

## ABOUT THE SEMINAR

Shrimad Bhagwadgita forms a unique portion of the epic Mahabharata whose study has enraptured generations of men and women. Kurukshetra, the land of this great epic and land of Gita fascinates historians, researchers, ascetics, tourists and common man alike to visit this place and sense the vibes of the eternal message of Lord Krishna. Bhagawadgita deals with the subtle and recondite details of ethics and metaphysics relating them at the same time to the most fundamental aspirations of man. This is not done by means of any abstract disquisition, but by selecting a specific situation involving a moral dilemma and pointing out how it can be overcome. This concrete mode of treatment has made its appeal universal, which led to numerous commentaries, interpretations and translations in almost all languages of the world. At the outset, Arjuna resolves to renounce the world and withdraw from the battle. He fails to realize that his decision has put the fate of righteousness at stake. At this time of utter confusion, Lord Krishna gives the message of Gita which is of utmost value for this universe. He preaches that one is bound to work for the cause of a wider entity to work for no profit to oneself especially when one is in a responsible position. Thus Gita is not restricted in its application to a particular situation; its message is eternal and for universal welfare leading us not to individuality but to comprehensiveness through a deep sense of duty. In this way, its unfathomable depth spellbinds the researchers to look for deeper meanings. Gita Jayanti has been traditionally celebrated in Kurukshetra as an important occasion that was elevated to international level through International Gita Mahotsav. The annual festivities of this occasion include many programmes associated with Gita including intellectual deliberations in the academic seminar. This is the fifth seminar in the row. The earlier seminars have been attended by the galaxy of experts who shared their research and contributed with new inputs. The seminar for the year 2020 is planned with the objective(s) of sharing insights from Bhagawadgita in respect of handling the issues and concerns of the pandemic period and resolving to build a sustainable, healthier society. The theme for the seminar is set to reveal the central idea of Bhagawadgita philosophy for the welfare of mankind.

The International Seminar on Sustainable Existence and Bhagawadgita Philosophy is being organized by Kurukshetra University from December 21-23, 2020 as part of International Gita Mahotsav 2020. Kurukshetra University, situated in the land of Mahabharata is ideally suited for debates and discussions on Bhagawadgita. It started in 1956 with the Sanskrit department but soon grew into a multi disciplinary university and its vast expanse and extensive research base provides perfect settings for free thinking and interdisciplinary learning. This seminar on Bhagwadgita is being organized by the Departments: Sanskrit Pali-Prakrit, Institute of Sanskrit and Indological Studies, Philosophy, Management, Tourism and Hotel Management, Commerce and English with the objective of getting inputs from traditional and modern streams of knowledge. The valuable knowledge of experts shall be widely shared to make contributions towards the theme of the seminar.



## ABOUT THE KURUKSHETRA UNIVERSITY, KURUKSHETRA

Kurukshetra University is a NAAC Accredited A+ University. Recognizing the University's commitment to excellence in academics and research, the Ministry of Human Resource Development has included it in the Category-I, conferring academic autonomy.

Established on 11th January, 1957 as a Sanskrit University, now it offers education and research programmes in diverse areas of science, business studies, social sciences, performing arts and sports. Located on the southern bank of famed Brahma Sarovar, the University has a sprawling campus spread over 473 areas.

In addition to providing quality education to the students, Kurukshetra University embodies the values of Yogastha Kuru Karmani, enshrined in Bhagwadgita, which embodies performing activities while remaining in Yoga. Those passing out of the precincts of the University imbibe the social, moral and ethical values. The University equips the students with skills, insights, attitudes and practical experiences to carve out discerning citizens out of them.

The University programmes combine the enduring value of a liberal arts education with the skills and experience offered by professional departments. The University offers 173 courses on the campus in 49 Departments/ Institutes through a highly qualified faculty. The University also has 278 affiliated colleges and institutes in Haryana.

The campus of the University has often been rated as one of the most beautiful campuses in India. It resembles a large, self-contained village with lecture theaters, smart class rooms, Wi-fi campus, libraries, laboratories, on-campus hostel accommodation, cafeterias, canteens, market, swimming pool, gymnasias, banks, ATM's, post office and world class sports facilities. The most remarkable feature of the campus is a seamless interconnection of nature and the built environment. There are a number of lush green gardens, water fountains and sidewalks which provide an ideal environment on the campus for study and leisure. Keeping pace with the changing time, University is digitalizing the operations. Infrastructure is being upgraded and added to match with the very best institutions.

We look forward to achieving a place among the global academic community and better serve the society.





**Sh. Satyadev Narain Arya**  
**Governor of Haryana**

**हरियाणा राज भवन,  
चण्डीगढ़-160019**

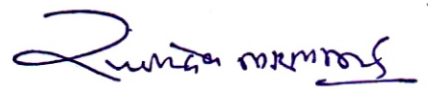
**HARYANA RAJ BHAWAN  
CHANDIGARH-160019**

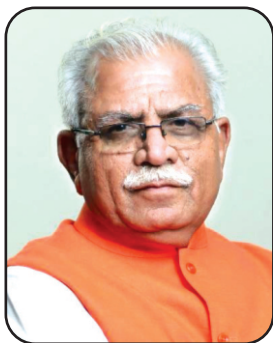
## **संदेश**

यह अत्यंत हर्ष का विषय है कि कुरुक्षेत्र विश्वविद्यालय द्वारा अन्तर्राष्ट्रीय गीता जयन्ती महोत्सव के अवसर पर 21 से 23 दिसंबर 2020 तक **“सतत् अस्तित्व और श्रीमद्भगवद्गीता दर्शन”** नामक विषय पर अन्तर्राष्ट्रीय संगोष्ठी का आयोजन किया जा रहा है।

यह प्रदेश के लिए गर्व की बात है कि कुरुक्षेत्र की पावन धरा पर भगवान श्रीकृष्ण द्वारा श्रीमद्भगवद्गीता का संदेश दिया गया। इसी गौरव को आगे बढ़ाने के लिए वर्ष 2016 से गीता उत्सव को अंतर्राष्ट्रीय गीता जयन्ती के रूप में मनाया जा रहा है। गीता के दिव्य संदेश को दुनिया भर में पहुंचाने के लिए कुरुक्षेत्र विश्वविद्यालय द्वारा अंतर्राष्ट्रीय संगोष्ठी का आयोजन करना एक सराहनीय कदम है। आशा है कि यह संगोष्ठी गीता ज्ञान को विश्वभर में ज्यादा से ज्यादा प्रचारित करने में सार्थक सिद्ध होगी।

मैं कुरुक्षेत्र विश्वविद्यालय परिवार को अन्तर्राष्ट्रीय संगोष्ठी के सफल आयोजन के लिए शुभकामनाएँ प्रदान करता हूँ।

  
(सत्यदेव नारायण आर्य)



मनोहर लाल  
Manohar Lal

**Sh. Manohar Lal**  
**Chief Minister of Haryana**

**मुख्यमंत्री, हरियाणा,  
चण्डीगढ़ ।**

**CHIEF MINISTER, HARYANA  
CHANDIGARH**

## संदेश

भगवान श्रीकृष्ण के श्रीमुख से उद्भूत श्रीमद्भगवद्गीता एक ऐसा अद्भुत ग्रन्थ है जो मानव मात्र को विकट परिस्थिति का सामना करने की क्षमता प्रदान करता है तथा न्याय—अन्याय, उचित—अनुचित का विवेक जगाकर मार्गदर्शन भी करता है। गीता की जन्मस्थली कुरुक्षेत्र अपने अविस्मरणीय इतिहास के कारण आज विश्व मानचित्र पर एक विशेष पर्यटक स्थल के रूप में अपनी पहचान बनाए हुए हैं। कुरुक्षेत्र में प्रति वर्ष गीता जयंती के अवसर पर आयोजित अंतर्राष्ट्रीय गीता महोत्सव के माध्यम से हमारे देश के गौरव में और भी अभिवृद्धि हुई है। संपूर्ण विश्व के पर्यटक यहाँ आते हैं और भगवान श्रीकृष्ण के जीवन दर्शन एवं अध्यात्म से एक नई चेतना एवं स्फूर्ति ग्रहण करके जाते हैं।

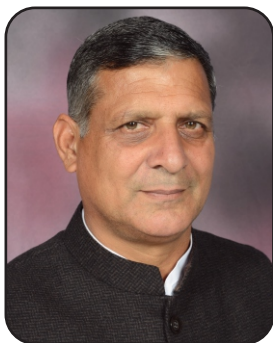
बड़े हर्ष की बात है कि अन्तर्राष्ट्रीय गीता महोत्सव—2020 के अवसर पर कुरुक्षेत्र विश्वविद्यालय द्वारा 'Sustainable Existence and Shrimad Bhagawadgita Philosophy' विषय पर अन्तर्राष्ट्रीय गीता संगोष्ठी के साथ—साथ एक स्मारिका भी प्रकाशित की जा रही है। इस स्मारिका के माध्यम से गीता के कर्मयोग, ज्ञानयोग एवं भक्तियोग से समन्वित दर्शन के महत्त्व से सबको अवगत करवाया जाएगा जिससे आने वाली पीढ़ियों को नई दिशा मिलेगी।

गीता की अंतर्दृष्टि के कारण आज पूरी दुनिया भारत को विश्व गुरु के रूप में देख रही है। अंतर्राष्ट्रीय गीता महोत्सव के अंतर्गत आयोजित अंतर्राष्ट्रीय गीता संगोष्ठी एक अत्यंत महत्त्वपूर्ण प्रकल्प है। जिसमें सारे विश्व के विद्वान् समसामयिक विषयों पर चर्चा करते हुए गीता की भूमिका का प्रतिपादन करते हैं।

मैं संगोष्ठी के सफल आयोजन तथा स्मारिका के प्रकाशन के लिए अपनी शुभकामनाएँ देता हूँ।

(मनोहर लाल)





कँवर पाल  
Kanwar Pal

**Sh. Kanwar Lal**  
Education Minister of Haryana

शिक्षा, वन, पर्यटन, संसदीय कार्य,  
तथा आतिथ्य मंत्री, हरियाणा

Education, Forests, Tourism,  
Parliamentary Affairs, Art & Cultural  
Affairs and Hospitality Minister,  
Haryana.

### MESSAGE

I am delighted to know that Kurukshetra University, Kurukshetra is organizing 5th International Seminar on "Sustainable Existence & Shrimad-Bhagwadgita Philosophy", from December 21-23, 2020. Shrimad-Bhagawadgita stands as a treasure of knowledge encompassing spirituality and self realization.

Bhagwadgita is a perennial source of philosophical ideas and its teachings are equally relevant and transformative in all phases of life even in modern times. I hope that the seminar will be of great help in disseminating the precious knowledge as enshrined in Gita so as to achieve the true motive of sustainable existence.

I extend my best wishes for the Successful conduct of the seminar.

(Kanwar Pal)



प्रो. सोमनाथ  
Prof. Somnath

**Prof. Somnath**  
Vice-Chancellor

कुरुक्षेत्र विश्वविद्यालय  
कुरुक्षेत्र  
(ए ग्रेड, नेक प्रत्यापित)  
**Kurukshetra University,**  
**Kurukshetra**  
(‘A+’ Grade, NAAC Accredited)

## । ask

यह बहुत गर्व की बात है कि कुरुक्षेत्र विश्वविद्यालय, कुरुक्षेत्र द्वारा “सतत अस्तित्व और श्रीमद्-भगवद्गीता दर्शन” विषय पर 5वीं अंतर्राष्ट्रीय संगोष्ठी का आयोजन किया जा रहा है। श्रीमद्भगवद्गीता एक अद्भुत प्राचीन ग्रंथ है जो मानव जाति को आध्यात्मिक विचारों और परम आनंद के मार्ग पर ले जाता है। वर्तमान समय में, जब मानव जाति स्थिरता के मुद्दों का सामना कर रही है, भगवद्गीता की शिक्षाएं हमें सतत अस्तित्व के मार्गदर्शक सिद्धांत प्रदान करती हैं। भगवद्गीता का कालातीत ज्ञान हमारे जीवन की सच्ची भावना के बारे में चेतना प्रदान करता है।

यह सराहनीय है कि सात विषयों—संस्कृत—पालि—प्राकृत, संस्कृत, प्राच्य विद्या, दर्शनशास्त्र, प्रबंधन, पत्रकारिता, होटल प्रबंधन, वाणिज्य और अंग्रेजी के अंतर्राष्ट्रीय और राष्ट्रीय विद्वाना श्रीमद्भगवद्गीता के विभिन्न पहलुओं पर विचार—विमर्श करेंगे एवं इस ग्रंथ के माध्यम से मानव जाति के कल्याण के लिए पथ प्रदर्शित करेंगे।

मेरा दृढ़ विश्वास है कि संगोष्ठी के विचार—विमर्श गीता की सच्ची भावना से मानव जाति का मार्गदर्शन करने के लिए एक लम्बा रास्ता तय करेंगे। मैं सेमिनार की शानदार सफलता के लिए अपनी शुभकामनाएं देता हूं।

1/4 kurukshetra/2



म.मं. गीता मनीषी  
स्वामी श्री ज्ञानानन्द जी महाराज

## I ask

अत्यंत प्रसन्नता का विषय है कि कुरुक्षेत्र विश्वविद्यालय प्रति वर्ष के समान इस वर्ष 21-23 दिसंबर, 2020 को Sustainable Existence and Shrimad-Bhagwad Gita Philosophy विषय पर पाँचवीं अंतर्राष्ट्रीय गीता संगोष्ठी का आयोजन कर रहा है। श्रीमद्भगवद्गीता एक ऐसा ग्रन्थ है जो कोरोना वायरस के भय से प्रभावित वातावरण में लोगों में सात्विकता जगाने में समर्थ है। इस संकट काल में यही अपेक्षित है कि लोगों के आहार, विहार, व्यवहार, विचार और सभी क्रियाओं में सात्विकता आए व गीता को लोग अपना साथी बनाएं और उसके सन्देश से प्रकृति के प्रति और प्रत्येक प्राणी के प्रति सद्भावना के साथ जीना सीखें। गीता का अध्ययन एवं चिंतन आज मनीषियों को जीवन की समस्त समस्याओं के समाधान के रूप में दिखाई दे रहा है। वस्तुतः गीता का दर्शन जन सामान्य को जीवन जीने की कला सिखाने वाला मूल मन्त्र है। यह ऐसी अमृतवाणी है जिसे सुनकर मनुष्य कर्तव्य परायण एवं शुद्ध मन वाला हो जाता है। आज भौतिकवाद की ओर बढ़ते हुए मनुष्य को गीता ज्ञान की ओर भी अधिक आवश्यकता है क्योंकि लोभ एवं क्रोध उसे अंधा बना रहा है और वह समझ नहीं पा रहा कि वह अपने सर्वनाश की ओर जा रहा है। ऐसी स्थिति में गीता उसे अध्यात्म से जोड़ कर सही दिशा एवं मार्ग दिखाती है, सह अस्तित्व का अर्थ समझती है।

आओ, हम सब मिलकर श्रीकृष्ण के जीवन से व गीता से प्रेरणा प्राप्त करें तथा जन जन को इसके महत्त्व से अवगत कराएँ। मैं अंतर्राष्ट्रीय गीता संगोष्ठी के सफल आयोजन के लिए शुभकामनाएं देता हूँ।

(गीता मनीषी)

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।  
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥



परित्रणाय साधूनाम् विनाशाय च दुष्कृताम् ।  
धर्मसंस्थापनार्थाय सम्भवामि युगे-युगे ॥

# ABSTRACT

## SHRIMAD BHAGAVAD GITA AS A THERAPY IN POSITIVE PSYCHOLOGY

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*Asst. Professor (Tourism)*

*Govt. PG College for Women,*

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Generally psychology focuses on areas of human behaviour and the dysfunctions related to them. A new branch of psychology namely positive psychology has emerged with all its colours. Positive Psychology is “The scientific study of what makes life worth living”. ‘Eudemonia’ which means ‘The good life’ is the major topic concerned under positive psychology and includes the factors that contribute in making one’s life happy and fulfilling. It is the branch that helps to strengthen the self efficacy in humans along with self energy. So, positive psychological aspects would help humans to revitalize themselves towards more positivity and use their mental power. But, no particular medicines or drugs have been made for this. All we have is correct guidance, true motivation and strong will power. The Bhagavad Gita which is a narrative framework of conversation between Arjuna and his guide & charioteer Krishna plays the role of medicine for this. Motivation, confidence, self beliefs, etc. are all in the centre discussion of Gita. At the start of Dharma yudh, Arjuna was filled with moral and ethical dilemma, where Krishna beautifully counsels Arjuna. While preaching Arjuna, Krishna made Arjuna realise his actual potential, his true self & gave him insight to take action. The theory of self-transcendence discussed in Gita involves putting others before oneself, renouncing egoism, etc. Gita offers a valuable case study for resolution of conflict & successful resumption of action from a state of depressed mood or anxious state. The need & application of the positive psychology are in great need to make our society & world prosperous, where the individuals are with their highest potential & wisdom. The paper serves guidelines of Gita & thus plays a major role for the professionals, counsellors & therapist for its application to individuals, considering the values revealed by Lord Krishna.



यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः।

1

स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते॥3.21॥

The way a superior one acts or behaves, other persons follow him. Whatever superior one proves or sets as an ideal others accept it readily and act accordingly.

# SHRIMAD BHAGAVAD GITA AS A THERAPY IN POSITIVE PSYCHOLOGY

*Er Saurabh Verma*  
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*Chandigarh University*

The study was directed to know the episode of COVID-19 which has carried our reality to a halt with unrivaled and unexpected effect in our carries on with, our economies, our social orders and our jobs and there are developing dangers of a worldwide downturn and an enormous loss of occupations. Any appraisal of the effect of this unrivaled emergency on the travel industry area is immediately outperformed by the quick evolving reality. We are confronting a phenomenal worldwide health crisis. The regulation of the pandemic is the most extreme need and the travel industry area is resolved to help all estimates required to check the flare-up. As this immensely effect the tourism industry and services related with it. Considering the unmatched and quick advancing nature of emergency, it is incredibly testing to appraise the effect of COVID-19 on global the tourism industry, remaining at home today implies voyaging tomorrow.

Key words: Tourism, Travel Component, Tourist Services, COVID-19.

## BHAGAWAD GITA AND STRESS MANAGEMENT

*Baljeet Nain, Student MTTM (F)*  
*Department of Tourism and Hotel Management,*  
*Kurukshetra University, Kurukshetra*

Kurukshetra University, Kurukshetra Stress is a common problem faced by everyone. A student is stressed about his studies, then his exams and then the result. Even after passing the exams, there is a stress of getting good a college then good grades then nice placement. Even after getting a great job, there is a tension for promotion, then marriage then the studies of own kids then kid's exams and their result. You see this is an unending loop. The Bhagawad Gita provides a direct solution to this major issue, which can stop the roots of stress from multiplying.

By going through Shrimad Bhagawad Gita we can easily find the solution of our problems. Because it is

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श्रद्धावाँल्लभते ज्ञानं तत्परः संयतेन्द्रियः ।  
ज्ञानं लब्ध्वा परां शान्तिमचिरेणाधिच्छति ॥4.39॥

2

And that sublime knowledge is attained by one who has gained control over his senses and who has faith.  
The gain of that knowledge gets one the supreme peace of union with God without any further delay.



a complete explanation of all the problems in human being's life . God Shree Krishna explains solutions for every problem in the world by The Updesh of Shrimad Bhagawat Gita to Arjuna during the battle of Mahabharata. One can achieve calmness and rejuvenate mind and soul by going through Shrimad Bhagawad Gita. Chanting the mantra will be soothing for one's soul.

Thus in conclusion we can say that we can find the solutions of the prevailing problems like stress and tension. But it is the social dilemma that we are going towards the western culture. And western people are going towards Bhagawad Gita to attain salvation.

## **ROLE STRESS MANAGEMENT: CHALLENGING BUSINESS LEADERS**

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In this day and age individual experience psychological distress which is associated with number of roles which a person is required to play in his routine life, and managing these multiple roles has become the way of life. With each role come different responsibilities, and when a person is inefficient in managing the multiple roles leads to role conflict which is a major source for strain and stress. The entire concept of stress arises due to our expectations of result, deep attachment, and dissatisfaction from the situation. Stress for a person is an unending loop which may cause serious health issues. It becomes a challenge for the business leaders to keep the employees happy and formulate different policies that help the employee to manage stress so that they can perform in better way .This paper is an attempt to collect the teachings of lord Krishna from Bhagvad Geeta that a business leader can use in management of multiple roles and reduce stress for self and for the employees. The Bhagvad Geeta is an essence of Vedas and Upanishads. The Geeta is one of the greatest contributions of India to the world which serves as an inspiration to the individual and the management world. Bhagvad Geeta has practical and real life applications of day to day stressors an individual experience in life.

The happiness that a modern man seeks in their real and virtual life might mess with their psychology that if they are obsessed with it. The concept of happiness is something that comes and goes; the thing that stays is the inner peace and harmony. Bhagvad Geeta is an ultimate solution to attain the happiness and life peace by teaching how to manage stress and anger.

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कर्म ब्रह्मोद्भवं विद्धि ब्रह्माक्षरसमुद्भवम्।  
तस्मात्सर्वगतं ब्रह्म नित्यं यज्ञे प्रतिष्ठितम्॥3.15॥

**Know the acts or deeds as the products of Vedas and Vedas are created by God.  
Hence, the all-pervading God is always present in sacrifice.**



# STRESS MANAGEMENT: INSIGHTS FROM THE BHAGAWADGITA

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Bhagavad Gita possesses the capability to deal with mind's inner troubles. It is an ancient scripture that enlightens everyone on the different aspects of life. Conversation between Lord Krishna and Arjuna is the base of this manuscript. Its teachings are universally applicable. It goes on presenting the solution to Arjuna's Dilemma through the dialogues based conversation. It has been an important tool for managing stress. The COVID-19 pandemic has emerged as a major stressor of a global scale. It has impacted the physical as well as mental health of people. Lockdowns and social restrictions added to the existing issues disturbing the very fabric of the society, affecting housing, personal relationships, travel, and all aspects of lifestyle. No clarity on various aspects has led to the more of the confusion, more of the stress among the people. High levels of anxiety, dilemmas, nervousness, and faintheartedness amongst the doctors, nurses and health care workers were witnessed. The outbreak was declared a Public Health Emergency of International Concern on 30 January 2020. The World Health Organization declared the outbreak of COVID-19 a pandemic on the 11 March 2020, this means COVID-19 has spread worldwide. The Bhagavad Gita through its various yoga- Raja Yoga, Karma Yoga, Jnana yoga came to the rescue. It involves the shifting of attitude from I to WE, doing selfless services, caring for nature and doing meditation. This study utilizes the teachings of Bhagavad Gita to help in coping with stress and illness. This article cites verses from the Bhagavad Gita to show how the challenges regarding stress are overcome.

Keywords: Bhagavad Gita, Covid-19, Pandemic, Yogas, stress

## EXPLORING THE CONCEPT OF HIGHER SELF IN BHAGAVAD GITA IN RELATION TO PLANET CONSCIOUSNESS

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In contemporary era our society, relatives and friends identify oneself based on what one consumes or what one possesses. Moreover, various advertisements, celebrities, and other influential personalities

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जातस्य हि ध्रुवो मृत्युर्ध्रुवं जन्म मृतस्य च।  
तस्मादपरिहाक्षर्येण न त्वं शोचितुमर्हसि॥२.२७॥  
Because, in such case, one that takes birth surely dies and that  
who dies is bound to take birth again. So, your grieving is not right.

motivate us to change and make our new identity by consumption of a specific type of brand, by relating to particular institution and with an extraordinary group, etc. Hence, we have seen exponential growth in the demand for consumer goods. Still, the surprising element is that despite having more products and comfort in our lives, we find ourselves more anxious and unsatisfied. This paradox nudges us to reconsider our contemporary approach for living life. Likewise, with this kind of lifestyle, we are imposing an unbearable burden on the resources of the planet. In the last two decades, we have witnessed the extinction of numerous species. Even, some predictions fear about the demise of the human species in near future.

Thus, Bhagavad Gita is particularly relevant in light of the increasingly complex and often absurd global conditions caused by greed, religious and political dogmas, dehumanization, etc. This research paper is an attempt to explore the concept of the Higher Self as a model for realizing the planet's consciousness. Besides, the relationship between the notion of egocentric self, consumerism, and environmental degradation, will be analysed. The central theme of Gita is to transform our narrow, superficial, and fragmentary human way of thinking, feeling, and being into a broader and deeper spiritual consciousness. This consciousness is the integration of inner and outer existence. We will explore the methodology of Gita for this transformation.

Further, the spiritual insights of the Gita, the depth of the human psyche, will be evaluated to withstand this crisis. In this effort, the paper will strive to comprehend the intrinsic human nature explained by Gita and learn the ethics that is in tune with the cosmos. Moreover, this research paper will outline how Gita may become a guiding force to re-establish the categorical principles, values, and meaning of things and people's acts, etc. Ultimately, this understanding will help to transform the minds occupied with consumerism.

Finally, this paper is also a reiteration of Indian philosophy where enormous emphasis is lent to self-knowledge because if one knows one's Real Self, then only he or she can reflect upon the genuine needs of nature, society and oneself. Consequently, he or she takes appropriate action to make an ideal society and environment for individual well-being and vice-versa.



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बीजं मां सर्वभूतानां विद्धि पार्थ सनातनम्।  
बुद्धिर्बुद्धिमतामस्मि तेजस्तेजस्विनामहम्॥७.१०॥

**O Partha! You consider Me the ancient seed element of all creatures. I am the wisdom of the scholars and the valour of the brave ones or brilliance of the illustrious ones.**

# SUSTAINABLE EXISTENCE IN TERMS OF BHAGWADGITA IN PANDEMIC PERIOD

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Sustainability is the ability to exist constantly. According to our common future, sustainable development is defined as development that "meets the needs of the present without compromising the ability of future generations to meet their own needs." Sustainable existence of life means living life in a suitable manner without damaging the environment. Sustainable existence is not possible without sustainable development. To sustain life, it is imperative that we prevent depletion of natural resources and bring about equitable distribution of these resources. The natural outcome of sustainable development is sustainable existence. When we conserve resources with the help of sustainable development, it helps in securing comfortable existence of the future generations. World is facing pandemic Covid-19 since last one year. In this pandemic period and particularly in the lockdown phase everything was stopped. All kind of resource mobilization was dropped to the extent that GDP of the country peaked in negative side. We stopped, as it was the call of time; but sooner we moved and everything was slowly unlocked. Bhagwadgita showed the way. We balanced ourselves for the sake of the future or better to say for the sake of the sustainability; even the drastic Covid couldn't stop us. As always, we found solution of this problem again in the Bhagwadgita. This paper is a manifesto of role of Bhagwadgita to deal worst ever situations of pandemic to lead to sustainable existence and future.

## “BHAGWAD GEETA – GOSPEL FOR ENABLING LEADERSHIP EXCELLENCE”

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Leadership is a powerful enabler that can leverage an organization to greater heights, fame and credible position among its stakeholders. Leadership is about helping others to find their potential and purpose. Also, Warren Benin (1994) suggest that “Leaders are people who do the right thing”. Now the question is that what is the right thing? How to identify it? Therefore, the Bhagavad –Gita helps one to identify the right things in every challenging situation and also tell us necessary qualities of a leader like, it is not

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मात्रास्पशस्तु कौन्तेय शीतोष्ण-सुख-दुःखदाः।  
आगमापायिनोऽनित्यास्तांस्तितिक्षस्व भारत॥२.१४॥

**O Kaunteya (Arjuna)! The Sensory and material joys and sorrows blow hot and cold. They come and go and it is an ever-going phenomena. So, O Bharata (Arjuna), bear with them.**

possible to become an effective leader if the leader does not understand his or her own self, and does not understand his or her own potential and purpose. In Bhagavad- Gita there are many chapters & indications of the quality of leadership. The present study attempts to evaluate the different leadership qualities of leaders as reflected in the Bhagavad –Gita based on the systematic review of academic literature.

The finding of the present study suggest that Bhagavad-Gita is the store house of the ideal solutions to deal with the several problems related to corporate world. Especially it emerges from the past studies that Bhagavad-Gita is an influencing managerial instrument in the area of leadership and also provide better solutions to overcome the challenges in the business world. The papers try to give immutable solutions from the various interpretations of Bhagwad Geeta to present day corporate leaders to achieve excellence for the benefit of all.

Keywords: Bhagavad- Gita, Leadership qualities, effective leaders, karmic principles, prajanya, gyan yagan, janak bhav.

## **BHAGAVAD GITA: A WAY TO REDUCE CRIME AGAINST WOMEN**

*Seema Shukla, Research Scholar  
Lovely Professional University*

Although the concept of wisdom is a quite ancient subject, but its study has recently attaining scientific interest, this research article focuses on the conceptualization of wisdom in the Bhagavad Gita. A qualitative/quantitative methodology has been analysed with the Textalyser and NVivo software. The result shown that Knowledge of life, Emotional Regulation, Control over Desires, Decisiveness, Love of God, Duty and Work, Self-Contentedness, Compassion/Sacrifice, Insight/Humility, and Yoga (Integration of Personality) are the component of wisdom achieved from Bhagavad Gita. A comparison of the conceptualization of wisdom in the Gita with that in modern scientific literature shows several similarities, such as rich knowledge about life, emotional regulation, insight, and a focus on common good (compassion). Bhagwad Gita suggested that some components of wisdom can be taught and learned. The concepts of wisdom in the Gita are relevant to modern psychiatry in helping develop psychotherapeutic interventions that could be more individualistic and more holistic than those commonly practiced today, and they aim at improving personal well-being rather than just psychiatric symptoms. This research study will focus the Gita wisdom in controlling crimes against women.

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ओमित्येकाक्षरं ब्रह्म व्याहरन्मामनुस्मरन्।

यः प्रयाति त्यजन्देहं स याति परमां गतिम्॥१८.१३॥

In this posture if a man recites the divine word 'Om' and thinks of Me as the very meaning of *Brahm* and dies in this state he gets on the Supreme Level (where he can meet Me).

# LEADERSHIP LESSONS IN SRIMAT BHAGWAT GITA

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*Mrs. Sanya Sinha, M.A, History, Ranchi University Ranchi*

The Bhagavad Gita is an ancient Eastern philosophical literature. It presents the counsel of Krishna to Arjuna – two prominent leaders of the epic of Mahabharata. Mahabharata is the epic of the feud between two warring clans – the Pandavas and the Kauravas. Before the battle of Kurukshetra, Krishna, who is a friend and the charioteer of Arjuna, drives the chariot to the middle of the battle field, so Arjuna can observe his army and his enemies. Seeing his own kinsmen lined up against to fight him, Arjuna trembles at the thought of killing them. Krishna cajoles Arjuna, “Nothing is higher than a war against evil. A warrior such as you should be pleased with such a war, as it leads to heaven.” Krishna’s discourses are described in the eighteen chapters of the Bhagavad Gita. At the end of his discourses, Krishna successfully convinces Arjuna to fight the battle of Kurukshetra.

If we look closely, the wisdom of the Bhagavad Gita contains many leadership lessons that are similar to contemporary leadership theories and practices. Many contemporary leadership topics such as emotional intelligence, situational leadership, character and integrity were already discussed in the Bhagavad Gita thousands of years ago. These topics were discussed in a philosophical context, as management science as we know today did not exist then. The Srimad Bhagavad Gita- one of the most revered and a 700 verse long and extensive manuscript is one such book. It serves unique lessons on humanistic and inclusive leadership. Some of the very significant lessons that the Bhagvad Gita offers in terms of Leadership are:

- Strong need to lead by example
- Importance of developing a high degree of equanimity
- Understanding the principle of mutual dependence

In the Bhagavad Gita, Krishna explains to Arjun how to balance the action and the desire for the result. In chapter 2 he tells about how a leader can be grounded in his role and how his mind functions. In chapter 3, he explains how to identify those who are secure in their self-awareness.

Also, he explains the importance of knowledge, renunciation, devotion and discipline, how to attain it with proper discernment. Chapters 4–6 also talk of knowledge, discipline and the next few chapters talk of discernment.

By the time the text reaches Chapter 16, Krishna explains how to discern between different kinds of leaders. This includes healthy as well as toxic leadership styles and the characteristics that help one identify between these kinds of leaders.

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सर्वद्वाराणि संयम्य मनो हृदि निरुध्य च।

मूर्ध्न्याध्यायात्मनः प्राणमास्थितो योगधारणाम्॥८.१२॥

Get yourself set into the yoga posture by delinking all your sensory organs from their normal functions, steady the mind and heart and focus your soul (inner thoughts) in the centre of your forehead.



Krishna closes the text by talking about how one should look beyond the obvious. In chapters 16–18 for instance, Krishna emphasizes on the characters of the Sattvik, Rajasik and Tamasik tendencies – including how goals, actions, resources, wealth, creation, families etc. can be classified as good, passionate and evil. The text doesn't only have lessons about leadership and leaders alone, but also about things leaders should know in order to get better at their understanding of their people, their teams and how to lead them towards the shared vision. The Bhagavad Gita is a treasure of immense leadership wisdom and when analysed and understood in context, each of these verses can lead to a lot of practical, applicable wisdom.

## APPLICABILITY OF THE TEACHINGS OF BHAGAVAD GITA IN HANDLING BUSINESS DISRUPTIONS

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*Dr. Saloni Pawan Diwan, Assistant Professor*

*University School of Management, Kurukshetra University,*

The Bhagavad Gita is a world renowned sacred scripture in the form of an immortal dialogue between Shri Krishna and his devotee, Arjuna, a supernaturally gifted warrior about to go into battle. It is the essence of Vedic knowledge and one of the most important books of Vedic literature. The Gita appears as a central chapter in the Mahabharata, the longest known epic poem. It is the most ancient and revered of texts available which finds relevance in the modern academic discipline of Management. The teachings and lessons of the Bhagavad Gita hold great significance and analogies to various modern 'management' concepts such as corporate governance, social responsibility, business ethics, work culture, motivation and leadership. The Bhagavad Gita contains such refined timeless life management lessons that find relevance even in today's modern business world. It guides one regarding how to harness the capabilities of one's mind in order to accomplish complex tasks related to the modern discipline of management along with handling several disruptions faced by the modern-day businesses. The paper theoretically examines these analogies through qualitative research based methodology. It makes an intriguing read for management thinkers, scholars and academics interested in the subject as to how the most ancient text of human wisdom continues to inspire the most modern theories of management in today's digital age in spite of being compiled thousands of years ago. The paper also theoretically discusses and reflects upon how the modern managers can take cues from the Bhagavad Gita and apply them to improve their overall business performance. It delves into the various analogies that can be drawn between the teachings of the Bhagavad Gita and the modern discipline of 'management'.

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यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः।

9

स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते॥3.21॥

**The way a superior one acts or behaves, other persons follow him. Whatever superior one proves or sets as an ideal others accept it readily and act accordingly.**

# SYNTHESIZING WORKPLACE SPIRITUALITY, INNOVATIVE WORK BEHAVIOR: INSIGHTS FROM SHRIMAD BHAGWADGITA

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The past decade has seen increasing interest from consultants, organizations and management scholars concerning workplace spirituality and employee innovative work behavior. Greater than ever, the number of individuals in search for meaning and the desire to experience workplace spirituality is increasing while organizations are penetrating to look out for ways to promote IWB among employees. Although, both the aspects are concerned about the spirit at work, research on both workplace spirituality and employee IWB have developed independently with scarce awareness or considerate thought about their inter-relatedness. The transcendence experienced by employees as a personal connection to the content and process of work can address the elemental underpinnings of Innovative work behavior. Generally, Employees feel loss of sense of self-worth, meaning interconnection, interdependence and collective purpose, all of which hinder their innovativeness. Innovative work behavior refers to the, proactive, intentional introduction of novel and constructive ideas, as well as set of behaviors desirable for development, instigation and implementation of ideas with the aim of enhancing personal and/or business performance. Workplace spirituality refers to an employee's attempt to find ultimate denotation and rationale of his/her work and reinforce his/her interconnectedness. Application of the spiritual mindset in a workplace fosters creativity and innovativeness within the workers and betters their productivity, leading to a better overall performance of the organization. If employees hold incongruent spiritual values to those of the organization, it may lead to stress, absenteeism and negative attitudes. Shrimad Bhagwadgita the most insightful scripture of India emphasizes on the principles of Dharma, Karma, Ethics, values based holistic management, the concepts of Nishkam karam, and techniques of brain stilling. Shrimad Bhagwadgita teachings enlighten all of us in every walk of life. It has given solutions on managing the organizations effectively and efficiently. The current study attempts to synthesize the concepts of workplace spirituality and innovative work behavior in the light of knowledge from the holy scriptures of Shrimad bhagwadgita. Keywords: Workplace spirituality, Innovative work behavior, Indian Ethos, Shrimad Bhagwadgita

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श्रद्धावाँल्लभते ज्ञानं तत्परः संयतेन्द्रियः ।

10

ज्ञानं लब्ध्वा परां शान्तिमचिरेणाधिच्छति ॥4.39॥

**And that sublime knowledge is attained by one who has gained control over his senses and who has faith.  
The gain of that knowledge gets one the supreme peace of union with God without any further delay.**



# SUSTAINABLE EXISTENCE IN TERMS OF BHAGWADGITA IN PANDEMIC PERIOD

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Sustainability is the ability to exist constantly. According to our common future, sustainable development is defined as development that "meets the needs of the present without compromising the ability of future generations to meet their own needs." Sustainable existence of life means living life in a suitable manner without damaging the environment. Sustainable existence is not possible without sustainable development.

To sustain life, it is imperative that we prevent depletion of natural resources and bring about equitable distribution of these resources. The natural outcome of sustainable development is sustainable existence. When we conserve resources with the help of sustainable development, it helps in securing comfortable existence of the future generations. World is facing pandemic Covid-19 since last one year. In this pandemic period and particularly in the lockdown phase everything was stopped. All kind of resource mobilization was dropped to the extent that GDP of the country peaked in negative side. We stopped, as it was the call of time; but sooner we moved and everything was slowly unlocked. Bhagwadgita showed the way. We balanced ourselves for the sake of the future or better to say for the sake of the sustainability; even the drastic Covid couldn't stop us. As always, we found solution of this problem again in the Bhagwadgita. This paper is a manifesto of role of Bhagwadgita to deal worst ever situations of pandemic to lead to sustainable existence and future.

## COPING OF FRONT WORRIERS WITH COVID 19: INSIGHT FROM THE BHAGAVAD GITA

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Bhagavad Gita is part of the great epic Mahabharatha, a widely popular mythological story in Hindu philosophy. Gita is almost in its entirety the dialogue between two individuals, Lord Krishna and Arjuna. The Bhagavad-Gita is the eternal message of spiritual wisdom from ancient India which can

कर्म ब्रह्मोद्भवं विद्धि ब्रह्माक्षरसमुद्भवम्।  
तस्मात्सर्वगतं ब्रह्म नित्यं यज्ञे प्रतिष्ठितम्॥३.१५॥

**Know the acts or deeds as the products of Vedas and Vedas are created by God.  
Hence, the all-pervading God is always present in sacrifice.**

answer questions about our lives and existence.

As the world continue to deal with Coronavirus pandemic since March 2020. This causes anxiety, dilemmas and nervousness among all sections of the society including health care workers itself. Doctors and nurses are leading the fight as front worriers. They are fighting with an invisible and mysterious enemy. Bhagavad Gita, with its timeless treasure offer perfect solutions to the current situation. The lesson from Bhagvada Gita can boost up the morale of the front worriers like doctors. The doctors are fighting like Arjuna against this pandemic. Lord Krishna motivates Arjuna to fight, using a direct approach. The lord Krishna preached Arjuna as mentioned in Bhagvada Gita that why such cowardness have come upon you at this time of trial. This is not proper for a brave man; it does not lead to heaven and bring dishonor for him. Giving up the anxiety and weakness of the heart and destroy the enemy.

Lord Krishna tells Arjuna to keep all abominable activities away from himself, similar to a health-care professional who guides the patient to stay away from things that worsen the situation. This is the lesson for the front worriers that should take care of some precautions during treatment

The 3rd sloka of 2nd chapter is depiction of the helpless state of Arjuna praying Lord Krishna for help. The 73rd Sloka of 18th chapter is reflection of dissolution of anxiety, worry, depression and guilt and preparedness for action with confidence and vigor\*. This brief communication utilizes the teachings of Bhagavad Gita to help in coping with anxiety, dilemmas and nervousness. The very first word in Bhagavad Gita is “Dharma” and the last word is “Mama”. “Mama Dharma” – My duties and responsibilities. The Bhagavad Gita emphasized on the need to perform actions without worrying about the results or rewards or recognition. In Bhagavad Gita Lord Krishna says, to refrain from one’s responsibilities is called a deceptive renunciation.

Key words: Bhagavad Gita, COVID 19, coping, front worriers



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ओमित्येकाक्षरं ब्रह्म व्याहरन्मामनुस्मरन्।

यः प्रयाति त्यजन्देहं स याति परमां गतिम्॥१८.१३॥

In this posture if a man recites the divine word 'Om' and thinks of Me as the very meaning of *Brahm* and dies in this state he gets on the Supreme Level (where he can meet Me).