

The Chinmaya Mission, Ahmedabad has organized “Geeta Chanting Competition (Chapter 3)” for school students. Interested students to enrol name ASAP to the class teachers. The details are as follows.

Competition	: Geeta Chanting Competition
Content	: Chapter 3 अध्याय ३ – कर्मयोगः
<u>Last Date for registration</u>	: <u>19th October 2022, Wednesday</u> (to the class teacher)
Preliminary Round	: 17 – 30 November 2022
Final Round	: 21st December 2022

Groups and Verses		
Category विभाग	Standard कक्षा	Shlokas श्लोकः
A	1st	1 – 5
B	2nd, 3rd, 4th	1 – 12
C	5th, 6th, 7th	1 – 23
D	8th, 9th, 10th	1 – 30

Why Geeta ?

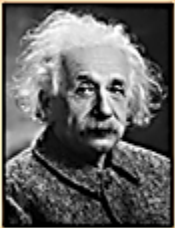
Understanding the essence of

the bhagavad geeta

can inspire children and help them cultivate good values.

The Bhagavad Gita, or the Gita, is the discourse that takes place between Lord Krishna and Arjun before the start of the Kurukshetra war. The teachings by Lord Krishna helped change Arjun's perspective about life and, thus, his life path.

While the Gita is many centuries old, the logic and knowledge inherent in its every word make it a timeless guide. Understanding the ageless guiding principles of the Bhagavad Gita can help us gain a deep insight into the how's and why's of everyday life. So, there are several benefits of reading the Bhagavad Gita.



"When I read the Bhagavad-Gita and reflect about how God created this universe everything else seems so superfluous. I have made the Bhagwad-Gita as the main source of my inspiration and guide for the purpose of scientific investigations and formation of my theories."

Albert Einstein. (The most famous scientist of our times)

We must also make students aware of the importance of the Bhagavad Gita. For it can encourage the habit of self-inquiry and guide them towards adopting a pragmatic approach to life.

Importance of the Bhagavad Gita in daily life

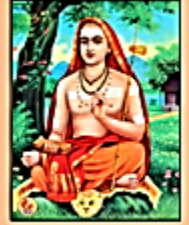
- *The Bhagavad Gita introduces us to our rich culture and tradition.*
- *Referring to the shlokas of Bhagavad Gita can help us find solutions to the various problems of everyday life.*
- *Reading the Bhagavad Gita introduces us to the truth about life and helps us attain freedom from superstition and false beliefs.*
- *Knowledge gained from the Bhagavad Gita dispels our doubts and builds our confidence.*
- *Teachings from the Gita tell us to think well before we act.*

Benefits of reading the Bhagavad Gita

- *The shlokas of the Bhagavad Gita tell us about our duties as human beings.*
- *Reading the Bhagavad Gita helps us understand the importance of self-control and how to practice it.*
- *Teachings of the Bhagavad Gita tell us how to practice *nishkam karma* or action without desire.*
- *By reading the Bhagavad Gita, we learn to shun materialism and vices.*
- *Reading the Bhagavad Gita gives us a different perspective of life.*

"From a clear knowledge of the Bhagavad Gita all the goals of human existence become fulfilled. Bhagavad Gita is the manifest quintessence of all the teachings of the Vedic scriptures."

Adi Shankaracharya



10 life lessons that adults and kids can learn from the Bhagavad Gita

1. Develop the right perspective:

Just before the Kurukshetra war was about to begin, Arjun felt confused and dejected. He refused to fight as he failed to visualize the outcome of his actions. Perceiving things in the right way plays a critical role in helping us understand what we should do, why we should do it, our role in the scheme of things, and how they shape our attitude.

How to help children learn perspective-taking: Based on our experiences, we learn to think in a certain way. Gradually, we begin to believe that only our beliefs are right, and those who differ from us are wrong. So, help your child learn that it is necessary to understand the feelings of others, but it is not mandatory to agree with their opinions. Encourage him to look at situations from the viewpoint of others.

2. Understand that change is the law of nature:

According to the Bhagavad Gita, everything has to change. We know that our body, feelings, emotions, and perceptions, as well as everything around us, are in a state of flux. Yet, when we are told that we need to change, we are reluctant to accept the advice or we adamantly oppose it. To be successful, an individual needs to adapt to new situations, innovate and come up with better solutions, and explore new opportunities. So, while you enjoy the experience of being in familiar surroundings, be ready to take small risks and gain the benefits of new experiences.

How to help your child accommodate changes: Answer your child's questions about any impending changes. Reassure her that the change would take time to occur, and she will have time to adjust to the new situation. Also, tell her about the positives that the changes could bring into her life.

3. Practise tolerance and forgiveness:

Tolerance teaches us to face the hardships of life with equanimity and to desist from using force even when provoked. Forgiveness helps us pardon injustice and overcome the feelings of animosity. Both these qualities are crucial to maintain and nurture relationships, develop feelings of empathy and love, and overcome divisive thoughts. These two values formed the bedrock of the relationship that bound the *Pandava* brothers.

How to teach your child to be tolerant and forgiving: There is a treasure trove of stories and examples reflecting tolerance and forgiveness. Tell your child some such stories. Also, make him read about real-life instances of individuals being tolerant and forgiving.

4. Change the way you think:

Having positive thoughts helps us achieve a balanced perspective, stay confident, overcome negative notions, prepare well to meet challenges, and channelize our energy to achieve our goals. So, do not let negative thoughts take over your mind and ruin your chances. Being grateful, meditating, giving back to society, reading inspiring literature are a few practices that can help foster positive thoughts.

One day, a gentleman wearing a dhoti and a shawl was reciting the Bhagwat Gita in his mind while sitting on the sea shore of Chennai.

At that time a boy came there and said to him: "Do you still read such a book today in this age of science? Look, at this moment we have reached the moon. And whether you are stuck in this Gita, Ramayana."

The gentleman asked the boy: "What do you know about the Gita?"

The boy did not answer the question and said excitedly: "What will happen after reading all that. I am a student of Vikram Sarabhai Research Institute, I am a scientist ... This Gita lesson is useless."

The gentleman laughed when he heard the boy's words. Just then two huge cars came and stopped there. Some black commandos came down from one car and a soldier from the other car. The man dressed as a soldier opened the back door of the car, knocked a salute and stood by the car door. The gentleman who was reciting the Gita, got into the car at a slow pace and sat up.

The boy was shocked to see all this. I thought the man must renowned person. Unable to find anyone, the boy ran up to him and asked, "Sir ... Sir ... who are you?"

The gentleman said in a very calm voice: "I am Vikram Sarabhai."

The boy seemed to play a 440 volt shock.

Do you know who this boy was?..... Dr. Abdul Kalam.

After that Dr. Kalam read "Bhagwat Gita". Read Ramayana, Mahabharata and other books. And as a result of reading this Gita, Dr. Kalam promised not to eat meat for the rest of his life. He wrote in his autobiography, Gita A science. The Gita, the Ramayana, the Mahabharata are a great proud pursuit of the Indians' own cultural heritage.

(Collected)



5. Stay calm:

A calm mind will help us control our impulses, stay unperturbed and hopeful through both the good and the bad times, and keep stressors under control. It will also help us achieve clarity of thought,

weigh our options, and channelize our energy towards gainful endeavors. The knowledge that change is inevitable plays a big role in helping us stay calm.

How to teach your child to stay calm: Children are easily upset as they don't have adequate coping skills yet. Teach your child how to keep himself calm when he feels upset. For example, taking deep breaths, counting to 50, or taking a short break.

6. Work for the welfare of the world:

Most of the work we do is performed solely for our own benefit. We rarely worry about how our actions may affect others. This mindset makes us act in a selfish manner and detaches us from those around us. On the other hand, selflessness helps us realize that the world is one family (Vasudhaiva Kutumbakam). Our actions should be such that they help make the world a better place and help us bond with those around us.

How to teach your child to be charitable: To help your child grow into a caring and compassionate child encourage her to donate some of her toys and clothes to those in need, to be helpful to peers, and to engage in volunteering activities.

7. Be fearless:

Fear is one of the primordial emotions present in every living being. In humans, fear arises out of lack of knowledge and the consequent inability to manage emotions. So, be steadfast in your efforts to gain knowledge and wisdom. For, these are what will help you understand the unknown, and overcome your fear and hesitation.

How to help your child overcome fear: Children begin to worry and eventually feel scared, when they don't have sufficient information about facts. Encourage your child to talk to you about his worries and concerns so that you can help him break down his fears and bring them to manageable levels.

8. Manage your anger:

Anger impedes our ability to reason, which leads to confusion and chaos. It decreases our clarity of thought and distracts us from pursuing our goals. The unpleasant experience gives rise to negative thoughts and pushes us towards committing destructive acts. In the Mahabharata, it was Duryodhana's anger that prevented him from behaving in a reasonable manner and caused him to go to war with his cousins.

How to help your child manage anger: Tell your child that it is natural to feel angry at times and teach her techniques to deal with anger. For example, belly breathing, taking a time-out, practicing relaxation skills like yoga, and reminding herself that anger won't solve problems.

9. Dream big:

The most remarkable achievements that we read or hear about are nothing but someone dreaming big and making their dream come true. So, do not be scared or doubtful about dreaming big and putting in unwavering effort to make it come true. At the same time, do not let easier goals distract you and make you lose focus from your higher objective.

How to make your child dream big: Here are some ways you can help your child dream big: encourage creative play, ask him to maintain a dream diary, share your dreams, set goals to

achieve, teach him to use technology in an innovative manner, help him manage failure, and get him to read books on success stories.

10. Accept that nothing is permanent:

The example of day turning to night and into day again best illustrates the fact that nothing in this world is permanent, including success and failure. Those who have failed in their attempts could take heart from this example and keep striving for success. And, those who are going through bad times must keep persevering until they are able to change the tide.

How to explain impermanence to your child: It is very difficult for a young mind to grasp the concept of impermanence. However, you can try and explain it using some simple examples – sit with your child and ask her to look at the clouds in the sky. Show her how they change shape or move away after a few moments. Show her a bud that is about to bloom and tell her how in a few hours it will change into a flower. You can give numerous other examples.

According to Swami Mahamedhananda, "Children should be trained and encouraged to work in the garden, to plant trees, to conserve water and other natural resources, to not waste food, to recycle whatever can be reused and to dispose of waste in a responsible way. Although these look like very small acts, they will teach our children to understand and respect their relationship with nature. In whatever way, whatever work they do, they (children) should strive to give back more than what they receive. This is the spirit of sacrifice."

Mahatma Gandhi used to read the Bhagavad Gita and draw inspiration from this sacred text. And all over the world, not only many great personalities but also individuals from different cultures and religions treat the Bhagavad Gita as a guide to leading a fulfilling life. Are you also one of them? If not, do read this 'Song of the Divine' to develop the qualities you need to lead a happy and successful life.



“Dr Oppenheimer, Father of Atomic Bomb, apart from being a great scientist, was also a great lover of Sanskrit. He had studied a vast number of Sanskrit books in original, including the Bhagavad Gita. When the massive nuclear blast whose blazing light covered most of the sky took place, the following words in Chapter 11 shloka 12 came out spontaneously from Dr Oppenheimer’s lips:



**“ दिवि सूर्यसहस्रस्य भवेद्युगपदुज्जिता” 11.12 which means: “If the radiance of a thousand suns were to burst at once in the sky, that would be the splendour of the mighty One”
“कालोऽस्मि लोकक्षयकृत्स्वृद्धो” 11.32 which means: “I am Death, the destroyer of worlds”.**
Much later, in a television interview in 1965, Dr Oppenheimer said: “We knew the world would not be the same. A few people laughed (immediately after the nuclear explosion), a few people cried. Most people were silent. I remembered the line from the Hindu scripture, the Bhagavad Gita. Vishnu is trying to persuade the Prince (Arjuna) that he should do his duty, and to impress him takes on his multi-armed form, and says: “Now I am become Death, the Destroyer of Worlds”