



SOCIAL RELEVANCE OF BHAGAWADGEETA IN MODERN ERA

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Abstract: Geeta is a light house for many generations for its emotional, intellectual and spiritual development. It gives invaluable contribution to the Indian philosophy and it is considered to be the essence of Upanishads. In modern time human beings are living in stressful conditions due, to unlimited desires, high ambitions, material comforts and unnecessary competitions. They do not realize that this material comfort will never make them happy since then they run behind it and ultimately lose their peace of mind. Unhappy and unhealthy mind creates many health problems mental disorders and chronic diseases. Bhagvad Geeta teaches us how to live peaceful and stress less life. Mentally healthy man creates healthy Society. Even mindedness is the best solution to overcome the critical condition. Intolerance, anger, anxiety, greed, ego, lust, these are the enemies of human beings. We can control them with the help of teaching of Geeta.

Keywords: Bhagwad Geeta, Karmayoga, Chronic Diseases

Introduction:

Geeta is a light house for many generations for its emotional, intellectual and spiritual development. It gives invaluable

Sir Charles Wilkins, Warren Hestings, the first Governor General of India declared in the preface of the English edition of Geeta that "the Writer of the Indian philosophies will survive, when the British domination in India shall long have ceased to exist and when the sources which is yielded of wealth and power are lost to remembrance " Since then many a thinker and poet in the west has sung the praises of the Gita."¹ Western thinker realizes that few religious books are there in the world which appeals to modern mind. Geeta is one of them.

In modern time human beings are living in stressful conditions due ambitions to unlimited desires, high ambitions, material comforts and unnecessary competitors. They do not realize that this material comfort will never make them happy since then they run behind it and ultimately lose their peace of mind. Unhappy and unhealthy mind creates many health problems mental disorders and chronic diseases. Bhagvad Geeta teaches us how to live peaceful and stress less life. Mentally healthy man creates healthy Society.

Objectives:

1. To improve the emotional stability of the Society through the individual.

contribution to the Indian philosophy and it is considered to be the essence of Upanishads.

2. To train the mind and intellect of an individual as per philosophy of Karmayoga in Geeta.
3. To make the Society aware of its duty through an individual.

Bhagwadgeeta is the conversation between Lord Shrikrishna and his devotee Arjuna. When Arjuna saw his relatives, friends respected elders and teachers on the battlefield he became overwhelmed with compassion and said to Lord Krishna –' Being my relatives present before me in such a fighting Spirit, I feel the limbs of my body quivering and my mouth drying up, my bow is slipping from my hands I am unable to stand and my mind is reeling.² Seeing Arjun full of compassion Shrikrishna said,' Give up such petty weakness of heart and arise.

**Klyabyam Ma Smagamh
 Parthnautatwayupapdyate A
 KshudramHrudaysdayadaurbalyamtyaktv
 otishthaparantapAA³**

Arjuna doesn't want to counterattack his respectable grandfather Bhishma and Guru Dronacharya. He was very much confused about his duties and asked Krishna to enlighten him' 'I am your disciple please teach me, what is the best

for me. Shrikrishna was a friend, Philosopher and guide of Arjuna. He teaches to Arjuna, what are the duties of Kshatriya? He should perform his duties with nonattachment. Lord Krishna teaches Arjuna and through him to all of us. Swami Vivakanand had explained one verse of Geeta as a Mantra. "Ashochyanvashochasuum' you are worrying unnecessarily." This when it is used as a Mantra can save us from endless worries and anxieties. 'Don't worry' should not be construed to mean encouragement of callowness.⁴ Several times we are losing our present opportunities by unnecessarily warring about our future. At the end of his conversation Shrikrishna says, "you will do as I taught you will be saved." This advice is free from the boundaries of Countries, religions and bindings of time limit.

No doubt this book is important for its philosophical thoughts because the Bhagwadgeeta is the text book of Adhyatmavidya. It discusses the relation between Atma and Parmatma. Many Schools of philosophy are developed on the basis of Bhagvadgeeta, like Advyat-Vedanta, Dwyata, Vishishtadwyata etc. This trend is started from Aadya Shakaracharya's Bhagvadgeeta bhashya. In 20th century Bala Gangadhar Tilak has explained the karmayoga as a main doctrine of Geeta. This karmayoga is useful in daily life of common man. In modern age how the karmayoga may be practicable in our daily life. I tried to explain karmayoga as a ideal lifestyle of human being. And it is beneficial to physical, mental, emotional and intellectual development of individual, mentally and emotionally stable man creates healthy Society.

Karmayoga

Karmayoga is the most important factor of Bhagwadgeeta. First we discuss the theory of Karma. What is Karma? How many types of Karma? How can we perform our Karma in our daily life to live happy and peaceful life.

Concept and meaning of Karma as per Geeta

Karma means deed, work or action, which is not done with selfish attitude, which is done to serve the Society, or humanity, and

which is done with even mildness. One should do his work to worship the God. But without these factors man did any action it will be obstacle in the path of salvation. Geeta says nobody can remain nactive even for a single moment. '**Na hi Kashehit Kshanampijatutishtatyakarmakrut.**' We should accept the fruit of these good or bad deeds, and to reap the fruit of one's actions. One who wants to became ascetic (Sanyasi) and renounce the world, he gives up of actions. This is the situation of the period of Geeta. Actions are bindings on the path of salvation if everybody thinks in this way the society willdestroy. Here Lord Shrikrishna says,' don't give up the actions but do the deeds with nonattachment. These deeds will not be bindings for you Lord Shrikrushna himself is detached from this material world. But still he performs his duty. He says – There is nothing to do and nothing for me to obtain, even then I do perform my duties. If I remain inactive and people will follow me, so many problems will arise in society and society will be destroyed. I should serve society for the welfare of it one important objective of educations to make the individual responsible to serve the society, nation and humanity. Here Shrikrishna teaches us how to serve the Society through his character.

How can we apply this principle in modern time? Everyone is ought to do his duties compulsorily and honestly. Without thinking about the result of his action. This is the most important principle of Karmayoga. Geeta says, 'You are concerned with your duty only and not with the result or fruit of the deeds

Karmanyevadhikaraste Ma

FaleshuKadachana

Ma Karmafalaheturbhumate

SangostwakarmaniAA⁷

People misinterpret this verse. Nobody will do any action without expectations. Common man also thinks; if I serve someone I will get money from him or I will get the salary at the end of the month. This is true. But if you are continuously thinking about the result of your action definitely your concentration will loose from your task. 'Do the work that you should do and leave the result to God. Concentrate on your

work only Try your level best, and accept the result. Take success and failure with equal calm.'

Second line of this verse is more important. Krishna says, 'Do not Consider yourself the cause of the result of your action and never be attached with inactions also; Geeta is totally against of inaction – Karma Sanyas.

Therefore Arjuna was advised to fight with his relatives, elders, Teachers as a matter of duty. Don't think about he result. Here Arjuna's nonparticipation is also another side of attachment with his affection of his relatives. Arjuna quits from his prescribed duty. Arjuna quits from his prescribe duty. He should follow his Kshatra Dharma on battlefield.

The Concept of Dharma in Geeta –

In English, the translation of Dharma is religion. As per the Philosophy of Karmayoga the meaning of the word Dharma is Duty. Duty must be performed. Arjun is Kshatriya. He should perform his duty on battlefield like Kshatriya. But due to compassion he failed to do it. He behave like Sanyasi. He said –

**No Kanshe VijayamKrushna Na
rayyamSukhanichA
Kim No rajyanGovinda Kim
bhogairjevitenvaA**

"I don't desire victory kingdom or happiness". Arjuna considers himself (Sanyasi) and wants to go to forest. "Gurunahatwa hi mohanubhavan shreyo bhaktumbhacksamapihloke." It would be better for me to begging than killing my teacher. Shrikrushna wants Arjuna behave like Kshatriya and not like sanyasi He adviced him "Dharmyadhi Yudhatchreyoanyatkshatriyasyanavidyate". It is your duty to Fight on religious principles. It is better to die in ones own Dharma the Dharma, of others is terrible "Swardhamenidhanamshreyahpardharmobh ayavahah" you are initialed to protect your subject and not for to behave like sanyasi.

In modern time every one should perform his duty honestly. For a teacher, teaching should be his first priority. Student should concentrate on his studies only. Soldier should fight to protect his nation. Dharma of every individual differs from that

of others. But he should perform his duty as per his Dharm. This individual performance makes the society 'Swadharmparayana'. Britishers left our country but still we can see the impact of their lifestyle on Indians. we are blindly walking in the footsteps of Britishers. This slavery is not good for our culture and behavior. If we want the progress of our nation we should respect our culture and perform our duties as per our beliefs, moral values, culture and philosophy.

Karmayoga -

We have seen the concept of Karma depicted in Geeta. Now we discuss about Yoga. What is yoga? Three definitions of yoga are given in Geeta. But only two definitions are concern with Karmayoga. One is "Samatwam yoga uchyate" Aand another one is "Yogah Karmasu Kaushalam". Samtwa means even mindedness and Karmasu Kaushalam means an art of actions. One should know the difference between good and bad actions with the help of evenness in his itellect. 'Sukhe Dukhe Same Krutva Labhalabhau Jayajayau". One should take happiness or distress, loss or gain and victory or defeat, with equal calm. This even mindedness is yoga. Here the art of yoga is described which is in skillful behavior. Steady mind who is not disturbed in happiness and miseris. If we will train our mind in this way, nobody will be disappointed in miserable condition and nobody will consider himself at the super position in happiness. How could we know the behavior of such person who applies this karmayoga in his life. Shrikrishna has described the nature of " Sthitapradnya" in second chapter.

'Dukhheshwanudvignamanah VigatasprahahA Veetaragbhayakrodhah Sthitadhiruchyate' Lord Krishna says . If it is difficult for you to perform your duty with even mindedness. Whatever you do all that should be dedicated to me, don't think about fruits of your actions, This is the simplest way to do our work with nonattachment. One who serves his duty willingly and has no desire to take anything in return is always happy and satisfied. This is the essence of the teaching of Geeta. Geeta gives two fold advice. Firstly do your

work, whether it is pleasant or unpleasant in the sense of duty. Secondly our actions should be unattached without caring for the fruit.

Today human beings are passing through a supreme crisis. Everybody wants to live peaceful life. Thinkers are continuously thinking about stable civilization. In modern education system we are teaching only about material world. The result is everybody thinks about only materialistic things. Selfishness, ego, anger, greed, unlimited desires, are creating conflicts, struggles and confusions in the minds of every one. We do not have better guide than Shrikrishna to show us the path of peace and freedom, the message of Geeta is rational, universal and ageless. Shrikrishna taught in his Geeta over thousands of years, useful to humanity at large in modern age.

Conclusion:

1. Bhagwad Geeta is a light house for the emotional,
2. Intellectual and spiritual development of the society.
3. Karmayoga of Geeta teaches us how to perform the duty with non attachment.
4. Even mindedness is the best solution to overcome the
5. Critical situation
6. Mental health of an individual will be improved by the
7. Teachings of Geeta.
8. Healthy mind creates healthy society by the teachings of Geeta.

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