

*niyatam kuru karma tvam karma jyāyo hy akarmaṇaḥ |
sarīrayātrā 'pi ca te na prasiddhyed akarmaṇaḥ ||*

नियतम् *niyatam* bounden कुरु *kuru* perform कर्म *karma* action त्वम् *tvam* thou कर्म *karma* action ज्यायः *jyāyaḥ* superior हि *hi* for अकर्मणः *akarmaṇaḥ* than inaction शरीरयात्रा *sarīrayātrā* maintenance of the body अपि *api* even च *ca* and ते *te* thy न *na* not प्रसिद्धयेत् *prasiddhyet* would be possible अकर्मणः *akarmaṇaḥ* by inaction

Engage yourself in obligatory work ; for action is superior to inaction, and if inactive, even the mere maintenance of your body would not be possible. 8

Bathing, eating, sleeping—activities such as these are classified as *nitya* karma or obligatory work. These are indispensable for a robust living. No new merit is acquired by performing an obligatory work; but if any one fails to perform it, then one incurs demerit. Eating, for example is an obligatory work. By regularly nourishing oneself, one does not emerge as a better person, but if one neglects one's nourishment one becomes weak and emaciated, which is a demerit.

Bodily existence is required to achieve the several ideals in life. Keeping the body fit is therefore accepted as an aid in making the pilgrimage of life. If the body be not perfect, life gets frustrated. Action is the means to maintain it well. Those who desire an abundant life ought to be fully engaged in activities.

One ought not to be satisfied with discharging the obligatory duties alone. For, they can only