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## Bhagwad Gita: Need for Holistic Society

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### ABSTRACT

In the modern world, man is under dilemma whether big or small. We are dealing with number of psychological problems which not only affects our mental health but also adversely affect our physical growth and development. In the present contemporary world, we need a ray of hope, which not only makes us mentally and physically strong but also helps us in making ourselves the better member of the society. The duty of man to do everything helps in the holistic development of the society in which one lives. For this, there is the dire need of an effective guidance as one sees only problems with no solutions at all. The life undergoes a lot of tensions and unhappiness, which somehow gives us lot of stress. Bhagwad Gita is a message for every human being in helping to solve the vexing problem of life. Bhagwad Gita gives us the skill to overcome our problems and leads us to the path of knowledge. It teaches us that the self-knowledge is required to be happy in this ever-changing world. The text Bhagwad Gita addresses the man's problems and issues; such as, how to manage situations in life, controlling one's passions, learning to be an effective leader, decision making and so on. This paper discussed the need of text like Bhagwad Gita for the welfare of the society as a whole. In this paper, the authors give an insight of various life teachings from the Bhagwad Gita for the modern man, which plays a very useful role for the progressive development of society.

**Keywords:** Bhagwad Gita and Society, Importance of Bhagwad Gita in life.

### INTRODUCTION

In the present modern world where we are dealing with modern equipments of science and technology, we faced many challenges head on. We have to understand the meaning of human life and also how to deal with the difficult situations or challenges in our lives. For this, there is dire need for guiding us the right path for leading a balanced life. And one such guiding path is the text of Bhagwad Gita which not only tell us the importance of human life but also focus on how to deal with difficult situations, and how God has maintained balanced between the life of humans with nature and

animals. The text gives the guidance on how to face challenges in life and stay resilient in the difficult times. With this man understands the importance of oneself for the holistic development of the society.

The Bhagwad Gita is the text which is to be included in the curriculum of various schools, colleges and universities as an elective or regular course in various universities around the world. The professional institutes of India like IITs (Gitasupersite 2019), IIMs (Verma 2018) and BITS-Pilani (BITS-Pilani), Kurukshetra University (Adarsha 2012) and universities abroad like Oxford (OCHS 2019), Harvard (dnaindia.com 2012) and Seton Hall (rediff.com 2008) among many others have been teaching Bhagwad Gita apart from other courses in humanities and social sciences. They believe that this course helps in personality development and professional competence of the students who are the future nation builders.

The modern world is a world of science and technology. Here most of the people think that there is the utility of knowledge of Bhagwad Gita in the present times. But as a matter of fact there is the dire need of the teachings of Bhagwad Gita in the present times as most of our acute problems have its solutions in the text of Bhagwad Gita. Based upon the fundamental principles of human nature it acts as a source of inspiration to man. Many philosophers, politicians and scientists have inspired by Bhagwad Gita.

### **Influence of the Bhagwad Gita Worldwide**

- Mahatma Gandhi stated that the Gita was a call to humanity as a whole, to surrender mind, body and soul to purity.
- Sri Aurobindo averred that the Bhagwad Gita always had a new message for people of any age, from any part of civilization.
- Albert Einstein stated that he was so deeply moved by the Gita that once he started contemplating on how God went about creating the universe, he found everything else false and of no consequence.
- Dr. Albert Schweitzer said that the Gita is so profound that it deeply influences the whole spirit of mankind by its attitude of devotion to God.
- Aldous Huxley stated that the Bhagwad Gita is the most complete statement of perennial philosophy.

In present world, our life is too busy that we hardly get any time to cope up with our stressed relations. In very little time, they do not manage things properly with lack of experience, lack of time and they fall prey to various distractions in life.

Our history showed the relevance of many texts, scriptures and philosophies with different ideologies for the enhancement of human personality and behavior. It has proved by various researches that these philosophies or texts have driven societies with diversified paths. The example of the social impact of one of the texts is the Bhagwad Gita, that had a massive impact on the mindset of people with a standard basis for beliefs and morals influenced not only individuals, but the society as a whole. The in depth studies of Bhagwad Gita helps everyone to understand the importance of social stratification.

Bhagwad Gita's ethics is universal in nature and it has applied to any situation in life. This text has a message for every human being, which helps him to solve the vexing problem of life. Thus the text like Bhagwad Gita has its great relevance in the present modern world which makes man living worthwhile and full of peace and happiness. It is the state of awareness and consciousness about true nature of human existence. The teachings of Bhagwad Gita help an individual to deal and lead life effectively and efficiently. There are numerous ways by which the teachings of Bhagwad

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Gita can be applied in the context of the present society. Bhagwad Gita provides valuable guidance to overcome many psychological problems like stress, depression, anxiety, lack of motivation etc. that in long run affects the relations and this leads to restlessness among the members of society. An individual who has to prove his ability and rise up to the expectation of the society undergoes stress or depression at times. This results in accumulation of psychological breakdown and negative thinking. Therefore, the teachings of Bhagwad Gita help an individual to overcome such psychological problems for maintaining healthy relations in the society.

## REVIEW OF LITERATURE

Review of the related literature helps in shaping the foundation of the paper. Ary (1972) said, it helps in defining the problem. This paper critically reviewed some of the important published scholarly articles and researches.

Mulla (2006) explored a study on Karma Yoga: A conceptualization and validation of the Indian philosophy of Work. The researchers did content analysis on the Bhagavad-Gita on 75 executives constituted the sample of the study. The researchers explored two dimensions of Karma yoga: duty orientation and absence of desire for rewards. In the study the tools used was hierarchical regression and for moderation a test was used. The results stated that Indian philosophy enhanced the duty orientation and absence of desire for rewards enriched life satisfaction. The findings were that the devotion is strongly related to karma yoga when achievement endeavoring is low than when it is high.

Satpathy (2008) conducted a study on the Knowledge of “Self” from the Bhagavad-Gita and its significance for Human Capital Development. In this study, the researcher explores the perspective of self- knowledge from the Bhagavad-Gita and found its significance to human capital development.

Kaur (2011) conducted study on Pedagogical implications of axiology propounded in the AdiGranth and the Bhagvad Gita for value oriented education. For the purpose of research, the AdiGranth and the Bhagvad Gita were chosen to study values. This study has used both the historical and descriptive methods. In this research, the data has been collected from primary as well as secondary sources. Analyses of the curriculum of Punjab School Education Board from Class I to X, set for the academic session 2011-2012 in the subjects of languages and Social Studies i.e. History and Civics has also been undertaken. After an in-depth study of the AdiGranth and the Bhagvad Gita, the researcher came up with a list of values such as: Contentment, Truth, Humility, Unity, Peace, Equality, Nonviolence, Detachment, Charity, Sacrifice, Self-control, Wisdom, Courage, Service, Purity, Patience, Duty, Renunciation, Self-realization, Justice, Faith and Hard work. Then after, these values were considered and introduced in the content of the classes I to X textbooks of Punjab. The researcher came to the conclusion that both AdiGranth and the Bhagvad Gita have great Educational potential.

## Bhagwad Gita & Society

In the text of Bhagwad Gita, the idea of duty and dharma is meant for a stratified society. The word dharma is translated to “sacred duty,” that has explained in the verse/shloka which states, “When the family is ruined, / the timeless laws of family duty / perish; and when duty is lost, / chaos overwhelms the family” (The Bhagwad Gita 4.28). According to this verse/shloka one should not go against the laws of family duty, or dharma. It gives a central theme that if one should not follow their duty, there will be chaos arise in the society. This gives an insight to people of all castes to act according to their own specific duty.

The Bhagwad Gita says that one should follow one’s own duty. In the verse/shloka, “Look to our own duty; / do not tremble before it; / nothing is better for a warrior / than a battle of sacred duty” (*The Gita*, which clearly defines the path that one must reach to the path of Moksha.

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The ultimate aim is to follow the society that supports the caste system based on the philosophy of Moksha. In the text of Bhagwad Gita the ideology of duty, moksha and the different castes have shown the purpose of the text to stratify Indian society. This text played a key role in shaping Indian society, with its social implications that have echoed in India's culture.

The Bhagwad Gita also teaches us how to get detached from the negative aura of Samsara, and remain in touch with the Almighty. The in depth studies of the text inculcate values like tolerance, cooperation, love, dedication towards duty, loyalty and so on.

Our young generation is the wealth of the nation. It is very important to shape the personality of them properly as our future is in the hands of our young ones who will better tomorrow. In the present times, the young generation is dealing with lot of stress, turmoil, dilemmas etc. according to which they fall prey to various psychological diseases. The teachings in Bhagwad Gita helped them to enhance their personality, modify their behavior and enrich their lives for leading a quality and balanced life.

One of the best teachings of the Bhagwad Gita is that it guides us how to enjoy life, joy just realizing our own self and consider our work as a service to God. This thought process of Gita cleans our hearts and remove the negatives in our psyche, makes us free from day-to-day troubles, letting us enjoy our life to the maximum and spread that happiness to everyone around. This is the Divine message of the Bhagwad Gita for people of the society.

### **Importance of the Bhagwad Gita in life**

- The Bhagwad Gita introduces us to our rich culture and tradition.
- The verses/shlokas of Bhagwad Gita help us to find solutions to the various problems of everyday life.
- The verses/shlokas of the Bhagwad Gita tell us about our duties as human beings.
- The text of Bhagwad Gita gives us insight of the importance of self-control and how to practice it.
- The teachings of the Bhagwad Gita tell us how to practice *nishkam karma* or action without desire.
- The text of Bhagwad Gita broadens our vision through different perspective of life.

### **Insight of life teachings from the Bhagwad Gita for the modern man for progressive society**

The growth of materialism in the 21<sup>st</sup> century affects the inner peace of an individual. Today a man has more of wealth, power, status, position but still he faces a lot of turmoil / problems in everyday life. He does not know what to do, how to do, which actions to adopt and how to live a better life. Therefore, his life is restless and have full of complexities. In this context, a question arise, then how to live peacefully, how one should adapt in society, what one should do to get a better life? And the answer is inherent in the Bhagwad Gita. To support this, '*Mahatma Gandhi* regarded Bhagwad Gita as the "Mother", to whom the children (humanity) turned in distresses.

In the words of *Krishnananda (1980)*, "The Bhagwad Gita is a message of eternity, and it has a timeless significance for every one of us. It does not get rusted or worn out by the movements of time or the changes that take place geographically, socially or politically."

This text can be taken as an ocean of philosophical thoughts of the Eastern wisdom tradition. The in depth study of Bhagwad Gita helps in covering the loop holes that the present society fails to overcome. There is an urgent need to integrate values among young generation. The values enshrined in Bhagwad Gita can help in the holistic development of the members of the society.

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Bhagwad Gita is the text which inspires millions of its readers worldwide. The insights from the teachings of the Bhagwad Gita helps modern man to deal with the life situations in a positive way and also it enriches the man with uplifting knowledge of karma and dharma.

The following teaching from the text helps an individual to develop from inside and enhance personality for the progressive and holistic development of the society:

- The concepts like Swadharma, Sittapragya, Gyana, Bhakti, Satwaguna help in the holistic development of an individual.
- The verses/shlokas of the Bhagwad Gita guides an individual the better approach to life, in built the attitude to fellow human beings etc.
- The teachings from Bhawad Gita help an individual to adapt realistic and grounded approach for the progressive life.
- The teachings from the Bhagwad Gita help a modern man to know the effects of action-reaction process relating to human life.
- The principles of the Bhagwad Gita helps an individual to develop the felling of happiness and well being which definitely in long run helps in the overall development of the society.
- A new branch of psychology has emerged with its colors all around. Positive Psychology, which helps in the contribution of making one's life happy and fulfilling. There is a need of such branch of psychology that makes our society and world prosperous. The branch helps to strengthen the self-efficacy in human beings along with self-energy with no particular medicines. The Bhagwad Gita plays the role of medicine by inculcating the values of motivation, confidence, and self-beliefs in the humans for the holistic development.
- The teachings from the Bhagwad Gita help in the development of positive attitude for strengthening Spiritual Intelligence. It would be beneficial for the individual in particular and for the betterment of the society in general.

## CONCLUSION

After studying the text of Bhagwad Gita, we can say that it is one of the assets of knowledge who's moral, ethical, emotional and social teachings help the world community at large. Our philosophical, sociological, anthropological and psychological cultures have enriched a lot by having in depth understanding of the Bhagwad Gita. This text has its relevant to our life from the time imemorial. It is very useful for the youngsters to have the insight of Bhagwad Gita as they can imbibe the wisdom of living an enriched life.

The need of Bhagwad Gita for the modem man is same as that for Arjuna, as both requires a balance. The knowledge of Bhagwad Gita is beyond the distinctions of space and time.

The teachings from the text helps an individual to bear the responsibilities including the well being of one own self and the well being of the whole society. The insights from the teaching of the Bhagwad Gita bring peace in the society and the problems like value degradation will vanish from all over the world.

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