

ABSTRACT

Name : RESHMA GOVARDHAN KAMBLE

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Ancient India has served as the foundation head of all the disciplines of knowledge. Similarly, *Bhagavadgītā* is one of the greatest scriptures of Indian Philosophy, which is popular not only in India but all over the world. It is like an ocean of knowledge where we can find valuable pearls of God's teachings that can make one's life valuable and purposeful.

In Indian philosophy along with the five sense organs, "mind" is also accepted as sixth sense organ, which affects the human personality. It is a well-known proverb "As you think, so shall you be". According to healthcare data, on an average in a day, we take 2-3 liter water, 1 kg food, we inhale 11,000 liters of air and it has been calculated that we create 25,000 to 50,000 thoughts in a day. Hence naturally the mind will influence the human personality. So such a pivotal role is played by the mind. We can see that the entire Bhagavadgītā profusely talks on the mind process. It gives the key to understand it, how can we control our mind, who is the controller of the mind and what exactly the human personality is and how it can be developed.

Arjuna is the permanent example of a confused man. This paper will highlight on how the teachings of Bhagavadgītā gave the strength to Arjuna. Similarly, the teachings of Bhagavadgītā are so high that, a person who is surrounded with many problems can get the solution to his problems and at the same time through the divine values that are being taught, he can develop his personality in an elevated way.