

# Bhagavad Gita: A Universal Counselor

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## ABSTRACT:

Guidance and counseling plays important role in the life of Human being. This study recognizes the fact that Guidance and counseling through bhagavad gita is a transformative process of helping people to learn and modify their life as per the need of the circumstances towards the right direction and achieve their goals of happiness in their life. Here we have adopted the research review techniques to understand the importance of Guidance and counseling and how bhagavad gita where shree Krishna who was the first counselor in the history of Mahabharata is the perfect epitome of guidance and counseling. Lord Krishna had preached to Arjun at kurukshetra about his karma of life, commitment and duty without involving in emotions and affections with human relations. Lord Krishna also taught to keep his emotions and sentiments under control to fulfill his duty and commitment as well as pursue in the right direction for the betterment of dharma, family, friends, and people of the society. This paper acknowledges the importance and vital use of Guidance and counseling through bhagavad gita in human life as well as deals with the importance of Guidance and counseling for the effective development of people. This is the era where Guidance and counseling through bhagavad gita is the essential need for the development and growth of people at early stage in the society.

**Keywords:** Counseling, Bhagavad Gita, Importance of bhagavad gita,

## INTRODUCTION:

All Humans were blessed with the ability to feel their emotions and react accordingly to every situation but once these emotions run out of control, it becomes difficult for everyone to manage the condition in their life, which leads to drastic repercussions. Moreover, the individual, who once was considered an asset, turns into a liability because of his negative emotional outbursts. They lose their self-confidence and fail to give 100% in the assigned tasks. Therefore, the need of the hour is to help such individuals to regain their self-esteem and confidence by solving all the mental blockages which they are currently facing. Hence, increasing their productivity and confidence, it can be achieved only by proper guidance of mentors known as counsellors through guidance and counselling.

Guidance is as older as civilisation. In the primitive society, generally elders in the family offer guidance to the young and the persons are in distress. Even today, in India, guidance, whether it is educational, vocational or personal matters, is guided by family elders. Guidance-unorganised and informal -in all places and at all levels has been an important aspect of the educational process. With the passage of time, revolutionary changes have taken place in the field of agriculture, industry, and business etc. These changes in all walks of life coupled with extraordinary growth in our population have made the social structure very complex. Head of the family or leader of the community with a limited knowledge of the changed conditions is hardly competent in providing guidance and counselling to the youth of today.

Hence, there is an urgent need for specialised guidance services. Here, we will try to interact about the meaning and nature of guidance, its need and scope in India.

The Indian scripture Bhagavad Gita is one of the greatest contributions of India to the world. In this paper, we have tried to find out the central idea of bhagwat gita, a Hindu sacred book. The gita's teaching where lord Krishna guiding us to live happily in life by following unbelievable teachings of bhagwat Gita. In many situation of life where many counsellors solve problem of clients through many lessons of Gita's.

This is the world which is full of Arjun's and lord Krishna who was the first counsellor in history of mankind preached the saar of Bhagwat gita to the Mahaveer Arjuna through guidance and counselling in the battle field of Mahabharata when he was depressed because of his relatives are dying in front of him to whom he has to fight. Lord Krishna preached him about his duty and obligation for society that he has to serve without thinking about futuristic results. Bhagavad Gita unified all the dimensions of modern management such as self-management, stress management, resource management, leadership, vision, motivation, excellence in work, efficacy, efficiency, effectiveness, decision making, planning etc. Bhagavat Gita taught sharp insight and finest analysis to drive through our confusions and grey area in our life. Philosophy of Bhagavad Gita developed new disciplines that are making an imprint in corporate world and it has become a management modernizer.

#### LITRATURE REVIEW:

**Bhatia Subhash C, Madabushi Jayakrishna, Kolli Venkata Bhatia Shashi K, Madaan Vishal (2013)** Researcher had explained about discourse between lord Krishna and Arjun in the battle war of kurukshetra in Mahabharata. He also discussed about parallels between the Gita and contemporary psychotherapies and ascertained the analogies between the principle of Gita and CBT like grief emancipation, role transition, self-esteem, motivation enhancement as well as interpersonal and supportive psycho therapies etc. which counselor uses in their therapies for targeted clients. They have advocated the pragmatic application of age old wisdom of the Gita to enhance the efficacy of psychotherapeutic interventions for patients.

**Sharma Neha (2014)** Researcher explained how Bhagavad Gita is so important and helpful to cure people who are facing various behavioral disorder issues. Bhagavad Gita have literature on cognitive behavioral therapy (CBT) also. How It focus on cognitive distortions from the mind of a person just like Arjun in Maha Bharata and how lord Krishna has transformed Arjun's distress from his mind. Under this Paper researcher has said that Trust, devotion and complete surrender by Patient towards the therapist as done by the Arjun and emphasis on work by the lord Krishna made CBT more effective and efficient in delivering fair result.(RP-1).

**Tayal Namita (2019)**, In this paper the researcher has explained about depression as a mood disorder or it is a feeling of sadness, anger, anxiety that interface one's daily life activity. This paper elaborates tactics of bhagavad gita to manage mental equilibrium in our day to day life. It precisely focused on strategies explained in bhagavad Gita to recover from mental health issues through detachment, Faith, Pure understanding, coordinating mind with body for integrated personality, self-control leads to salvations, the purpose of living and moderate living for healthier you etc. In this paper the researcher attempted to explore important thoughts of lord Krishna in bhagavad gita for mental health education. (RP-17)

**Dr. Muralikrishna Dantu (2019)**, As we know ,Bhagavad Gita is the ancient and sacred scripture in India and usually referred as the spiritual and philosophical text by many but when we explore this scriptures one by one aspects can be defined and understand scientifically. Lord Krishna had discussed many subjects and aspects of life. Researcher has tried to interpretate all the Sanskrit verse mentioned in the bhagavad Gita and expounded various truth of life like synthesis of living being, food, and medicine, creation of universe, end of universe, energy and soul etc. (RP-8).

**Dr Tripathi Medha, Yadav Rupali ,Bajpai Prakhar (2019)**, Researcher has expounded the importance of Bhagavad gita in this paper says Bhagavad Gita is a magnum opus among all the philosophical works written till date in India. This paper through lesson of bhagavad gita is teaching the core knowledge of our life. Bhagavad gita where lord Krishna teaching Arjun who is in the emotionally weak and depress state in the battlefield of kurukshetra just like a normal human being and how we should face this tough time and give our best in capabilities rather than escaping the tough situation and run away. (RP-11)

**Dr. Phogat Poonam, Sharma Riya, Grewal Simran, Malik Alisha (2020)**, This Paper studied draw and discuss about the parallels between the Bhagavad gita and psychotherapies like lord Krishna has taught Arjun in kurukshetra who am I, what are my duties and how can I lead happiness in my life. Researcher also studied about how gita is helpful for the attainment of freedom, happiness and peaceful life from the bondage of life with fulfilling the commitment and duty. This paper says bhagavad gita has same teaching element as given by CBT theory in psychology. This paper had discussed about how bhagavad gita's concept is helpful for a mental health and happiness in the life. Researcher (RP-6).

**Dr L Lavanya (2021)**, In this Paper researcher has choice the hermeneutics, she said that lot of people has studied the relevance of bhagavad gita in management and specially in the field of leadership but still there are some untouched area like how henry fayol's fourteen principle of management is linked with bhagavad gita. How bhagavad gita has expounded this principle in question and answer format which is compiled into 18 chapters and contains 700 verses. (RP-14)

**Dr Patidar Ranjana (2022)** This Paper researcher has studied the bhagavad Gita and tried an honest attempt to decipher the holy text of bhagavad Gita and its relevance in modern times. The world is moving so fast that no one can find oneself to pace up with. The modern generation is completely confused about the ways of the world. This paper has highlighted the importance of Karma Yoga to attain the Human Wellbeing. RP-13)

**Siva Kumar KS, Dr G Rajini (2022)**, This paper has found the connection between stress management and bhagavad gita means how bhagavad gita approaches stress management in a spiritual prospective and how it helps to get emotional stability, how to control anger, sense, desire, and mind of all human being. This paper has also expounded the state of emotional stability and emotional intelligence through the prospective of bhagavad gita. (RP-15)

**Dr Tewari Ruchi (2022)**, in this paper, Researcher explained, adolescent make up about 20 percent of the world's population and have traditionally been neglected as a distinct group. This is an age or period of storm and stress fraught by conflicts with parents, mood disruption including extreme emotions, increased substance abuse, and heavy reliance on peers and risky behavior which shows adolescent as a problem. Through analysis of 9 verses of bhagavad gita a guide for adolescent has been formulated to fill the lacunae in the guidance and counseling psychology. This study attempts to move in the direction of guidance that is from "this is wrong" to "this is right".

**RESEARCH OBJECTIVE:**

The objectives of the present study are as follow:

- To review the existing literature available on Counseling and Guidance with Bhagavad Gita?
- To study the relationship between counselling, guidance and Bhagavad Gita.
- To suggest the ways for the transformation of life of an individual by counseling and Bhagavad Gita.
- To open new vistas for further research.

**RESEARCH METHODOLOGY:**

Research Methodology in research is defined as the systematic method which is used to resolve a research problem through data gathering from different resources and providing an interpretation of gathered data and draw a conclusion from the collected data of the research.

The nature of the study was descriptive in nature which was based on secondary data which included research papers, articles, Journals, and newspaper available on different platform and found various answers aligned with the research objectives.

**RESEARCH FINDINGS & DISCUSSION:**

First research objective by means of which We have done conceptual study of lots of research paper, research articles, journals, and noted down there idea of research. Some researchers had studied about the parallels between bhagavad gita and contemporary psychotherapies and ascertained the analogies between the bhagavad gita and CBT. On the basis of research they have advocated the pragmatic application of age old wisdom of bhagavad gita to enhance the efficacy of psychotherapeutic intervention for patients. As a researcher we found that verses of bhagavad gita is most important and helpful for the patients having behavioral disorder issues in their life. Researcher have explored the inter-connection between teaching of bhagavad gita and psychotherapies.

The second objective defined in this paper has strong motive to study the role of bhagavad gita in our day to day life and how it works more effectively when we inculcate these lessons in our life through guidance and counseling. Counselling and guidance are the oral therapies given by a well-trained trainer or counsellor to the needed clients. Both these procedure have different meaning and purpose in the life just like counselling is a professional advice given to someone with a problem, in a similar way guidance refers to the process of helping individual or group to discover and develop their potentials. Let us see how these both processes are connected with bhagavad gita, so bhagavad gita is a written historical scripture which was originated by lord Krishna when his disciple Arjuna who was under the state of confusion and depression about their commitment, duties and truth of life. So bhagavad gita is a knowledge, preached by lord Krishna to Arjuna at the battlefield of kurukshetra.

Our third objective where suggestion to transform our own life through bhagavad gita because this is the truth of life, every human being is fighting everyday with oneself and this truth of life which we call as a bhagavad gita help us to come out from depression, anger, anxiety, confusion, confusion in decision making etc. counselling and guidance are only the medium through we actually preached the knowledge of bhagavad gita to solve the problem of clients. As a counsellor we give an alternate way of thinking or how to see the problem from different angles or glass of eyes so that we can get the solution and could resolve the problem as soon as. This is the knowledge of handling or define problem in different way to make life happy and healthy. Just like bhagavad gita chapter 2 verses 47 which says “Do your work and don't worry about the results” means you have rights to do karma in your life but you don't have rights

to get output as per your desire. This output does not depend upon your effort and desire only. There are lots of other factors also which decide and influence the output of your karma. So when you expect output as per desire and do not get it then you frustrate, doubt on your own capabilities, anger, anxiety which ultimately makes your life hell. We have also studied the message behind the verses of bhagavad gita which is actually the truth of life. If we see our day to day life, we are as a human being also fighting every day and confused completely from inner kurukshetra of our mind. Lessons in the verses of bhagavad gita suggest us how to manage our own fight of kurukshetra inside our mind and make our life healthy, happy and beautiful, no matter what other people says and think about you, it is completely our own life and we have rights to take decisions of our own life. So bhagavad gita is a pure and practical knowledge preached by lord Krishna to correct thoughts of individual to make life beautiful and happy.

In the fourth objective of our research, as we said bhagavad gita is a pure knowledge and truth of life. Eventually our life is full of bunches of happiness, sorrow, pain, frustration, depression, anger, anxiety, negative thoughts and many other things in life. So there are still many untouched areas of research in bhagavad gita through which we can see our life in different glasses of eyes. So futuristic researcher must have to study and research on different wings of bhagavad gita. These researches will be very helpful for every individual in their life. Life is very tough and bhagavad gita makes it easy and happy.

## CONCLUSION:

The final conclusion of this research is about Bhagavad gita which is a universal counsellor and a timeless historic scripture in India where by the fundamental teachings of bhagavad gita is, how to equip ourselves for the battle of life. It is the spiritual science of self-realization based on the essence of Upanishads and Vedanta. This is the actual but truth of life so if we try to understand the message of bhagavad gita and inculcate deeply in our life then very sure our life may become happy and healthy.

At last the future recommendation for the researcher are, they must study bhagavad gita briefly and must explain its various verses with its meaning to the society because still lots of area of bhagavad gita is untouched to preach. so it is very important and duty of every individual to understand the message of bhagavad gita and preach in the society so that each and every individual may take benefit in their life and make their life beautiful. Second thing people generally understand bhagavad gita as a Hindu dharma book but it is not true, this is beyond the level of scripture which can turn around the life of every individual. Bhagavad gita is the different way of seeing our own life, our problems, entire world, and all human being of the society and dispel all the negative thoughts, negative people, anger, anxiety, confusion etc. Guidance and Counseling is the tough and challenging job for the professional as well as teacher counselors, but how bhagavad gita helps counsellor to give best counseling support and give best output to their clients through the principals of bhagavad gita and reduce mental stress as well as mental health issues from the people of the society.

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