

A Study of Dimensions of Shrimad Bhagavad Gita for an Ideal and a Successful Student

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Abstract: Shrimad Bhagavad Gita is considered, respected, worshipped, referred & looked upon as one of the most revered and holiest text and scripture of India. It is the divine communication between Lord Krishna and Arjuna at the battlefield of Kurukshetra when Arjuna had become emotionally weak and refused to fight the war. Arjuna accepts Krishna as the teacher and officially confirms becoming his student. Lord Krishna the Great Teacher, to motivate his student Arjuna teaches the Holy Bhagavad Gita in 18 Chapters and 700 Shlokas. These divine verses completely change & transform Arjuna who is the sincere & dedicated student of Krishna and undergoes a sea change & transformation in his outlook about life, his future course of action & further career path. This paper studies the various dimensions which the Gita teaches and reveals for the success and development of an Ideal Student life. The Students are budding leaders, Managers of tomorrow and most importantly the inheritors of India's richest cultural heritage. Today's Students are tomorrow's key contributors & stakeholders and the Teachings of Lord Krishna and Gita is the driving force towards achieving the ultimate goals of student life which is beyond academic success! There are specially 19 shlokas described and analyzed which can prove master keys for the benefit of the Students. Additionally, the attempt to study & interpreted all the 18 chapters and their message for the students has been also presented in nutshell with various perspectives of Student Behavior and Personality development for their Success! Today, Gita is being taught in various institutions, B-Schools in India and also around the Globe. As a Management Faculty and a Trainer, I have also been teaching Gita modules in Corporates and Campuses and received a feedback. The Base and the roots of all Education is the Holy Bhagavad Gita. Today in the Post Covid scenario the World is facing many challenges and so are the Students. This research paper on Gita shows the students the right path and helps building a positive attitude & all round multifactorial progress and upliftment of the students for not just their careers but life beyond! Recommendations for future research on the same topic includes detailed empirical analysis.

Keywords: Arjuna, Bhagavad Gita, Bhagavad Gita concepts, Bhagavad Gita teachings, Dimensions of Gita, Education, Impact of Gita, Krishna, Mahabharata, Student development.

1. Introduction

A. Significance of the Study

The Bhagavad Gita symbolizes our rich culture and tradition.

It helps us find solutions to the various problems of our day to day life with its practical techniques. Gita leads us to the truth. It's the light which dispels the darkness of our lives and it gives students Self-confidence by clearing their doubts. The Gita most importantly suspends the disbelief of Life. It inspires the students. Gita tells us to think well before we act. Great Leaders, Tycoons, Public figures from the world used to read Gita right from their student life and drew divine inspiration. Personalities from different faiths followed the Bhagavad Gita as a beacon of light in their life! Let's be one of them and help students to build a happy and successful life. Gita is the part of Mahabharata – Bhishma Parva – 25-42. The Bhagavad Gita today, is a timeless wisdom which is the Light of Sunshine for all of us & especially for the Students of all categories as Arjuna was also a Student in the battlefield and got benefitted. It is very essential that we teach Gita to the students and make them realize the importance of this holy text because the Students are budding leaders of tomorrow, who are pursuing their careers as Managers who aspire personnel and organizational excellence. If they are well trained with the teachings of Gita it would help them to untap their potential to the fullest and harness all their competencies for developing their careers and also in contributing a greater business output to their Schools, Colleges, Future organizations & further prove themselves as successful corporate citizens. This study emphasizes the overview of the Gita and its various master keys, for the students to be successful and highlights the various dimensions of the Gita which builds the life of an Ideal & a successful student.

B. Objectives of the Study

The research paper on "A Study of Dimensions of Shrimad Bhagavad Gita for an Ideal & a Successful Student" is aimed to address the following objectives as follows:

1. To know the Importance & Teachings of Gita for developing the life of the Students.
2. To deeply study and identify the various master keys in the Gita for helping the students to unleash their potential.
3. To analyze the solutions provided in the Lessons of Gita to the contemporary problems of the today's era for the student sorority.

4. To understand the challenges in front of the students lives and refer Gita as a Master Life Manual for supporting the students to overcome their life issues
5. To dive and find the significant factors and dimensions in the Gita for transforming the Students into a Leader and achieve their life goals.
6. To find out how Gita can help students become a better student and create an impact in their lives.

C. Need for the Research

The following research was conducted as it was found that there is a huge gap in research on Vedic scriptures, epics and the Students in the present scenario. There has been much focus on application of Vedic teachings and Bhagavad Gita in the Corporates and Business Management but quite a little research work has been carried in studying the in depth dimensions of Bhagavad Gita and Students. Also in today's date there has been lot of behavioral issues amongst the students and the youth and this study was conducted to derive and identify certain dimensions of the Bhagavad Gita which can help the students to achieve success irrespective of their specializations

2. Research Methodology

The research is completely "exploratory" in nature. The research focuses on Literature review, Research papers Journals, News Papers, and Magazines, Books, websites, weblinks and all other authentic and amicable sources.

3. Literature Review

The Literature review of the past researches, studies and papers is absolutely essential and has proved highly helpful in the present study. The previous research gives a clear picture of the analysis, reviews and evaluations done till date and also helped in setting the context of the future research and most importantly identifies the gap and the need and scope of current research. The Literature review has helped in being a torch & light bearer for the existing research which is based on authentic references.

Need of Bhagavad Gita Concepts in the Present Scenario of Professional Education:

The researchers have attempted to study the impact and insinuations of the Bhagavad Gita within the current education scenario and academia. The Gita consists of multiple components of education philosophy, impetus, thoughts, interpretations. The teachings of Gita shall help the students and teachers to be future oriented & forward looking and seek inspiration in form of a valuable knowledge for contemporary benefits with a comparative study of both East and West. The Gita is considered as the best contribution of Indian Vedanta to the Globe! (Bhavna Sharma & M. Ramachandran, 2015)

Impact of Bhagavad Gita Course on College Students: A Study Based on Students Feedback

The paper throws light on the effect of the course of a very bonafide scripture known as Bhagavad Gita The scholars in batches shared their feedback supported with their experience disposition generally a long-term effect on personality traits like development of leadership and problem-solving abilities &

suggested a mixture of traditional and modern methods of teaching for better comprehension and participation. A detailed study of the scholar reveals the improvement of clarity of the status of mind with regards to focus, concentration & contentment. (Aruna Lolla, 2020)

Bhagavad Gita teachings and positive psychology: Efficacy for semi-urban Indian students of NCR:

This study is aimed at the Indian and Western positive approaches and compares their efficacy for college kids from semi urban schools within the capital Region, India. The research reveals that the Indian interventions consisted of profound thoughts and "Mantras" that the students are able to relate & imbibe in day to day life while it was felt that the Positive psychology interventions required more time and expertise for effective implementation. e (Pratibha Dabas and Abha Singh, 2018)

Meaning of Education in the Bhagavad Gita:

This research paper features a methodological perspective, it may be a product of an Arts-based hermeneutical interpretation of a historical scripture that has established interesting links to cultural practice, personal experiences and feelings of the author towards the Bhagavad Gita. (Janardan Ghimire, 2013)

Implementation of National Education Policy (NEP) 2020 of India: A Perspective on Pedagogy from Bhagavad Gita:

The axle of this study is to trace out the educational implications from Bhagavad Gita with specific reference to the 'Pedagogy' aspect in the successful implementation of National Education Policy-2020 of India. This study consists of a qualitative approach and deploys a mix of desktop and Hermeneutics analysis, an exceptional study which finds factors with reference to seeking perspectives from Bhagavad Gita. The research concludes that the philosophy of the Bhagavad Gita has higher potential to address some of the very important aspects of NEP-2020 which are decisive factors at the root level. The research concludes that Bhagavad Gita still stands ahead of times and all the aspects of teaching for the students should be obtained from the Holy Bhagavad Gita. (Gita Manishi et al 2020).

A Study of Attitude of Sr Secondary Students of Ambala towards teachings of Shrimad Bhagavad Gita in the context of value education:

This research shows the attitude of Sr. Sec students of Ambala towards teachings of ShriMad Bhagavad Gita within the context useful education. The planet which is facing challenges today needs new ways to seek out solutions. Along with primary education, philosophizing of education started with increased consciousness and education wasn't treated even as a way of survival but to deal with multiple needs of life and improve the quality of life. (Surina Sharma, 2014)

Practice of Moral Education in the Context of Shrimad Bhagavad Gita with Reference to the Concept of Self and Pedagogy:

Values are ultimately personal; the implicit message is that there's no right or wrong value. this study analyses the practice of ethical education as described within the Gita with regard to concept of the Self and pedagogy and the

way the understanding of the Self and pedagogy can help the teachers in improving their character and pedagogical practices in imparting the important sort of education to the youngsters for both present and future. (Paromita Das, 2018)

Pedagogy of Value Education in the Light of Teachings of the Bhagavad Gita:

This paper is about the outcome of a doctoral level research study by an equivalent title and brings forth an indigenous model for value inculcation among the youth in a very systematic way. It points to a really significant pathway for uplifting excellence through educational inputs and evolves a design for value education through real world experiences or experiential learning for the scholars. The research derives and emphasizes the importance of the “Swadharma” concept and therefore the path of righteousness given by the Bhagavad Gita and also throws light on certain values because the guiding lights for a life committed to self-knowledge manifesting the divinity within in each and each action for the enjoyment of existence and therefore the glory of God. (Sheojee Singh, 2016)

Juxtaposition of Eastern Management Styles and Practices with Modern Management System and Concepts

Analysis of the Indian management concepts in sight of the changing world order while establishing their inter relatedness with the theories and practices developed within the West. They need to examine the organizational and other managerial skills within the works of spiritual- social reformers and other political leaders from India. The Indian perspective on management is predicated on the Purushartha (a key concept and denotes the four proper aims of a person's life). It has been the bottom model of management in ancient times which has been followed by management thinkers and leaders of India. The hypothesis says that the cultural concepts evolved are relevant to management across boundaries are helpful for organizations (Kaushal & Mishra 2017)

Reflection on Philosophy of Value Oriented Education regarding the Teaching of Bhagavad Gita:

The study is planned to study about the Gita's teachings, concerning value & deals with value oriented education concerning Bhagavad Gita's teaching. The Bhagavad Gita's teaching is acting as a catalyst within the development of useful oriented education. The developing countries like India are facing a problem of deficient value oriented education. To unravel this problem, the Bhagavad Gita's teaching helps tons in inculcating value education not only amongst students but also for a greater role in building capacity for institutional leaders, further appraisal of the leading factors of Bhagavad Gita's teaching which influence value oriented education is important for an entire range of things. However, this study suggests that the Bhagavad Gita's teaching would be beneficial for both students and teachers for inculcating value sloping education among them for the betterment of the society as an entire. (Satyajit Kalita, 2018)

The Bhagavad Gita teachings for promoting resilience and optimism among school children:

A narrative overview of research work done on the Bhagavad Gita exploring the possibility of using specific teachings of the Gita for promoting resilience and optimism among school

children. The research derives an urgent need for revisiting the ancient teachings & the scientific validation of the effects of the teachings are at different levels. The good results in most researchers conducted show that the teachings of Gita can provide 'mantras' that can help build optimism and spirit in school students. This paper makes suggestions for further research and inclusion of specific teaching interventions for school children who are facing behavioral and mental health issues due to lack of resilience and optimism. The study concludes that very little scientific research has been done and attempted in the area and greater work needs to be done. (Pratibha Dabas and Abha Singh, 2016)

Cognitive Behaviour Therapy in Perspective of the Bhagavad Gita:

The Bhagavad Gita offers a valuable literature on Cognitive Behaviour Therapy. It specialises in removing cognitive distortions from the mind of The Arjuna and re-motivating him to fight the battle by the therapist The Krishna. The CBT model of The Bhagavad Gita contains elements of mindfulness, transcendental consciousness which is way more result oriented than contemporary CBT of recent times. Study confirms that a mindfulness and acceptance based treatment is effective, compared with waitlist control (DEBORAH COWLET, MP, 28/03/2011). Trust, devotion and complete surrender of the patient towards the therapist as done by The Arjuna and emphasis on work with renunciation (Karma Yoga) by The Krishna made CBT simpler and efficient in delivering fair results. (Neha Sharma, 2014)

Value-oriented education regarding Bhagavad-Gita's teachings:

The study explains that the Bhagavad-Gita's Teachings inculcates value-oriented education & prescribes the pathway to the education for converting theory into practice as an entire & make it beneficial for both the scholars and teachers. The research papers study the Bhagavad Gita's teachings especially on moral science and value oriented education. The Gita plays a role of a catalyst in inculcating moral values and education based on ethics & principles and grooms them for a leadership role. The study reveals that in depth assessment of various dominant factors of Gita which can build a mechanism of value oriented education needs to be done. (Prem Shankar Shrivastava, 2016)

Teaching sustainability through traditional wisdom: A conceptual framework for business studies:

The research proposes to explore the Indian scriptures to show sustainability to students through examples and validations from these texts. Especially the scholars pursuing Business Management who will further play a task of Managers and be at leadership positions, thus their key competencies are often a crucial attribute and determinant within the successful implementation of excellent and sustainable practices. Thus sustaining and managing business and developing strategies to create a framework for business sustainability is feasible through acquisition of traditional wisdom. (Ekta Sharma and Ruchi Tewari, 2017)

4. Edification as conceived in Bhagavad Gita

Bhagavad Gita is a beautiful blend of the actions, devotion and knowledge. The aim of Bhagavad Gita is "Salvation". The students of today need salvation from fear and tension of their future. Gita helps students to live a tension free life. Today's education needs to provide salvation and not tension and agony to students and their parents. True education will free the students from the rajasik and tamasik qualities and increase Satwa further leading them to success in their careers & salvation. The Gita has tremendous practical relevance in the life of the Students. The student needs to have complete surrender and obedience towards their Spiritual Teachers and respect for their academic Mentors & Teacher to acquire professional knowledge. The education in Gita builds the inner and the outer personality of the student.

5. The Objectives of Education philosophy according to Bhagavad Gita

1. Uplifting our consciousness.
2. Building one's mental muscles.
3. Living a life based on spiritual virtues.
4. Identifying our true nature and working according to it.
5. Identifying our personality type.
6. Developing the vision of equality.

6. Implications of Gita for Students

The slokas of Bhagavad Gita tells the students about their duties as human beings and emphasizes the importance of self-control and patience. The Gita changes the entire perspective about life. Gita installs a spirit in the students. One of them is the spirit of sacrifice. It is very essential to establish an eternal association of the students with nature. In whatever way, whatever work they do, they (students) should strive to give back more than what they receive. This is the spirit of sacrifice. Gita doesn't just give only divine education but also makes a student a Seeker who shall be able to achieve the short term, long term and ultimate objectives of life! The Gita makes a Student a continuous innovative learner as Ramkrishna Paramhansa says "One should learn from the womb to the tomb." Swami Mahamedhananda insisted on inculcating this spirit of sacrifice by motivating the students to connect to nature by asking them to do gardening, tree plantation, save water & natural resources, to not waste food, to recycle & make the best use and optimum utilisation of resources.

7. Types of Education & Knowledge as per Bhagavad Gita

Today Education is an integral part of life. There is no career without education. In today's cat and mouse race of competition, Education has become so competitive (as we saw in the movie 3 idiots) and it has become much necessary to get certifications and higher degrees as well.

There are Three types of Education.

1. The first is "Laukik Vidya" i.e. Academical education which gives rich dividends and helps us earn our livelihood and brighter future.
2. Second is "Alaukik Vidya" which includes "Yog

Vidya". Yog Vidya emphasises and trains on keeping the mind and body fit to achieve our day to day goals and move Godwars.

3. Third is "Brahma Vidya" is the education which teaches us about our own existence. Gita is a holy text which teaches all the 3 types of education to the students and inspires us that our final education is "Brahma Vidya". In the ancient times in the Rishi parampara and Gurukul system, Vedic schools, all the 3 types of education directed by the Gita were imparted.

सर्वभूतेषु येनैकं भावमव्ययमीक्षते | अविभक्तं विभक्तेषु तज्ज्ञानं
विद्धि सात्त्विकम् || 18.20||

Lord talks about "Satvika Knowledge". The education which we take should be pious and virtuous. Gita teaches us to oneness in all and God in all the creatures. Gita refers to two types of knowledge.

- 1) Apara Vidya: Knowledge of the Mundane affairs & the material world.
- 2) Para Vidya: Spiritual knowledge or the knowledge about the Higher or absolute Supreme self. Unfortunately, today the Para Vidya factor is completely ignored and so the students and the educational system of today though gives mundane benefits but to an extent deprives the students from the true benefit. Only degrees cannot give us peace but along with the degrees the Knowledge of Gita which teaches us spiritualism can lead us to academical, corporate and personal excellence and to eternal peace. So it is high time that in today's education in School, Colleges and Universities the spiritual teachings also should be given the right place. The Gita's relevance becomes more evident today especially when there is an utter deterioration of human ethics and values. In this scenario the knowledge of the Holy Gita becomes a beacon of light for moral education! Students of today need two things one is awareness of doing their duties i.e. to Study hard and build up their career as their "SWADHARMA" the way Arjuna did and secondly is inculcate the quality of FOCUS on the goal and efforts setting aside all external worldly distractions as well as the attachment to the outcome. Having no attachment but a spirit of sacrifice is a difficult task for a youngster today however is the most higher ideal for a student today.

8. Bhagavad Gita Message for Students

अथ चेतत्त्वमिमं धर्म्यं संग्रामं न करिष्यसि | ततः स्वधर्मं कीर्तिं च
हित्वा पापमवाप्स्यसि || BG 2.33|

It is the duty of every student to concentrate on their "Swadharma" that is their studies. This is the first priority and do it well in all circumstances. Set your goal higher, set your target higher and to achieve it one has to take action by studying hard, not wasting time and not worrying.

Bhagavad Gita is a way, system and set of systems which can

transform the life of a student. Gita is the science of self. Gita gives a student all the techniques, methods and processes to make a student better and leads to achieve greater heights in life.

Gita teaches a student to Change and improve themselves by acquiring knowledge, skills and wisdom. Knowledge helps you in realizing your dreams, capacity to know and implement it. We should have a need for knowledge, sincere determination, deep understanding and a sense of surrender towards the source of knowledge. There is the Law of Inertia – Remain in state as it is – Nobody wants to come out of their comfort and security zone. Gita says Practice, Practice and Practice!! Change of attitude to achieve mastery! Controlling the mind for the students and the youth is difficult but not impossible. Krishna says it's "Dunigraha" (difficult) but not "Anigraha (Impossible). Gita just doesn't teach Skill but also Will! and to use the skills, will and values for the benefit of the entire society.

The Gita teaches us to refine all the success fields, provides concrete techniques for the same and facilitates continuous self-improvement to achieve the final & highest goal of life.

There are 5 immediate stakeholders who are directly affected with the development of a student. If the life of the student develops, not just the student as an individual is benefitted but along with the student the family, society, schools and college campuses they study, companies they work, country they are citizens of and the globe the live in is directly connected and benefitted as well! A Student developed on the basis of the dimensions and teachings of the Holy Gita proves to be an asset, a resource and an illustrious alumni to the alma mater and a blessing to the Universe!

9. An Ideal Student Life as per Guidelines of Krishna

How should an Ideal student be? An Ideal student should be full of the rich divine treasure of the holy Bhagavad Gita and the same should be reflected from the personality and character of the students.

Education is the one which frees us and makes us independent, self-reliant! The education which we get in Schools, Colleges and Universities qualifies us and secures our career but it doesn't necessarily free us from worries and tensions. In the past the students used to read and follow the Vedic scriptures to build up their life, did penance in their rishikul schools & became sharp. Today the exams have become like a mind power test rather than the test of merit. We should understand that Life is not a Textbook or a Guide where we can answer questions, Life will bring in new questions in front of us every time which will puzzle us, that time not just the academical education but the spiritual education of the Gita shall be of more help to the students. The Life of the student should be like Swami Vivekananda filled with Glow and Splendor!

Students feel to look good and become handsome from outside but the Inner beauty is given by Gita.

Gita inspires students to have a Sadguru in life like Arjuna had in the form of Lord Krishna. Possibilities become realities only with the help of divine knowledge of the Bhagavad Gita. Gita teaches students not to become "Pramadi" (careless) but

"Pramodi" (achieve happiness with right efforts for the right success), become "Gurumukh" (follower of the spiritual master like Arjuna did) and not to become "Manmukh" (follower of one's own fickle mindedness).

It is important that students don't just increase their memory power but with the divine knowledge of Gita increase their wisdom. We need degrees and the students should not consider this as our ultimate destination. Gita makes the student "Jitendriya" (winner over its senses) It makes one's youth much more adorable!

अभयं सत्त्वसंशुद्धिर्ज्ञानयोगव्यवस्थितिः । दानं दमश्च यज्ञश्च स्वाध्यायस्तप आर्जवम्॥ BG 16. 1॥

Gita teaches the students not just to acquire Gyan but make your Gyan as a "Gyan Yog". Gita has the power which can convert "Vaasna" into "Upasana" .

10. Contemporary Benefits of Gita Philosophy for the Students

The Bhagavad Gita is the book of answers which gives a lot of practical inputs and lessons to the students and the youth for the day to day life. In today's era of fierce competition, the slokas of Gita come as a light which dispels darkness in the lives of all the students as well. A Student is like a sapling which grows into a plant. The Gita helps in transforming the plant into a solid tree and bear fruits which are sweet and further from its seeds create another tree and create more fruits and more trees. The following are the present time benefits

1) *Personality Development*

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् । आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥ BG 6.5॥

A Student should understand that looks and appearance only doesn't decide our worth of a metal and so they should not waste time in decorating ourselves externally. Gita gives us the "Middle path" and teaches us to balance ourselves! Gita Builds concentration, Builds Focus and Builds personality. It's very important that students study with Self-confidence, Faith and Conviction. The student must embark on a journey of elevation of the state of mind and build such qualities on their own with self-reliance. Use the power of your mind and aim for upgradation and not degrade oneself with mind as the mind can play the role of both friend or an enemy.

2) *SWOT Analysis*

श्रेयान्स्वधर्मो विगुणः परधर्मात्स्वनुष्ठितात् स्वधर्मे निधनं श्रेयः परधर्मो भयावहः ॥ BG 3.35॥

During the student life there are various confusions in the minds of the students to choose their career paths, streams and specializations. Krishna talks about following "Swadharm" in and make a Swot analysis of one self and then choose the path of our career and not get carried away by the choices of our friends and classmates. "Swadharm" differs from person to person. Don't imitate others' duties, it would be wrong to do so. If a student follows his or her "Swadharm" then only they can excel in life. If a student follows our "Swadharm" it would be possible to establish and achieve a higher goal in the same field. And to achieve the goals in life the students need to be careful of their thoughts.

3) *Development of Divine Qualities*

There are many qualities like anger, rudeness, arrogance and cruelty which students need to be away from or get rid of. The Lord in Chapter 16 of the Gita inspires the students to inculcate divine qualities and be away from demonic qualities.

**दैवीसम्पद्भिर्मोक्षायनिबन्धायासुरीमतामाशुचःसम्पदं
दैवीमभिजातोऽसि पाण्डव ||16. 5||**

4) *Prevention from distractions of Social Media*

Today's life of a student is very different from the students of the past generation. Today's students are much prey and distracted with the side effects of social media.

**मोघाशामोघकर्माणोमोघज्ञानाविचेतसःराक्षसीमासुरीं चैव
प्रकृतिं मोहिनीं श्रिताः || BG 9.12||**

Lord Krishna says we should not get carried away in any attractions and flow. Today social media is a good tool but should be used in the right way. It's noticed that the students are wasting a lot of time using this tool. So it's very important that students do not waste time in using social media and make its proper use only.

5) *Aim for Perfection*

**तस्मादसक्तः सततंकार्यकर्मसमाचरअसक्तो ह्याचरन्कर्म
परमाप्नोति पूरुषः || BG 3.19||**

The title of all the chapters of Gita consists of a word called "Yog". This word actually means "Self Perfection". This is the very objective of the students of any category. Lord Krishna scolds Arjuna similarly the Teachers Scold Students in the students and colleges. The Gita teaches the students that Oh Students You are the Atman; you are the Soul! Shape your destiny with consistency in your efforts so that you will reach perfection. There is a necessity for the student to take consistent and systematic efforts and study without worrying about the results, study so well as a worship of the Supreme Lord!

6) *Increase your resourcefulness*

**क्लैब्ध्यांमास्मगमःपार्थनैतत्त्वय्युपपद्यते| क्षुद्रं हृदयदौर्बल्यं
त्यक्तवोत्तिष्ठ परन्तप || BG 2.3||**

Leave your weakness aside, Think Positive and be optimistic towards your studies, career and life. It is important that students take care of their health and be free from restlessness. Developing purity of mind, controlling anger and hatred and engaging yourself in action with a steadfast mind in Yoga is the duty of the students. Having a Role Model in Life and following instructions will always be helpful to students. Be fearless and do not be tense about the exams and its results and your future. But do your karma, study hard and give your 100% efforts with Optimum utilization. Gita motivates the student to arise, feel innerly strong and conquer all the fears.

7) *Become a Good Decision Maker*

**मुक्तसङ्गोऽनहंवादीधृत्युत्साहसमन्वितःसिद्ध्यसिद्ध्योर्निर्वि
कारः कर्ता सात्त्विक उच्यते || BG 18.26||**

Gita makes students a good decision maker like Arjuna. It's important that students don't take decisions in anger, happiness and attachment. But based on their Wisdom. And wisdom can be built in by filling in positive thoughts and continuous positive inputs in mind and being in positive company. The good decision making ability of a student can be developed only

when the student develops satvik eating and performing qualities which shall led to the mode of piousness and goodness and will as a result make students free from 'dwandwa' i.e fickle mindedness and help in taking right decisions in life.

8) *Be in good company*

**मच्चित्तमद्रतप्राणाबोधयन्तःपरस्परम् | कथयन्तश्च मां नित्यं
तुष्यन्ति च रमन्ति च|| BG 10.9||**

The Teachings of Gita are applicable to students of all professions and specializations. The Gita teaches the students that if we associate Ourselves with people like Duryodhana it will meet the same fate. Even there are some good souls like Karna do the same mistake. They are good human beings but by taking the wrong side, being in company of bad friends and neglecting the truth finally meet their self-destruction. Learning, Studying and Focusing on the career is the biggest duty of the student. It is very important as a student one should distinguish his future aspiration and action is also given by the Lord in unambiguous way. It should be the duty and endeavour of the student to set the central point of his life as the Lord and study and make sure to be in good company which shall help in career growth as well as and continued getting enlightened by listening to the glories of the lord from such a company.

9) *The Art of being Focused*

**व्यवसायात्मिकाबुद्धिरेकेहकुरुनन्दनबहुशाखाह्यनन्ताश्च
बुद्ध्योऽव्यवसायिनाम् || BG 2.41||**

The Gita teaches the students the art of being focused. The intellect of the students and their priorities, their aim should be single pointed, single minded and unwavering & not irresolute or many-branched. The students must have a strong conviction and ambition to pursue a dedicated career without getting distracted from external factors.

10) *Putting off short term gratification and look for long term goals*

**यत्तदग्रे विषमिव परिणामेऽमृतोपमम् | तत्सुखं सात्त्विकं
प्रोक्तमात्मबुद्धिप्रसादजम् || BG.18. 37||**

There are certain pleasures and successes which are short term and long term. It's a tendency of the human mind to run behind short term gratification, short term success and short cuts for success which leads to long run problems and tries to delay our success from the long term goals. "Amla ka khaya aur bado ka bataya baad me pata chalta hai" is a well-known proverb in Hindi. The taste of the current short term hardships is bitter but beneficial for the future so we should bear pains in the short term and get benefitted in the long run. Putting off short term gratification will help students to achieve their long term career goals.

11) *The Power of Self Control*

**यदा संहरते चायं कूर्मोऽङ्गानीव सर्वशः
इन्द्रियाणीन्द्रियार्थेभ्यस्तस्य प्रज्ञा प्रतिष्ठिता || BG 2.58||**

The entire Gita has an emphasis on the power of self-control and being away from temptations and also teaches to be a resistor instead of becoming a grabber. This is related to a Student psychology experiment conducted by 1960 Mr Water Mischel on 4-year-old students in Stanford University campus.

The kids were offered a "Marshmallow" candy. The condition was they should wait for a while till the instructor

returns after 20 mins after completing his activity and if they don't eat the candy then they will get two candies and would get it instantly. Most of the kids immediately ate the candies, very few resisted it for 20 mins by trying to sleep, talking, interacting, singing etc.

Once the instructor was back the resistors got their gift of two candies. Decades down the line the difference between the two was evident. The resistors were found to be more strong, less likely to succumb to challenges and stress of life and more capable of tough situations of life, reliable, stable minded and confident! In contrast the grabbers were, easily upset by frustrations, distressed, irritated, short tempered, and negative minded. The resistors had been found with more leadership qualities.

It is necessary that the student withdraws the fluctuating senses from the objects of pleasure as the tortoise does to its limbs and goes inside its shell and aims to achieve career related domain wisdom and higher spiritual wisdom also.

आपूर्यमाणमचलप्रतिष्ठसमुद्रमापः प्रविशन्ति यद्वत् तद्वत्कामा यं प्रविशन्ति सर्वे स शान्तिमाप्नोति न कामकामी || BG 2.70||

The ocean always remains stable and doesn't get disturbed due to the continuous flow of rivers inside it. A True Sage also remains focused towards his ultimate goal and doesn't get distracted by the attractions of multiple objects around or difficulties & challenges on path. This is the quality which one major student should develop. The student should try to remain stable and undisturbed due to the surrounding adversities, distractions and continue on the path of his or her goal. Sw. Lal Bahadur Shastri was such a student who in spite of all limitations, turbulence and disturbances emerged successful in life.

12) *Resistance of the Impulse*

विषयेन्द्रियसंयोगाद्यत्तदग्रेऽस्मृतोपमम् | परिणामे विषमिव तत्सुखं राजसं स्मृतम् || BG 18.38||

Along with Self-control comes the resistance of our impulse. Gita educates the students to develop a vital psychological skill as a leader of delaying impulse. Daniel Goleman in his book "Emotional Intelligence" remarks that there is no more fundamental than resisting impulse. While doing things we should cherish our ambitions and eliminate those things which lead us to misusing our energy in the wrong direction. We should focus on things which are actually important for us and not waste our energy on those things which are currently highlighted due to glamour and we are grabbed in the illusion that those things are important. In Fact, they lead to destruction and depletion of our energy.

All the students aim is to be happy but one should be cautious that happiness should be derived in a right way and it's not worth untimely contact of senses and the utilization of sense objects. Such happiness is felt like nectar first but later it proves to be a poison. Today's pleasure can become tomorrow's pain for a student. Today's unethical enjoyment & happiness derived from such an undesirable act can prove to be a disaster for tomorrow. So the Gita warns the students to be away from such things and march on the right path.

13) *Build up your career for the Global Welfare*

कर्मणैव हि संसिद्धिमास्थिता जनकादयः | लोकसंग्रहमेवापि सम्पश्यन्कर्तुमर्हसि || BG 3.20||

Gita will help students to develop concentration and meditation and be away from temptations and bring perfection and purification in actions. Students will learn to live for others and be inspired to do good work not just for themselves but for their school, family and also for the nation and will learn to live with others. As students and youngsters we all may tend to make mistakes. We must learn from the past mistakes and build our bright future. Late. Abdul Kalam is an illustrious example who followed the Bhagavad Gita and through his career benefitted the masses. He didn't study or build up a career only for himself but for the entire nation.

14) *Gita makes student a Seeker*

भक्त्या मामभिजानाति यावान्यश्चास्मितत्त्वतः | ततो मां तत्त्वतो ज्ञात्वा विशते तदनन्तरम् || BG 18.55||

Gita is a Treasure House of Wisdom for the Students. It is a Spiritual Classic of the World and a Highly revered Scripture of India. Gita doesn't only give master keys but also makes the student a Spiritual seeker. Students today feel that Gita is only for the grownups, agents or it's a book to be read in retired life or old age. Also as a matter of fact all students do not have a Teacher or Mentor to explain to them Gita. The Lord says that by the path of loving devotion to me does one come to know the truth about me and merges and becomes one with me. This should be the ultimate goal of the students.

15) *Become an Ascender*

ऊर्ध्वगच्छन्ति सत्त्वस्थामध्ये तिष्ठन्ति राजसाः | जघन्यगुणवृत्तिस्था अधो गच्छन्ति तामसाः || BG 14.18||

Gita enlightens the students to rise higher from all the petty situations and lower sensual traps and become an Ascender in life. But this is possible only if a student develops good qualities and mode of goodness. It is necessary that a student doesn't not get stuck up and drains out energy in lust, anger, greed and untimely sensual pleasures which damages the youth and the energy given by the Lord.

16) *Become a Student like Arjuna*

यत्र योगेश्वरः कृष्णो यत्र पार्थो धनुर्धरः | तत्र श्रीर्विजयो भूतिधुवा नीतिर्मतिर्मम || BG 18.78||

A student should try to become like Arjuna, study like Arjuna, develop the competencies like Arjuna, perform like Arjuna and also follow the Lord like Arjuna. If the student is able to do this, it's like serving the purpose of life. This is one of the great qualities of Arjuna which gives us inspiration, how a student should be, a complete surrender but no blind faith!

Attitude of a Student – Complete Surrender towards the Lord – Total Confidence

As Sanjaya says wherever the Lord & Arjuna have followed success, prosperity and victory is certain.

Bhagavad Gita Syllabus in International Universities

Today not only in India but also abroad the Bhagavad Gita is being taught and is a part of the academic syllabus. The University of Outreach every year conducts Bhagavad Gita practicals for its new joiners and shares the science of Krishna consciousness. Venues have included the School of Oriental

and African Studies (SOAS), Cambridge University, Imperial College, University College London, London School of Economics, King's College, City University, Brunel and Hertfordshire. students of business management at Seton Hall University (SHU), New Jersey, have had to compulsorily study the Bhagavad Gita. It all began as a pilot project last year, to teach the Gita to business students as a 'signature course' on a full-time basis. From this year, the Gita has become part of the core curriculum at the SHU, which happens to be a Roman Catholic-run institution.

11. Conclusion

"One Sentence of the Gita is worth the state of Massachusetts many times over"--Henry David, US Philosopher. Gita will connect the student to himself to the "Bharatiyata" and make the person more Hindustani! More Knowledgeable with our vast and rich literature and be a very good decision maker!! Lord Krishna says that his devotees will not perish similarly his students also won't perish. Bhagavad Gita is like the Physics, Chemistry and Biology of human life. Students should read Gita with a Scientific angle and a modern context and relate it to life. Thus Gita is a *Student's Career Success & Life Manual*, it tells the students about all the Do's, don'ts in the Student Life. The Student Life is the foundation of human life and if in this crucial time if the students get the exposure of the Knowledge of Bhagavad Gita then their life would take an altogether different turn and will help to become an effective, successful & an Excellent student.

Information of Compliance with ethical standards

1. *Funding*: This is a self-funded research undertaken by the co-researchers themselves. No other research consultancy, company or agency has funded the research.
2. *Competing interest*: The authors hereby declare that we don't have any competing interest with anybody for any reason or any purpose through this research paper.
3. *Human and Animal Rights*: This article does not contain any studies with animals performed by any of the authors.
4. *Informed Consent*: Informed consent was obtained from all the resources, participants and individuals who were included in the study of the research paper.

Limitations of the Study:

While carrying out the research study it was noted that that dimensions of Gita can be presented in a more effective by conducting the survey, testing the parameters from the students based on the research yardsticks and presenting an "Empirical Model" with a scientific measurement scale which can act as an instrument to assess the changes.

Future Direction to the Study:

The further directions to the study for the future can be as follows:

1. The Kirkpatrick Model "Reaction, Learning, Behavior and Results" can be applied to assess the difference in the

students by following the dimensions of Gita, else only the dimensions followed may prove to have a short term effect.

2. Further narrowed research can be conducted with regards to specializations of Engineering, Management and also Foreign students which can also include a Global Students perspective of Wisdom of Bhagavad Gita as now many international institutions and academia have introduced Bhagavad Gita in their syllabus.
3. A detailed research can be carried out on the Study of Gita Interventions Impacting the development of Teachers and Faculties for their decisive role in grooming students and nation building.

We can carry out a much more detailed research work keeping the idea of Gita and students at the Center.

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