

The Concept of Life Skills in Bhagavat Gita

Divya Choudhary¹ and Dr. Soma Das²

Research Scholar¹, Professor & Dean²

SHSS¹²

Monad University, Hapur, Uttar Pradesh, India¹²

Abstract: *The Bhagavad Gita has a strong emphasis on living qualities such as yoga, knowledge, mind, and meditation (concentration or dhayana). The various things, everyone needs to effectively manage today's knowledge work. Our academic community is versed with Western educational theories and life skills concepts. Despite their importance and comprehensiveness, we lack evidence about our own cultural and historical beliefs in regard to life skills and instruction. Some of the life skills in educational philosophy can be found in the Bhagavad Gita. This paper examines how to read the Bhagavad Gita using life skills in all aspects of life. It provides a foundation for both Western and Eastern beliefs. This study is a methodological understanding of historical sacred scripture that has developed interesting connections to life skills, personal experiences and cultural practice. The Bhagavad Gita is India's greatest contribution to the world. The purpose of the study work is to regulate the impact and implications of life skills depicted in the Gita that can be applied in the current situation.*

Keywords: Yoga, Bhagavat Gita, Life Skills, Mindfulness, Theories,

I. INTRODUCTION

The Bhagavad Gita is Lord Krishna's intellectual lecture to urge Arjuna to fight. When Arjuna saw his relatives as opponents on the battlefield, he became stuck. While a large number of men stood there waiting, Lord Krishna taught the Bhagavad Gita to inspire him to execute his duty. Krishna provided education so that he could fulfil his responsibilities as a prince, a warrior, and a righteous man, which included fighting evil and restoring peace and order. "The mind is restless and difficult to master," Amar writes in the Gita, "but the mind in actuality can be trained by persistent practise [of yoga] and detachment [from reward]." 'It is meant to lift the seeker of lower levels of renunciation,' Annie Besant said of the Gita's primary doctrine. Where desires are dead and the to go dwells in the peaceful and unceasing contemplation, while his body and intellect are actively engaged in executing the obligations that fall to his lot in life.' Because it contains the essence of all religions and philosophies, the Gita is the holy grail of life skills and education. It offers the purest kind of self-realization knowledge.

II. LIFE SKILL IN REGARD TO BHAGAVAD GITA:

The true goal of education, according to Gita, is obtaining virtual knowledge, but what exactly is virtual knowledge? God is everywhere when we see or feel the universe in its diversity. True understanding teaches us to feel God in each individual soul. Lord claims that the pinnacle of all purest knowledge and its essence was gained from a thorough study of the Vedas and other Upanisads. The importance of the soul is emphasised in the Gita, and it is a secret component of knowledge: just knowing that the pure soul is distinct from the body that will be destroyed. The soul remains unchanged and gains immortality. It is constantly active. The divine instructor did not simply dictate his wisdom to his student in order to develop the principles of education. Gita explains why such instruction is necessary. The world's human infant is not an empty vessel. From his previous life, he inherited certain traits, instincts, character proclivities, mental dispositions, and so forth. The Gita unifies physics and metaphysics, pravrtti and nivritti, psychical entities, and men's genetic and environmental factors, and clearly demonstrates that life skill education is a spiritual-social imperative. Life skill-based teaching is tenacious enough to keep his student's body and soul together, as well as his own. According to the Gita, the student is a learner, not a disciple.

The concept of life skills is introduced to determine the relevance of learning. To begin, we must hit the chord of a practical and grounded approach in order to grow in life. To be successful, we must master some key traits: fighter, problem solver, seeker of knowledge, and most importantly, risk taker. According to the Gita, one must be an excellent communicator; everyone has heard of Krishna's naughty yet clever deeds. He knows how to persuade others and sell your views. Gita has given great thought to mediation and its significance. Inner tranquility is associated with meditation. Students who are constantly focused on getting good grades are unable to concentrate during meditation. When a student's mind is unstable and he or she dreams of success. Then there's the failed mediation attempt. According to Gita, the learner must avoid three major vices in his personality: kama, Krodh, and Lobha.

III. DESCRIPTION OF LIFE SKILLS IN BHAGAVAD GITA:

The life skill instruction is the procedure of fostering human fullness. For karmic and sharing life, life skills imply knowledge, skill, talent, and wisdom. Maybe our wisdom relates to tradition agrees with all. In the point view of Moore and Radhakrishnan (2012, P.164) The Bhagavad Gita is a compilation of wisdom and all Vedic ideas that was created through a learning method. It could be interpreted as a Guru's talk to a Chela who supposed to be fully committed to the sacrifice of worldly aspirations and pleasures but nevertheless suffers from a sense of melancholy brought on by the superficial blackness of his existence (Rao & Bannerji, 1912, p. 2). Marsella (as cited in Bhawuk, 2011, p.24) considers His to be the psychology of Eastern Culture. Meanwhile the Bhagavad Gita is renowned as a teaching module, it also includes psychology and life philosophy.

In my opinion, constant wisdom serves as incentive for correct behavior and may also be thought of as the concept of life skill-based education. Material desire is fleeting and may be lost at any time, but steadfast understanding never leads us astray. This could be an emotionally steady state. Stability in thought and conduct, as well as freedom and self-direction. Wholeness necessitates stability. According to the Gita, a knowledgeable individual is one who accomplishes an action with a wisdom and regulated mind. In this to keep in mind, Leaman (2000) claims that Gita's clear message to the mind preoccupied with the pursuit of ethical, intellectual, and social standards, the skilled mind that insists on salvation through the adherence of conventional Dharmas, social duty, and the moral law, and function of the solutions if the liberated intelligence, to live a Dharmik (accountability, righteousness, commitment and morality in one's duty) life may be related with life skill based education in regard to Gita, and that such an skill based education makes human Dharmik by dehumanizing People in various walks of life require redemption from terror, workplace discipline, and corporate world pressure. The Gita envisions a state in which anyone may be risen above emotion, behavior and cognition, and grants 'karma' yoga as a method for achieving this condition. The Bhagavad Gita considers education and life skills in terms of worldly spiritual growth.

There are many life skills presented in Gita those are prominent to live a life in a better and skillful way.

IV. YOGA AS A LIFE SKILL IN ACTION

There is a link between higher states of awareness and superior performance by the Gītā's arguments "Yoga is skill in action" (Chapter II, verses 48, 50). Research on meditating managers isn't the only source of evidence for this link. A number of research have been conducted on acknowledges of higher levels of consciousness in highly performing executives who were chosen for their excellence, performance, independent of whether or not they practiced meditation.

Harung and Travis (2012) have discovered a link between high levels of consciousness, brain integration, and moral growth and performance excellence. The research's measure of higher states of awareness by Harung and Travis (2012) as well as previous research by Heaton, Harung, and Alexander (1995) was the Peak Experiences Survey.

V. ANALYTICAL SKILL USED AS A LIFE SKILL

The lyrical contribution 'In the Route of Knowledge,' it is clearly grasp that with the proper mindset and analytical skills, jnana yoga is a route of knowledge that enlightens us to adapt better practises for self and organizational

development. Enlightenment Lord Krishna conducted a psychometric study of Arjuna in the Way of Knowledge. It all comes down to hard work and determination. Lord Krishna enlightened Arjuna when he lost his volition. Krishna had instilled in him the ability to bounce back. People wield immense power and should be aware of their capabilities. Success is contingent on 'will'. It occurs frequently when a knowledge worker becomes detached from their volition.

In Spiritual Harmony, Knowledge Management Skills

'Jnana yoga,' according to the Upanishads, attempts to realize the oneness of the ultimate Self and the individual self (Atman) and. (Brahman) (Ryan and Jones, 2006, p.51). The magical teachings in these Upanishads, according to Chambliss, explain "the way of knowledge of the Self," a union, and the revelation that the Brahman and the Self (Atman) are same (Chambliss, 2013). Now comes an in-depth examination of the inner as well as outer life of or 'man of steady wisdom the 'man of Self-realization.'. In terms of what holy Gt enumerates, current behaviors in any company plainly demonstrate. or 'man of steady wisdom' or 'man of steady wisdom' Ethos and Values, culture, wisdom, visionary approaches, ethical leadership and employee retention, that follows constructive methods while developing the proper strategic HRM methods to manage the system are discussed in an organization.

VI. MANAGEMENT SKILL IN BUSINESS WHILE HAVING BUSYNESS

Work might get hectic if a calling is not obvious. Yoga practice as a skill can assist with clarity. On June 21, 2015, the globe commemorated the first "International Yoga Day." The United Nations General Assembly has set in the Summer Solstice, the northern hemisphere's longest day according to the Gregorian (Christian) calendar. This yearly yoga event is possible thanks to Indian Prime Minister Narendra Modi's speech to the United Nations General Assembly on September 27, 2014. (UNIC report of 12 Dec, 2014):

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature."

It's crucial to remember that every business skill is similar to a tree. It only grows when it is in good health. When a tree stops growing, it begins to die. As a result, company has to be watered and pruned on a regular basis.

VII. SKILL IN REGARD TO THE MINDFULNESS

When the mind is full, how can one practice mindfulness? Yes, because mindfulness is recognized as a skill rather than a state of mind. There are some breathing techniques for reducing a stage of anxiety and mental trainings for focusing on the current moment while avoiding distractions. Standard operating procedures (SOPs) and contingency plans are in place for organizations to tackle similar reoccurring incidents.

As a result, being mindful requires not only hearing but also listening, as well as seeing. Furthermore, one is to be able to distinguish between common rise above and clutter the din for accurate discernment. A task becomes a responsibility, and mundane tasks become pleasant preoccupations. Work then becomes adoration. This transcends the physical into the spiritual as a form of connectedness with universal consciousness without being religious.

VIII. SKILL WHILE WORK BECOMES WORSHIP

The spiritual dimension of the Gita raises normal activity to remarkable levels of achievement. Chatterjee (2012, p. 38) "Worship" was coined as an acronym meaning "labor as worship." The totality of faith-in-action or every moment is included in this sanctification of labor.

Worship is the practice of performing a regular ritual to convey a personal commitment or affiliation. Similarly, when a particular way of working becomes a habit, the work involvement becomes worship. There is mental tranquilly, always firm in intents and steady in delivery.

IX. OBJECTIVES OF LIFE SKILLS ACCORDING TO BHAGAVAD GITA:

According to Gita, some objectives include: a) Establishing the importance of duties in life; b) Personality development and modification; c) Internal consciousness development; d) Intellectual and reasoning ability development; e) Individual and social goals adjustment; and f) Virtual knowledge development and presentation of its importance.

Curriculum based on the Bhagavad Gita can be defined in two ways. The first is physical - art, science, and enslavement – and the second is spiritual – body and soul knowledge. The teachings of the Bhagavad Gita speak for both renunciation in action and renunciation of action. Samnyasa is clearly defined as the abandonment of interest, desire, and attachment rather than action.

Learning by doing, Contemporary method- logical analysis with adequate analysis, Conversional technique, Question-answer method, and Demonstration method are the finest methods for learning Gita life skills.

X. CONCLUSION

This conclusion of this paper reiterates what is believed to be the most fascinating from the Bhagavad Gita in respect to the motivators of those who use their intellect in their work, often known as knowledge workers. Only when we apply all of our knowledge can we achieve success. The Gita introduces our inner personality, which is the core of emotions and impulses and reasons and discriminates the mind. After reading the Bhagavad Gita, one can see that it is a priceless historical information treasure that requires careful study and interpretation. A source of motivation that has neither beginning or finish cannot be such a delight. (Bhagavad Gita, V-22). The moral instruction and ethical action skills found throughout the Gita are not only a pressing necessity in our country, but also in the global community. The Bhagavad Gita can yield fruit depending on one's goal and level of thinking and understanding. Because it contains all of the components of life philosophy, the Bhagavad Gita may be used as a skill based educational philosophy for life skills.

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