



# CHARACTER BUILDING, LIFE SKILLS & VALUE ORIENTED EDUCATION THROUGH BHAGVAD GITA: NEED OF THE COUNTRY

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**Abstract:** Today, the set-up of our society is likely to become more complex. During the present decades, speedy erosion of moral, social and spiritual values has been creating hurdles in the path of progress of the nation. It has also become a serious threat to the society. In the changed social set-up, the definition of good morals has been questioned. Today, newspapers, magazines and other news media are flooded with reports of crime, murder, agitation, violence immorality, rape, corruption, bribery, self-centered egoism, youth unrest, eve-teasing, communal violence, cyber-crime, etc. Everyone reads such occurrences which have adversely affected the development of knowledge, creative attitude, positive thinking, literature, culture and formation of well-balanced personality of the future generation.

Bhagvad Gita teaching at all stages of education will develop character, life skills and moral values among the students and in that sense we will create an ideal society.

**Key Words :** Bhagvad Gita, Character Building, Life Skills, Value education etc.

## Introduction

The Bhagavad Gita, often referred to as the Gita, is a sacred Hindu scripture that serves as a guide to life and offers valuable philosophical insights to mankind. Rooted in ancient Indian wisdom, the Gita addresses various aspects of human existence, including ethics, duty, spirituality, and self-realization. In recent times, there has been an increasing recognition of the relevance of the teachings of the Bhagavad Gita in shaping the Indian education system. This write-up explores the potential benefits and applications of incorporating the principles of the Gita within the Indian education framework.

The Bhagvadgita will be definitely helpful to the all students from KG to PG. It will inculcate the holistic development of the students and will help to create good Indian citizens.

## Aims

This research mainly highlights the importance of Bhagvad Gita for developing character, life skills and moral values among our youths and attempts have been made to make education value-oriented through that we will be able to build billions of characters.

## Objectives

It is an attempt by the researcher to present and overview regarding the following objectives.

- To make awareness about the importance of BHAGVAD GITA for building good characters for the country.
- To take the knowledge of various life skills through Bhagvad Gita.

- To recognize the importance of BHAGVAD GITA for holistic development of the students of all age groups.
- To study the causes of value crisis among the youth in the different perspectives;
- To analyze the importance or need of value-oriented education and to provide some measures to make education value oriented to build morally good characters for the country.

### **Methodology**

The study is mainly analytical in nature. The secondary information has been collected from various government publications, reports, monographs, books, journals and newspaper etc. Further internet source and websites are also consulted for purpose.

### **Causes of value -crisis**

In our society we generally observed that there is a lack of respect towards our culture, religion, moral and social values among the youths. Due to the rapid growth of scientific and technological development the relation between teacher students and parents-children is deteriorating. The growth of nuclear family in the society sometimes has influenced in creating problems among youths. Lack of proper value orientation of educational system is responsible for value-crisis in Indian society today for the following reasons:

- The present Indian educational system is reflecting more or less borrowed ideologies and philosophies and national values are being neglected to the background.
- The educational system ,syllabies and Teachers have failed in their responsibilities. The teacher educators are not being clearly oriented to the national values, ideas and ideologies.
- Our school and colleges have become examination centre not value-centre. Parents have failed to bring up their children properly.
- Our national leaders too have not set a good example.
- It is observed that the newspaper and electronic media frequently focus some of the occurrences which may adversely affect the mind of younger generation.
- The excess use of internet and mobile that means wp, face-books, reels etc.

### **Value Oriented Education & Character-building Need of the hour**

Our country is facing tremendous values crisis today and so many unsatisfactory occurrences have arisen due to crisis of value and character. Now the question arises: what is the remedy of all these ills? There is a great need to equip the present education, being imparted to children, with values of life in order to make them good human beings. Values bring quality and meaning to life and give a person his identity and character. Garnett, (1975), defines value as „certain behaviour or ways of life regarded as more desirable than others“. The most valuable human possessions are health, harmony, happiness, wisdom and above all character reflecting ethical and moral human values. When these values are manifested in one’s thoughts, speech and actions, he could be called an enlightened person. As we think sincerely and consciously, we become more value conscious. Our actions and behavior reflect our ideas and feelings. It is to be injected into the minds of the students through the education system that “we do not work for name, fame, money, power and status, but for greater growth for cultivating values, for building up strong character and for wisdom so that our intrinsic value enhances.” The main function of education is to development of an all-round and well-balanced personality of students. The prominent Indian educational thinker Swami Vivekananda observed, “Education is not the amount of information that is put in your brain and run riots there, we want that education by which character is formed, strength of mind is increased, the intellect is expanded by which one can stand on one’s own feet”. Hence after Independence, continual attempts have been made for inculcation of right values in the students of at different stages of education. The University Education commission, 1948 considered both philosophical as well as practical aspects of values and made certain valuable proposal for reforms in this respect is necessary. The Kothari commission (1964-66) has observed, „ The expanding knowledge and the growing power which it places at the disposal of modern society must therefore, be combined with the strengthening and deepening of the sense of social responsibility and keener appreciation

of moral and spiritual values. The New Education Policy (1986) and Ramamurti Committee (1990) also stressed, “Education must further provide a climate for the nurture of values both as a personalized set of values forming one’s character and including necessarily social, cultural and national values, so as to have a context and meaning for actions and decisions and in order to enable the person to act “With conviction and commitment”.

### **Strategies FOR educational Institution**

In India, our educational Institution could take following strategies to make education value oriented which may help our new generation to keep aside from unrest problems and will help to lead a successful life.

#### **Bhagvad Gita in Education:**

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##### **1. Ethical Foundation:**

The Bhagavad Gita lays a strong emphasis on ethical conduct and moral values. Integrating these principles into the education system can help foster a sense of integrity, honesty, and compassion among students. By studying the Gita, students can gain a deeper understanding of the importance of leading a righteous life and making ethical choices, thereby shaping their character and behavior.

##### **2. Holistic Development:**

Indian education has traditionally emphasized holistic development, focusing on the overall growth of an individual—intellectually, emotionally, and spiritually. The Bhagavad Gita provides valuable insights into self-realization and the pursuit of knowledge. By incorporating the Gita's teachings, the education system can encourage students to develop a well-rounded personality, nurturing their intellectual abilities while also fostering emotional intelligence and spiritual awareness.

##### **3. Stress Management:**

In the modern education system, students often face immense pressure and stress. The Bhagavad Gita offers practical techniques for managing stress and achieving mental equilibrium. It teaches the art of detachment, mindfulness, and the importance of maintaining inner calm amidst life's challenges. Integrating such teachings can provide students with valuable tools to cope with stress, improve their well-being, and enhance their academic performance.

##### **4. Values-based Education:**

Values play a crucial role in shaping individuals and societies. The Gita emphasizes values like discipline, perseverance, selflessness, and dedication to one's duty. By infusing value-based education derived from the Gita, the Indian education system can help instill these qualities in students, creating responsible citizens who contribute positively to society.

##### **5. Life Skills and Decision-making:**

The Bhagavad Gita imparts practical wisdom for decision-making and problem-solving. It emphasizes the importance of critical thinking, discernment, and the ability to make sound choices. By integrating the Gita's teachings, the education system can equip students with essential life skills, empowering them to make informed decisions and navigate the complexities of life effectively.

The incorporation of the teachings of the Bhagavad Gita within the Indian education system can have profound benefits. By infusing ethical foundations, promoting holistic development, providing stress management techniques, nurturing values, and enhancing decision-making skills, the education system can foster well-rounded individuals who are not only academically competent but also morally upright and spiritually aware. The timeless

wisdom of the Gita can guide students on a path of self-discovery, leading to a more enlightened and harmonious society.

### **Innovative Ideas Used by other Countries**

Today, rational thinkers, educators and sociologists are concerned with the problem of value crisis among the youths and how best values can be inculcated and internalized by the students. Many ideas are coming up and some of them are actually practiced. One such program is the “Living values Education programme”(LVEP) which is being experimented with China, Australia, Indian, Japan and Indonesia etc. The aim of LVEP is to create value-based learning environment. It is a comprehensive programme which encourages developing inter personal. Social and emotional skills games, artistic activities like songs, dance and discussions are part of the program.

### **Recommendations**

The elements of education like teacher, students, parents and management should work cooperatively to inculcate values among students. In this regard we may suggest following ways to make education value oriented.

- The educationalist and syllabus framers use BHAGVAD GITA as a text book at all levels of education for creating good human beings for the society.
- To inculcate the desirable social, spiritual and moral values and to establish peace and harmony in the society and global peace at large, it is very essential that the value orientation is started at home itself by using Bhagvad Gita.
- Teachers are not only the torch bearers of knowledge but also the protectors and preservers of values. Values can be inculcated setting examples. Teachers have to lead a virtuous life, socially desirable and acceptable one through the reading of BHAGVAD GITA.
- Create consciousness about own self and society. Each and every youth should be made conscious about anti-social activities and taught to develop moral courage to fight against them through the **BHAGVAD GITA**.

### **Conclusion**

So, value-oriented and character building should be the arch-theme of our education. From the foregoing discussion it can be concluded that education cannot be made value oriented alone. The success of any programme hinges on the degree of commitment on the part of the other components of the school community-parents, management, friends, classmates, educational authorities and society in general. The wholehearted cooperation of all formal and non-formal agencies of education is needed very much. That is why the strategy of value-oriented education is a challenge for teachers, parents and society at large. Lastly, we may conclude. “Try not to be a man of success but rather try to be a man of value” By Albert Einstein.

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