

## RELEVANCE OF VALUES ENshrINED IN BHAGAVAD GITA IN THE MODERN SOCIETY

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### Abstract

*Bhagavad Gita is considered as a jewel of India's spiritual wisdom. It is an important Vedic scripture. It is also known as Gitopanishad. Bhagavad Gita is the essence of all Vedas called as fifth veda. Values is the moral principles or beliefs of a social group. Values may be general conceptions or simply interests, preferences, attitudes and needs. The values discussed in Bhagavad Gita are for all mankind. It can able to mould the personality and culture. Values are considered as general principles that can able to regulate our day to day life. It can able to interpret right or wrong. The sources of values include family, community, religion and others. Values are often connected to religion. There are numerous studies conducted in the field of values and Bhagavad Gita. Values influences the choice of research methods (Paul, 2003). Bhagavad Gita talks about values in human life. These values are relevant in the new society, especially for the new generation. This paper tries to discuss about the values enshrined in Bhagavad Gita and the relevance of these values in the present society.*

Keywords: Bhagavad Gita, relevance of Values, Modern society

### Introduction

Bhagavad Gita is taken from Bhishma Parva of large Epic Mahabharatha. It is a universally accepted Vedic Hindu sacred text. It constitutes eighteen chapters with seven hundred verses. All the instructions of Bhagavad Gita are intended to awake our pure consciousness (Prabhupada, 2014). The purpose of Bhagavad Gita is to deliver mankind from the ignorance and revive Sanathana dharma. Education helps the individual to attain values. Values are the assets of individual. These are the motives for purposeful action. Values are the fundamental beliefs that guide one's action. These are helps us to know what is important to us. It gives guidelines in all situations. These are the ideas that a person holds undesirable or desirable. Values are specific and practical that provides morality and standards of competence. Values have an important role in the conduct of social life. These are fundamental part of our personalities. Values can able to guide our behaviour and judgement in situations. Values have influence on individual's behaviour and attitude. Sometimes values serve as criteria for measuring the actions of people. Values may differ from person to person or culture to culture. Value specifies a relationship between a goal and a person (Steven, 2018). Ethical philosophy of Bhagavad Gita is based on values embedded in it. Bhagavad Gita teaches the individual to become self realised. Bhagavad Gita acts as a catalyst in the promotion of value oriented life. Bhagavad Gita can influence all-round personality of an individual that will helps individual to become more and more responsible for their duties and to follow right conduct in their life.

Nowadays the technological advancement and media are responsible for the value erosion. Bhagavad Gita is the best choice to learn values in life

### **Values enshrined in Bhagavad Gita**

Bhagavad Gita itself is considered as a text book for value education and self realisation. There are numerous values discussed in Bhagavad Gita, will helps the individual to get thorough knowledge about the values and how to lead a good value-oriented life.

1. Physical value: According to Bhagavad Gita this value is concerned with the body. Bhagavad Gita says that miseries of life come through high bodily conception. This body is constituted mind and soul. Jnana according to Bhagavad Gita is, we are not this body but the soul and Vijnana is we are the part and parcel of the Supreme Personality of God Head. If we give too much consideration to the body negative emotion will arise. That will affect our positive thoughts and negatively influence our value system

2. Mental value: Cognition is an important aspect of human being. When one goes through the Bhagavad Gita by reading or hearing that will helps to increase our mental abilities such as intelligence, memory, concentration, reasoning, decision making, problem solving etc. If one's intelligence is pure, he can control his mind. If the mind is controlled our senses are automatically controlled. Bhagavad Gita teaches individuals to become sthithaprajna-those who has control over his mind.

3. Social value: Bhagavad Gita teaches the social value and how to cope with the changing new environment. It teaches love, cooperation, helping mentality, empathy, how to behave in the society in a proper way, how to respect others and how to maintain good social relationship.

4. Emotional value: Bhagavad Gita teaches how to regulate emotions effectively. Bhagavad Gita talks about so many positive and negative emotions such as love, happiness, pride, gratitude, fear, anger, grief, jealousy, sadness, laziness etc. According to Bhagavad Gita both positive and negative emotions should be controlled. It gives better knowledge to be emotionally stable.

5. Cultural value: Bhagavad Gita gives the message to preserve, transmit and transfer our culture. Vedic culture of society helps to lead a peaceful life. Nowadays Bhagavad Gita is the most important cultural product exported from India. In so many countries so many people they adopt Vedic culture of life.

6. Religious value: Bhagavad Gita teaches that love your religion whatever you are in and follow the rules strictly. That will helps to develop belief in god. When we do devotional practices that can able to purify on mind and body.

7. Moral values: Bhagavad Gita talks about morality and ethics to be followed. It gives the knowledge to choose good and bad, right or wrong. These include honesty, responsibility, simplicity, respect, helping mentality, these are very important in day-to-day life.

8. Spiritual value: Bhagavad Gita talks about spiritualism in total. The Iswara, Jiva, Time, Karma, and Prakruthi are five major principles discussed in Bhagavad Gita.(Baladeva ,2006).

It deals with the thorough knowledge about the relationship between body, mind and soul. It delivers jnana and vijnana. It talks about importance of dhyana or meditation. It gives the knowledge about astanga yoga and different types of yogis, Bhagavad Gita gives the answer about the questions like who am i? where do we come from? what is our duty in this material world? Finally where to go? By getting the answer to these questions and spiritual practices our mind become calm and get feel inner peace and attain spiritual development.

9. Educational value: The result of education is liberation and self-realisation. Bhagavad Gita talk about ways and means to get these. A self realised person can liberate himself. Bhagavad Gita talks about the qualities of a disciple and duty of a teacher.

10. Vocational value: Bhagavad Gita talks about our duties. It deals with karma, akarma, vikarma. It teaches how to observe nishkama karma. Bhagavad Gita helps to become a good teacher instructor or guru.

11. Individual value: Bhagavad Gita deals with satva, rajo and thamo gunas. The knowledge about these thrigunas helps the individual to mould his behaviour. It teaches about purity in words, thoughts and actions. It teaches to control mind how to perform good behaviour. Bhagavad Gita helps the individual to cope with the changing society.

12. Aesthetic value: Beauty can see in everywhere. Bhagavad Gita teaches how to enjoy the beauty of life. It is possible only through the exact knowledge about the principles of Bhagavad Gita. If we are ready to practice these in our life we can enjoy our life.

13. Political value: Politics is good when we are taking the same in a meaningful sense. Everywhere we can see politics. There is leader, leadership and the ladder. Bhagavad Gita talks about chaturvarnyam. It is based on gunas or duties not based on caste. For the smooth functioning of the society, but it must be in a correct sense and proper way.

14. Economic value: Bhagavad Gita says live as simple and keeps humility in life. People are trying to get more money and running to raise the standard of living. One should remember that when we store over wealth one day it will destroy or we lose the chance to experience it.

15. Environmental value: Bhagavad Gita teaches the nature of prakuthi - its existence and non existence. Forest has very important role in Vedic life. From the nature we get everything to live. If we use the nature positively and take needful, it will never react negatively.

16. Practical value: Bhagavad Gita has utilitarian value. When we apply the knowledge from Bhagavad Gita into our day to day life it becomes meaningful. It can be applied in every aspects of our life. That will help a person to lead a smooth life and to become a good citizen.

### **Relevance of values laid down in Bhagavad Gita**

The present society faces value crisis. In the modern world there is the tendency of declining values due to modernisation and urbanisation. The culture also demishes. The modern people they neglect values in their life. They are running to fulfil their material wishes. They are work hard to raise their standard of living. This material world is running for women and money that means running behind the lust. There is no pure love, friendship and responsibility. Everyone

wants benefit even for a simple help. Here people forget to obey values in family society or even personal values. Corruption and violence are increasing in the country. The new generation is the victim of these, and they learn the same. There is lack of respect towards the culture, religion among the youth. The rapid growth of scientific and technological advancement negatively influences the relation between teacher and the students, parents and the children.

Present society faces deterioration of ethical and moral values. People are going through illegal path. We can see the rising of substance abuse, sexual abuses and other, unethical activities in the society increasing stress, strain and suicide tendency among new generation. There is the importance of Bhagavad Gita. It gives permanent solution for these problems. Bhagavad Gita gives light to overcome material miseries. The present generation they lack clear knowledge and how to overcome these. They act immediately without any rethinking. They are struggled to cope with the new environment. If one get correct knowledge about the values shared by the Bhagavad Gita that will make positive changes in their mind and their value sustem.By practicing the same definitely they can overcome their sufferings. So it is very important to go through Bhagavad Gita to get the values laid down in it to lead a successful life.

### **Conclusion**

Bhagavad Gita plays a very important role in the attainment of values in the present society. This is one of the solutions for value crisis. If we are ready to Bhagavad Gita without any religious issues in their mind one can uplift his mind and that will make an influence in their entire life. The values laid down in in Bhagavad Gita are not for a religion but also for the entire mankind. If the modern generation put it into practice the life becomes successful.

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