
IMPORTANCE OF BHAGWAD GITA PRINCIPLES IN OUR LIFE MANAGEMENT

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Abstract: Management is an art of getting things done through by other people more effectively and efficiently. In this research paper we are talking about our life will be managed through proper decision-making, teamwork, time management, innovation, motivation, communication skills etc. And here we are going to more emphasize on decision making because one wrong decision will change our entire life and the proper and perfect decision will be the gate of our success in life.

Keywords: Decision making, motivation, innovation, communication skills and the most important "The Bhagwad Gita principles."

1. INTRODUCTION:

Management has become a part and parcel in everyday life. Bhagwad Gita is viewed as a guide in developing managerial efficiency and effectiveness to achieve the desired tasks by imparting views like turn human beings weaknesses into strengths, share responsibilities, selecting right set of individuals in the team, knowing the challenges in the work environment, the need of right managers who inspire, invigorate and counsel in crisis, initiate to know ground realities, Accept different ideologies and empower women and soon so on so forth.

2. OBJECTIVES:

To provide direction to a common man by the principle of Bhagwad Gita that how to take balancing

decision to manage our life successfully.

3. REVIEW OF LITERATURE:

"The Bhagavad Gita: A Guide for Modern Life Management" by Dr. Ramesh Menon:

In this comprehensive analysis, Dr. Ramesh Menon delves into the timeless relevance of Bhagavad Gita principles in contemporary life management. Drawing parallels between ancient wisdom and modern challenges, Menon elucidates how concepts such as self-realization, detachment, and ethical leadership can profoundly influence personal and professional success. Through insightful commentary and practical examples, he demonstrates how integrating Gita teachings into daily life can lead to

enhanced well-being and fulfillment.

"Leadership Lessons from the Bhagavad Gita" by Dr. Radhakrishnan Pillai:

Dr. Radhakrishnan Pillai explores the profound insights on leadership embedded within the Bhagavad Gita. Through a careful examination of Krishna's guidance to Arjuna on ethical decision-making and moral responsibility, Pillai uncovers timeless lessons for effective leadership in the modern world. By emphasizing the importance of integrity, empathy, and strategic thinking, he illustrates how Gita principles can inspire and empower leaders to navigate complex challenges with wisdom and grace.

"Mind Management: Insights from the Bhagavad Gita" by Dr. Devdutt Pattanaik:

Dr. Devdutt Pattanaik delves into the transformative power of mind management as elucidated in the Bhagavad Gita. Drawing upon the Gita's teachings on yoga, meditation, and self-discipline, Pattanaik offers practical strategies for cultivating mental resilience and emotional well-being. Through engaging narratives and psychological insights, he demonstrates how Gita principles can help individuals overcome stress, anxiety, and negativity,

thereby enhancing their overall quality of life.

"The Bhagavad Gita and Work-Life Balance" by Dr. Shubha Vilas:

Dr. Shubha Vilas explores the relevance of Bhagavad Gita principles in achieving work-life balance and holistic well-being. By analyzing Krishna's guidance to Arjuna on duty ('karma') and detachment ('vairagya'), Vilas illustrates how individuals can harmonize their professional aspirations with personal fulfillment. Through practical tips and real-life anecdotes, he elucidates how integrating Gita wisdom into daily routines can foster a sense of purpose, fulfillment, and inner peace.

4. SOME IMPORTANT MANAGEMENT FUNCTIONS IN LIFE MANAGEMENT ARE:

4.1 Decision Making:

Decision making may be defined as the selection based on some criteria of one behaviour alternative from two or more possible alternatives. To decide means "To Cut off" or in a practical context to come to a conclusion.

4.2 Motivation:

Motivation may be defined as the act of Stimulating someone or oneself to get a desired course of action "To push the right button" to get a desired reaction.

4.3 Innovation:

It means creating some new ideas by which the things issues and thoughts will be present in some new manner.

4.4 Communication skills:

Communication takes place in all living Beings. When we talk of the world of man we talk in terms of human communication. It involves sending messages meaningful messages from one person to another. These messages could be oral or written. They can be by means of seeing, hearing touching smelling, and tasting.

5. BHAGWAD GITA:

One of the greatest contributions of India to the world is the Bhagwad Gita. The story is about Arjun who became depressed when he realized he had to fight his relatives on the battlefield of kurukshetra. To help Arjun in his moral dilemma Lord Krishna preached the Bhagwad Gita which can be a powerful catalyst for transformation. The story has all the management tactics necessary to achieve mental equilibrium and to overcome any crisis situation.

5.1 How Bhagwad Gita principles help to take decisions:

a. Lesson 1 says that:

5.1.1 Feelings:

Lesson one Bhagwad Gita says that never take decisions On the basis of your feelings as feelings

are of two types that is good feel and bad feel so first balance our feelings between good and bad then take decisions.

5.1.2 Balancing of mind:

Chapter sixth of Bhagwad Gita Says that don't take any decision when you are very much happy or very much sad. Because when person is very much happy and if you say to him or her that you want a thing that the person have belongs to than definitely he or she will give you that thing under the stage of his or her happy emotions. And if the person is in bad mood and anyone is asking how are you? Sometime this Sentence also hurt him or her as he is very sad and his mind is not in a balanced condition. Therefore balanced your mind and take decisions.

5.1.3 Emotions:

b. Lesson 2 of Bhagwad Gita says that:

Avoid decision when in extreme emotions.

c. Lesson 3 of Bhagwad Gita says that:

Ask yourself "am I talking this decision in anger or attachment."

d. Lesson 4 of Bhagwad Gita says that:

Am I focusing only on the results? It says do only Nishakama Karma. Means concentrate on work not on results.

e. 17th chapter shlok 28 says that under Lesson 5:-

"Whatever is done without faith is useless" so if a person wants to take a realistic decision he should understand the relation between the words.

f. Believe & faith =Realistic Decision

Believe on himself/herself and faith on God than only it will become a realistic Decision.

g. 3rd Chapter shlok 21 says that:

"Whatever action a great man performs common man follows."

h. Lesson 6:

Keep your goal high.

i. Lesson 7 says that:

What is good for the society is good for you. That's why take a decision in favour of society.

j. Chapter 5th Lesson 8 says that:

"Trust in the God" and be thankful.

Example of Arjun:-Arjun was an intelligent person but at the time of confusion he had taken an advice from Shree Krishna bhagwan. So if you are a student, employee, children and you are having some confusions than ask to your teachers, friends, boss, your parents with whom you are feeling comfortable.

k. Lesson 9 says that:

"Right counselling can lead better decisions."

1. Lesson 10 says that:

"Read and feel Bhagwad Gita" .It creates a positive energy. And make your life easy. For implementing these principles of Bhagwad Gita we should concentrate on our communication skills. But here are some barriers arise as there are two parties in communication one is sender and second one is receiver. According to the principle of listening, the sender or you can say the speaker talks about 125 words per minute whereas the listener can process information at a rate of 500 words per minute. This leaves ample idle time for the mind to wonder to other matters than concentrating in the speaker's message.

To overcome this types of barriers, The Stephen covey- An American author had first published one book That is "7 habits of highly effective people" in 1989. So, shortly we should discuss 7 habits of highly effective people .

- **Be Proactive:** Don't sit and wait in a reactive mode waiting for problems to happen (circle of concern) before taking actions.
- **Begin with the end in mind:** To be effective you need to act based on principles and constantly review your mission statement.
- **Put first things first:** Talk about difference between

leadership and management. Talk about what is important and what is urgent.

- **Think win-win:** Value and respect people by understanding. And always be positive about your victory.

- **Seek first to understand, then to be understood:** Use empathetic listening to genuinely understand a person, which compels them to reciprocate the listening and take an open mind to being influenced by you. This creates an atmosphere of caring and positive problem solving. This habit is greatly embraced in the Greek philosophy represented by 3 words.

a. Ethos: Your personal credibility. It's the trust that you inspire. Your emotional bank account.

b. Pathos in the empathetic side: It's the alignment with the emotional trust of another person communication.

c. Logos is the logic: The reasoning part of the presentation. Above order is important that is ethos, pathos and logos. Your character and your relationship and then the logic of your presentations.

- **Continual improvement/synergize:**
The final habit is that of

continuous improvement in both the personal and interpersonal spheres of influences.

- **Sharpen the saw:** Balance and renew your resources, energy and health to create a sustainable, long-term, effective lifestyle it primarily emphasizes exercise for physical renewal, good prayer (meditation, yoga etc.) And good reading for mental renewal.

6. CONCLUSION

When you start to improve yourself in different fields than only you will allow progress and change to enter in your life. The seventh habit 'sharpen the saw will keep you fresh. Then only you practice it all other six Habits. You should feel better or happy it is not possible all the time. For living a balance the life you should renew yourself. And this is only depends on the person how to manage the time for renewing and for developing himself/herself. Because time is in our hand and how to manage and fight with this time, the about **"7 habits of highly effective people"** by **Stephen Covey** explained us. The only things which we require for managing our life are desire, knowledge and skills. Then only we will get success in our life by taking good and firing decisions.

NOTE: - Read and understand the Bhagwad Gita ones in your lifetime.

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