



NEW HORIZON COLLEGE OF ENGINEERING

New Horizon Knowledge Park, Ring Road, Marathalli
Autonomous College Permanently Affiliated to VTU, Approved by AICTE & UGC
Accredited by NAAC with 'A' Grade, Accredited by NBA

EMOTION BASED BHAGAVAD GITA

MINI PROJECT (24MCA28)

REPORT

Submitted by

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In partial fulfillment for the award of the degree of

MASTER OF COMPUTER APPLICATIONS

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DEPARTMENT OF MASTER OF COMPUTER APPLICATIONS

CERTIFICATE

This is to certify that **ABHINAV REDDY R** bearing **USN 1NH24MC001** and **ACHYUT** bearing **USN 1NH24MC004** has successfully completed their Semester II Mini Project entitled **EMOTION BASED BHAGAVAD GITA** as a partial fulfillment of the requirements for the award of **MASTER OF COMPUTER APPLICATIONS** degree, during the Academic Year **2024-25** under my supervision. This report has not been submitted to any other Organization/University for any award of degree.

Signature of the Guide

Head of the Department

External Viva

Internal Examiner
Examiner

External

Date:


DECLARATION

We, **ABHINAV REDDY R**, bearing USN 1NH24MC001 and **ACHYUT**, bearing USN 1NH24MC004 of MCA Semester II, hereby declare that the project work entitled **EMOTION BASED BHAGAVAD GITA** has been carried out by me under the supervision of Internal Guide **Prof. Diksha Dhiman, Asst. Professor** and submitted in partial fulfillment of the requirements for the award of the Degree of Master of Computer Applications by Department of Master of Computer Applications, New Horizon College of Engineering, an Autonomous Institution, Affiliated to Visvesvaraya Technological University during the academic year **2024-25**. This report has not been submitted to any other Organization/University for any award of degree.

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ABSTRACT

The *Emotion-Based Bhagavad Gita* is a heartfelt desktop application designed to connect users with the timeless wisdom of the Bhagavad Gita in a way that feels personal and emotionally supportive. The idea behind this project is simple yet powerful — when a person is going through strong emotions such as anger, fear, happiness, sadness, or confusion, they are often seeking clarity, calm, or direction. Our system helps fulfill that need by offering a relevant verse from the Bhagavad Gita based on the user's current emotional state.

The application begins by asking the user how they feel. Once an emotion is selected, the system responds by displaying a verse that speaks to that emotion. Along with the chapter number and verse number, the verse is presented in three different languages — *Hindi*, *English*, and *Kannada* — to ensure accessibility for users from diverse linguistic backgrounds. To help the user understand the deeper meaning, the verse's explanation in English is also displayed in a clear, simplified manner.

But the system doesn't stop at just the verse — it goes a step further by showing a short moral story related to the selected emotion. This story helps the user relate the verse to real-life situations and better understand how their current emotion might affect their thoughts and actions. It creates a moment of self-reflection, guiding the user gently toward inner peace and wisdom — just as the Gita itself intended.

From a technical perspective, the project is built using a Java-based backend with Java Swings used for creating the graphical user interface. This allows the application to run smoothly on desktops and laptops, providing a familiar and responsive experience. The data — including verses, stories, and emotion mappings — is securely stored and managed using SQL Server, ensuring that all content is organized, easy to access, and safe.

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CHAPTER 1

INTRODUCTION

In today's fast-paced world, emotional well-being has become a central concern for individuals across all walks of life. Technology, while often contributing to stress, can also serve as a means for emotional healing when combined with ancient wisdom. The *Bhagavad Gita*, a revered Indian scripture, offers deep insights into the nature of the mind, emotions, and the human journey. This project seeks to harness those teachings by developing a system that recommends Bhagavad Gita verses based on the emotional input of a user. The core idea is to connect a person's emotional state with spiritually aligned messages from the Gita, offering comfort, guidance, and introspection through context-aware interaction.

1.1 Requirement Analysis

A successful perpetration of the Emotion- Grounded Bhagavad Gita Recommender requires a careful understanding of both stoner needs and system capabilities. The system must be suitable to accept an emotion from the stoner, match it to the applicable verse, and present it in an accessible and meaningful way. Below is the analysis of the essential system conditions.

1.1.1 Functional Requirements

- The system should accept an emotion (e.g., happy, sad, anxious, angry) as input.
- It must retrieve a Bhagavad Gita verse associated with that emotion from a pre-defined database.
- The output should include the verse in Hindi, English, Kannada its meaning in English and a brief explanation with moral story.

1.1.2 Non-Functional Requirements

- The application should provide results quickly and accurately.
- The user interface must be simple, clear, and easy to navigate.
- All text, including Sanskrit, must render correctly across devices

1.2 Objectives

1.2.1 To Recommend Emotion-Based Bhagavad Gita Verses

The main goal of the system is to analyze the user's emotion and suggest a relevant Bhagavad Gita verse, offering personalized guidance based on their emotional state.

1.2.2 To Promote Spiritual and Emotional Well-being

By connecting emotions with spiritual wisdom, the system aims to support users in dealing with emotional challenges. It encourages self-reflection and promotes inner peace through exposure to timeless philosophical teachings.

1.2.3 To Integrate Ancient Wisdom with Modern Technology

The project demonstrates how classical scriptures like the Bhagavad Gita can be effectively used in modern applications. By combining emotion recognition and scripture recommendation, the system shows the relevance of traditional knowledge in today's tech-driven world.

1.3 Scope of the Work

The system focuses on a simplified yet effective approach to scripture-based emotional support.

The major components include:

- Emotion-Driven Interaction
- A curated verse repository tagged according to emotional themes such as peace, courage, grief, confusion, and determination.
- Future improvements could include voice input, broader emotion detection, or integration with meditation and journaling tools.

1.4 Limitations

- Emotion input is limited to a fixed set of recognizable terms; free-form expression is not yet fully supported.
- The system is not designed to address clinical or psychological issues and should not be used as a substitute for professional mental health support.
- The number of verses included is limited and does not cover the entire Bhagavad Gita.
- The interpretation provided is basic and may lack the depth of traditional commentary.

CHAPTER 2

REVIEW OF LITERATURE

2.1 Review Summary

The Bhagavad Gita emphasizes dharma as the cosmic law governing individual conduct, prompting individualities to fulfill their moral scores irrespective of particular solicitations. Sri Krishna advises Arjuna to perform his duty in battle, illustrating that adherence to dharma takes priority over particular passions. This perspective shapes mortal geste by promoting conduct aligned with cosmic principles, fostering a sense of responsibility and ethical conduct, eventually guiding individualities toward achieving good air and spiritual emancipation(moksha). Mathias Yuvan Shunmugam, Maniraj Sukdaven, 2024[1]

The Bhagavad Gita emphasizes dharma (righteous duty) as central to human behavior, guiding individuals to perform their responsibilities without attachment to outcomes. It teaches that adhering to one's dharma fosters selflessness and societal welfare, leading to internal transformation and liberation (Moksha). By practicing righteous actions (Karma), devotion (Bhakti), and wisdom (Jnana), individuals cultivate purity of heart and mind, ultimately overcoming desires, anger, and greed, thus achieving a harmonious existence aligned with their true nature and purpose. N. S. Harshavardhana, Kuravanka S Srinivas ,2022 [2]

The Bhagavad Gita emphasizes the concept of dharma as a guiding principle for ethical and moral conduct, influencing human behavior by encouraging individuals to act in accordance with their responsibilities and duties. This alignment with dharma fosters a sense of purpose and integrity, promoting harmony within oneself and society. In the context of leadership, the Gita's teachings inspire leaders to transcend mundane existence, restoring core human values essential for sustainable development and addressing the challenges of an uncertain world. R. Jai Prakash 2022 [3]

The Bhagavad Gita explores dharma as a complex moral construction rather than a rigid set of rules, emphasizing the paradox of existence. It illustrates how individuals, like Arjuna, navigate conflicting duties and moral dilemmas, ultimately advocating for *niskama karma* or disinterested action. This synthesis of action and non-action impacts human behavior by encouraging individuals to confront their responsibilities while recognizing the inherent contradictions in their choices, thus redefining dharma at a metaphysical level. Abilash Chandran Ramchandran,2020 [4]

The Bhagavad Gita emphasizes dharma, or duty, as a central theme, particularly through Arjuna's moral dilemma on the battlefield. Krishna instructs Arjuna on the importance of fulfilling one's responsibilities without attachment to the results. This guidance impacts human behavior by encouraging individuals to act in accordance with their roles and ethical obligations, fostering self-mastery and inner peace. The Gita's teachings on dharma remain relevant, guiding individuals in navigating their own responsibilities in life. Eknath 2007[5]

CHAPTER 3

SYSTEM CONFIGURATION

3.1 Hardware Requirements

Component	Minimum Requirement
Processor	Intel Core i3 or equivalent
RAM	4 GB or higher
Hard Disk	Minimum 500 MB free space
Display	1024 × 768 resolution or higher
Input Devices	Keyboard, Mouse
System Type	32-bit or 64-bit Operating System

3.2 Software Requirements

Software	Details
Operating System	Windows 10 or later
Programming Language	Java (JDK 8 or above)
IDE	Eclipse / IntelliJ IDEA / NetBeans
Frontend Framework	Java Swing (for GUI)
Database	SQL Server / MySQL
JDBC Driver	For Java–SQL connectivity

CHAPTER 4

SYSTEM ANALYSIS

The Emotion- Grounded Bhagavad Gita design is courteously divided into several functional modules, each responsible for a specific task. These modules work together to produce a meaningful and interactive stoner experience by relating feelings and guiding druggies with the spiritual wisdom of the Bhagavad Gita.

4.1 USER INTERFACE

The first module is the User Interface Module, which acts as the main point of interaction between the user and the system. This module is built using Java Swings and is designed to be simple, responsive, and user-friendly. It allows users to begin the journey by responding to a short set of questions that help the system understand how they are feeling. All responses are collected and passed on seamlessly to the next stage for emotion processing.

4.2 EMOTION DETECTION MODULE

Next comes the Emotion Detection Module, which plays a crucial role in analyzing the user's responses to the questionnaire. This module uses a set of predefined rules or logic to map the answers to a specific emotional state such as anger, fear, sadness, happiness, or confusion. Once

the emotion is identified, the system moves to the next phase where meaningful content is selected for the user.

4.3 VERSE RECOMMENDATION MODULE

The heart of the design lies in the Verse Recommendation Module. Grounded on the detected emotion, this module searches the database for a applicable verse from the Bhagavad Gita. Each verse is precisely counterplotted to one or further feelings, icing that the stoner receives guidance that feels particular and timely. This module fetches the chapter number, verse number, and the verse textbook in multiple languages .

4.4 MORAL STORY MODULE

To make the content even more relatable, the Moral Story Module displays a short, emotion-specific story along with the verse. These stories are simple yet impactful and help the user connect the spiritual message with real-life situations. The stories also enhance emotional clarity and make the experience more engaging, especially for young users or those new to spiritual texts.

4.5 DATABASE MANAGEMENT MODULE

Supporting all these modules is the Database Management Module, which stores all the important content similar as verses, restatements, emotion mappings, and stories. This module uses SQL Garçon for effective data storehouse and reclamation. It ensures that the system can handle queries snappily while keeping the data structured and secure.

4.6 ADMIN MODULE

Lastly, there is an optional Admin Module that allows system administrators to manage the content. Through this module, new verses can be added, emotion mappings can be edited, and moral stories can be updated. This ensures that the system stays fresh and can be continuously improved based on user feedback or future requirements

CHAPTER 5

SYSTEM DESIGN

5.1 DATABASE DESIGN

The EMOTION BASED BHAGAVAD GITA project's database architecture is set up to effectively handle and store information about emotions, bhagavad gita , verses, languages, and moral story. Data integrity, ease of retrieval, and smooth integration between the system's various functionalities are all guaranteed by the design. The main entities and their connections described below, giving readers a thorough grasp of the database structure.

Table 5.1 Emotions Table

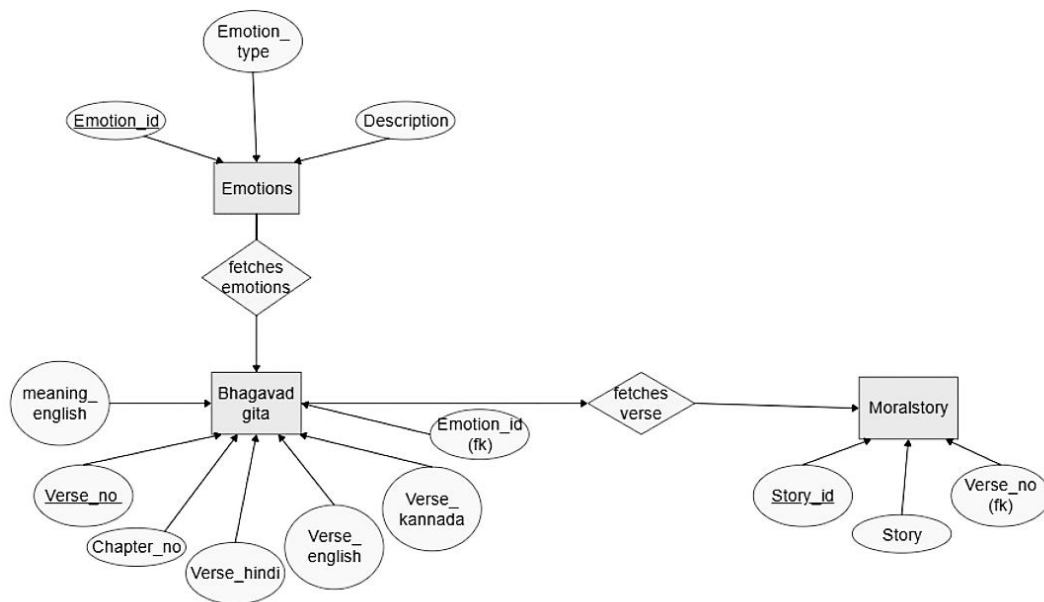
Field	Data Type	Length	Description
emotion_id	INT	04	Unique identifier
emotion_type	VARCHAR	100	Stores emotions
description	TEXT	65,535(max)	Describes Facial expressions of user

Table 5.2 Bhagavad Gita Table

Field	Data Type	Length	Description
Verse_no	INT	04	Stores verse no
Chapter_no	INT	04	Stores chapter no
Verse_Hindi	TEXT	65,535(max)	Stores verse in Hindi
Verse_English	TEXT	65,535(max)	Stores verse in English
Verse_Kannada	TEXT	65,535(max)	Stores verse in Kannada
Meaning_English	LONGTEXT	4gb(max)	Stores meaning of verse
Emotion_id	INT	04	Foreign key

Table 5.3 Moral story Table

Field	Data Type	Length	Description
Story_id	INT	04	Unique identifier
Story	LONGTEXT	4gb(max)	Stores the moral story
Verse_no	INT	04	Foreign key

**Fig 5.2 ER Diagram**

CHAPTER 6

SYSTEM IMPLEMENTATION

6.1 Technology Stack

To build the Emotion-Based Bhagavad Gita system, we chose a set of technologies that are simple, efficient, and well-suited for creating a web-based application. Our aim was to design a platform that's both responsive and emotionally intelligent, while also being easy to maintain and expand in the future.

For the frontend, we used standard web technologies like HTML and CSS to design the structure and appearance of the web runners. HTML allowed us to organize the content similar as buttons, textbook, and images), while CSS helped us apply styling to make the interface visually appealing. To make the operation interactive, we used JavaScript, which handles effects like form confirmation, dynamic content updates, and smooth transitions. In case a element grounded UI was demanded, we also considered using React.js to make a dynamic and fast stoner experience.

On the backend, we used technologies like Java or Python(Flask/ Django) or Node.js depending on the perpetration approach. These technologies handled the core sense of the system, including recycling the answers from the emotion questionnaire and reacquiring the applicable verses and stories from the database. If using Java, Servlets were used to manage requests and responses; if using Node.js, Express.js was used to handle routing. We also enforced an emotion discovery module that interprets the questionnaire responses and maps them to the right emotion order.

For data storehouse, we used a relational database similar as MySQL or SQLite. This database stores all the crucial information, including Bhagavad Gita verses, their explanations, associated moral stories, and mappings between feelings and verses. The data is well- structured and relational, making it easy to query and maintain. Each emotion is connected to one or further verses, and each verse may be linked to a short, meaningful story for better understanding.

In addition to the core technologies, we used tools like Visual Studio Code as our main law editor, which made development easier with helpful features like syntax pressing and extensions. For interpretation control and collaboration, we used Git and GitHub to keep track of law changes and manage updates efficiently. We also included visual advancements similar as Google sources and icon libraries to make the operation more stoner-friendly and ultramodern in appearance.

Overall, this technology mound was chosen to balance simplicity, performance, and stoner experience. The tools and languages used are extensively espoused and have strong community support, which makes the system dependable and easier to upgrade in the future. By combining a smooth stoner interface with a important backend and smart emotion- mapping sense, the design successfully brings the dateless wisdom of the Bhagavad Gita into a substantiated digital experience.

6.2 Module Overview

The Emotion- Grounded Bhagavad Gita design is erected around a series of modules, each playing a unique part in delivering a substantiated and meaningful experience to the stoner. Together, these modules help descry a person's emotional state and suggest a verse from the Bhagavad Gita that resonates with their current passions. Below is a detailed, yet simple explanation of each module and how they work together. The first and most important part of the system is the Questionnaire & Emotion Discovery Module. Rather than directly asking someone how they feel, this module presents a set of gentle, allowed provoking questions. The stoner's responses are anatomized to understand their emotional state — whether they're feeling sad, anxious, confused, calm, or motivated. This emotion becomes the foundation on which the rest of the experience is erected.

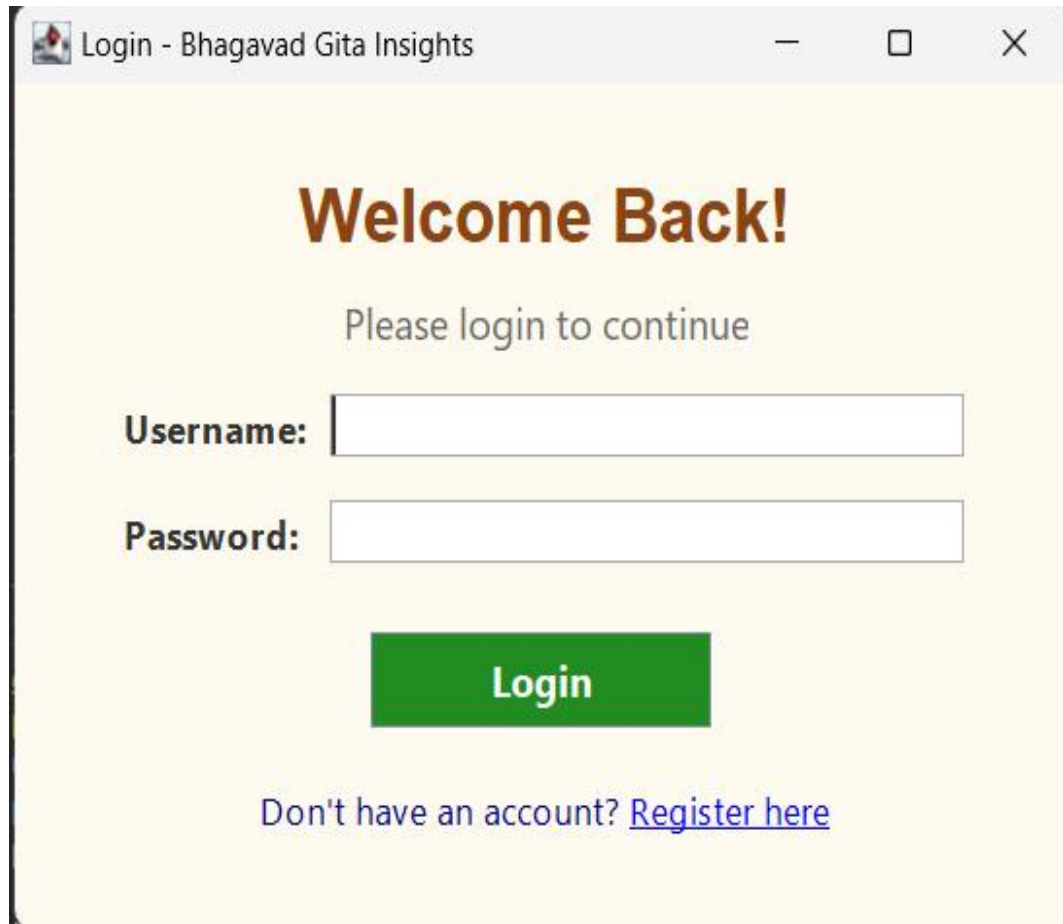
Once the emotion is linked, the Verse Recommendation Module takes over. This module uses pre- defined mappings between feelings and specific Bhagavad Gita verses. The thing is to suggest a verse that aligns with the stoner's current mood. For instance, if someone is feeling overwhelmed or unsure, the system may provide a verse that encourages inner strength and clarity. The aim is to make the ancient wisdom of the Gita feel relatable and timely.

To make the verses easier to understand and further poignant, we've included a Story and Explanation Module. This module displays a simple moral story or a practical explanation that relates to the verse shown. These stories help break down complex spiritual ideas into easy, everyday language, especially for youngish druggies or those new to the Gita. The stoner Interface(UI) Module ensures that all these features are presented in a clean, comforting, and accessible way.

It allows druggies to easily navigate through the questionnaire, view their recommended verse, and read the affiliated story. Thoughtful design choices, similar as fountain size, layout, and colors, make the experience pleasurable and distraction-free. Supporting the entire system is the Database Management Module, which holds all the Bhagavad Gita verses, emotion mappings, moral stories, and language options.

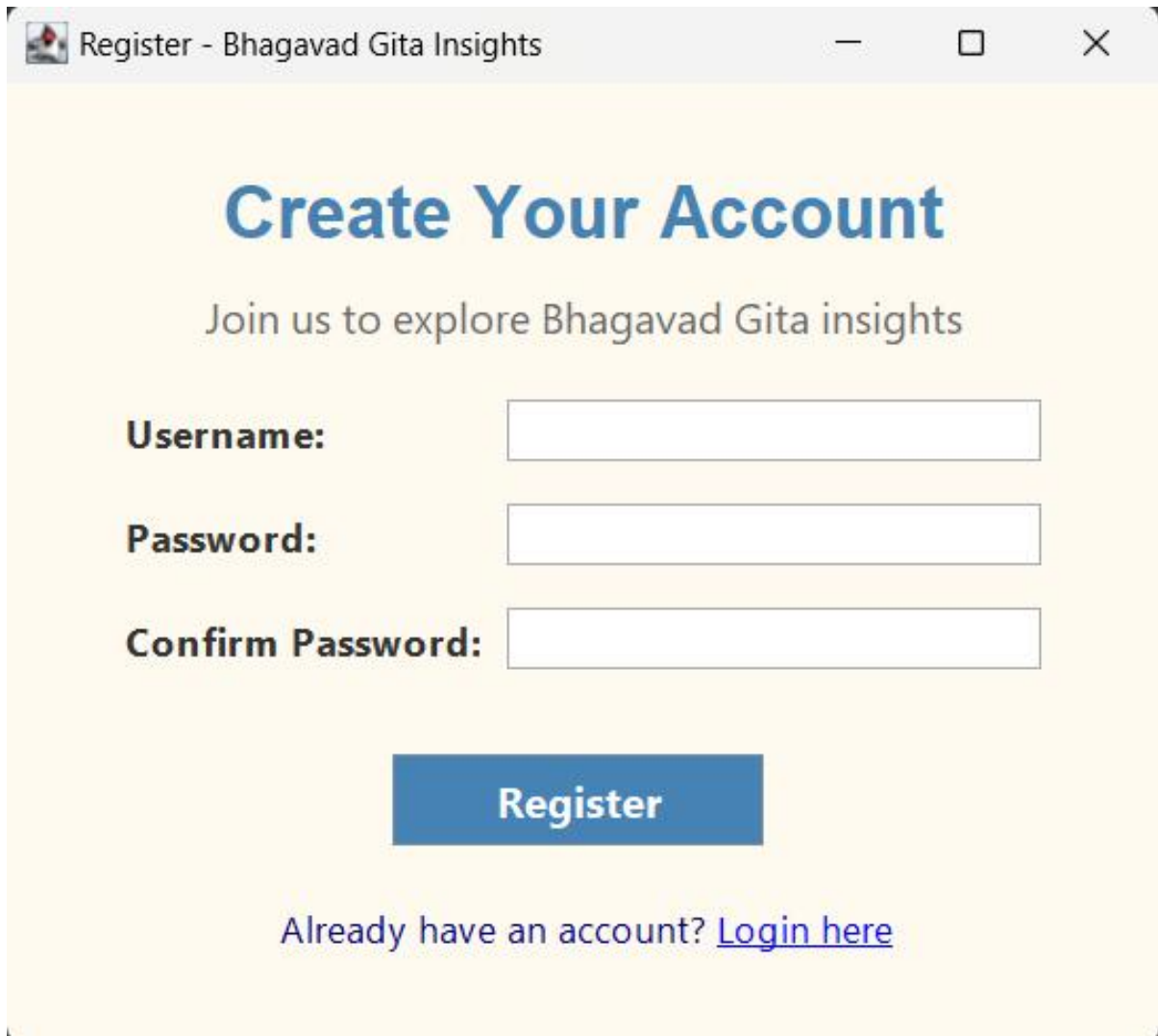
This module ensures that the information is well- organized, easy to recoup, and harmonious. It plays a pivotal part in keeping the app accurate and responsive. For long- term conservation, we also have an voluntary Admin Module. This is where new verses can be added, emotion mappings streamlined, or feedback reviewed. It helps the system evolve over time and remain applicable as further druggies interact with it. In summary, each module in the Emotion- Grounded Bhagavad Gita design is designed with the stoner's emotional and spiritual trip in mind. From detecting passions to offering comforting wisdom, every part of the system works together to produce a probative and uplifting experience.

6.3 Screenshots



The screenshot shows a web browser window titled "Login - Bhagavad Gita Insights". The page has a light yellow background. At the top, it says "Welcome Back!" in a large, bold, brown font. Below this, it says "Please login to continue" in a smaller, gray font. There are two input fields: "Username:" and "Password:". Below the "Password:" field is a green button with the text "Login" in white. At the bottom, it says "Don't have an account? [Register here](#)" in a blue font.

Fig 6.1 Login Page



The image shows a web browser window titled "Register - Bhagavad Gita Insights". The page has a light yellow background and features the heading "Create Your Account" in a large blue font. Below the heading is the text "Join us to explore Bhagavad Gita insights". The registration form consists of three labeled input fields: "Username:", "Password:", and "Confirm Password:". Each label is in bold black text, and each input field is a white rectangle with a thin grey border. Below these fields is a blue rectangular button with the word "Register" in white. At the bottom of the form, there is a link that says "Already have an account? [Login here](#)".

Fig 6.2 Registration Page

Identify Your Emotion - Bhagavad Gita

Namaste, AchyutKulkarni!

Please select the option that best reflects your current feeling for each question:

1. How do you react when someone criticizes you?

- ☐ I feel very angry and defensive
- ☐ I try to understand their point
- ☐ I feel sad and withdrawn
- ☐ I laugh it off happily
- ☐ I get scared about what they might do next

2. How do you feel when you are alone?

- ☐ Content and happy
- ☐ Confused about what to do
- ☐ Lonely and sad
- ☐ Angry at being left alone
- ☐ Anxious and fearful

Get Gita's Guidance

Fig 6.3 Questionnaire Page

Insights for Your Emotion: HAPPY

Bhagavad Gita Verse:

Chapter and Verse: 5:39

Hindi:
जो व्यक्ति सभी इच्छाओं से मुक्त होता है, जो अपने आत्मा में संतुष्ट होता है, और जो भौतिकवादी प्रवृत्तियों से Detached होता है, वह सर्वोत्तम सुख प्राप्त करता है।

English:
A person who is free from all desires, who is content in the self, and who is detached from all materialistic pursuits, achieves supreme happiness

Kannada:
ಎಲ್ಲಾ ಆಸೆಗಳಿಂದ ಮುಕ್ತನಾದವನು, ಆತ್ಮದಲ್ಲಿ ತೃಪ್ತನಾದವನು ಮತ್ತು ಎಲ್ಲಾ ಭೌತಿಕ ಅನ್ವೇಷಣೆಗಳಿಂದ ಬೇರ್ಪಟ್ಟವನು ಅತ್ಯುನ್ನತ ಸಂತೋಷವನ್ನು ಸಾಧಿಸುತ್ತಾನೆ.

Moral Story:

In a small town, there lived a wise monk named Aryan. People from all over came to seek his advice because of his calm demeanor and deep understanding of life.

One day, a wealthy man came to visit Aryan. Proud of his riches, education, and travels, the man boasted loudly: "I have everything—money, fame, knowledge—but I still feel restless and unhappy. Teach me how to find peace."

Aryan smiled and invited the man to sit down for a cup of tea. As Aryan began to pour the tea, he noticed the cup was already full. Despite this, he kept pouring, and the tea started to overflow, spilling onto the table.

Surprised, the wealthy man shouted

Fig 6.4 Bhagavad Gita verse and Moral Story

CHAPTER 7

SYSTEM TESTING

7.1 Testing Techniques – Emotion-Based Bhagavad Gita

Testing is an important part of any software project, and for our *Emotion-Based Bhagavad Gita* system, it helped ensure that everything works smoothly — from detecting emotions correctly to displaying the right verses. Since this project involves a personal and emotional user experience, we focused not only on technical accuracy but also on how users feel while interacting with the system.

To start with, we used Unit Testing. This fashion helped us check each module independently to insure that every part, like the emotion discovery sense or the verse- costing function, works exactly as anticipated. For illustration, we tested if a specific set of questionnaire answers rightly touched off the corresponding emotion, and whether the right verse appeared subsequently. Unit testing helped us catch and fix small issues beforehand in the development process.

We also carried out Integration Testing, which was all about checking if different parts of the system worked well together. This meant testing how the questionnaire results passed data to the verse recommendation module, and whether the user interface could correctly display the verse and related story. Integration testing gave us the confidence that all the individual modules were properly connected and communicating with each other.

Functional Testing played a key role in making sure the system did what it was supposed to do from a user's point of view. We tested all major features like selecting emotions, viewing verses, reading stories, and changing languages. Every button and interaction was carefully tested to ensure the system behaves as expected, even when users make mistakes like leaving fields empty or submitting the form too quickly.

Another important part was User Acceptance Testing (UAT). This involved asking a few real users — like classmates, friends, or faculty — to try out the system and give feedback. Their suggestions helped us improve the wording of questions, make the interface more intuitive, and ensure that the verses truly felt relevant to the emotions detected.

Lastly, we did Compatibility Testing to check whether the application works on different devices and screen sizes, such as phones, tablets, and laptops. Since this system is built to reach users emotionally, it was important that they could access it from anywhere, on any device, without performance or display issues.

In summary, by using a combination of these testing techniques, we made sure that the *Emotion-Based Bhagavad Gita* project not only runs without errors but also delivers a smooth, supportive, and meaningful experience to every user.

7.2 Test Cases

Test Case ID	Module	Test Scenario	Input	Expected Output	Status
TC01	User Interface	Verify UI loads correctly	Launch application	Application window opens with emotion questionnaire	Pass
TC02	Emotion Detection Module	Check correct emotion detection	Selected answers indicating sadness	Emotion detected as <i>Sadness</i>	Pass
TC03	Verse Recommendation Module	Fetch verse for detected emotion	Emotion = <i>Fear</i>	Verse mapped to <i>Fear</i> is displayed in all 3 languages	Pass
TC04	Verse Recommendation Module	Display verse details	Any emotion	Chapter no., verse no., verse in Hindi, English, Kannada	Pass
TC05	Moral Story Module	Display story related to emotion	Emotion = <i>Anger</i>	Relevant story for anger is displayed	Pass
TC06	Database Module	Check if verse and story retrieved from database properly	Emotion = <i>Confusion</i>	Correct verse and story are shown from database	Pass
TC07	Emotion Detection Module	Invalid or empty inputs	No answers selected	Display warning message	Pass
TC08	Admin Module (Optional)	Update verse for specific emotion	Admin updates verse for <i>Happiness</i>	New verse appears for emotion = <i>Happiness</i>	Pass
TC09	UI / Navigation	Test back and reset buttons	User clicks reset	Questionnaire form is cleared	Pass
TC10	Language Support	Check verse shown in correct language	Emotion = <i>Sad</i> , Language = Kannada	Kannada verse and English meaning shown	Pass

CHAPTER 8

RESULT AND DISCUSSION

By understanding the verse meaning of Bhagavad Gita these are the following results:

1. Clarity of mind and purpose.

You gain clarity on right vs. wrong, real vs. unreal, and permanent vs. impermanent.

Helps reduce distractions and strengthens mental concentration.

2. Emotional Balance and Inner Peace

Teaches you to act without attachment to outcomes. Encourages mastery over anger, lust, and ego.

3. Better Understanding of Duty and Responsibility.

Encourages you to perform your responsibilities sincerely without selfish desire. Promotes values like compassion, honesty, and humility, which improve relationships and social well-being.

4. Spiritual growth and Self—Realization.

Leads to awareness of your true nature beyond body and mind. Provides a roadmap for spiritual liberation through karma yoga, bhakti yoga, and jnana yoga.

5. Strength in facing life's challenges.

Inspires courage in adversity (as Arjuna was empowered to fight his inner battle). Encourages trust in the cosmic order and surrender to the divine will.

6. Personal transformation.

Encourages a sattvic (pure and balanced) lifestyle and mindset. Helps you understand your thoughts, desires, and purpose more deeply.

CHAPTER 9

REFERENCE

9.1 Text References

1. Gavade, S. S. (2023). *Exploring emotional regulation in the Bhagavad Gita: Psychological concepts and present relevance*. International Journal of Indian Psychology,
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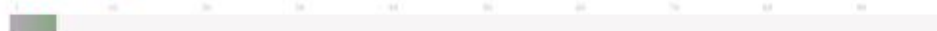
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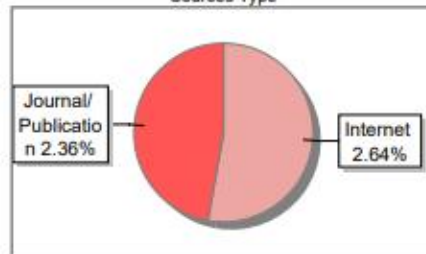
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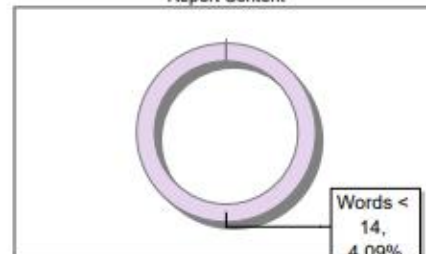
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