

Inculcating the Pedagogies from Bhagavad Geeta for Improving Human Behavior

¹**Shashvat Vashishtha,** ²**Prof. Victor Gambhir,**
³**Shailendra Pratap Singh Bhati**

¹School of Mass Communication, JECRC University, Jaipur, Sitapura, Vidhani, Rajasthan, India

Email ID: shashvat31@gmail.com

ORCID: 0000-0002-2744-2453

²Jaipur School of Business, JECRC University, Sitapura, Vidhani, Rajasthan, India

³School of Mass Communication

JECRC University Ramchandrapura Industrial Area Jaipur, Sitapura, Vidhani, Rajasthan, India

Received: 26-October-2022

Revised: 28-November-2022

Accepted: 31-December-2022

ABSTRACT

The current study demonstrates the application of Bhagavad-Gita's Teachings in improving human behaviour & developing new motor skills which falls in the spiritual enlightenment & psychological context. The paper identifies & establishes relationship between Bhagavad-Gita's teachings with person's improving behaviour & skills. The given study is an attempt to recognize, make sense of, scrutinize, synthesize, evaluate & critically examine the teachings of Bhagavad-Gita to develop a positive attitude, to admire & strengthens the major factors involved for focused & goal oriented behaviour for an individual.

The paper determines the pedagogies from Bhagavad Geeta for improving Human behaviour" as an individual's behavioral trait which is important for any organization, public spiritedness & also necessary for development of divine traits which helps to handle the demonic traits through the four disciplines of Bhagavad Gita i.e. Seeking of Knowledge, Action, Significance of Karma & Devotion. However, the present study suggests that ensuring & improving human behaviour with respect to Bhagavad Gita's Teaching would be beneficial for young aspiring minds, Professionals, Human resource managers, Chief executive officers, opinion leaders & teachers. In this study researcher used psychoanalysis method to achieve the relevancy of study.

Keywords: Bhagavad-Gita, Teaching, Personality, Leadership Development, psychoanalysis, effective behaviour, goal oriented

1.INTRODUCTION

1.1 Human behaviour (effects on personality and leadership skills)

The personality is derived from a Latin word PERSONA which means mask, which demarcates the external behaviors and appearance of an individual. But in the present scenario, it represents the better habits, good morale, characteristics, values and constructs which defines an individual. In teaching Pedagogy, teacher's personality gets transformed into the student's personality. There are several biological factors such as thyroid gland, parathyroid glands, pituitary gland, adrenal glands, sex glands, chromosomes, mitochondria, nervous system, somatic structure, and body chemistry by whom the personality of an individual is affected. Psychological factors like intelligence, interest, attitudes, aspiration, cognition, affection, achievement, motivation, emotion, inner temperament, behavior and will power also affects the personality. Apart from the above mentioned, a person's personality is also affected greatly from the social environment in which he lives. It consist of family, friends, acquaintance, neighbours, peer groups and all other institutions with whom the individual is involved. The complete personality can be narrated as the individuality that emerges out of interactions between biological, social & physical world. Psycho-social-biological structure includes motives, habits, traits, attitude, feeling, values, way of thinking and acting.

A person's career development is largely dependent on his/her Leadership skills. To move ahead in your career, along with Effective leadership, you will also need soft skills such as ability to be a good listener & express your words in a rhetoric manner. Leaders and successful people around you always inspires and challenges you to enhance your leadership capabilities. When we talk about improving the skills of an individual we focus on effective listening, motivating others, discipline, constant learning, know-how to delegate and handling conflicts. The bottom line is that developing leadership skills is essential for every human being because it helps to transform your life in the all aspects of life (career, social life, personal life, network building, and emotional intelligence) which allows you to grow as a person. Leadership is all about harnessing your natural talents to inspire others. It is an empowering process which make you aware about your strengths & weaknesses creating a self-awareness that you can use to control your emotions and increase your focus in more productive work.

1.2 Bhagavad Gita

Maharishi Ved Vyasa wrote the holy book of Bhagvad Gita. The total chapters it contains are eighteen and seven hundred verses which basically deals with thoughts related to philosophical or metaphysical aspects and actions with are related t to all the three disciplines of life (Knowledge - knowing science, Devotion - feeling science and Action - doing science) for the overall personality development of human beings. It explains all these vital and purest knowledge of mankind in the form of conversation between Arjuna and supreme divine personality, Lord Krishna. In simple words, if we talk about Shrimad Bhagavad Gita, then all we can say is that it is a compilation of knowledge related to human life which gives all of us a true inspiration to live life and tells us about Dharma & Adharma in detail. According to religious texts, the Gita Upadesh was recited by Lord Krishna to Arjuna for about 45 minutes so that the generations to come on earth do not deviate from their duty path like Arjuna, and always walk on the path of Dharma, support Dharma. It explain in details the main paths of Bhakti, Dhyana, Janana and Karma Yoga and it has been told that by following these paths, every person definitely becomes entitled to success in the supreme life. When Shree Krishna was giving teaching of Bhagavad Gita to Arjuna, this divine knowledge was heard only by Sanjay & Dhritarashtra apart from Arjuna, you will probably be very surprised to know that this Gita preaching was given to Lord Surya Dev before Arjuna. There are total 700 verses in Bhagavad Gita, out of which Lord Krishna has narrated 574 verses, Arjuna 85 verses, Dhritarashtra 1 verse, and Sanjay 40 verses. The knowledge of Bhagavad Gita is divine, and also priceless. So we all should read Bhagavad Gita and follow the precepts given in it in our life. In Eleventh verse of the second chapter, Lord Sri-Krishna clarifies the concepts about wisdom and attitude which comes under personality traits. The 43 verses of the third chapter deals with path of action. In the third verse of the third chapter, Lord Krishna tells to Arjuna that there are two courses of spiritual discipline in this world – Sankhyayogi and Karmayogi. In the case of Sankhyayogi, spiritual discipline proceeds along the way of knowledge, while in the case of Karmayogi, it proceeds along the way of action which provides calmness which is a personality trait. Fourth chapter of Bhagvat Gita contains forty two verses which deals with wisdom for self-realization. Four castes in social order i.e. Brahmin, Shatriya, Vaishya and Shudra are classified in thirteenth and fourteenth verses of the same based on their personality qualities and actions. In the Bhagvat Gita 4/ 33-37, the pure knowledge of sacrifice is mentioned by Lord Krishna so as to gain self-realization and the knowledge for the attainment of utmost peace. The chapter five of Bhagvat Gita has twenty nine verses dealing with renunciation of advancing towards exaltation, chapter six contains forty seven verses which deals with the trait of meditation. There are thirty verses in the seventh chapter which narrates wisdom with self-realization, eighth chapter consist of twenty eight verses and it specifies the concept of Supreme Imperishable, the chapter nine contains a total of thirty four verses which deals with knowledge with realization, tenth chapter consist of forty two verses dealing with divine glory, the trait of action and its fruitful outcomes are mentioned in chapter eleven which has fifty five verses, spiritual disciplines for God-realization are specified in chapter twelve which contain twenty verses, thirty four verses are present in thirteenth chapter which demonstrates the difference between Body and Soul/Spirit, division of the three characteristics is explained in chapter fourteenth containing twenty seven verses, there are twenty verses in the fifteenth chapter which deals with Supreme Spirit, the traits of spirituality are explained in sixteenth chapter which contains twenty four verses, seventeenth chapter comprises of twenty eight verses which delas with the knowledge of Threefold Faith, and eighteenth chapter has a maximum number of seventy eight verses which deals with Threefold Knowledge, Action, Joy, Duty and so on.

1.3 Relationship between teachings of Bhagavad Gita and Human Behaviour and skills

Shri Krishna, in the 1 to 5 Verse of 16 Chapter describes about the personality of human being.

The paragraphs below mentions the sayings of Lord Shri Krishna and teachings of Bhagvat Gita which relates personality and leadership qualities. Verse 63 of chapter 2, Verse 10 of Chapter 2, Verse 11 of Chapter 3, Verse 21 of Chapter 3, Verse 26 of chapter 3, Verse 19 of chapter 4 and verse 78 of Chapter 18 describes the same. Shri Krishna in Bhagavad Gita describes essential quality of a global leader.

1 to 5 Verse of 16, described two types of human personality exist on this earth; one who have divine traits personality and the other having demonic traits. According to Bhagavad Gita the person who have divine traits possesses pureness in mind, possess utmost and constant faith in spiritual knowledge, have control over the senses, sacrifice, austerity, non-violence, truthfulness, purification of one's existence, renunciation, peacefulness, absence of covetousness, compassion towards all living beings, moderation, unaffectionate towards materialistic things, robustness, cleanliness of mind and soul, having hatred toward none and humbleness towards all. Secondly we discuss about traits of good leadership quality in chapter two verse sixty three Shri Krishna explains anger as the factors which destroys ones ability to think and take decisions in a clear and effective manner resulting in perplexed situations. Due to this bewildering of memory, ones ability to think, learn and do needful get destroyed and one is finally ruined. In chapter two verse ten, when Arjun put down his bows & arrow in despair, Narayan laughed & told Arjun to hold them because he knew that he would lie down if he was angry.

Chapter 2 Verse 63, Shri Krishna explains the disadvantages of anger. He mentioned anger diminishes ones ability to think clearly leading to confusing situations which results in bewildering of memory. This situation destroys the ability the think, learn and perform accordingly and leads to collapsing of individual.

Chapter 2 Verse 10, When Arjun put down his bows & arrow in despair, Narayan laughed & told Arjun because Narayana know he would lie down since he was angry. He wants him to stay with strength in battlefield and hence he said, O Arjuna, you are a man of effort, a mighty one, you can do everything. In this way, the nature of leadership could bring out a person from the state of depression by supporting him when he is in a state of depression and absurd state of mind. In the words of A.C Bhaktivedanta Swami Prabhupada "Whatever the situation, don't run, stand firmly".

Chapter 3 Verse 11, Bhagavad Gita tells that if you want to lead, you have to work in groups. You care for others & they care for you, then success will be achieved only by mutual harmony.

Chapter 3 Verse 21, Bhagavad Gita tells collaborate with the team of workers in their work area & move towards the goal.

Chapter 3 Verse 26, Bhagavad Gita tells understand the potential of the ally and carry it forward. By this efficient workers could be developed which can be utilized in the accomplishment of our goals. A leader should develop his knowledge as there is no limit to it.

Chapter 4 Verse 19, Shri Krishna says that the fire of knowledge will come with few shortcomings. When an experienced worker gets a big responsibility, he starts felling complete. During the discussion, if someone does not agree with him, he immediately says what do you know? I have been working for so many years, I know everything. When this ego comes then the ability learn decreases. We should be always ready to learn new things keeping goals clear and thoughts inside the mind and heart firm.

Chapter 18 Verse 78, Shri Krishna in Bhagavad Gita tells there should be such a vision of leadership which is something like "there were many scattered flowers, I have made a garland by intertwining them".

In psychology, there are two types of approaches of personality: Type approach & Trait approach.

Type Theory- This theory was proposed in 5th century B.C by Greek physician Hippocrates. He states that the personality completely based on fluid or humour. His classification categorizes people in four different types:

FLUID	TEMPERAMENT	PERSONALITY
Blood	Sanguine	Cheerful & Active
Phelgm	Phlegmatic	Apathetic & Sluggish
Black bile	Melancholy	Sad & brooding
Yellow bile	Chloeric	Irritable & excitable

The temperament of personality is the result of dominance of a particular fluid. For example, dominance of blood produced Sanguine temperament (cheerful & active)

In Vedic Scriptures there is typology of personality based on trigunas, i.e. Sattva, Rajas & Tamas.

Sattva guna- Nurtures the living beings (according to their deeds) & influence of sattva maintains the state of this unstable world, by developing love & affection in soul (contains several attributes such as purity, veracity, dutifulness, detachment, discipline etc.)

Rajas guna- Due to the effect, the bodies of 84 lakh species of life are formed. Rajas effect causes the creation of beings in different species by forcing the jiva to reproduce for the production of progeny.(contains several intensive activities, desire for sense gratification, discontentment, jealousy and grudges from others & a materialistic sense of mind, etc.)

Tamas guna- This guna basically represents destruction. The role of effect of tamas is to ultimately destroy the living beings, all of them in the operation of the universe.(it contains all the feelings related to angeriness, arrogance, the feeling of being helpless and lazy, etc)

Shri Krishna also described three guna Shri Brahma, Shri Vishnu & Shri Shiv as the masters of the gunas in the chapter seven verse four to six of Shrimad Bhagvad Gita & they have been originated from the combination Kshara Pursusha (Kaal Brahm) & Prakriti (Duarga)

Hippocrates's classification, Kretschmer's classification, Sheldon's classification, Jung's classification Friedman and Rosenman's classification are the Type theory of personality .Allport theory and Catell theory along with Piedment, Mccral and Costa come under Trait theory of personality. Eysenck's theory . Psycho-analytic theory is the one which is related to both Type-cum-Trait theories of personality. There is a correlation between Type personality and Trait personality.

Leadership transpire inside the context of core values. Leaders are the ones who helps and guides others to grow and create a differentiable and noticeable change in their own livelihood and makes contribution for larger good. The qualities and ability of good leadership are learned, expanded and applied within the core values of leadership. There are several qualities which makes an individual a good leader which includes great thinking capability, active and efficient listening skills, loyal towards work, decisive, team worker, can take best work from the available resources, positive thinker and ability to handle complex situations. (Yang, 2011, Uhl-Bien et al., 2007, Bishop, 2013, Clarke, 2011, Clayton, 2013 , Higginbottom, 2018, Millar, 2012, Kase, 2010).

Considering the mentioned fact, the study of individuals who are coping with the skills of personality and leadership becomes essential to monitor in what respect they and same or different. In the prescribed accordance, the systematic study is performed by the investigator for the enhancement of personality and leadership traits in an individual with the teachings of Bhagvad Gita.

Development through Bhagavad Gita's Teaching :

The individual behaviour have positive & negative personality.

By the teachings of Bhagavad Gita negative personality can be removed.

Whether Bhagavad-Gita plays an important role in influencing behaviour of individuals?

Is Bhagavad Gita has relevance to personality of individual?

Factors describes in Bhagavad Gita related to personality.

Can body, mind, heart & spirit affect the personality with respect to Bhagavad-Gita?

Does it possible that we can enhance the Behavioural skills by Bhagavad Gita?

Whether Bhagavad-Gita has important role for influencing leadership skills of individuals?

Factors describes in Bhagavad Gita related to leadership.

Can intellect, rhetoric approach, deal with public & in organisation communication affect the behaviour with respect to Bhagavad-Gita?

2 OBJECTIVES

The given research paper provides many problems of personality and leadership skills and the ways to develop it on the basis of Shrimad Bhagvad Gita. The teachings of the holy book can be utilized for bringing a wide change in the personality and providing a rational change in the society through its learnings. The educational system nowadays is facing serious issues relating to the skills of personality and leadership due to modernisation, western lifestyle, lack of moral values & redundancy & misconception in cultural education. According to Vedic scriptures & holy books like Bhagavad Gita fills the gap of knowledge in human being & tells that how spend your life in a enlightened path of knowledge seeking. Parents have desires their sons or daughter climb the ladder of performance in all aspects of life. This desire of parents make a student machine not a good human being. The overall personality development of young and fresh minds is hindered by the extreme pressure of achievements and performance. The study not only brings excellence in personality and leadership traits of an individual but also reveals the interplay among disciplines of action, devotion and knowledge.

According to the Union Government's New Education policy 2022, an emphasis was laid on the introduction of our history, culture and rich and diverse traditions in the education system so that the students feel proud as well as learn to deal with life in more effective way. According to the press statement released by the state government of Gujarat, textbook of "Sarvangi Sikshan" will be introduced for the classes' six to eight.

Bhagavad Gita is being taught as an elective in Birla Institute of Technology & Science, Pilani Campus. The Bhagavad Gita has become mandatory learning for each and every student joining Seton Hall University in New Jersey. Indian aspire to bag a foreign Degree, some Harvard students on the other hand, are studying Bhagavad Gita & Ramayan. The Anna University has made a change in its curriculum of undergraduate course of engineering and has included philosophy subject effective from the year 2019-20. It will include topics such as Vedas, ancient mythologies, Bhagvad Gita. Some part of Gita has also been included in the course of 'Indian Traditional Knowledge System' introduced by All India Council for Technical Education (AICTE) in 2018. In 2022 JECRC University Jaipur starts Bhagavad Gita course for stress management, improve their communication & leadership skills & inculcate moral & cultural value courses in Management & Technical Departments & many other University & institution. A bunch of very few researcher have been developed to study in this topic in India & its contribution to the field of education, In the context of Spiritual meaning Bhagavad Gita is explored all over world-wide while in Personality development & leadership Skills Development which is based on teachings of holy Bhagavad Gita's are very less explored. This study covers philosophical, sociological relating to social needs of society and psychological aspects. The complete study aims at providing methods of better personality and leadership skill traits based on the teachings of Shrimad Bhagvad Gita.

In our paper, a serious attempt has been made to figure out, search, analysis, synthesize and evaluation of critical factors which are responsible for improvement in personality and development of leadership skill in an individual based on the teachings of Shrimad Bhagvad Gita. This will enable new and fresh minds to solve the perplex situations in their lives in very efficient manner which is greatly demonstrated in the holy book. By this students will also understand the greatness of our ancient historical books and the magical ideas provided in them to solve any complex problem of life. So, the research problem is stated as "Enhancing Personality & Leadership Skill development" through Bhagavad-Gita's Teachings"

3. REVIEW OF LITERATURE

-श्रीभगवानुवाच

अभयंसत्त्वसंशुद्धिःज्ञानयोगव्यवस्थितिः।

दानंदमश्चयज्ञश्चस्वाध्यायस्तपआर्जवम्।(Chapter 16 Verse 1)

-अहिंसासत्यमक्रोधस्त्यागःशान्तिरपैशुनम्।

दयाभूतेष्वलोलुप्त्वंमार्दवंहीरचापलम्।(Chapter 16 Verse 2)

-तेजःक्षमाधृतिःशौचमद्रोहोनातिमानिता।

भवत्तिसम्पदंदैवीमभिजातस्यभारत।(Chapter 16 Verse 3)

-दम्भोदरपोऽभिमानश्चक्रोधःपारुष्यमेवच।

अज्ञानंचाभिजातस्यपार्थसम्पदमासुरीम्।(Chapter 16 Verse 4)

दैवीसम्पद्विमोक्षायनिबन्धायासुरीमता।

माशुचःसम्पदंदैवीमभिजातोऽसिपाण्डव।(Chapter 16 Verse 5)

क्रोधान्द्रवतिसंमोहःसंमोहात्स्मृतिविभ्रमः।

स्मृतिभ्रंशाद्बुद्धिनाशोबुद्धिनाशात्प्रणश्यति।(Chapter 2 Verse 63)

तमुवाचहृषीकेशःप्रहसन्निवभारत।

सेनयोरुभयोर्मध्येविषीदन्तमिदं वचः।(Chapter 2 Verse 10)

देवान्भावयतानेनतेदेवाभावयन्तुवः।

परस्परंभावयन्तःश्रेयःपरमवाप्स्यथ।(Chapter 3 Verse 11)

यद्यदाचरतिश्रेष्ठस्तत्तदेवेतरोजनः।

सयत्प्रमाणंकुरुतेलोकस्तदनुवर्तते।(Chapter 3 Verse 21)

नबुद्धिभेदंजनयेदज्ञानांकर्मसङ्गिनाम्।

जोषयेत्सर्वकर्माणिद्विद्वान्युक्तःसमाचरन्।(Chapter 3 Verse 26)

जन्मकर्मचमेदिव्यमेवंयोवेत्तितत्त्वतः।

त्यक्त्वादेहंपुनर्जन्मनैतिमामेतिसोऽर्जुन।(Chapter 4 Verse 9)

यत्रयोगेश्वरःकृष्णोयत्रपार्थोधनुर्धरः।

तत्रश्रीर्विजयोभूतिर्ध्रुवानीतिर्मतिर्मम।(Chapter 18 Verse 78)

A.C Bhaktivedanta Swami Prabhupada's book in The Science of Self-Realisation Swami Prabhupada states about what are the states of mind and how you can overcome and control it for your personality development.

Bhagwat Geeta (Gita-press Gorakhpur):- It is a simple translation of Sanskrit in Hindi and leaves the interpretation to you one of the most authentic sources of ancient scriptures in modern India used by Supreme Court in the cases regarding hindu religion.

Yatharth Gita:- Swami Adgadanand Ji Maharaja was awarded and honoured with 'Bharat Gaurav' during the Maha Kumbha fair organised on the all India level at Haridwar in April 1998. Divine direction has become in-

strumental in the creation of this book. Since the thoughts of the Yogeshwar Lord Shri Krishna have been expressed in their as it were forms, it is called 'Yatharth Geeta'.

Leadership Lessons from the Bhagavad Gita (Book by Ace Simpson):- Originally published in 2019, If we look closely in this book, the wisdom of the Bhagavad Gita contains many leadership lessons that are similar to contemporary leadership theories and practices.

The living Gita- A commentary for modern readers- Sri Swami Satchindananda originally published in 1988

The Gita & Management- Swami Bodhananda originally published in 2003

The Science of Mind Management:- Swami Mukundananda originally published in 2019

4. METHODS

Methodology plays a very noteworthy role in any kind of research. The reliability of research work and its validation is affected deeply by the methods involved and applied during the course of study. The data source in this paper is secondary and is descriptive by nature. The study demonstrates Human behaviour based on Bhagvat Gita's teachings both descriptively and analytically.

5- RESULTS

The concept, its interpretation and the details related to character have been dealt with clarity & deep insight. In today's contemporary time, Gita has been accepted by the youth that it is a mythological book, but as much as its relative was in the Dwapar era (6000 Years B.C), we need it in today's world, Shri Krishna gave his dialogues to Sun God of Bhagavad Gita. The knowledge gained increased the morale of Arjuna, who was broken in battle, but gave him the knowledge of all this materialistic confusion, which not only improved his Personality, behaviour, communication, spiritual knowledge, Leadership skills, Capacity building & also increased his ability to continue his life with full of morals, values, principles, deontological duties & always follow his dharma & karma for making the life prosper & stress free. In this research study by the using of particular 12 verse from different chapters of Bhagavad Gita the research wants to establish relation between personality and leadership skill enhancement & its significance from exploring Bhagavad Gita. In this researcher also relate the New World theories (after 5th century AD) with ancient Vedic or Hinduism theories that the concept came out from New world theories (Greek, & European scholar theories) of behaviour and skill development is elaborate in detail in old Vedic text & Holy books of Hinduism.

6- DISCUSSION/CONCLUSION

Behaviour, Personality and Leadership skills development is an integral part of young aspiring minds, Professionals, Human resource managers, Chief executive officers, opinion leaders & teachers. Shrimad Bhagavad Gita plays an important role and its teachings provides the path for the development of personality and leadership skills in an individual. It provides the principles to solve day to day problems in an effective manner for the attainment of ultimate knowledge. In context of psychological paradigm, Bhagavad Gita plays an important role in nurturing the personality traits and enhancing the leadership skills. The learnings from Bhagavad Gita can play a pivotal role in reconstructing the human society and recreating it to make it better. A much balanced and peaceful society can be recreated by following the discipline of knowledge, action and devotion mentioned in the holy book. The dialogue between Arjuna and Lord Krishna in Shimad Bhagavad Gita not only emphasis on behaviour & skills but also provides way to live, perform action and understand deeds so that a normal individual becomes a Supreme Being.

REFERENCES

- [1] Allport, G.W., Personality-A Psychological Interpretation, Holt New York, 1948
Cattell, R.B., quoted by C.S. Hail and G.L. Lindzey, Theories of Personality, (2Edition) John Wiley, New York, 1970.
- [2] <https://timesofindia.indiatimes.com/city/ahmedabad/bhagavad-gita-to-be-part-of-school-syllabus-for-classes-6-to-12-in-gujarat-government/articleshow/90294645.cms>

- [3] <https://theprint.in/india/education/bhagavad-gita-taught-in-schools-colleges-even-technical-institutes-govt-tells-parliament/784560/>
- [4] <https://vedabase.io/en/library/ssr/>
- [5] <https://www.vasocollege.org/pdf/RAR%20FINAL.pdf>
- [6] <https://www.prabhupada.net>
- [7] <https://www.mbit.edu.in/?p=9974>
- [8] <https://www.gitapress.org>
- [9] <https://pressbooks-dev.oer.hawaii.edu/psychology/chapter/what-is-personality/>