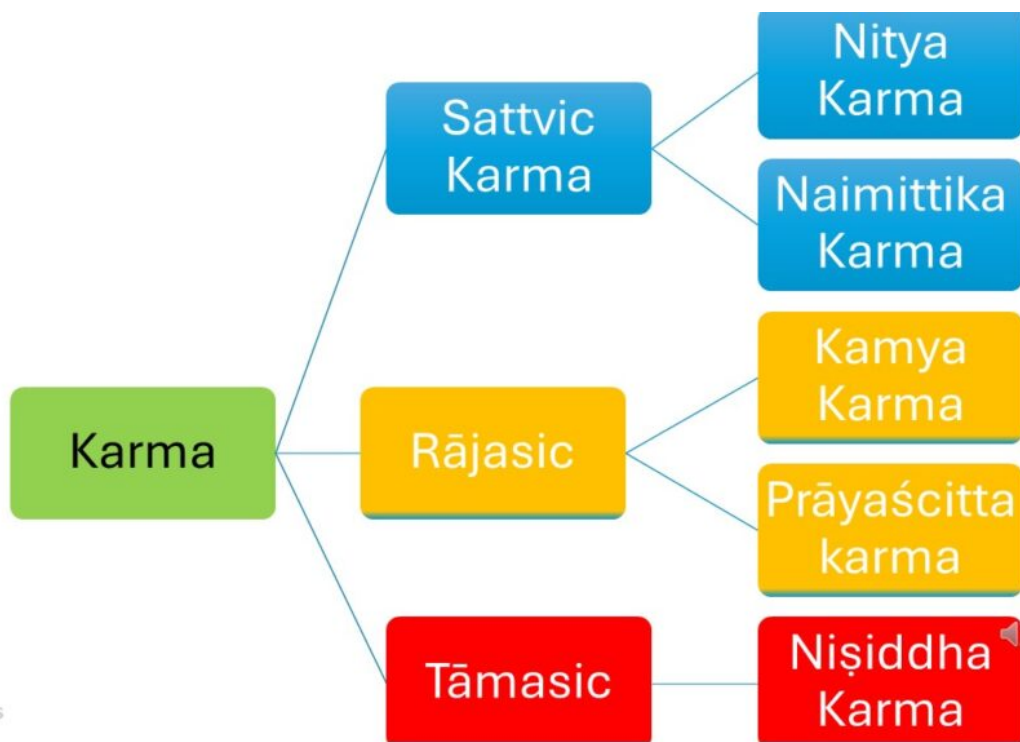


# Niyatha Karma 2

In this second video discussing the concept of Karma in Vedanta, I detail Niyatha Karma – tapas (Austerity), DhAnam (Charity) and Pancha MahA Yajña (five essential practices) – as described in Bhagavad Gita. Bhagavan Krishna tells us in Bhagavad Gita that we should not renounce these niyatha karma. The slides used in this video:



## Tapas

- Moderation; avoid overindulgence
- Austerity; spiritual discipline
- Conviction, not compulsion

## DhAnam

- Charity
- Sharing Wealth, knowledge

## Yajña

- Pancha MahA Yajña



### Pañcha MahA Yajña (Five Essential Practices)

Brahma Yajña	Pitr Yajña	Manusya Yajña	BhUta Yajña	Deva Yajña
Scriptural Studies	Duties to Ancestors	Social Services	Protecting Environment	Worship
Preserving and promoting scriptures	Reverential services to the preservation of family	Reverential service to society	Environmental infrastructure	Reverential appreciation of Eeswara
Allotting some time for the study of scriptures	Regular worship of the ancestors, both living and the dead	All types of social service	Protecting all non human beings	A portion of the day must be necessarily allotted for worship



