

The course on *Vālmiki Rāmāyaṇa – Bāla Kāṇḍa* (with the fragrance of *Kamban* and *Kālidāsa*) comprises twenty-five lessons.

Lesson 1: Introduction to Rāmāyaṇa

- Introduction; virtues of an ideal human

Lesson 2: Vālmīki, the author of Rāmāyaṇa

- Vālmīki's inspiration and vision to write *Rāmāyaṇa*
- Central characters of each kāṇḍa

Lesson 3: Description of Ayodhya

- Vālmīki, Kamban and Kālidāsa – a comparison
- Glory of Ayodhya

Lesson 4: Putrakāmeṣṭi Yajña

- Ministers of Ayodhya
- Daśaratha's desire to have a son

Lesson 5: Birth of Śrī Rāma

- Birth of Śrī Rāma and his brothers
- Role of devās in the *Rāmāyaṇa*

Lesson 6: Śrī Rāma follows Sage Viśvāmitra

- Viśvāmitra's request to Daśaratha
- Education imparted by Viśvāmitra

Lesson 7: Tāḍakā Vadham

Lesson 8: Sage Viśvāmitra's Yajña

- Successful completion of Viśvāmitra's yajña
- Journey to Mithilā

Lesson 9: Kuśa Dynasty

- Viśvāmitra's lineage
- Background of Gaṅgā

Lesson 10: Kumāra Saṁbhavam

- Story of Kārtikeya

Lesson 11: Gaṅgā Avatāra

- Sagara and descendents
- Story of Gaṅgā descending to Earth

Lesson 12: Viśāla Purī

- The principle behind, and the glory of, yajñas

Lesson 13: Amṛta Manthana

- Amṛta manthana
- The Vedāntic context behind amṛta manthana

Lesson 14: Ahalyā

- Story of Ahalyā

Lesson 15: Visiting Janakapurī

- Arrival in Mithilā
- Story of Viśvāmitra told by Śatānanda

Lesson 16: Sage Viśvāmitra – 1

- Story of Kāmadhenu

Lesson 17: Sage Viśvāmitra – 2

- Battle between Vasiṣṭha and Viśvāmitra

Lesson 18: Sage Viśvāmitra – 3

- Story of Triśaṅku

Lesson 19: Sage Viśvāmitra – 4

- Viśvāmitra becomes a Brahmarṣi
- Significance of each obstacle overcome by Viśvāmitra

Lesson 20: Lord Śiva's Dhanuṣ – 1

- Sita's svayamvara
- Rāma lifts and breaks the Śiva-dhanuṣ

Lesson 21: Lord Śiva's Dhanuṣ – 2

- Marriage decided for Śrī Rāma and His brothers
- Respect and deference of kings to their gurus

Lesson 22: Lord Rāma-Sītā marriage – 1

- Lineage of King Daśaratha and King Janaka
- Story of Lord Śiva's dhanuṣ

Lesson 23: Lord Rāma-Sītā marriage – 2

- Wedding of all four sons of King Daśaratha

Lesson 24: Lord Rāma and Paraśurāma

- Contest between Paraśurāma and Śrī Rāma
- Story of Lord Śiva's dhanuṣ and Lord Viṣṇu's -dhanuṣ

Lesson 25: Lord Rāma at Ayodhya

- Background of Paraśurāma and Śrī Rāma
- Interaction of the avatāras