

Bhagavad-Gita's Influence on the Holistic Development of the Human-being

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Abstract: *This research paper examines the influence of the Bhagavad-Gita's principles on the holistic development of adults across diverse age groups. As a timeless scripture and philosophical masterpiece, the Bhagavad-Gita provides profound insights into the multifaceted dimensions of human existence, spanning spiritual, mental, emotional, physical, and intellectual realms of well-being. The study delves into how the teachings of the Bhagavad-Gita contribute to enhancing the overall well-being and development of individuals, fostering a harmonious integration of the physical, mental, intellectual, and spiritual aspects of life. Employing a descriptive survey research method, data is collected through open-ended questionnaires from adult participants across various age groups who have studied and applied the teachings of the Bhagavad-Gita in their lives. The findings from the conceptual content analysis of the data offer valuable insights into the transformative potential of ancient wisdom in modern contexts, enriching our understanding of holistic development. The results underscore the efficacy of Bhagavad-Gita principles in providing practical solutions to the challenges encountered by individuals of different ages across various facets of life.*

Keywords: Bhagavad-Gita, holistic development, spiritual, education

1. Introduction

In the modern era, advancements in science and technology have provided abundant material comforts, yet they have also brought about a pervasive sense of spiritual emptiness. The quest for inner growth and contentment amidst material abundance underscores the necessity for a balanced perspective and a holistic approach to individual development. Holistic development, in this context, pertains to the comprehensive nurturing of intellectual, mental, emotional, social, physical, and spiritual potentials, transcending mere academic knowledge.

Even amidst the plethora of comforts that enhance our material lives, humanity finds itself entangled in the unyielding cycles of birth, aging, illness, and death. Efforts to find remedies for these universal phenomena within the confines of the material realm often prove fruitless, underscoring the inherent limitations of such approaches. Thus, there arises a compelling need to seek solutions beyond the realm of mundane materialism, delving into the insights offered by the spiritual domain.

The recognition of one's true self emerges as a foundational step in the spiritual evolution of individuals, a concept echoed even within the realms of modern science. The notion of self-actualization, as elucidated by psychologists like Kurt Goldstein and popularized by Maslow's hierarchy of needs, represents the pinnacle of human growth. This hierarchical framework delineates the progression from basic physiological needs to the realization of one's full potential or self-actualization, signifying a fundamental aspiration innate to human nature.

The Bhagavad-Gita, a timeless spiritual text, emphasizes that true learning encompasses an understanding of the principle of self-actualization. With this profound insight, one can perceive all beings with equanimity, recognizing the spiritual unity that underpins all existence. As articulated in the Bhagavad-Gita (5.18), "The humble sage, by virtue of true knowledge, sees with equal vision a learned and gentle brahmana, a cow, an elephant, a dog, and a dog-eater (outcaste)."

The wisdom expounded in the Bhagavad-Gita holds immense relevance for individual and societal advancement. Its practical application spans diverse dimensions of human growth, offering insights into physical, mental, intellectual, emotional, social, and spiritual development. The Bhagavad-Gita provides invaluable principles for education, addressing fundamental existential concerns and guiding individuals towards holistic development.

Numerous scholars in both the Eastern and Western regions have emphasized the study and interpretation of the educational and scientific aspects of the Bhagavad Gita. Vedic scholar Shri Srila Prabhupada (1974) expressed the viewpoint that the Bhagavad Gita serves as a valuable source of knowledge and wisdom for the global community. Renowned scientist Albert Einstein remarked, "When I read the Bhagavad-Gita and reflect on how God created this universe, everything else seems so superfluous." The celebrated poet and philosopher Henry David Thoreau also noted, "In the morning, I bathe my intellect in the stupendous and cosmogonical philosophy of the Bhagavad-gita, in comparison to which our modern world and its literature seem puny and trivial." Ralph Waldo Emerson, another esteemed figure, conveyed, "I owed a magnificent

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day to the Bhagavad-Gita. It was the first of books; it was as if an empire spoke to us, nothing small or unworthy, but large, serene, consistent, the voice of an old intelligence which in another age and climate had pondered and thus disposed of the same questions which exercise us."

These statements highlight that the Bhagavad Gita offers a comprehensive philosophical framework for all of humanity, with applicability in every facet of human life. It provides a holistic perspective on education, emphasizing the overall development of an individual rather than merely academic excellence or intellectual value.

This concept of education aligns with the views of prominent thinkers and educators worldwide. Mahatma Gandhi, for instance, believed that vocational efficiency, cultural, spiritual, and character development were the goals of education. Sri Aurobindo advocated "Integral Education," which underscores the importance of balancing both "matter and spirit" to facilitate a natural process of harmonious development.

In light of its profound teachings and practical relevance, the Bhagavad-Gita emerges as an indispensable guide for navigating the complexities of human existence and fostering holistic development.

2. Literature Review

In recent years, there has been a notable increase in research endeavors investigating the scientific and educational dimensions of the Bhagavad Gita. A significant corpus of research articles has emerged in the past decade, with specific attention given to applying the Gita's principles in areas like management and psychology.

Biswajit and Balakrishnan (2008) explored the Bhagavad Gita's perspective on self-knowledge and its relevance for human capital development. Their qualitative study revealed that lacking self-knowledge could hinder innovation and compassionate leadership in organizations. The study concluded that the Bhagavad-Gita offers an inside-out approach to human capital development, in contrast to the outside-in perspective of the Western world, and suggested the need for further research on the Bhagavad-Gita's significance for human capital development in the future.

Ramachandran (2015) delved into the relevance of Bhagavad Gita concepts in modern professional education. Employing an arts-based hermeneutical approach, the study explored the scripture's influence and its connections to contemporary educational practices. It highlighted the potential for the Gita to inspire pedagogical innovations, curriculum development, and motivational strategies. The research underscores the importance of incorporating ancient wisdom into modern educational philosophies for comprehensive growth and development.

Notably, while numerous studies have explored the Bhagavad Gita's efficacy as a guiding source in various fields, none have emphasized its potential for comprehensive development, spanning physical, emotional, intellectual, and spiritual growth. The present study thus focuses on

investigating how the principles of the Bhagavad Gita contribute to the holistic development of individuals.

3. Objectives of the study

The objective of this paper is to examine the influence of the Bhagavad Gita on the holistic well-being of adults across diverse age groups, addressing facets such as physical, mental, intellectual, emotional, and spiritual dimensions. To demonstrate the potential of the Bhagavad-Gita teachings in fostering holistic development, a descriptive survey was conducted by the researcher. The survey aimed to investigate the extent to which these teachings contribute to positive transformations in individuals' lives, focusing on their ability to enhance beneficial traits while mitigating negative and undesirable characteristics that hinder overall development.

Delimitations

Given the extensive knowledge encapsulated within the Bhagavad-Gita, attempting a comprehensive review of the entire text is a formidable endeavour. Consequently, this study focuses on the scientific principles elucidated in selected verses of the Bhagavad Gita.

The survey research is also limited to selected participants from an international community, comprising both residents and frequent visitors to the Mayapur region (India) who are either teachers, students or practitioners of the Bhagavad Gita.

4. Methodology

The researcher employed a Purposive Sampling method to select participants from the target population, focusing on individuals who have engaged with the Bhagavad Gita for a minimum of four years. The objective is to encompass participants with a thorough understanding of the principles and practical application of the Bhagavad-Gita across various age groups, ensuring a broad spectrum of viewpoints. The sample size for this study comprises 50 participants, spanning ages from 18 to 70 years, who either reside or frequently visit Mayapur, located in West Bengal, India.

Table 1: Characteristics of the Participants, n = 50

Range of Ages	Total
Youth 18- 30	10
Middle Age 31-50	35
Elder 50 or more	5

A questionnaire was created to gather responses from the participants. The questionnaire focuses on assessing the influence of the Bhagavad Gita's fundamental thoughts, concepts, and principles on the holistic development of individuals. The questionnaire consists of open-ended questions to encourage detailed responses from the participants.

Data regarding participants' reflections and insights gained from applying the principles of the Bhagavad-Gita was gathered using a questionnaire. The questionnaire was

distributed to the participants through an online Google Docs form, and they were requested to provide their responses within a two-week timeframe.

In order to analyse the data obtained from the open-ended questionnaire the researcher used the conceptual analysis method (qualitative analysis method) to categorize the concepts into themes and developing a coding scheme.

Steps in Conceptual content analysis

Step 1: Defining the units or theme of analysis

The unit or theme of analysis involves categorizing the content into themes, which can be represented by a word, phrase, or sentence. When selecting the unit of analysis, each theme should encapsulate a distinct "idea." This means that data pertaining to a particular theme is grouped under that specific unit. For the present research, a phrase is chosen as the coding unit and a manual coding method is adopted to

Step 2: Developing categories and a coding scheme

The next step involves the development of categories and a coding scheme for the analysis. These are derived from three sources: the primary data, theories related to similar topics, and empirical studies. Qualitative content analysis can utilize both inductive and deductive approaches. A combination of deductive and inductive methods is called a hybrid coding approach. In a hybrid coding approach, one initiate the analysis with a pre-established set of deductive codes and subsequently introduces new inductive codes as they progress through the data, responding to emerging patterns and insights. The current study employs a hybrid approach for coding the data.

Step 3: Pre-testing the coding scheme on sample:

To maintain consistency, various members of the research team are involved in coding a sample of existing data. In the current research, two additional peers have been engaged to ensure consistency. Initially, a predefined set of codes is established for an open-ended question using the deductive approach. These codes are discussed among the peers to reach a consensus. Subsequently, these codes are applied to the first ten samples of the data. Through discussion, the three peers work together to ensure consistency in categorization, and new codes are introduced or existing codes are modified to encompass a diverse range of themes as needed.

Step 4: Coding all the text

After achieving coding consistency in the previous stage, it is essential to apply the coding process to the entire dataset. In the current research, the coding process, which was established through discussions among the three team members for the initial ten data samples, is then replicated for the remaining forty samples.

Step 5: Drawing inferences on the basis of coding or themes

In this step, it is necessary to draw inferences based on the codes and categories that have been created. It is important to investigate the properties and dimensions, identify relationships, and uncover patterns in order to present the analysis effectively.

Step 6: Presentation of results

To present the findings within each theme and draw conclusions, it is essential to substantiate the results with secondary data and quotations derived from the developed codes. Additionally, based on the analysis, the researcher can also depict the results using graphs, matrices, or conceptual frameworks. The presentation of results should be structured in a manner that enables the reader to comprehend the rationale behind the interpretations.

The inferences and findings of the current research work are presented in the next section

5. Analysis

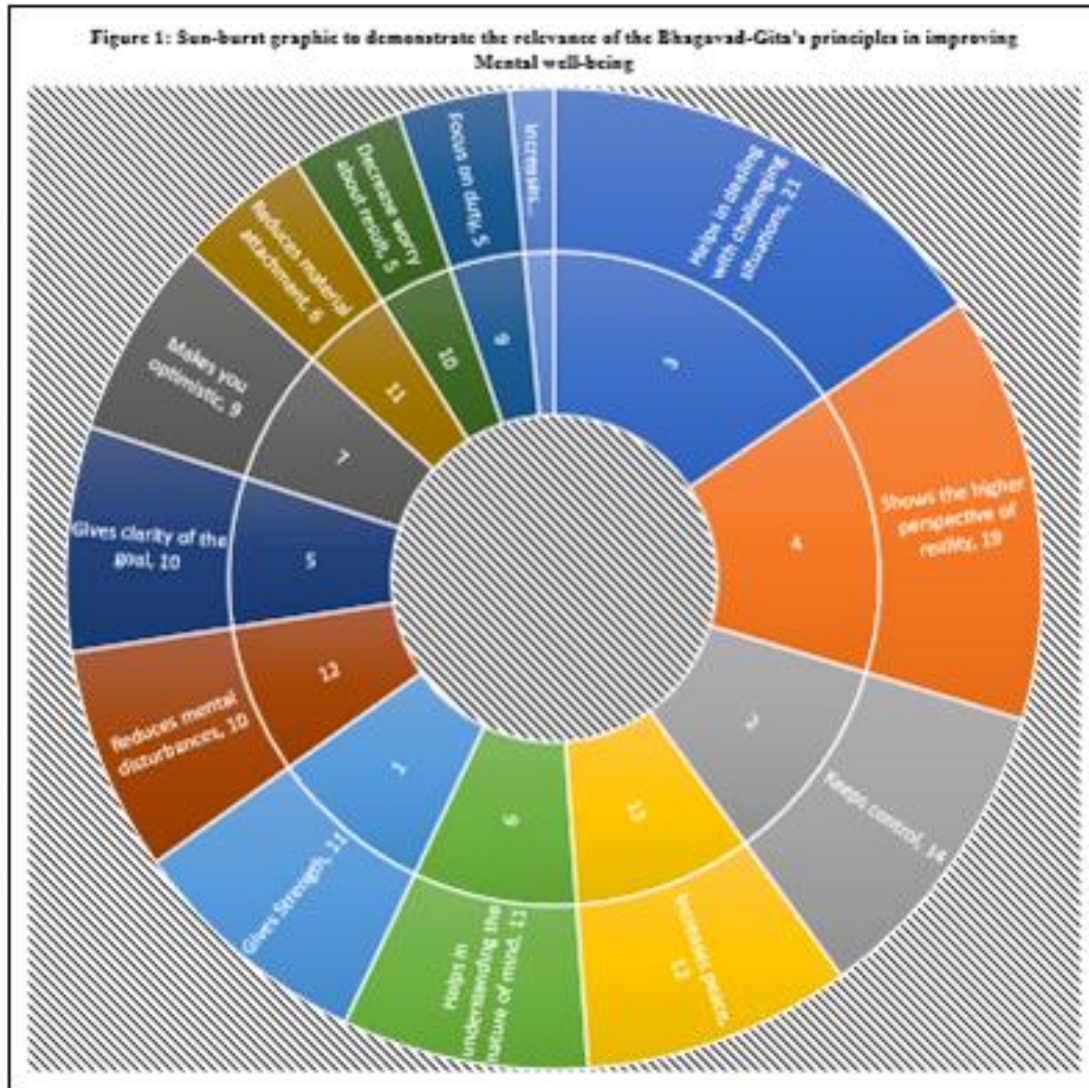
To showcase how the principles of the Bhagavad-Gita can contribute to holistic development, the survey data collected and the themes identified through coding are organized into five sections and analyzed.

5.1 Mental Well-Being

The state of an individual's mental well-being is closely intertwined with their psychological state, encompassing their capability to manage stress, effectively deal with life's trials and tribulations, and more. It's crucial to uphold sound mental health for overall wellness, as it can significantly impact various facets of one's life, such as their social connections, professional pursuits, and physical fitness. The frequency of coded themes, analysed through the conceptual content analysis method using data from the first open-ended query, is presented in the following table and figure.

Table 2: Relevance of the Bhagavad-Gita's principles in mental well-being

Code No	Theme/Coding unit	Count
1	Gives Strength	11
2	Keeps control	14
3	Helps in dealing with challenging situations	21
4	Shows higher perspective of reality	19
5	Gives clarity of goal	10
6	Helps in understanding the nature of mind	11
7	Makes you optimistic	9
8	Increase tolerance	2
9	Focus on duty	5
10	Decrease worry about result	5
11	Reduces material attachment	6
12	Reduces mental disturbances	10
13	Increases peace	12



Findings and interpretations of the above analysis:

The qualitative analysis conducted on the data collected from the open-ended questionnaire regarding the impact of the Bhagavad-Gita on addressing mental health challenges has provided significant insights, as outlined in Table 2. Through participants' responses to the initial inquiry, thirteen themes rooted in the principles of the Bhagavad-Gita were identified, directly or indirectly influencing individuals' mental well-being.

Figure 1, depicted as a sunburst chart, visually represents these themes, emphasizing those most pertinent among the participants. It was observed that two of the codes (codes 3 & 4) exhibited a notably high frequency, namely: a) Helps in dealing with challenging situations, and b) Provides a higher perspective of reality. This indicates that many participants perceive the teachings of the Bhagavad-Gita as offering a novel and elevated outlook when individuals find themselves at a deadlock while dealing with life's problems, which often result in significant distress and stress. As the renowned scientist Albert Einstein once stated, 'We cannot solve our problems with the same thinking we used when we created them.' Therefore, the study of the Bhagavad-Gita aids in enhancing one's problem-solving abilities in both

professional and personal life, a highly sought-after trait in individuals.

Furthermore, Figure 1 indicates that studying the Bhagavad-Gita fosters an appreciation for the intricacies of the mind and its workings. This comprehension aids individuals in maintaining mental stability and alleviating various disturbances associated with the mind, such as anxiety, stress, and sorrow. Additionally, the analysis highlights how implementing the principles of the Bhagavad-Gita can assist individuals in overcoming detrimental tendencies, such as pessimism, excessive attachment to material outcomes, and procrastination. Instead, it encourages adopting a positive outlook on life and emphasizes the importance of detachment while fully engaging in one's duties.

• Analysis of mental well-being based on age of the participants

By classifying our sample into three distinct age groups, the resulting distribution is as follows: Youth (18-30) - 10, Middle age (31-50) - 35, Elder (Above 50) - 5. It can be inferred that the majority of our participants fall within the middle age group.

Table 3: Relevance of the Bhagavad-gita principles in mental well-being of persons in different age groups

Code No	Theme/Coding unit	Youth (n=10)	Middle age (n=35)	Elder (n=5)
1	Gives Strength	2 (20%)	8 (23%)	1 (20%)
2	Keeps control	3 (30%)	10 (29%)	1 (20%)
3	Helps in dealing with challenging situations	6 (60%)	14 (40%)	1 (20%)
4	Shows higher perspective of reality	4 (40%)	13 (37%)	2 (40%)
5	Gives clarity of goal	3 (30%)	7 (20%)	0
6	Helps in understanding the nature of mind	1 (10%)	9 (26%)	1 (20%)
7	Makes you optimistic	5 (50%)	4 (11%)	0
8	Increase tolerance	2 (20%)	0	0
9	Focus on duty	0	4 (11%)	1 (20%)
10	Decrease worry about result	1 (10%)	4 (11%)	0
11	Reduces material attachment	0	5 (14%)	1 (20%)
12	Reduces mental disturbances	1 (10%)	8 (23%)	0
13	Increases peace	5 (50%)	7 (20%)	0

Findings and Interpretations:

The data outlined in Table 3 underscores the universal applicability of the Bhagavad-gita's principles, resonating equally across different age groups and offering profound insights into a transcendent understanding of reality. This suggests that the allure of spiritual concepts transcends age boundaries, underscoring the inherent spiritual nature of every individual as a soul.

Moreover, it is notable that younger and middle-aged individuals exhibit a greater propensity to turn to the Bhagavad-gita for guidance when faced with life's challenges, in contrast to their elder counterparts. This inclination could be attributed to the accumulated wisdom that comes with age, enabling older individuals to navigate life's complexities with greater ease. Consequently, the Bhagavad-gita serves as a repository of wisdom for individuals in earlier stages of life, offering them guidance and direction.

Furthermore, an intriguing observation is that younger and middle-aged individuals actively prioritize the cultivation of

optimism and the pursuit of inner peace, a focus that appears less pronounced among the elderly. This discrepancy may stem from the elderly individuals' seasoned understanding of their own capabilities and limitations, coupled with their tempered expectations from external sources. This pragmatic outlook may contribute to the diminished emphasis on actively seeking optimism and peace among the elderly, as they maintain a balanced and realistic approach to life.

5.2 Physical Well-Being

Enhancing physical well-being involves improving an individual's physical health and overall fitness. This encompasses various aspects of their physical condition and vitality, which are crucial for overall health and quality of life. The following table outlines different approaches to enhance physical health, derived from the analysis of responses to the second question of the questionnaire.

Table 4: Relevance of the Bhagavad-Gita's teachings in the physical well-being

Code No	Theme/Coding unit	Count
1	Regulated life-style	23
2	Healthy mind, soul makes healthy body	10
3	Maintaining body with understanding that it is meant for accomplishing higher purposes	8
4	Eating satvik and healthy food	15
5	Giving up bad/unhealthy habits	6
6	Working according to one's psychophysical nature	1
7	Following the yogic path for meditation, asanas etc	5
8	Being pro-active in duties	5
9	Following brahmacharya	1
10	Harmonious living with nature/environment	2

Findings and interpretations of the above analysis:

The themes outlined in Table 4, extracted from responses provided in open-text format, shed light on the various benefits associated with studying the Bhagavad-Gita in relation to physical health. Among these advantages, a significant highlight is the ability to cultivate a disciplined lifestyle, which plays a crucial role in disease prevention. Establishing a structured routine for daily activities like eating, sleeping, work, and leisure is difficult, without adequate motivation and purpose. However, by embracing the principles of the Bhagavad-Gita, particularly by aligning thoughts, words, and actions with the mode of goodness,

individuals can discover inner inspiration and effectively maintain discipline in their habits as part of their commitment to fulfilling higher human responsibilities.

Furthermore, the analysis suggests that adherents of the yogic path, as delineated in the Gita, find it easier to relinquish negative traits and behaviors such as alcohol addiction, engagement in illicit sexual activities, and disregard for bodily cleanliness. Additionally, it is evident that living in harmony with nature, practicing celibacy, and aligning work with individual psychophysical nature

contribute significantly to the preservation of good physical health.

- Analysis of physical well-being based on age of the participants

Table 5: Relevance of the Bhagavad-gita principles in physical well-being of persons in different age groups

Code No	Theme/Coding unit	Youth	Middle age	Elder
1	Regulated life-style	6 (60%)	16 (46%)	1 (20%)
2	Healthy mind, soul makes healthy body	2 (20%)	6 (17%)	2 (40%)
3	Maintaining body with understanding that it is meant for accomplishing higher purposes	1 (10%)	6 (17%)	2 (40%)
4	Eating satvik and healthy food	4 (40%)	11 (31%)	0
5	Giving up bad/unhealthy habits	2 (20%)	4 (11%)	0
6	Working according to one's psychophysical nature	0	1 (3%)	0
7	Following the yogic path for meditation, asanas etc	2 (20%)	3 (9%)	0
8	Being pro-active in duties	3 (30%)	2 (6%)	0
9	Following brahmacharya	0	1 (3%)	0
10	Harmonious living with nature/environment	1 (10%)	1 (3%)	0

Findings and Interpretations:

The analysis of table 5 suggests that the younger and middle age groups show a greater inclination towards adopting a regulated lifestyle and a satvik or healthy diet to enhance their physical health compared to the elder age group. This disparity may be attributed to the elder age group's natural tendency to already follow a regulated lifestyle and maintain a frugal, standard diet, potentially needing less emphasis on specific dietary adjustments for health improvement.

From the table, it can be observed that as individual's age, there is an enhancement in their understanding of maintaining the body for higher purposes. This suggests that maturity and life experience contribute to a more spiritual perspective on the body, where individuals recognize the importance of physical well-being as a means to accomplish

higher goals. As one progresses through life, the perspective on the body often evolves to encompass a more holistic and spiritually-oriented view, emphasizing the body as a tool for higher purposes.

5.3 Emotional Development

The ability to openly express positive emotions while effectively managing negative ones enhances an individual's likability within society. Achieving such emotional proficiency involves the development of various traits and skills. The table and figure below, generated through a qualitative content analysis of the questionnaire data, provide valuable insights into the strategies that individuals can employ to nurture their emotional development.

Table 6: Relevance of the study of Bhagavad-Gita in expressing positive emotions and controlling negative emotions

Code No	Theme/Coding unit	Count
1	Cultivating inner strength, tolerance and self-control through practice of yoga	7
2	Understanding nature of oneself and others	2
3	Seeking guidance from positive-minded authorities	4
4	Engaging in spiritual practices with emotions centered on God	15
5	Focussing and directing one's emotions towards positive aspects	15
6	Maintaining equanimity in joy and sorrow through consistent commitment	10
7	Realizing self's transcendence beyond the material world and emotions	8
8	Embracing a lifestyle rooted in goodness, peace and inner joy	7
9	Gaining insight into the transience and harmful effects of negative emotions	11
10	Having broader perspective by understanding the principle of Karma	5

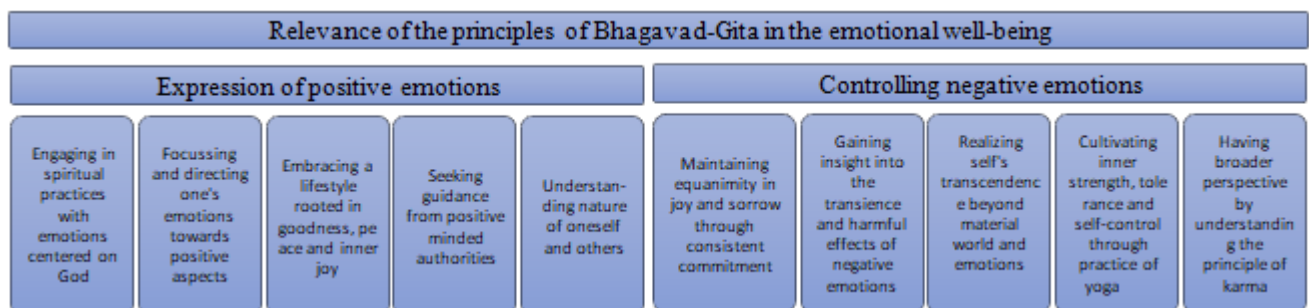


Figure 2: Hierarchy table to depict the relevance of the principles of Bhagavad-Gita in expression of positive emotions and controlling the negative emotions

Findings and interpretations from the above analysis:

The hierarchical structure presented in Figure 2 delineates various strategies for practitioners of the Bhagavad-Gita to navigate both positive and negative emotions effectively. It elucidates that redirecting emotions towards constructive

avenues, such as demonstrating empathy and compassion towards others, fostering gratitude for life's blessings, and seeking guidance from individuals with a positive outlook, empowers individuals to express their emotions freely. This approach fosters a sense of peace and inner contentment,

anchoring individuals in a life centered on spiritual principles.

Furthermore, the table underscores the importance of managing negative emotions by understanding the detrimental outcomes of unwholesome actions. Additionally, gaining a broader perspective on the circumstances surrounding perceived harm and adversity facilitates emotional regulation. Moreover, cultivating self-awareness

beyond transient emotional states and nurturing inner resilience, patience, and self-discipline through yogic disciplines enables individuals to attain mastery over negative emotions. This mastery engenders equanimity amidst life's fluctuating experiences of joy and sorrow.

- Analysis based on age of the participants

Table 7: Relevance of the Bhagavad-gita principles in the emotional well-being of persons in different age groups

Code No	Theme/Coding unit	Youth	Middle age	Elder
1	Cultivating inner strength, tolerance and self-control through practice of yoga	3 (30%)	4 (11%)	0
2	Understanding nature of our self and others	1 (10%)	1 (3%)	0
3	Seeking guidance from positive-minded authorities	0	4 (11%)	0
4	Engaging in spiritual practices with emotions centered on God	2 (20%)	12 (34%)	1 (20%)
5	Focussing and directing one's emotions towards positive aspects	3 (30%)	10 (29%)	2 (40%)
6	Maintaining equanimity in joy and sorrow through consistent commitment	2 (20%)	7 (20%)	1 (20%)
7	Realizing self's transcendence beyond the material world and emotions	3 (30%)	5 (14%)	0
8	Embracing a lifestyle rooted in goodness, peace and inner joy	4 (40%)	3 (9%)	0
9	Gaining insight into the transience and harmful effects of negative emotions	4 (40%)	6 (13%)	1 (20%)
10	Having broader perspective by understanding the principle of Karma	1 (10%)	4 (11%)	0

Findings and Interpretations:

The findings derived from Table 7 reveal a notable inclination among the youth towards adopting a lifestyle characterized by virtues like goodness, peace, and inner joy, fostering the expression of positive emotions, in contrast to their elder counterparts. Moreover, there appears to be a heightened interest among the youth in delving into the transient nature and adverse impacts of negative emotions through the study of the Bhagavad-gita, unlike the elders. This variance could be attributed to the natural evolution of individuals with age, whereby they increasingly recognize the detrimental effects of negative emotions and gravitate towards inner sources of contentment. Unlike the youth, the elders may not feel compelled to actively pursue such insights, having already cultivated stability through their life experiences.

5.4 Talent search, retention and Intellectual Development

"Talent search" and "intelligence development" are widely employed terms in the realm of identifying and nurturing individuals showcasing exceptional abilities, particularly within educational and human resource development domains. The primary objective is to harness human potential to its fullest extent. The table and figure presented herein stem from a qualitative content analysis conducted on data gleaned from questionnaires distributed among practitioners of Bhagavad-Gita principles. They delineate diverse strategies aimed at pinpointing talent and fostering its sustenance.

Table 8: Relevance of the study of Bhagavad-Gita in talent search and retention

Code No	Theme/Coding unit	Count
1	Comprehending the natures and potentials of individuals	11
2	Utilizing one's talents in the service of the Lord to unleash and achieve full potential	13
3	Seeking Qualities, Behavior, and Attitudes as mentioned in the Bhagavad Gita	20
4	Recognizing and Supporting Good Talents	2
5	Executing one's duty with unwavering focus and detachment from the outcome	3
6	Embracing a righteous cause and selflessness in actions	4



Figure 3: Cycle art to depict the relevance of the study of Bhagavad-Gita in talent search and retention

Findings and interpretations of the above analysis:

The analysis of participants' responses to the fifth query, focusing on the pertinence of Bhagavad-Gita's teachings in talent search and retention, reveals several themes. These themes elucidate the verses of Srimad Bhagavad-Gita, which delineate diverse leadership qualities that differentiate intelligent individuals from others, alongside delineating behavioral and attitudinal traits characteristic of talented individuals. This highlights the Bhagavad-Gita's stature as a prominent manual and authoritative source for identifying talent within individuals.

Moreover, it is noteworthy that individuals who employ their talents and potentials in selfless service to the Lord, coupled with dedication to noble causes, experience profound fulfilment, thereby enhancing their retention. Furthermore, recognizing and nurturing the inherent natures and potentials of individuals holds promise for significant improvement and retention.

- Analysis of the talent search based on the age of the participants

Table 9: Relevance of the Bhagavad-gita principles in the intellectual development of persons of different age groups

Code No	Theme/Coding unit	Youth	Middle-age	Elder
1	Comprehending the natures and potentials of individuals	2 (20%)	8 (23%)	1 (20%)
2	Utilizing one's talents in the service of the Lord to unleash and achieve full potential	2 (20%)	11 (31%)	0
3	Seeking Qualities, Behavior, and Attitudes as mentioned in the Bhagavad Gita	7 (70%)	11 (31%)	2 (40%)
4	Recognizing and Supporting Good Talents	1 (10%)	2 (6%)	0
5	Executing one's duty with unwavering focus and detachment from the outcome	0	3 (9%)	0
6	Embracing a righteous cause and selflessness in actions	0	4 (11%)	0

Findings and interpretations:

The examination of Table 9 suggests that younger individuals exhibit a stronger propensity to pursue the positive qualities, behaviors, and attitudes outlined in the Bhagavad-gita in comparison to older individuals. This tendency can be attributed to the notion that, in youth, there is often greater openness to change one's nature and embrace new behaviors, whereas such adaptability may diminish with age.

5.5 Spiritual Advancement

The progress on the spiritual path is contingent upon an individual's enthusiasm for seeking higher truths and their unwavering dedication to practicing the processes that lead to the revelation of these truths. The analysis below outlines the various components that contribute to one's growth in the pursuit of higher truth, as presented in the table and figure.

Table 10: Relevance of the principles of Bhagavad-Gita in seeking spiritual truths

Code No	Theme/Coding unit	Count
1	Transcending Sensory and Mental Perception: Insights into the Soul, Supersoul, Material Nature, Time, and Karma	17
2	Nurturing love for God is the highest goal of life	15
3	Humbling Inquiry and Devoted Service to Authorized Representatives of the Lord to uncover Profound Truths	5
4	Unveiling different levels of truth through the Practice of Yogic Paths	8
5	Upanishadic revelation of the Supreme as the ultimate cause of all causes and fully Independent	13
6	Reflecting on the purpose of life and our inherent identity	6
7	Teaches the eternal essence of religion - Sanatana dharma	2
8	Uncovering Truth beyond worldly sorrows, the afterlife and spiritual realities	9

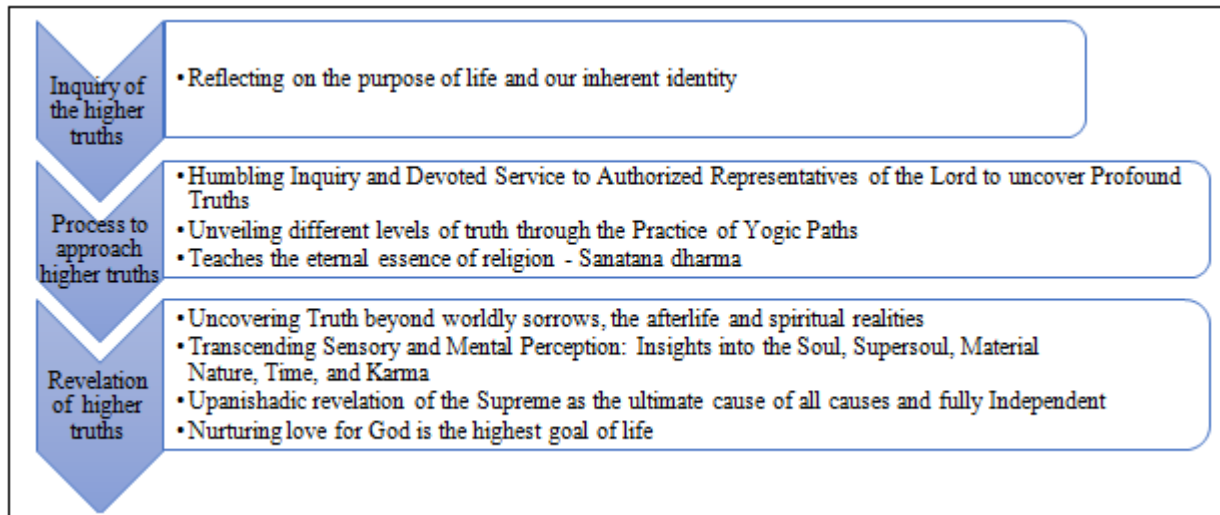


Figure 4: Chevron art to depict the steps in seeking the higher truth based on the principles learnt from Bhagavad-Gita

Findings and interpretations of the above analysis

The responses gathered from the seventh query of the open-ended questionnaire reveal various facets of seeking higher truths, which can be classified into three groups, as depicted in Figure 4. This classification represents a sequential progression in the quest for higher truths.

The initial step towards seeking higher truths involves demonstrating an interest in exploring the Absolute Truth, as emphasized in the opening verse of the Vedanta sutra: "Now is the time to inquire about Brahman (spirit)." By contemplating the purpose of life and our inherent identity, individuals embark on the journey of spiritual inquiry. Subsequent advancement on this spiritual path is achieved through humble service to a genuine spiritual guide, seeking guidance to resolve doubts, practicing yogic meditation techniques, and adhering to the principles of eternal religion.

The culmination of the study of the Bhagavad-Gita unveils various higher truths, as discerned from the analysis:

- Insights into the realities of the afterlife and spiritual dimensions beyond the material world.
- Understanding the essence of the soul, Supersoul (God), the dynamics of material nature, the influence of time, and the cycle of karmic actions.
- Realization of the Supreme Lord as the ultimate cause of all causes, possessing absolute independence, and the attainment of ultimate perfection through fostering loving relationships with Him.

Thus, the study of the Bhagavad-Gita offers detailed guidance on initiating the journey and subsequently reveals a profound pathway for the pursuit of higher truths.

Analysis of seeking higher truths based on age of the participants

Table 11: Relevance of the Bhagavad-gita principles in seeking of higher truth for people of different age groups

Code No	Theme/Coding unit	Youth	Middle-age	Elder
1	Transcending Sensory and Mental Perception: Insights into the Soul, Supersoul, Material Nature, Time, and Karma	4 (40%)	11 (31%)	2 (40%)
2	Nurturing love for God is the highest goal of life	4 (40%)	10 (29%)	1 (20%)
3	Humbling Inquiry and Devoted Service to Authorized Representatives of the Lord to uncover Profound Truths	1 (10%)	4 (11%)	0
4	Unveiling different levels of truth through the Practice of Yogic Paths	1 (10%)	7 (20%)	0
5	Upanishadic revelation of the Supreme as the ultimate cause of all causes and fully Independent	3 (30%)	8 (23%)	2 (40%)
6	Reflecting on the purpose of life and our inherent identity	0	6 (17%)	0
7	Teaches the eternal essence of religion - Sanatana dharma	2 (20%)	1 (3%)	0
8	Uncovering Truth beyond worldly sorrows, the afterlife and spiritual realities	3 (30%)	6 (17%)	0

6. Findings and interpretations

The analysis reveals that the endeavor to delve into higher truths, including exploring concepts like the soul, God, the mechanisms of material nature, fostering love for the divine, and grasping the Upanishadic revelations of the Absolute Truth, resonates strongly across all age demographics. This observation underscores the universality of the journey toward spiritual growth and the pursuit of profound truths, transcending age distinctions.

7. Discussion of the Results

In this study, we systematically examined the core thoughts, concepts, and principles of the Bhagavad Gita, focusing on their role in fostering holistic development across different age groups. The teachings of the Bhagavad-gita significantly contribute to mental well-being by offering guidance through challenging circumstances and providing a broader perspective on reality, particularly during times of distress. Notably, the youth and middle-aged individuals tend to seek this guidance more actively compared to the elder

demographic, and this inclination is observed across various regions.

Regarding physical health, a key principle drawn from the Bhagavad-gita teachings involves the promotion of a disciplined lifestyle, which serves as a crucial factor in disease prevention. Additionally, the concept of viewing the body as a tool for achieving higher goals is more prevalent among elders than among the youth. In terms of emotional well-being, there is a notable trend among the youth towards adopting virtuous lifestyles characterized by qualities such as goodness, peace, and inner joy, facilitating the expression of positive emotions, whereas this trend is less pronounced among the elder population. Furthermore, there is a heightened interest among the youth in exploring the transient nature and adverse effects of negative emotions through the study of the Bhagavad-gita, a trend less observed among their elder counterparts.

The Bhagavad-gita also delineates leadership qualities, behavioral traits, and attitudes associated with intelligence and talent, with the youth demonstrating a greater inclination towards seeking these positive attributes. In terms of spiritual development, encompassing the pursuit of higher truths such as insights into the soul, God, and material nature, as well as the nurturing of love for God and understanding Upanishadic revelations, the Bhagavad-gita's principles are significant across all age groups.

The research highlights multiple dimensions of well-being, covering mental, physical, emotional, intellectual, and spiritual aspects. It also observes a distinct variation in focus between the youth and elders. While the youth often prioritize the practical application of Bhagavad-Gita principles to foster their overall development, elders demonstrate a stronger inclination towards delving into deeper insights into the principles and metaphysics of the text.

8. Conclusion

The teachings of the Bhagavad-Gita offer a comprehensive framework for nurturing essential positive qualities that significantly contribute to an individual's overall progress. Whether it's enhancing physical well-being, fostering mental health, ensuring emotional stability, facilitating intellectual growth, or guiding spiritual development, the Bhagavad-Gita provides a holistic approach to life. Moreover, it serves as a potent tool for addressing and eliminating numerous undesirable traits that can hinder the development of human society. Therefore, there's an urgent need to utilize the teachings of the Bhagavad-Gita in education, developing various pedagogical methods tailored to meet the needs of both youth inclined towards practical application and guidance, as well as elders seeking deeper insights into the metaphysics of the teachings.

9. Recommendations for Further Research

While the current study focuses on practitioners of the Bhagavad-Gita's principles in Mayapur, West Bengal, it is suggested that future research encompass a broader analysis of individuals from diverse countries and ethnic

backgrounds who incorporate these principles into their lives. This broader scope would provide deeper insights into the benefits and efficacy of the Bhagavad-Gita's teachings.

Furthermore, it is proposed that a comprehensive exploration of the Gita's principles could serve as a guiding beacon for future generations of scientists and educators eager to delve into the mysteries of human existence and the universe. Given the historical significance and ongoing relevance of the Bhagavad-Gita's principles in enhancing individual and collective well-being, there is a pressing need for thorough study and practical application of these principles in the present generation. Therefore, introducing the Bhagavad-Gita from a scientific perspective into various educational spheres, including schools, colleges, universities, as well as through mass education centers and NGOs, would be highly advantageous.

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