

**BHAGAVAD GITA AND INDIAN ETHICS PREACHING OF
GREAT PHILOSOPHER ADI SANKARA**

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23. Bhagavad-Gita and Its Influence of the Overall Development of Man in India

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Abstract

This research paper examines the influence of the Bhagavad-Gita's principles on the holistic development of adults across diverse age groups. As a timeless scripture and philosophical masterpiece, the Bhagavad-Gita provides profound insights into the multifaceted dimensions of human existence, spanning spiritual, mental, emotional, physical, and intellectual realms of well-being. The study delves into how the teachings of the Bhagavad-Gita contribute to enhancing the overall well-being and development of individuals, fostering a harmonious integration of the physical, mental, intellectual, and spiritual aspects of life. Employing a descriptive survey research method, data is collected through open-ended questionnaires from adult participants across various age groups who have studied and applied the teachings of the Bhagavad-Gita in their lives. The findings from the conceptual content analysis of the data offer valuable insights into the transformative potential of ancient wisdom in modern contexts, enriching our understanding of holistic development. The results underscore the efficacy of Bhagavad-Gita principles in providing practical solutions to the challenges encountered by individuals of different ages across various facets of life.

Introduction

In the modern era, advancements in science and technology have provided abundant material comforts, yet they have also brought about a pervasive sense of spiritual emptiness. The quest for inner growth and contentment amidst material abundance underscores the necessity for a balanced perspective and a holistic approach to individual development. Holistic development, in this context, pertains to the comprehensive nurturing of intellectual, mental, emotional, social, physical, and spiritual potentials, transcending mere academic knowledge. Even amidst the plethora of comforts that enhance our material lives, humanity finds itself entangled in the unyielding cycles of birth, aging, illness, and death. Efforts to find remedies for these universal phenomena within the confines of the material realm often prove fruitless, underscoring the inherent limitations of such approaches. Thus, there arises a compelling need to seek solutions beyond the realm of mundane materialism, delving into the insights offered by the spiritual domain.



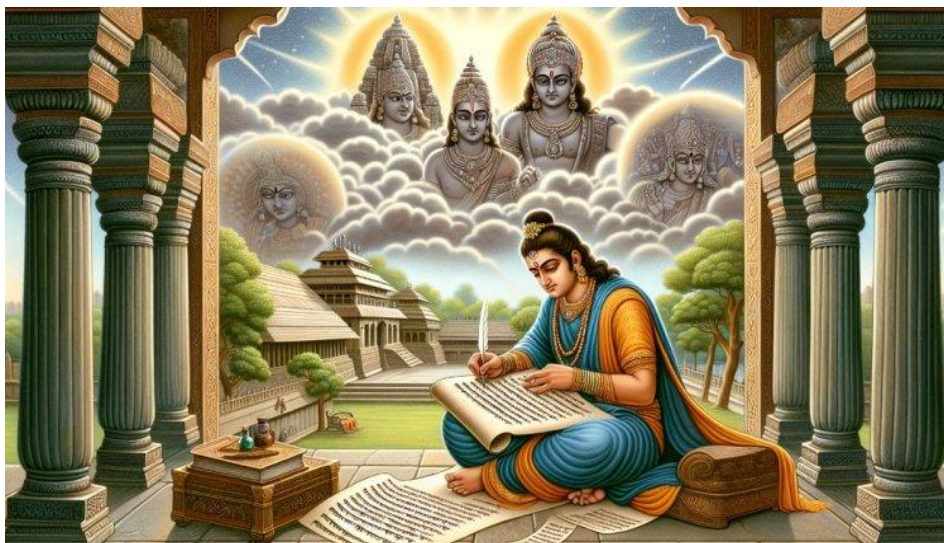
The recognition of one's true self emerges as a foundational step in the spiritual evolution of individuals, a concept echoed even within the realms of modern science. The notion of self-actualization, as elucidated by psychologists like Kurt Goldstein and popularized by Maslow's hierarchy of needs, represents the pinnacle of human growth. This hierarchical framework delineates the progression from basic physiological needs to the realization of one's full potential or self-actualization, signifying a fundamental aspiration innate to human nature.

The Bhagavad-Gita, a timeless spiritual text, emphasizes that true learning encompasses an understanding of the principle of self-actualization. With this profound insight, one can perceive all beings with equanimity, recognizing the spiritual unity that underpins all existence. As articulated in the Bhagavad-Gita (5.18), "The humble sage, by virtue of true knowledge, sees with equal vision a learned and gentle brahmana, a cow, an elephant, a dog, and a dog-eater (outcaste)." The wisdom expounded in the Bhagavad-Gita holds immense relevance for individual and societal advancement. Its practical application spans diverse dimensions of human

growth, offering insights into physical, mental, intellectual, emotional, social, and spiritual development. The Bhagavad-Gita provides invaluable principles for education, addressing fundamental existential concerns and guiding individuals towards holistic development.



Numerous scholars in both the Eastern and Western regions have emphasized the study and interpretation of the educational and scientific aspects of the Bhagavad Gita. Vedic scholar Shri Srila Prabhupada (1974) expressed the viewpoint that the Bhagavad Gita serves as a valuable source of knowledge and wisdom for the global community. Renowned scientist Albert Einstein remarked, "When I read the Bhagavad-Gita and reflect on how God created this universe, everything else seems so superfluous." The celebrated poet and philosopher Henry David Thoreau also noted, "In the morning, I bathe my intellect in the stupendous and cosmogonical philosophy of the Bhagavad-gita, in comparison to which our modern world and its literature seem puny and trivial." Ralph Waldo Emerson, another esteemed figure, conveyed, "I owed a magnificent day to the Bhagavad-Gita. It was the first of books; it was as if an empire spoke to us, nothing small or unworthy, but large, serene, consistent, the voice of an old intelligence which in another age and climate had pondered and thus disposed of the same questions which exercise us."



There are numerous values discussed in Bhagavad Gita, will helps the individual to get thorough knowledge about the values and how to lead a good value-oriented life.

1. Physical value: According to Bhagavad Gita this value is concerned with the body. Bhagavad Gita says that miseries of life come through high bodily conception. This body is constituted mind and soul. Jnana according to Bhagavad Gita is, we are not this body but the soul and Vijnana is we are the part and parcel of the Supreme Personality of God Head. If we give too much consideration to the body negative emotion will arise. That will affect our positive thoughts and negatively influence our value system

2. Mental value: Cognition is an important aspect of human being. When one goes through the Bhagavad Gita by reading or hearing that will helps to increase our mental abilities such as intelligence, memory, concentration, reasoning, decision making, problem solving etc. If one's intelligence is pure, he can control his mind. If the mind is controlled our senses are automatically controlled. Bhagavad Gita teaches individuals to become sthithaprajna-those who has control over his mind.

3. Social value: Bhagavad Gita teaches the social value and how to cope with the changing new environment. It teaches love, cooperation, helping mentality, empathy, how to behave in the society in a proper way, how to respect others and how to maintain good social relationship.

4. Emotional value: Bhagavad Gita teaches how to regulate emotions effectively. Bhagavad Gita talks about so many positive and negative emotions such as love, happiness, pride, gratitude, fear, anger, grief, jealousy, sadness, laziness etc. According to Bhagavad Gita both positive and negative emotions should be controlled. It gives better knowledge to be emotionally stable.

5. Cultural value: Bhagavad Gita gives the message to preserve, transmit and transfer our culture. Vedic culture of society helps to lead a peaceful life. Nowadays Bhagavad Gita is the most important cultural product exported from India. In so many countries so many people they adopt Vedic culture of life.

6. Religious value: Bhagavad Gita teaches that love your religion whatever you are in and follow the rules strictly. That will helps to develop belief in god. When we do devotional practices that can able to purify on mind and body.

7. Moral values: Bhagavad Gita talks about morality and ethics to be followed. It gives the knowledge to choose good and bad, right or wrong. These include honesty, responsibility, simplicity, respect, helping mentality, these are very important in day-to-day life.

8. Spiritual value: Bhagavad Gita talks about spiritualism in total. The Iswara, Jiva, Time, Karma, and Prakruthi are five major principles discussed in Bhagavad Gita.(Baladeva ,2006). It deals with the thorough knowledge about the relationship between body, mind and soul. It delivers jnana and vijnana. It talks about importance of dhyana or meditation. It gives the knowledge about astanga

yoga and different types of yogis, Bhagavad Gita gives the answer about the questions like who am i? where do we come from? what is our duty in this material world? Finally where to go? By getting the answer to these questions and spiritual practices our mind become calm and get feel inner peace and attain spiritual development.

9. Educational value: The result of education is liberation and self-realisation. Bhagavad Gita talk about ways and means to get these. A self realised person can liberate himself. Bhagavad Gita talks about the qualities of a disciple and duty of a teacher.

10. Vocational value: Bhagavad Gita talks about our duties. It deals with karma, akarma, vikarma. It teaches how to observe nishkama karma. Bhagavad Gita helps to become a good teacher instructor or guru.

11. Individual value: Bhagavad Gita deals with satva, rajo and thamo gunas. The knowledge about these thrigunas helps the individual to mould his behaviour. It teaches about purity in words, thoughts and actions. It teaches to control mind how to perform good behaviour. Bhagavad Gita helps the individual to cope with the changing society.

12. Aesthetic value: Beauty can see in everywhere. Bhagavad Gita teaches how to enjoy the beauty of life. It is possible only through the exact knowledge about the principles of Bhagavad Gita. If we are ready to practice these in our life we can enjoy our life.

13. Political value: Politics is good when we are taking the same in a meaningful sense. Everywhere we can see politics. There is leader, leadership and the ladder. Bhagavad Gita talks about chaturvarnyam. It is based on gunas or duties not based on caste. For the smooth functioning of the society, but it must be in a correct sense and proper way.

14. Economic value: Bhagavad Gita says live as simple and keeps humility in life. People are trying to get more money and running to raise the standard of living. One should remember that when we store over wealth one day it will destroy or we lose the chance to experience it.

15. Environmental value: Bhagavad Gita teaches the nature of prakuthi - its existence and non existence. Forest has very important role in Vedic life. From the nature we get everything to live. If we use the nature positively and take needful, it will never react negatively.

16. Practical value: Bhagavad Gita has utilitarian value. When we apply the knowledge from Bhagavad Gita into our day to day life it becomes meaningful. It can be applied in every aspects of our life. That will help a person to lead a smooth life and to become a good citizen.

RELEVANCE OF VALUES LAID DOWN IN BHAGAVAD GITA

The present society faces value crisis. In the modern world there is the tendency of declining values due to modernisation and urbanisation. The culture also demishes. The modern people they neglect values in their life. They are running to fulfil their material wishes. They are work hard to

raise their standard of living. This material world is running for women and money that means running behind the lust. There is no pure love, friendship and responsibility. Here people forget to obey values in family society or even personal values. Corruption and violence are increasing in the country. The new generation is the victim of these, and they learn the same. There is lack of respect towards the culture, religion among the youth. The rapid growth of scientific and technological advancement negatively influences the relation between teacher and the students, parents and the children. Present society faces deterioration of ethical and moral values. People are going through illegal path. We can see the rising of substance abuse, sexual abuses and other, unethical activities in the society increasing stress, strain and suicide tendency among new generation.

There is the importance of Bhagavad Gita. It gives permanent solution for these problems. Bhagavad Gita gives light to overcome material miseries. The present generation they lack clear knowledge and how to overcome these. They act immediately without any rethinking. They are struggled to cope with the new environment. If one get correct knowledge about the values shared by the Bhagavad Gita that will make positive changes in their mind and their value sustem.By practicing the same definitely they can overcome their sufferings. So it is very important to go through Bhagavad Gita to get the values laid down in it to lead a successful life.

CONCLUSION

Bhagavad Gita plays a very important role in the attainment of values in the present society. This is one of the solutions for value crisis. If we are ready to Bhagavad Gita without any religious issues in their mind one can uplift his mind and that will make an influence in their entire life. The values laid down in in Bhagavad Gita are not for a religion but also for the entire mankind. If the modern generation put it into practice the life becomes successful.

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