

Efficacy of Shrimad Bhagvad Gita in Making Adolescents Life Positive in the Present Environment

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Abstract

The Bhagvad Gita, a sacred Hindu scripture, is primarily a spiritual and philosophical guide rather than a physical health manual. However, the teachings and practices advocated in the Gita can indirectly influence the well-being of the human body. The Gita teaches principles of detachment, self-discipline, and mindfulness. Practices such as meditation and focused breathing, which are encouraged in the Gita, can contribute to stress reduction. Lower levels of stress in human life are associated with various physical health benefits, most notably normal blood pressure and improved immune function. The Gita emphasizes the importance of the mind- body connection. Practices such as yoga, which involve physical postures (asanas) and the breath control, can promote flexibility, strength, and overall physical well-being. These practices contribute significantly to a holistic approach to the health of adolescents by primarily addressing both physical and mental aspects of their well-being. The Gita advocates self-discipline and moderation in various aspects of life, including diet and lifestyle. Following a disciplined routine, maintaining a balanced diet, and avoiding harmful habits align with principles of the Gita and can have positive effects on the body's health. The Gita teaches resilience in the face of challenges and encourages individuals especially on adolescents to face difficulties with equanimity. Developing resilience and positive immune systems may indirectly impact human physical health by reducing the impact of stress-related disorders and promoting the overall well-being of adolescents. The Gita promotes ethical living, including principles of non-violence (ahimsa) and compassion. Adhering to ethical values can contribute to a sense of inner peace and satisfaction, positively impacting mental and physical health. The Gita provides guidance on how to maintain harmonious relationships and fulfil one's duties with a sense of detachment. Healthy relationships and social connections are linked to better physical and mental health. The Gita addresses the concept of dharma or duty, and encourages individuals especially on adolescents to find purpose and meaning in their actions. Having a sense of purpose is associated with improved

mental health and may indirectly influence physical health. While the Bhagvad Gita is not a manual for physical health, its teachings can contribute to a holistic and balanced approach to well-being. Integrating the spiritual and philosophical principles of the Gita into one's life may foster a healthier lifestyle and a more harmonious relationship between the mind and body. It's important to note that individuals especially adolescents should also consider guidance from healthcare professionals for specific health concerns. The Srimad Bhagavad Gita, which is part of the Indian epic Mahabharata, contains a conversation between Prince Arjuna and Lord Krishna, his charioteer in battle. The Holy Gita addresses the moral and philosophical dilemmas faced by Arjuna on the battlefield and provides him guidance on how to live a virtuous life.

Keywords- The Bhagvad Gita, Adolescents, Self-Discipline, Physical Health, Mental Health, Stress reduction, Positivity, Human life

Introduction

Mental well-being and the term “yoga” in Shrimad Bhagavad Gita include various paths including physical postures (asanas). Regular practice of yoga asanas promotes flexibility, The Shrimad Bhagavad Gita, which is part of the Indian epic Mahabharata, contains a conversation between Prince Arjuna and Lord Krishna, his charioteer in battle. The Holy Gita addresses the moral and philosophical dilemmas faced by Arjuna on the battlefield and provides him guidance on how to live a virtuous life. The teachings of the Bhagvad Gita have been widely regarded as a timeless guide for leading a positive and purposeful life. In the context of the present environment, where individuals often grapple with stress, uncertainty, and rapid change, the Bhagvad Gita offers valuable principles that can contribute to making human life more positive (Biswajit, S., 2010). It is to be noted that Bhagavad Gita makes the human understand the importance of performing one's duty (Dharma) with dedication and honesty towards one's duties, which can save children from adultery in today's modern life. By understanding and performing one's duties in a righteous manner, individuals can contribute positively to society and find fulfilment in their actions. On the other hand, the concept of Nishkama Karma, or selfless action, is a central theme in the Bhagvad Gita. By performing actions without attachment to the results, individuals can overcome from anxiety and stress. This attitude promotes a positive mindset and fosters a sense of inner peace. Bhagavad Gita introduces various paths of yoga including Karma Yoga (path of selfless action), Bhakti Yoga (path of devotion), and Jnana Yoga (path of knowledge) etc., which provide adolescents the path to right living. These paths provide practical techniques, including meditation, to attain mental clarity, spiritual growth, and a positive outlook on life.

According to the facts, The Gita teaches the importance of maintaining equanimity in the face of challenges and difficulties. By cultivating a balanced mind, individuals can navigate life's ups and downs with resilience and grace. Gita can play an important role in understanding the impermanence of worldly life; thereby man can take inspiration from Shrimad Bhagavad Gita to walk on the path of truth. The Bhagavad Gita teaches that the material world is transient, and true happiness lies in recognizing the eternal nature of the self. This understanding can help individuals detach from temporary setbacks thereby promoting a positive outlook on life. While the primary focus of the Bhagavad Gita is on spiritual and moral teachings, it is believed by many that these teachings can have positive effects on a person's overall well-being, including the physical and mental aspects of the human body. In human life, adolescence is a time of self-discovery and change, and during this transitional period of life, Shrimad Bhagavad Gita provides a specific knowledge to the teenagers which helps the teenagers to understand themselves better, make moral choices in their future life and can help them find meaning and purpose in their life. Concepts such as dharma (duty/righteousness), karma (action and its consequences), and yoga (spiritual discipline) are central to the teachings of the Bhagavad Gita that may resonate with teens as they seek to understand their place and position in the world. Some of the important facts of the Bhagavad Gita which may positively affect impact individuals especially on adolescents are as follows:

- **Stress Reduction:** The Gita explains the importance of maintaining an even keel in facing the challenges of life and emphasizes the concept of non-attached karma. By understanding and applying these teachings, individuals may experience a reduction in stress and anxiety levels. The Bhagavad Gita provides profound teachings on how to deal with stress and maintain mental equilibrium, especially in challenging situations.
- **Nishkama Karma:** Geeta emphasizes the primacy of the idea of performing one's duties without attachment to the results. By focusing on the actions themselves and not being overly concerned with the outcomes, individuals especially adolescents can reduce anxiety related to success or failure.

न कर्मणामनारम्भान्नैष्कर्म्यं पुरुषोऽश्रुते ।
न च संन्यसनादेव सिद्धिं समधिगच्छति ॥ 4॥
(Bhagavad Gita: Chapter 3, Verse 4)

- **Sthitaprajna:** The Gita encourages the development of a steady and composed mind, regardless of external circumstances. By cultivating equanimity, adolescents can navigate challenges without being overwhelmed by stress or emotional turmoil.

- **Atma Jnana:** Understanding the true nature of oneself and recognizing the eternal and unchanging aspect of the self can lead to a sense of inner peace. The Gita teaches the importance of self-awareness and self-realization as a means of transcending stress and worldly concerns.

अच्छेद्योऽयमदाह्योऽयमक्लेद्योऽशोष्य एव च ।
नित्यः सर्वगतः स्थाणुरचलोऽयं सनातनः ॥ 24॥
(Bhagavad Gita: Chapter 2, Verse 24)

- **Yoga and Meditation:** Shrimad Bhagavad Gita informs human beings about various paths of Yoga including Bhakti Yoga which contribute significantly to human life, Karma Yoga (the yoga of action), and Jnana Yoga (the yoga of knowledge). Yoga often includes practices such as meditation and mindfulness, with scientific studies showing that yoga contributes significantly to reducing stress and promoting mental well-being.

युञ्जन्नेवं सदात्मानं योगी नियतमानसः ।
शान्तिं निर्वाणपरमां मत्संस्थामधिगच्छति ॥ 15॥
(Bhagavad Gita: Chapter 6, Verse 15)

- **Trust in the Divine Plan:** The Gita encourages surrendering to a higher power and trusting in the divine order of the universe. This surrender is not passive but involves an active acceptance of one's circumstances, leading to a sense of peace and relief from the burden of excessive worry.
- **Mindfulness in Action:** The Gita teaches the importance of enjoying life by being completely present in the present moment. By practicing mindfulness and focusing on the present task rather than worrying about the past or future, can reduce stress and increase effectiveness in the actions of an adolescent.

अश्रद्धधानाः पुरुषा धर्मस्यास्य परन्तप ।
अप्राप्य मां निवर्तन्ते मृत्युसंसारवर्त्मनि ॥ 3॥
(Bhagavad Gita: Chapter 9, Verse 3)

- **Balancing Material and Spiritual Life:** The Gita advocates finding a balance between worldly responsibilities and spiritual pursuits. By maintaining a balance, individuals especially on adolescents can avoid the stress that often arises from extremes or imbalances in life.

नात्यश्रतस्तु योगोऽस्ति न चैकान्तमनश्चतः ।
न चाति स्वप्नशीलस्य जाग्रतो नैव चार्जुन ॥ 16॥
(Bhagavad Gita: Chapter 6, Verse 16)

- **Mind-Body Connection:** The Bhagvad Gita addresses the connection between the mind and body. Practices such as yoga and meditation, which are often associated with the Gita, can have positive effects on mental well-being, and these practices have been linked to improvements in physical health as well. The Bhagvad Gita provides insights into the mind-body connection and offers guidance on how one person can maintain a harmonious balance between the two. Here are some aspects of the Gita that contribute to the well-being of the mind-body connection:
- From Bhagavad Gita we get introduction to various paths of Yoga, which include Karma Yoga, Bhakti Yoga, and Jnana Yoga as the main paths of Yoga. The practice of yoga including physical postures (asanas), breath control (pranayam) and meditation is important in human life as it is beneficial for both mental and physical health. Yoga practice promotes human flexibility, strength, relaxation and calm mind.
- The Gita encourages individuals especially on adolescents to be fully present in the moment and focus on the task at hand. Mindfulness, a concept integral to various paths of yoga, enhances the mind-body connection by fostering awareness of sensations, thoughts, and emotions. This practice contributes to mental clarity and emotional balance.
- The Gita addresses the importance of balancing material and spiritual aspects of life. While taking care of physical needs and responsibilities, individuals especially on adolescents are advised to also nurture their spiritual well-being. This balance contributes to overall health and prevents the neglect of either the body or the mind.
- Understanding the true nature of the self (atmajnana) is a key teaching in the Gita. This self-awareness fosters a deeper connection between the mind and body. Recognizing the transience of the physical body and the eternal nature of ourselves gives us a sense of inner peace which plays an important role in reducing the impact of external stresses.
- The Gita emphasizes discipline (Sanyam) and self-control as essential for spiritual growth. These qualities contribute to a healthy mind-body connection by promoting moderation in habits, diet, and lifestyle. Self-control prevents the mind from being any excessive desires and helps maintain overall well-being.

- The Gita provides a holistic approach to life, addressing the physical, mental, and spiritual dimensions. By considering the interconnectedness of these aspects, individuals especially on adolescents can cultivate a comprehensive understanding of their well-being and work towards a balanced and harmonious life.
- **Ethical Living:** The Gita provides guidance on ethical living, emphasizing virtues such as honesty, compassion, and selflessness. Practicing these virtues may lead to a more harmonious and balanced life, contributing to overall well-being. The Bhagavad Gita provides profound teachings on ethical living, emphasizing moral principles and righteous conduct. Geeta guides people, mainly teenagers, to live a moral life. Every person in the society is allotted some responsibilities on the basis of his role and fulfilling these duties and responsibilities honestly is considered a basic aspect of moral life because morality is very important in human life. By focusing on the act itself and not being overly concerned with personal gain or success, individuals can maintain a sense of detachment, leading to ethical behaviour that is free from selfish motives. Regardless of social status, caste, or any other external differences, the Gita emphasizes the inherent equality of all souls. This teaching promotes a sense of fairness and non- discrimination in ethical decision-making.

चातुर्वर्ण्यं मया सृष्टं गुणकर्मविभागशः ।
तस्य कर्तारमपि मां विद्ध्यकर्तारमव्ययम् ॥ 13॥
(Bhagavad Gita: Chapter 4, Verse 13)

- Compassion and Empathy teaches and encourages to consider the well-being of others and to act with kindness and understanding.
- The Gita upholds the value of truthfulness as a fundamental ethical principle. Living in accordance with truth promotes trust, integrity, and transparency in relationships, fostering a sense of moral responsibility.
- Forgiveness is extolled in the Gita as a virtue that leads to inner peace and spiritual growth. Letting go of resentment and practicing forgiveness contribute to harmonious relationships and ethical conduct.
- The Gita emphasizes the importance of self-control and moderation in various aspects of life, including desires, food, and sensory indulgences. Cultivating these qualities contributes to ethical behavior by preventing excess and promoting balance.

- The Gita advocates the principle of non-violence (ahimsa) and discourages harm to any living being. This ethical stance extends beyond physical harm to include non-violence in speech and thought, promoting a culture of peace and understanding.
- The Gita encourages individuals especially on adolescents to cultivate humility and not to harbour pride or arrogance. Humility fosters a respectful and considerate attitude towards others, contributing to ethical interactions and relationships.
- The Gita teaches the concept of surrendering to the divine will (Ishvara Pranidhana). Determining and believing in a higher purpose and aligning one's actions with it while maintaining a sense of divine guidance leads to ethical choices rooted in a deeper understanding of the interconnectedness of human life..
- By incorporating these ethical teachings into their lives, individuals can strive to lead a principled and virtuous existence as guided by the Bhagvad Gita.
- Inner Peace: The Gita teaches the importance of inner peace and self-realization. Through self-reflection and spiritual practices, individuals especially on adolescents may find a sense of inner tranquillity, which can positively influence mental and emotional health. The Bhagvad Gita covers a wide range of philosophical and ethical topics and provides guidance on how to live a righteous life. While it doesn't explicitly use the term "inner peace," the concepts discussed in the Gita can be related to achieving inner peace through spiritual understanding and right action. It's worth noting that interpretations of the Bhagvad Gita may vary, and adolescents may find different aspects of the text resonating with them in their quest for inner peace. The Gita remains a timeless guide for spiritual seekers seeking wisdom and tranquillity in the journey of life.

विहाय कामान्यः सर्वान्पुमांश्चरति निःस्पृहः ।
निर्ममो निरहङ्कारः स शान्तिमधिगच्छति ॥ 71॥
(Bhagavad Gita: Chapter 2, Verse 71)

- **Healthy Lifestyle Choices:** The Bhagvad Gita encourages moderation and balance in all aspects of life, including diet and lifestyle. Following these principles may contribute to better physical health.

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ 17॥
(Bhagavad Gita: Chapter 6 Verse 17)

- The Bhagvad Gita provides valuable insights that can be related to making healthy lifestyle choices. While the ancient scripture does not explicitly address modern concepts of health, its teachings on holistic well-being, balance, and disciplined living can be applied to promote a healthy lifestyle. Here are some principles from the Bhagvad Gita that can be associated with making healthy choices. The Gita encourages moderation in all aspects of life, including food consumption. It advises to maintain a balanced diet, avoiding extremes in eating habits. Eating in moderation and choosing nutritious, wholesome foods contribute to overall health and well-being. The Gita emphasizes the importance of self-discipline in all aspects of life, including lifestyle choices. Disciplined living involves regular routines, proper sleep, and avoiding excesses. Establishing healthy habits through self-discipline is important for human beings to maintain physical and strength, and overall physical fitness. Engaging in regular physical activity is aligned with the Gita's emphasis on maintaining a healthy and strong body. The concept of "tapas" in the Gita refers to self-discipline and purification. This can be associated with detoxifying the body and mind. Practices such as fasting, cleansing diets, and mind-ful living can be seen as ways to purify the body and maintain health. The Gita discusses the ideal of "sthita-prajna," a person with a steady and controlled mind. In humans, the mind-body connection is essential to their overall well-being. Practices such as meditation and mindfulness, as described in the Gita, contribute to mental clarity, emotional balance, and stress reduction in humans. The Gita promotes ethical principles, and avoiding harmful habits falls under the concept of "niyama" or observances. This can include abstaining from harmful substances like tobacco and excessive alcohol, which contribute to a healthier lifestyle. The Gita encourages selfless service (karma yoga) and helping other people and engage in the acts of gentleness and once-over not only profit others but also put in to a sense of reason and psychological well-being. While the Gita may not explicitly address modern lifestyle choices, its principles of balance, discipline, and holistic well-being can inspire to make choices that promote health and harmony in their lives.
- **Resilience:** The Gita teaches the importance of resilience and the ability to face challenges with courage and determination. Developing a resilient mindset can positively impact both mental and physical health. The Bhagvad Gita, a sacred text of Hinduism, imparts valuable lessons on resilience through its teachings. Gita Gyan was given to

Arjun by Lord Shri Krishna at a time when he was facing moral and emotional crisis regarding his kinsmen in the battlefield of Kurukshetra. The principles of resilience can be drawn from various aspects of the Gita. Resilience often involves accepting the reality of a situation. In the Gita, Krishna imparts spiritual wisdom to Arjuna, helping him understand the scenery of life, duty, and the transient naturalness of the material world.

Acceptance of the cosmic order and the impermanence of life is a crucial aspect of building resilience. The Gita highlights the importance of tapping into one's inner strength and realizing the divine nature within. Recognizing the indestructible and eternal aspect of the self provides a profound source of resilience. This inner strength empowers to endure challenges and setbacks. The Gita encourages perseverance in the pursuit of one's duties and goals. Arjuna is urged to stand and fight, facing the challenges of life with courage and determination. This spirit of perseverance is a key element of resilience. The realization provides a foundation for resilience, as one identifies with the eternal and unchanging aspect of the self, transcending the ups and downs of life.

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥ 47 ॥
(Bhagavad Gita: Chapter 2 Verse 47)

Gita and Awareness in Adolescents

The interpretation and application of the teachings of the Gita may vary from person to person depending on his or her religious traditions. But in a broader perspective, the Srimad Bhagavad Gita can make a significant contribution to improving human life. The teachings of Srimad Bhagavad Gita during adolescence can give a wide range of knowledge to the teenagers in understanding various aspects like emotional, physical, social and sexual development. Since the Gita can provide valuable insights, its teachings should be considered comprehensive and age-appropriate on these essential aspects. It is important to combine this with appropriate education.

1. Potential Objectives

- Self-discovery and Identity
- Ethical Decision-Making:
- Emotional Regulation
- Resilience and Overcoming Challenges
- Exploring Spirituality

2. Important Considerations

- Interpretation and Application:
- Holistic Approach
- Professional Guidance

Conclusion

In conclusion, the Shrimad Bhagvad Gita provides profound wisdom and practical guidance for individuals seeking positivity and purpose in the present environment. Its teachings on duty, selflessness, meditation, equanimity, and the impermanence of life offer valuable insights that can contribute to a more positive and meaningful human existence. It's important to note that the effects of the Bhagvad Gita on the human body are subjective and can vary from person to person. The impact largely depends on an individual's interpretation of the teachings and their ability to integrate them into their daily life. Additionally, the practices associated with the Gita, such as yoga and meditation, have been studied scientifically and are recognized for their potential benefits on health and well-being. The Srimad Bhagavad Gita offers timeless wisdom and guidance that can be particularly beneficial to specifically to adolescents who navigate the complexities of adolescence and seek to understand and want to establish themselves in the world. The teachings of the Gita, including concepts such as duty, righteousness, selflessness, and the nature of reality, provide adolescents with valuable insights into moral decision-making, personal growth, and spiritual development. By studying and reflecting on the lessons of the Bhagavad Gita, adolescents can cultivate a deeper understanding of themselves, develop a sense of purpose and direction, and navigate the challenges of adolescence with greater clarity, resilience, and compassion.

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