

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

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**89. The Gita and the Moral Psychology of Human Actions**

<sup>1</sup>Mrs. Rathi K, <sup>2</sup>Jayasakthibalaji.G, <sup>3</sup>Akiladeshwari G S \_\_\_\_\_ 474 – 479

**90. The Battlefield Within: Moral Psychology of Human Actions in the Bhagavad Gita**

<sup>1</sup>Cindhu.R. <sup>2</sup>Priscilla.J \_\_\_\_\_ 480 – 485

**91. “Spiritual Convergence: A Comparative Study of Gita and Gitanjali”**

Ms. Shameema Tasneem. A \_\_\_\_\_ 486 – 488

**92. Desire, Duty and Destiny in Draupadi’s Journey**

Ms. Rincy P \_\_\_\_\_ 489 – 491

**93. “Threads of Dharma: Rukmani’s Inner Strength through the Lens of Bhagavad Gita”**

Ms. Desika M \_\_\_\_\_ 492 – 494

**94. The Bhagavad Gita as a Cornerstone of Indian Knowledge Systems**

<sup>1</sup>Dr. A. R. Kanagaraj, <sup>2</sup>Muthuraj. A \_\_\_\_\_ 495 – 497

**95. The Role of Knowledge (Jnana) in Ethical Living: Shankara's View**

Ms. M. Gayathri \_\_\_\_\_ 498 – 501

**96. BHAGAVAD GITA AND GANDHIAN ETHICS: A COMPARATIVE STUDY**

<sup>1</sup>Dr. R. Senthil Kumar, <sup>2</sup>U. Krithya \_\_\_\_\_ 502 – 506

**97. GITA AND THE MORAL PSYCHOLOGY OF HUMAN ACTIONS**

<sup>1</sup>Ms. Deepika, <sup>2</sup>Ms. Srinidhi Nagarasan, <sup>3</sup>Ms. Roshini M \_\_\_\_\_ 507 – 512

**98. The Inner Renunciation: Psychological Dimensions of Sannyasa in Shankara’s Philosophy**

Ms. Harshini S \_\_\_\_\_ 513 -518

**99. Ethical Foundation In The Bhagavad Gita**

Ms.D.Saranya \_\_\_\_\_ 519 – 523

**100. Nishkama Karma and the Ethics of Detachment in *Bhagavad Gita*: A Deconstructive Inquiry**

Mr. Parthasarathi A \_\_\_\_\_ 524 – 529

**101. Gita And The Moral Psychology Of Human Action**

<sup>1</sup>R. Caroline Lakshaya, <sup>2</sup>S. Subassri Chellamal \_\_\_\_\_ 530 – 532

**102. Gita and the Moral Psychology of Human Actions: Implications for the Field of Computer Applications and Commerce**

Mrs.B.Dhivya<sup>1</sup> , Mrs.D.Suganya<sup>2</sup> , Mrs.M.Priyadharshini<sup>3</sup> \_\_\_\_\_ 533 – 536

**103. The Synergy Of Dharma And Knowledge: The Bhagavad Gita And Adi Shankara's Perspective On Indian Ethics**

Dr K Vigneshkumar<sup>1</sup>, Dr AR Jayasudha<sup>2</sup>, Mr. S. Hariharan<sup>3</sup> \_\_\_\_\_ 537 – 540

## 99. ETHICAL FOUNDATION IN THE BHAGAVAD GITA

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### Abstract

The Bhagavad Gita, a timeless spiritual text, offers profound ethical principles centered on the concepts of *dharma* (righteous duty), detachment, selflessness, and equanimity. These teachings provide a moral framework that transcends historical context and remain highly relevant in contemporary life. This article explores how the Gita's ethical foundation guides individuals to act with integrity, balance personal ambitions with social responsibilities, and cultivate inner peace amidst modern-day challenges. By applying its principles in professional, personal, and social spheres, the Bhagavad Gita continues to inspire ethical living and harmonious coexistence in today's complex world.

### INTRODUCTION

The **Bhagavad Gita**, a sacred text within the Indian epic *Mahabharata*, holds a unique place in the realm of philosophy and spirituality. Composed over two millennia ago, it continues to inspire people across the globe with its profound wisdom and ethical guidance. The Gita is framed as a dialogue between Prince Arjuna, who faces a crisis of conscience on the battlefield, and Lord Krishna, who imparts spiritual and moral teachings to help him overcome his doubts and fulfill his duty. At its core, the Bhagavad Gita addresses fundamental questions about human existence, morality, and the right course of action amid conflict and uncertainty. It introduces key concepts such as *dharma* (righteous duty), *karma* (action), and *yoga* (path or discipline), emphasizing the importance of selfless action, inner balance, and devotion to a higher purpose. In today's fast-changing and often fragmented world, individuals are confronted with ethical dilemmas in their personal, professional, and social lives. Issues such as work pressure, moral ambiguity, social injustice, and mental stress have made the quest for ethical clarity more urgent than ever. The Bhagavad Gita's ethical framework offers timeless principles that can help individuals maintain integrity, navigate challenges with equanimity, and foster a sense of responsibility and compassion towards others. This article explores the ethical foundation laid out in the Bhagavad Gita and illustrates how its teachings remain deeply relevant and practical for addressing the moral complexities of modern life. By understanding and applying these principles, individuals can achieve not only personal growth but also contribute to a more just and harmonious society.