

complete cessation in existence are intervals of total holidaying from life, and they can neither make nor mar the individual's progress in his evolution.

Periods of activity create man. This creative-period depends upon what type of activity we venture upon. According to the ancient Seers, activities can be of two types, constructive or destructive. Constructive activities which contribute towards the evolution of the individual are termed here as *Karma*.

Destructive activities are those that are totally condemned by the *Shastras*, because they tend to devolve the individual, and those are termed in our text books as *Vi-karma*. The constructive activities (*Karma*) can be of three kinds: *Nitya* --- constant duties, *Naimittika* --- special duties on special occasions, and *Kamya* --- work purposeful and self-determined for winning a desirable result or reward.

Built upon the ancient *Vedic* doctrine, Krishna here expounds an elaborate theory of self-development. He says that life is but a name for continuous activities. These activities can fall within two distinct classifications as *Karma* and *Vi-karma*. Lord Krishna's advice to Arjuna is to avoid the forbidden actions (*Vi-karma*) and to pursue the constructive and creative activities of self-development (*Karma*). In this scientific analysis, without any formality, or mental reservation, Krishna totally rejects "inactivity" (*A-karma*).