

# Application of Formulas from Shrimad Bhagavad-Gita Slockas in Student Life

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**Abstract**—The present research is to achieve the purpose of deriving a useful teaching formula from the Indian scripture Bhagavad Gita during the life time of the students. To analyses and interpret the shlokas from the Gita. After that, an attempt has been made to explain its meaning by selecting shlokas that are useful in the life of the student. It has been talked about how to bring change in the life of a student and how to live life during the student period. Through its use, physical, mental and cognitive development are seen in children. It provides the concentration, calmness, sharpening brain, helping in build confidence and give understanding. So, this research will be useful in everyone's life during the student period.

**Index Terms**— Teaching formula, Interpretation of verses, Build confidence, Sharping brain

## 1. INTRODUCTION

Bhagvad Gita, also known as the Gita one's life that guides one to re-organize their life, achieve inner peace and approach the Supreme Lord (the Ultimate Reality). Shrimad Bhagwat Gita is the speech from the heart of God is knowledge incomparable. it is the glory of the whole world. Shrimad Bhagwat Gita mainly talks about the beginning of Krishna and Arjuna and it is through this dialogue that this precious creation of human society is given by Krishna two precious jewels.

First the gem is Bhagwat Gita and the second gem are Gaumata. Gita is the symbol of spiritual growth. Gaumata is the symbol of physical health and economic growth. A worshiper of both never fails. Knowledge of the Gita fills the depressed mind with hope and renewed enthusiasm. It provides confidence to do anything. So, it is a useful treasure not only for Arjuna but for today's human society. Children can make their minds strong through the study of Gita and take their future to the pinnacle of advancement in various fields. It helps to choose the

field to make good life and assurance to do work on that. With help of Shrimad Bhagavad-Gita children work on their brain and achieve calmness, sharpness, understanding, etc.

It helps students to build confidence to talk. It provides thinking process on every action.

In this paper Researcher, had delimited the study for 3 shlokas from chapter 2 (Sankhyayog) and chapter 6 (Dhyanyog). It teaches that how to give respect to elders and how to service them. This scripture of ours is sung with respect not only in India but all over the world and it is understood and imitated. Not only in India but all over the world give it respect from heartily.

Shrimad Bhagvad Gita has an answer to the question, 'what am I doing in this world?'. There are 18 chapters called as 'Adhyay' and 700 shlokas in the Gita, in which an attempt has been made to explain some of the slokas from a new perspective of the student's life, which will be useful for children of every age and every class.

## 2. FORMULAS FROM SHRIMAND BHAGVAD GEETA

Formulas are mainly used to generalizations derived as a result of experience and consideration. These generalizations are written in the language of sutras. These sutras are mainly given direction to student that with help of them how they work on thinking and how can they work their inner power.

These sutras are used in various situations present in student life. By which the student does not lose courage and becomes sincere for his work.

Generally, these formulas are not ruling or principles discovered by experiment. But, it is the product of experience, thought and observation. through the continuously reading researcher can differentiate it. Which supports the child for concentration, mental health, physical health, and virility during studies.

Through its use, physical development, character development, mental development, cognitive development and holistic development are seen in children. Through this development, the student makes his life bright.

Following are the formulas from Shrimad Bhagavad Gita.

### 2.1 Agility to concentration

Any knowledge is acquired when it is practiced repeatedly. But, if the mind is fickle, learning does not take place.

During this time the student is physically present in the classroom but not mentally present. Because, where there is a mind, there is a student. That is why Lord Shri Krishna has said in his verse,

आसंशयं महाबाहो मनो दुर्ननग्रहं यवम् ।

अभ्यासेन तु कौन्तेय वैराग्येण च गृह्यते ॥

(६.३५)

**Meaning:** Shri Bhagwan said: O Mahabaho! No doubt the mind is fickle and subject to difficulty, yet O Kuntiputra it is subdued by study and dispassion.

A fickle mind cannot be successful. So first of all, every student should concentrate his mind. One should acquire discipline with concentration and practice it again and again. Studying makes even the impossible possible.

A concentrated and steady mind can easily achieve victory in any field. Concentrated mind helps to do what you think and it provide inner power to improve self. With help of that students improve their daily practices. through that students can achieve their goal.

### 2.2 Healing from disease

Contentment and happiness in life is achieved only when the body is healthy and strong. If there is a feeling of inspiration in the body, then the mind remains happy and the work done with a happy mind is remembered for a long time. Happy mind also works on your conscious mind and it helps to develop your spiritual development.

Spiritual development works on student's behaviour and character. thus, all the development is connected with each other. The source of this happiness is

explained below in the Gita shloka.

युक्ताहारनवडरस्या युक्तयेष्टस्य कममसु ।

युक्तस्वप्नावबोऽस्थिा योगो भवती दुः

ःखडा ॥ (६.१७)

**Meaning:** The yoga that destroys suffering is achieved only by one who eats the right diet, behaves in the right way and sleeps and wakes right.

That is, it is defined only by the diet of the student. You should not overdo anything. Don't eat too much, don't be too hungry, don't sleep too much, don't wake up too much, don't waste time too much.

Save time and use it properly for you work and work hard with fresh mind. Keeping everything within limits, like ocean. The ocean does not transgress its limits. Also, the student should not violate his due time.

### 2.3 Masculinity from laziness

The sun rises on time and motivates the entire world to perform karma. The wind moves, the rivers flow, there is no limit to the work of the earth. By abandoning laziness, nature is constantly engaged in its work without any expectations.

Similarly, students should also be persistent in their work. That is why it is said that we should do our karma and not worry about the fruits. Our Karma becomes our work so God says,

कममश्चेवानिकारस्ते मा इलेषु कदायन ।

मा कममइलहेतभुःसिंसंगोऽस्व

कममशी ॥ (२.४७)

**Meaning:** You have the right only to do the action, never to its fruits, so you should aim at the fruits of the actions, i.e. do the action with the mind of duty without any hesitation, and do not be attached to not doing your action.

Thus, 'one will get what is in destiny', 'only what God wills will happen'. - To be devoted to one's work without making excuses and every student should try to complete the work undertaken.

Because no one gets the fruit without doing karma. The fruits of karma are always sweet.

### 3. CONCLUSION

Thus, the importance of each verse present in Shrimad Bhagavad Gita is unique in the life of the students. Of which in this paper an attempt has been made to understand the importance of three verses. By which the student gets rid of fickleness and concentrates his mind and moves forward in life by performing his tasks. Through Gita the students learn where and how to use his precious time without wasting it.

The student learns the limits of things and does not transgress them. To be devoted to one's work without making any excuses. A student freed from laziness performs purushartha and gets results through purushartha. Through its use, physical development, mental development and cognitive development are seen in children. It provides the concentration, calmness, sharpening brain, helping in build confidence and give understanding. Shrimad Bhagavad Gita completes the path for that.

### REFERENCES

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