student's motivation. ☺  
There would be some joint reflective sessions as activities, for which you should be an active participant at home. Session attendance is not expected.

### What is the level of parental involvement required during the course?

As above.

## Frequently Asked Questions

### **Why is the duration of the course spread over 20 months?**

This is not a broadcast (one-way) discourse. It is a practice-based (applied) **Gita | Science** wisdom that can completely change the way the student thinks and acts in this world. To make changes, instant processes do not work. It takes time and assimilation in a controlled, consistent, committed, and continuous manner to effect lasting changes.

### **Can we have an orientation regarding the course to understand the details?**

For all those who are interested thus, we will organize a one-on-one (or for interested groups) Zoom sessions to answer your queries. You may contact the Institute team for a clarification/awareness session.

### **Will this course help my child to excel in academics?**

See the "How-to?" segment of this Brochure.

### **What is the fee for this course?**

This is an Education Service of TPI aimed at building a 'thoughtful-Indian' and we offer it as a free service. But those of you who feel benefitted are free to contact the Institute team and make your contribution/donation towards our several activities.

### **Is *The Pattern Institute* linked to any religious organizations?**

We do not claim any link to spiritual and religious organizations, though we will inherit from the knowledge and wisdom from such sources, as well as the practical knowledge and research outputs imparted by modern science and allied fields of knowledge.

### **What happens if my child misses a session?**

Typically, we would expect the best transformation when the student attends all sessions. It is after all only a once-a-month session. But in the unlikely event of a student missing a session, s/he can attend the missed session in the next offering (after this current series) and claim the certificate after all the 20 sessions are completed. Attending in a stretch is always advised. We also request you not to jump into (registering for) these sessions if you are not sure of committing to the 2 hours of attendance (in a month), as well as the at-home reflective and practical work that we will assign.

### **Are there any follow up sessions after the course is completed?**

We expect the student to have gained sufficient strength of inspiration to start living the scientific knowledge and the eternal wisdom through these 20 months. They should have already inculcated the needed power of self-effort to ignite their path. Still, if the student needs continued mentoring we will provide that on a case to case basis.

# Read what some teens have to say about their GI experience



## **Sreehari Palakkal, Class: 12, Bhavans Vidya Mandir, Palakkad**

\* I am extremely thankful to the GI classes where the essence of Bhagavad-Gita is lucidly explained with lots of examples and stories to imbibe this transcendental knowledge in young minds.

\* Active participation in its cultural events helped me to come out as a determined, responsible team player.



**Hari Krishnan Hari Kumar, 3rd year B. Tech, IISST, Trivandrum** - "Strive to achieve your goals, not for its final positive result, but for the intrinsic satisfaction that you would derive from the simple act of doing them with utmost perfection".

For me, this is the single-most important piece of strategic advice I have gathered from BG. I found putting this into practice exceedingly difficult at first because we live in a competitive world; it is sometimes near impossible to be not worried about results. Being a college student, I have realized the fruits of approaching my tasks with a more self-disciplined, process-oriented attitude. When we pay close attention to the steps required for achieving our goals, and invest ourselves in performing them diligently, perfection is bound to follow.

powered by



**Bhanu Lakshmi Hari Kumar, Class 11, The Indian High School, Dubai** - "The

strategy of disassociating myself from distractions that will hinder my productivity and cause anxiety, has helped me stay on track when it comes to achieving the goals that I have set for myself. Adopting this method has helped instill in me, a sense of discipline in my academic routine and extracurricular activities, that has contributed to a gradual, but steady improvement in all spheres of my life."



**Amrutha Lakshmi, II B.A, Christ University, Bengaluru** - "The Pattern Institute of VijnAnVikAs has equipped me with various skills that have helped me grow through and face several challenging facets of my life. From learning about scholastic skills including, prioritization, time management, and mind mapping, to finding joy in being selfless, GI has molded me into the best version of myself today."



**Amod Jayakrishnan Varma, Class 11, Private International School, Abu Dhabi** - "I was fortunate to be introduced to Gita Intelligence classes conducted

by Satish Uncle during my early middle-school days and this really helped me to develop strong values and study habits. My interest in studying Bhagavad Gita increased day by day as the classes were taught not just by reciting slokas but concepts taught with scientific explanations. After each chapter the concepts were again reinforced through analogies, dance, drama, pantomime, quiz, exhibitions etc., where every child gets the opportunity to perform, which leaves lasting impressions on each of us to reflect on. This sacred wisdom is helping me to become a better version of myself each day."



**Ameesha Gireesh, First year B. Tech (CSE), VIT, Vellore** - I joined the classes when I was in eighth grade and ever since my perspective to handling things have become dynamically different. The kind of thoughts and ideas shared in these classes helps you progress your level of maturity, productivity, and creativity. I have also learnt ideals from the Bhagavad Gita which can be implemented in your daily lives through these classes.

## **Session 1: Kick-off\*Pre GI Reflection**

### **Karma Yoga – Stardom in what you Do**

**Become a Star**

- FACE CHALLENGES SMARTLY **I**
- BE INTRINSICALLY MOTIVATED **II**
- DEVELOP RIGHT ATTITUDES **III**
- NOURISH RIGHT APTITUDES **IV**
- SHUN LIKES AND DISLIKES **V**
- GET INTO FLOW **VI**

### **Bhakti Yoga – Doing it with Inspiration**

**Become Inspired**

- YOU ARE UNIVERSAL **VII**
- YOU ARE IMPERISHABLE **VIII**
- YOU ARE INFINITE **IX**
- CONNECT WITH THE WORLD **X**
- DEVELOP PERSPECTIVES **XI**
- BE INSPIRED **XII**

### **JnAna Yoga – Going beyond Limits**

**Enrich & Expand**

- KNOW YOUR LIMITATIONS **XIII**
- KNOW YOUR INNER NATURE **XIV**
- STRIVE FOR PERFECTION **XV**
- KNOW THE GOOD AND BAD **XVI**
- SHAPE YOUR FAITH **XVII**
- BREAK COMFORT ZONES **XVIII**

## **Session 20: Wrap-up\*Post GI Reflection**

# FIRST BATCH of GI TEENS

2022-23

## TeensGI™

First Batch August 2021 to March 2023



Group A Grades 8-9-10



Group B Grades 11-12



Group C Undergraduates

To Register  
Scan or  
click QR  
code →



Contact the Pattern Institute Team @

[thepatterninstitute@gmail.com](mailto:thepatterninstitute@gmail.com)

to request an awareness session for parents if needed

Registered children will be considered for inclusion in the next batch

