

TIMELESS TEACHINGS FOR MODERN MINDS: RELEVANCE OF BHAGAVAD GITA IN EDUCATION

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Abstract:

This conceptual research paper analysis the significance of the teachings of Bhagavad Gita in today's education and society. Due to rapid changes in society along with technology have greatly influenced individual lifestyles, attitudes, and emotional health especially among young generations. Increasing stress levels, distractions and evolving value systems highlights the necessity for value-based education. The study aims to identify significant values from the Bhagavad Gita, like self-discipline, emotional balance, character development, mental control ,etc. These values are examined in terms of their relevance to current modern education and social atmosphere. The results indicate that these teachings offer practical comprehension for dealing modern challenges by encouraging focus, accountability, and ethical thinking among students. The paper also shows the educational importance of inculcating these values into the field of learning which supports the development of all-rounded individuals through experiential learning. It comes to the conclusion that the Bhagavad Gita's teachings are still very relevant for fostering responsible, balanced, and value-aware individuals, making it an invaluable resource for contemporary education.

Keywords: Bhagavad Gita, Value-based Education, Modern Education, Holistic Development.

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Objectives:

1. To identify values from ancient texts like Bhagavad Gita relevant to modern education.
2. To examine the relevance of these Bhagavad Gita values in the modern education and society.

Introduction:

In contemporary times, rapid social and technological changes have remarkably influenced the lifestyles, attitudes, and emotional well-being of individuals, especially among the younger generation. Recent reports shows growing concerns about stress, imbalance, and coping mechanisms among students, indicating a shift in value systems shaped by modern lifestyles and digital exposure. In this context, there is an increasing need for value-based education that supports holistic development. Among the ancient Indian texts, the Bhagavad Gita holds a significant place for its teachings on duty, self-discipline, emotional balance, selfless action and many more. These teachings provide practical guidance for coping present-day challenges faced by students and society. Within the changing educational framework, as reflected in the National Education Policy 2020, there is a growing emphasis on integrating ethical and value-based learning. Therefore, the present study focuses on identifying key values from the Bhagavad Gita and examining their relevance in modern education and society.

1. Bhagavad Gita: A Source of Ancient Wisdom.

The Bhagavad Gita is a part of the Mahabharata, written by Sage Ved Vyasa, and consists of 18 chapters and 700 verses. It is a conversation between Lord Krishna and Arjuna, where Krishna guides Arjuna about his duty and moral responsibilities. The Gita mainly centres on values like Dharma, Karma, and self-discipline, offering timeless guidance for balanced living. Its teachings are considered traditional wisdom due to their universal relevance. In modern education, these principles help students develop focus, manage stress, and build strong values.

Key Values from the Bhagavad Gita:

1. युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु । युक्तस्वप्नावबोधस्य योगो भवति दुःखहा॥

Chapter 6, Verse 17 of the Bhagavad Gita highlights the importance of balance in life. It states that moderation in food, work, and sleep leads to a peaceful and stress-free mind. In today's dynamic world, this teaching helps individuals manage stress and maintain emotional balance. In modern education, it encourages students to follow a disciplined routine and maintain a healthy balance between studies and personal life.

2. श्रेयान्द्रव्यमयाद्यज्ञाज्ज्ञानयज्ञः परन्तप। सर्वं कर्माखिलं पार्थ ज्ञाने परिसमाप्यते॥

Chapter 4, Verse 33 of the Bhagavad Gita highlights the importance of knowledge over material aspects. It states that knowledge is superior, as it leads to true understanding. In the modern society, this teaching encourages individuals to value learning over achievements. In education, it promotes deep understanding, critical ethical thinking, and meaningful learning, making it highly relevant for students today.

3. योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय। सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते॥

Chapter 2, Verse 48 of the Bhagavad Gita emphasizes the importance of maintaining balance in all situations. It teaches that one should perform duties with a calm mind and remain neutral by success or failure. In today's world, this helps individuals deal with pressure and emotional ups and downs. In education, it guides students to stay focused on their efforts without stress of results, promoting a balanced and positive approach to learning.

4. अमानित्वमदम्भित्वमहिंसा क्षान्तिरार्जवम् । आचार्योपासनं शौचं स्थैर्यमात्मविनिग्रहः ॥

इन्द्रियार्थेषु वैराग्यमनहङ्कार एव च । जन्ममृत्युजराव्याधिदुःखदोषानुदर्शनम् ॥

असक्तिरनभिष्वङ्गः पुत्रदारगृहादिषु । नित्यं च समचित्तत्वमिष्टानिष्टोपपत्तिषु ॥

मयि चानन्ययोगेन भक्तिरव्यभिचारिणी । विविक्तदेशसेवित्वमरतिर्जनसंसदि ॥

अध्यात्मज्ञाननित्यत्वं तत्त्वज्ञानार्थदर्शनम् । एतज्ज्ञानमिति प्रोक्तमज्ञानं यदतोऽन्यथा ।

The Bhagavad Gita's Chapter 13, Verses 8 to 12 explains that true knowledge is not only intellectual but also reflected through qualities like humility, honesty, non-violence, self-discipline, and emotional balance. It highlights the importance of controlling the mind, distancing from ego, and maintaining a balanced attitude in both success and failure. In the modern era, these values help individuals develop

ethical thinking, self-awareness, and responsible behaviour. In the context of education, these teachings promote character building, discipline, and holistic development of students, making them essential for value-based learning.

5. उद्धेदात्मनाऽत्मानं नात्मानमवसादयेत् आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः॥

Chapter 6, Verse 5 of the Bhagavad Gita basically says that you've got the power to either lift yourself up or bring yourself down by your mind. It really points out that your mind can be your best buddy or your worst enemy, depending on how well you manage it. This whole idea shows how important it is to have some self-control, keep things in check internally, and try to think positively. It is all about encouraging people to own their personal growth and what they do, instead of just depending on stuff outside of them. Now, in today's world, this concept totally relates with most of home, especially for students who are frequently dealing with distractions, feeling stressed out, and sometimes just can't seem to focus. When we are talking about school, this teaching really pushes for students to concentrate better, and to stay emotionally focused. All of that helps them do well in their studies and holistic development.

2. Relevance of Bhagavad Gita in Modern Education and Society

- i. **Balanced Lifestyle and Well-being:** The teachings highlights moderation and balance in daily life, which is essential in today's fast-paced and stressful environment. This balance helps individuals to maintain mental stability, physical health as well as emotional stability. In the context of education, it encourages students to manage their time effectively and maintain harmony between academics and personal life.
- ii. **Primacy of Knowledge and Meaningful Learning:** The Gita highlights knowledge as the highest form of development, going beyond material success. It encourages deep understanding, reflection, and purposeful learning rather than rote memorization. This approach goes with modern educational goals that focus on critical thinking, creativity, and lifelong learning.
- iii. **Emotional Stability and Resilience:** The teachings promote a balanced mindset in situations of success and failure, helping individuals remain calm. This is particularly relevant in competitive era where students often face stress and pressure. It helps in developing resilience, confidence, and a positive outlook towards challenges.
- iv. **Character Formation and Ethical Development:** The Gita emphasizes values such as humility, self-discipline, honesty, and non-violence as essential components of true knowledge. These values guide individuals in making ethical decisions and responsible behaviour in society. In education, this contributes to the formation of morally responsible and socially aware individuals.
- v. **The Bhagavad Gita highlights the importance of self-control and mastery over the mind.** In modern education, this teaching helps students develop focus, discipline, and a positive attitude. It encourages them to manage distractions and take responsibility for their actions. In society, it promotes self-awareness, emotional balance, and responsible behaviour.

- vi. Overall Significance: Integrates Karma (action), Jnana (knowledge), and Bhakti (devotion) for a balanced life. Promotes self-awareness, discipline, and ethical living. Encourages balance, responsibility, and social harmony. Supports holistic development that is intellectual, emotional, and moral. Remains relevant for shaping value-oriented individuals in modern society.

3. Educational Implications

- i. Promotes value-based education through ethics and discipline: The Bhagavad Gita places emphasis on duty and self-discipline, which can guide students for inculcating strong moral values.
Example: Teachers can motivate students to complete their assignments with sincerity, rather than just focusing on achieving high marks.
- ii. Encourages holistic development of students: The teachings of the Gita support the overall development of students, including their intellectual, emotional, and moral growth.
Example: Practices such as sports, yoga, meditation and discussions based on values can help students maintain a balance in their mental and emotional well-being.
- iii. Enhances focus and emotional stability: The teachings of the Gita help students deal with stress and remain calm, whether they are experiencing success or failure.
Example: Students can practice staying concentrated during exams without feeling stressed about the outcomes.
- iv. Develops self-awareness and responsibility: The Gita encourages individuals to understand their own actions and take responsibility for them.
Example: Students can learn to acknowledge their mistakes and work on improving them, rather than putting blame of that on others.
- v. Supports experiential and meaningful learning: The Gita promotes learning through action as well as reflection.
Example: Learning through projects and solving real-life tasks can help students apply their knowledge in practical situations.

Conclusion:

The study emphasizes the importance of the Bhagavad Gita as a source of values that remain relevant in today's educational and social contexts. The chosen teachings focus on key qualities such as self-discipline, emotional stability, knowledge, and ethical conduct, which are crucial for the comprehensive growth of students. In today's world, where students often deal with stress, distractions, and conflicting values, these teachings offer useful guidance in developing concentration, liability, and a positive outlook. The analysis indicates that inculcating these values into education supports the development of well-rounded individuals and fosters learning based on strong ethical principles. Therefore, the Bhagavad Gita continues to function as a valuable guide in forming balanced, responsible, and ethically aware members of society.



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Cite This Article: Ms. Kulkarni S. & Dr. Kakade M. (2026). *Timeless Teachings for Modern Minds: Relevance of Bhagavad Gita in Education*. In *Educreator Research Journal: Vol. XIII (Issue III)*, pp. 337-341