



Mental Health and Happiness: Divine Principles in Bhagavad Gita

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Abstract

Indian culture has a rich spiritual heritage. It is deeply rooted in religious practices on one hand and spiritual practice on the other. Well-being means individuals ability to enjoy life and efforts to achieve psychological resilience. Mental wellness is viewed as a positive attribute, emotional well-being, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges. We are living in an era of Knowledge economy wherein the primary source of wealth is human capital. Today, the challenge for management professionals is how to ensure its human capital to convert data into meaningful information and convert that meaningful information into common business intelligence and ultimately convert it into Wisdom? This paper is an attempt to answer these questions. Ancient Indian philosophical text, the Bhagavad-Gita is a sermon given by Lord Sri Krishna to Arjuna in the battlefield. The three principles which have been emphasized by the Bhagavad-Gita are the management of mind, management of duty and the principles of self management. The principles propounded therein, seem to have universal application and useful for managers to mould their character and strengthen themselves to develop their managerial effectiveness. Man's understanding of the world around him is proportional to the understanding of the self. There exists a correlation between the self-knowledge and the outer world. This paper aims at exploring the divine principles in Bhagavad Gita for its application to mind management & development of human capital.

Keywords: Gita, Arjun, Srikrishna, Mind, Karma, Detachment.

Introduction:

The Bhagavad Gita is one of the best Religious Spiritual Book. Viewed as a precept of generally accepted fact, it has for some time been affecting individuals of India as well as abroad. As wise Ved Vyasa is known for composing Mahabharata, Gita being a piece of it is additionally credited to him. In the epic Mahabharata, when cousin siblings Pandava and Kaurava are going to battle among themselves for the honored position of Hastinapur, Pandava sovereign Arjuna feels powerless in the battleground when he sees his family members, educators and companions in the resistance. At the point when the preeminent character of Godhead, Lord Krishna sees him loosing quality and ability to battle, he gives him what is known as "Gita Gyan". Lessons of Bhagavad Gita are as yet pertinent, considerably after around 5040 thousand years after it was composed. These lessons are viewed as extreme. It includes every single part of life. One without a doubt can have a tranquil existence if the lessons of Bhagavad Gita are pursued.

The Bhagavad-Gita was conveyed by Lord Sri Krishna to help Arjuna's declining resolve, certainty, and inspiration and to remove the Arjuna from the intra-individual clash, which was to battle or not to battle the war at Kurukshetra. Arjuna got mentally discouraged when he saw his family members with whom he needs to battle. (Mental health is a significant worldwide general health concern now). In the combat zone Arjuna face the issue of contention among feelings and astuteness. In practically the entirety of the cases, feelings win. Just a not many individuals have a contention free feeling and astuteness. Feelings are required, without which one will be a negligible robot. They make life wonderful as long as they are reasonable and inside breaking points. Bhagavad Gita has got all the administration strategies to accomplish the mental harmony and to beat any emergency circumstance. The Bhagavad-Gita can be experienced as a ground-breaking impetus for change. Bhagavad-Gita implies melody of the Spirit, tune of the Lord. The Holy Gita has become a mystery main thrust behind a mind-blowing intelligence. In the times of uncertainty this divine book will bolster every single otherworldly search. This divine book will add to self reflection, better feeling and extend one's internal procedure. In his words he communicated that - "Mind is eager, intense and strong,O Krishna, it is more hard to control the mind than to control the breeze" (B. Gita 6.34) – Arjuna to Lord SriKrishna

Bhagavd Gita demonstrates way to the lost, response to the confounded and insight to all. It is viewed as one of the best spiritual books the world has ever known. The basic role of the Bhagavad-Gita is to light up for all of mankind the acknowledgment of the genuine idea of heavenly nature; for the most noteworthy otherworldly origination and the best material flawlessness is to accomplish love of God!

Review of Studies:

Jeste and Vahia (2008) said that in Bhagavad Gita (truly signifying "The Song of God), through models and analogies, Krishna edifies the frustrated and enfeebled Arjuna, who is devoured by pre-fight regret on the possibilities of warring against his abhorrent cousins and family members, the nature and amazingness of obligation just as a few philosophical fundamentals for regular living . Therefore the Bhagavad Gita isn't only a compact depiction of Hindu way of thinking, yet in addition a compass to a significant life.

Easwaran (1997) said that there is no noteworthy issue in life which can't be alluded to the Bhagavad Gita for an ideal arrangement. As of late, the Gita has been perceived as a ceaseless wellspring of intelligence in numerous fields, for example, psychiatry, the executives, organization, initiative and so forth along these lines bringing it adequacy past Hindu religion and the Indian shores.

Mulla and Krishnan (2006) expressed that as indicated by the Bhagavad Gita, there are three (or four) fundamental sorts of yoga or gadget. Any of which is said to be powerful in the fulfillment of human flawlessness and happiness. These incorporate the yoga of sacrificial activity (karma yoga), the yoga of commitment to God or Divine (bhakti yoga), the yoga of information (jnana yoga), and (either freely or related to the others) the yoga of psychophysical control (dhyana yoga, referred to the later Indian custom as raja yoga).

Sharma (1999) declared that with the moderate yet expanding ubiquity of the Bhagavad Gita towards tending to hierarchical issues as of late, there has been a developing enthusiasm among the board specialists in investigating the idea of Karma Yoga. Bhagavad Gita is vitality monitoring and mind filtering for it urges one to work for a reason higher than one's self image.

Martin and Denton (1999) have characterized otherworldliness as "the fundamental sentiment of being associated with oneself, others and with the whole universe in an all encompassing manner". In this way, the term otherworldliness connotes some higher widely inclusive sentiment of association with the universe, a feeling of having a reason in life ahead and having a feeling of fulfillment in having the option to satisfy this reason without trading off one's qualities.

Krishna and Bhagavad Gita:

Krishna is the most crucial character of the Mahabharata. Krishna doesn't pass a judgment on anybody, nor does He determine an ethical lead of 'right' and 'wrong'. He doesn't force any inflexible 'do's' and 'don'ts' either. Krishna's message of the Bhagavad Gita instructs man to free himself of his shackles, while being especially in Samsara, understand the real idea of his Self and go past the human confinements of distress, maturing and passing.

Krishna, in the Bhagavad Gita, uncovers Himself to Arjun, as the Supreme Being, the One who manifested on this planet by His very own will. He further explains that all creatures He made in this universe are nevertheless pieces of His own everything invading shrewdness and are equivalent to Him. The main distinction among Himself and his numerous manifestations, He says, is that, His co-makers have not built up that they also are self-acknowledged and are Gods themselves!

Ruler Krishna isn't only the body as was depicted to us - He is the shrewdness of the Supreme that abides in that body. At whatever point Krishna utilized the terms 'I' and 'Me' in the Gita, He never was alluding to Himself or the fleeting sense of self - he was talking about the Supreme who dwelled in Him. Subsequently, the Bhagavad Gita instructs us that it isn't through void icon reverence that we can achieve Him - just by fixing our whole selves on His Supreme shrewdness would we be able to plan to accomplish self-acknowledgment.

The Bhagavad Gita is one of the best of world methods of reasoning for this very reason - its lessons are down to earth, straightforward, yet show us the most ideal approach to achieve the most noteworthy insight of all. Ruler Krishna, through these lessons, makes sure that one who

requests His beauty is never disregarded inclination and hapless. He shows man His divine help somehow, guaranteeing the fan that He is there to give aid to him when he most needs it.

Important Life Lessons that we can learn from Bhagavad Gita for happiness:

1. **Thoughts about big or small, your or mine should be kept out:** We should not think about how big or small we can really make things. All this is materialistic and engages people in tensions and greedy activities. It makes one profit oriented. Thinking about yours or mine also does the same. All the life we make and collect things for ourselves. This really doesn't make a difference when we leave this world. We all are turned into ashes after death.
2. **Money mind cannot meditate:** Bhagavad Gita talks a lot about meditation and its importance. Meditation is considered extremely helpful for inner peace and 'sadhna'. Moreover, a person who thinks about making money all the time cannot really engage in meditation. When a person's mind is not stable and he or she thinks only about money, then meditation would be a failed effort for such a person.
3. **Desires come and go:** Desires come and go, but you should remain a dispassionate witness, simply watching and enjoying the show. Everyone experiences, desires but one should not be moved by them. They should not bother a person. People sometimes undertake really evil actions because of their desires. So one should not come under the chains of desires.
4. **Krishna is the supreme:** Krishna is the supreme personality of Godhead. He is the original cause of all causes. He starts everything and ends everything too. He is there everywhere. He is omnipresent and omnipotent. We are just puppets whom he controls. He is divine and transcendental. The supreme personality of godhead is the ultimate support of any human being. Our fellow humans may not care for us or support as or may even leave us in our bad times but Krishna is always there for us. The person who knows this truth is never really troubled by sadness or grief.
5. **Every action and deed of ours should be dedicated to Krishna:** Whatever we do in the course of our lifetime should be dedicated to the supreme personality of Godhead. This will always result in giving us peace and satisfaction. One should consider remembering

Krishna during their actions. This makes us feel that God would be there with us and our actions would turn out to be positive.

6. ***We did not bring anything to this world; neither are we going to take anything:*** We came to this world empty handed. We have made everything over here, be it relations, money, love or respect. We cannot take anything with us when we die. Everything would be left over here. So we should not really do evil things when it comes to the question of our respect. Nor should we be really concerned about making as much money as possible. We should be satisfied with what we have as everything would be left over here in this material world, we won't be able to take anything with us.
7. ***Progress and development are the rules of this universe:*** Things may not be the same, the way they used to be. Things and circumstances change. We should neither expect people, nor surroundings, not even society to be same. They all change with time. We move ahead. Universe forgets old things and moves forward, so do we. We should not stick on one point; this will make our existence much more problematic in this world.
8. ***Whatever happened was good, whatever is happening is good and what all will happen in the future will be good:*** We should not repent about our past or worry about the future as the present is going on. We should know that God has planned everything for us. He will not let anything bad happen to us. Whatever happens is for our good only. We should be optimistic and should not stress our self with these baseless worries of past and future. If things are not favorable, they surely would be. Just have faith in the supreme God.
9. ***World is perishable and whoever comes to this world surely has to go one day:*** This world is not immortal. One who takes birth dies one day and that is the ultimate truth of this world. Nothing exists permanently. One has to leave this world, even though he wishes not to. No magic can actually help a person to stay forever. Everyone has their set life periods. They vanish after completing them. No matter how great one is or how power one posses, all have to die one day.
10. ***Soul is immortal and our body is perishable our soul never dies:*** Our soul never dies. Even after our death, it exists. It is immortal. It just changes bodies after the death of a person. Moreover, our body is made up of 'Agni' (fire), 'Jal' (water), 'Vayu' (wind), 'Prithvi' (earth) and it combines with them after the death. So we should not pay a lot of

attention towards our outer body, but instead should work for the inner soul, its satisfaction.

- 11. We should do our work without worrying about its result:** When we work for getting fruits or the result from a particular action, we can't really be our best in it. It also gives us a lot of worries about the result. We may also feel disheartened if our task or action does not yield good outputs. Therefore, just doing our work without really thinking about its result should be our motive.

Lord Krishna is the first psychologist:

Psychology is the study of the human mind, intellect, and emotions and how the condition of these determines our behavior. Mostly, psychologists try to remove problems in our thoughts, feelings, speech, eating habits, social interactions, and so on, that cause us psychological anguish. Today, counseling, psychology, and psychiatry are heralded as being effective in this task, but we should understand that the Supreme God, Sri Krishna, is the unequalled expert in all psychological matters. Lord Krishna is the first psychologist in the world. In the Seventh Chapter of *Bhagavad-gita*, Krishna declares that no one is superior to Him. No one can surpass the Supreme Lord in any field of knowledge or activity. To describe Krishna as the Supreme Counselor, the Supreme Psychologist, and the Supreme Psychiatrist, excelling all others, is thereby certainly appropriate. His knowledge of all psychological matters is infallible, just as He Himself is infallible. No psychologist other than Krishna can make this claim. Such is the greatness of the Bhagavad Gita. It purifies the mind, completely de-stresses the individual and helps him realize the ultimate God. Further, it helps develop values in the youth, molding them into better global citizens, ushering in the new Golden Era for India and the rest of the world.

Reading the Bhagavad Gita, understanding the tenets mentioned therein and leading a life shorn of mundane tensions and worries helps you remain young for life and add life to your years, without merely adding years to your life!

“Vasudeva Sutam Devam, Kansa Chaanuaramardanam Devakii Paramaanandam Krishhnam Vande Jagad Gurum”

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