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## **A STUDY ON THE IMPORTANCE OF 'GITA' IN LIFE**

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# A Study on the Importance of 'Gita' in Life

Prof. Debabrata Mukherjee\*

Department of Sanskrit, Bankura Zilla Saradhamani Mahila Mahavidyalaya, Natunchati, Bankura West Bengal

**Abstract – Gita is an inconceivable book on account of its natural incentive in taking care of the central human issue. It demonstrates to us an approach to carry on with our life adequately. It will keep on gift individuals of the past, present and family, interestingly, one needs to open oneself to it. I along these lines demand individuals of any age to get familiar with this book of stunning shrewdness.**

**The point of view taken in this exchange on the Bhagavad Gita is that it is general and has a place with all mankind. The Bhagavad Gita is one of the focal lessons of Sanathan Dharma, today regularly called Hinduism. It has its setting in Indian history, culture and religion of a specific time and with continuous impacts of Indian religious history.**

**Bhagavad Gita was an immortal, widespread reverential content that looked past all distinctions and which was justifiable and effectively drilled by the least complex, each regular individual.**

**Keywords: Gita, Life, Dharma**

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## INTRODUCTION

For whatever length of time that people don't assume the liability to make changes in their practices, and settle on better decisions, things won't change essentially at a worldwide dimension. Mahatma Gandhi all around appropriately stated, "Be the change you need to find in others". This point we appear to miss regularly in reacting to numerous difficulties on the planet. Bhagavad Gita empowers you to understand your capability to be that individual who is developed and mindful, so kindly don't hold up till you are old to ponder this book has immortal shrewdness.

Just before the Kurukshetra war was going to start, Arjun felt befuddled and blue. He would not battle as he neglected to envision the result of his activities. Seeing things in the correct manner assumes a basic job in helping us comprehend what we ought to do, why we ought to do it, our job in the plan of things, and molding our frame of mind.

In view of our encounters, we figure out how to think with a specific goal in mind. Bit by bit, we start to trust that just our convictions are correct, and the individuals who contrast from us are incorrect. Along these lines, show your tyke that it is important to comprehend the sentiments of others, yet it isn't required to concur with them. Urge him to take a gander at circumstances from the perspective of others.

As indicated by the Gita, everything needs to change. We realize that our body, sentiments, feelings, and

discernments, just as everything around us is in a condition of motion. However, when we are informed that we have to transform, we are hesitant to acknowledge the exhortation or resolvedly restrict it. To be effective, an individual needs to adjust to new circumstances, improve and think of better arrangements, and investigate new chances. Along these lines, while you appreciate the experience of being in recognizable environment, be prepared to introduce changes and have new encounters.

Resistance instructs us to confront the hardships of existence with poise and halt from utilizing power notwithstanding when incited. Absolution encourages us pardon shamefulness and conquer the sentiments of ill will. Both these characteristics are critical to keep up and sustain connections, create sentiments of compassion and love, and conquer disruptive musings. These two qualities framed the bedrock of the relationship that bound the Pandava siblings.

Having positive contemplations help us accomplish a reasonable viewpoint, remain sure, beat negative thoughts, get ready well to address difficulties, and channelise our vitality to accomplish our objectives. In this way, don't give negative contemplations a chance to assume control over your psyche and ruin your odds. Being thankful, pondering, giving back, perusing positive writing are a couple of systems that can help encourage positive musings.

Numerous individuals assume that Gita has just a single focal message-and that is-Lord Krishna is requesting that Arjuna perform his responsibilities.

Individuals may think about that they as of now comprehend the significance of performing obligations and are as of now doing as such in their everyday life as of now. They at that point infer that they need not think about Gita any more. What we neglect to acknowledge is that if this was the main message of Gita, it need not have had 18 parts particularly in perspective on the way that Arjuna was an exceptionally splendid, fruitful and adaptable individual. Arjuna would have comprehended one message of 'perform your responsibilities' in all respects rapidly and there was no requirement for such a detailed educating. In the event that Gita is stating something significantly more than the message "perform your responsibilities", at that point what is the instructing of Bhagavad Gita? The appropriate response is, Bhagavad Gita is a book of instructing which makes us to investigate territories, for example, what is the genuine idea of I? What is the idea of universe? What is ones association with the reason for the universe? These are on the whole significant and basic inquiries. Discovering answers to these inquiries is genuinely associated with our provide genuine importance and guidance to our lives, increasing genuine fulfillment and happiness that we are altogether chasing.

This misguided judgment about Gita discussing 'not having wants' leads individuals to abstain from contemplating Gita as they wonder how one can live ones existence without having any wants? They may think – how might I contemplate, get decent evaluations, land great positions and raise a pleasant family without having any wants. Because of this misinterpretation, they may consider Gita as unrealistic in this current setting where such a great amount of relies on fulfilling ones wants for progress and accomplishments. The truth of the matter is Gita is, not looking at having 'no wants'.

## IMPORTANCE OF 'GEETA' IN LIFE

In our Hindu convention want is viewed as one of the extraordinary blessings and benefit of person. Truth be told, it is just want to realize that drove Arjuna to pose an inquiry to Lord Krishna. It is just want to encourage that made Lord Krishna to unfurl this incredible vision of Gita so persistently to Arjuna. This shows how having a longing isn't an issue. On the off chance that longing all things considered isn't an issue, what does Gita need to state about want? It says that one must have authority more than ones wants. I'm not catching it's meaning? It implies that longing may happen, yet whether to oblige that craving or not ought to be in your grasp. You need to gauge whether the satisfaction of want is going to superfluously hurt anybody or exploit anybody. In the event that it does, you ought to include enough space inside yourself to state 'no' and not respect the weight that is made by these wants.

For instance, you need advancement, and it is authentic to need advancement on the off chance that you are buckling down. In any case, if ones want for

advancement is intense to the point that you don't falter putting your associates down before your supervisor at that point there is an issue. Gita shows us how to find this space inside ourselves that we can satisfy wants in an authentic manner without irritating the moral request. Gradually by dealing with our wants successfully we can turn into a develop individual and find an incentive for dependable and honest living.

Individuals regularly are likewise of the assessment that Gita is requesting that we be 'withdrew' from the world. This additionally makes them get some distance from Gita as they believe that life cannot be lived with a feeling of 'lack of concern' towards your folks, life partner, kids, society and humankind all in all. Actually Gita isn't requesting that we be disengaged to the world. Truth be told, physical separation from the world is unthinkable as we live in between associated world where activities of one influences the other. For instance, what I do today as a parent will affect how my youngsters grow up as grown-ups and interface with their own companions, life partners, associates later on. Subsequently, physical separation is preposterous. At that point shouldn't something be said about enthusiastic separation? Indeed, even passionate separation isn't alluring. We are intended to indicate love, care and worry for our kids, guardians, society and mankind; we cannot be unconcerned with life. Gita does not instruct us to be separated from the world and not have feelings. It tells us the best way to free our feelings of adoration and care from desire, begrudge, control and so forth so they stream with no mutilations and envelop the entire mankind.

Another misinterpretation that is frequently held is that the investigation of Gita expects you to commit a ton of time to 'profound interests' and to ignore your 'material' achievements. This isn't correct either. Bhagavad-Gita instructs you to be alive to substances of presence covering a major picture about the idea of I and the Lord. It additionally illuminates how to carry on with your everyday life viably by dealing with your wants, settling on fitting selections of activities, approaches to manage troublesome circumstances and dealing with your feelings. By presenting yourself to the instructing of Gita from the youthful age, you become a dynamic individual who is alive to substances of presence, who acts capably, be a supporter of society without being overpowered or crushed by difficulties of life.

Indeed, Gita is a fantastic book in light of its inherent incentive in taking care of the principal human issue. It demonstrates to us an approach to carry on with our life adequately. It will keep on gift individuals of the past, present and children, interestingly, one needs to open oneself to it. I in this way demand individuals of any age to get familiar with this book of astonishing shrewdness.

The Bhagavad Gita is an enchanted content that talks about "the nature of things." It talks about humankind, Reality and our place in that Reality; just as the moves we are to make to discover astuteness and joy. It stresses the different yogas—manners by which

mankind can manage the regularly changing world and the feelings of the psyche. It manages the pathways to shrewdness and with mankind's relationship to a definitive Reality.

## DISCUSSION

It is a basic profound content since it builds up an individual's entitlement to address everything. Its methodology is an exchange between a symbolical human named Arjuna, and the Reality, symbolized in this content as Sri Krishna. The Reality expresses that it is great to address life, in this manner Sri Krishna responds to Arjuna's inquiries.

The Bhagavad Gita is a buildup and a rearrangements of the more seasoned, cumbersome philosophical writings of the yogis, the Upanishads. The Upanishads are written in brisk, significant, philosophical language, and it requires some investment and reflection to get them. The Gita puts these ideas into straightforward language with the goal that everybody can comprehend the idea of things and, in this manner, how to live.

There are questions and issues throughout everyday life, and diverse methods of insight approach those issues in an unexpected way. The Gita is a guide-message that gives you something worth mulling over. New contemplations are significant in light of the fact that they enable you to pick. On the off chance that you have just a single idea with respect to an issue, you have little opportunity to address the issue. Nonetheless, in the event that you have five unique musings with respect to the issue, you have more prominent knowledge in settling on a choice and in this manner more noteworthy opportunity in picking.

The reason for extraordinary writings is to help control individuals carry on with a superior life by posing inquiries, looking for answers and picking up knowledge. Sacred writings convey a message that guides us through the dinky, passionate, fierce waters of life. They uncover a way to accomplish intelligence and accordingly carry on with a more shrewd, more joyful life by sharing that insight.

The Gita starts, "Dharmakshetra, kurushetra," signifying "on the front line of obligation, on the war zone of the profound longing." This implies there is a fight among knowledge and numbness—and that fight is in the psyche of each being. It is a fight to conquered numbness, gain insight and become disconnected based on what is ephemeral and transitory.

Be mindful so as not to mistake separation for lack of concern, be that as it may. Aloofness shows absence of intrigue or concern. Separation intends to carry out your responsibility without desire for a reward. On the off chance that we gain separation, in the event that we gain knowledge, we will discover our obligation, our duty; we will discover the greenery enclosure of God

and see our obligation, which is to till that garden. Accordingly, we will see the magnificence of this world and add to its excellence.

The Gita uncovers that you reserve the privilege to work, yet you don't reserve the option to the products of that work. Presently in the event that you work for the wellbeing of work, it doesn't mean you won't get benefits. Or maybe, the emphasis ought to be on performing your responsibility and discovering delight in your work. The vast majority are hopeless in light of the fact that they are working just to get something. Accomplish something that brings you happiness, tune in to the internal voice, discover your obligation and till the patio nursery of God.

In the same way as other different compositions of this period, for example, the Upanishads and the Dhammapada, the Bhagavad Gita or 'Tune of The Lord' appears to be to some degree immortal in the way that it's important whether we carried on a thousand years prior, or we're living in the cutting edge age. We investigate what happens when Arjuna needs to settle on extraordinary troublesome choices – explicitly the choice with respect to whether he should fight against his very own relatives in a war of 'good' versus 'abhorrent'- and the significance of carrying on with an actual existence of truth and reason.

The most fascinating and regularly misconstrued part of the Bhagavad Gita is that it's totally authentic and very representative. There is no genuine combat zone or battle to be won; the whole content is a portrayal of the fight that goes on in our brains and is an important method to see how we can conquer trouble, self-question, and at last how to carry on with an actual existence of truth and reason.

Life can frequently appear to be a combat zone, but at the same time it's talked about as a 'show' in a significant number of the writings, and when we take a gander at it thusly we can ask ourselves; "am I having my influence completely?" Are we each offering ourselves to our life and our reality and living our motivation completely?

## CONCLUSION

The Bhagavad Gita urges us to live with immaculateness, quality, discipline, genuineness, generosity and respectability so as to discover our motivation and to live it completely. Similarly as Krishna urges Arjuna to throw away all questions and trust in his most noteworthy Self, we also can utilize the shrewdness of the Bhagavad Gita to meet our own troubles and choices with boldness and genuineness and figure out how to live truly and completely.

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### Corresponding Author

**Prof. Debabrata Mukherjee\***

Department of Sanskrit, Bankura Zilla Saradamani Mahila Mahavidyapith, Natunchati, Bankura West Bengal