

## Health and Wellness Interlaced in The Bhagavad Gita

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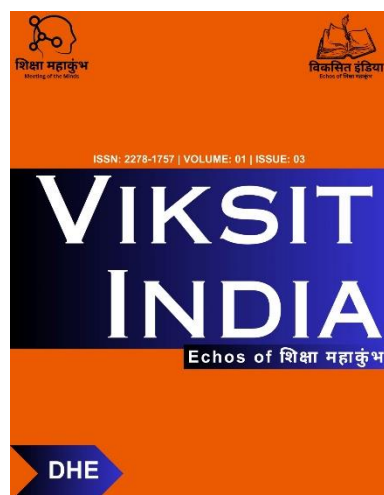
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### Abstract

Health and wellness are crucial ingredients towards happy living. In the absence of these two elements, life certainly comes to a standstill and one feels annoyed, dejected and lonely. Life, after all, is given to all of us only once so why not enjoy it to the fullest when given a chance by following these simple yet interesting tricks? One must remain tension free by surrendering all his worries, tensions and anxieties in the Lotus feet of Lord Krishna, make it a habit to do small acts of kindness daily. Moreover, do take out 'me time' every day even if it is for just 10 minutes but do take out as it helps to balance everything, try to help someone so that it brings a smile to that person's face: it cost nothing just a little initiative from your side will change the entire picture on the other side. Last but not least, never forget to pay gratitude to Lord for all that you have. In addition to this, always count your blessings and never ever lose your smile by worrying about the future and thinking about the past. In fact, overthinking makes the life of an individual a real mess from where it is difficult to come out. The sole aim of this research paper is to help an individual stay healthy, fit and fine by imbibing some of the paramount principles from the holy scripture The Bhagavad Gita. There is no doubt, in saying that The Bhagavad Gita is a complete book in itself which act as a guiding light, mentor and handy book for the solution to every problem that is encountered in the life of an individual.

**Keywords:** NEP2020, Digital Literacy, Pre-Service Teachers.

### Introduction

Health and wellness are integral parts of healthy, happy and joyful living. It is a way of leading a life in a joyful and positive manner. In the absence of these two pivotal elements, life comes to stand still mode. Then it is difficult to come out in spite of best-made efforts. So, it is always better to focus on good and positive things for a longer life span.

In addition to this, to keep oneself happy and healthy it is quite crucial to focus on some of the positive yet quintessential elements for joyous and healthy living at every phase of life. Moreover, if any individual is not healthy, fit and fine how can he think of enjoying life? Life, after all, is given to all of us just once so make efforts to live it, don't just go through it rather grow through it. That makes all the difference in life for the better times ahead.

In the words of William Shakespeare, "Our bodies are our gardens- our wills are our gardeners". It clearly indicates the fact that an individual must focus on their body because if the body is not healthy how it can work in the near future to earn a livelihood and take care of the entire family and work on the professional front as well?

There is no doubt in saying that people who belong to ancient times took good care of their health in every possible manner as compared to today's competitive world. They focus on doing more strenuous physical work and believe in eating healthy and homemade food. These ingredients are totally a miss in today's routine from the life of most an individual because of sedentary lifestyles, they have become couch potatoes in every manner, big in size, and good for nothing. So, to lead a life in such a manner is really of no use, just sheer waste of time and energy good for nothing.

Richard Baker is of the view, "To get rich never your risk your health. For it is the truth that health is the wealth of wealth". Always keep in mind never to risk one's life at any cost. Without health, man is nothing on this beautiful planet called earth.

Health and wellness are such crucial elements which cannot be negated at any cost because if both these things work simultaneously only then survival is possible. In fact, we can only work well if both these parts work well in appropriate coordination like a piano where every cord work in appropriate synchronization with one another. So, both health and wellness are considered important modes to progress well in life at every phase and stage without any delay and hurdle.

The research paper will primarily focus on health and wellness by keeping in mind *The Bhagavad Gita*. To talk broadly, this research paper will focus on how an individual can stay

well and healthy through The *Bhagavad Gita*. There is no bigger and more appropriate scripture than *The Bhagavad Gita*. All philosophies come under *The Bhagavad Gita*. *The Bhagavad Gita* does not come under any philosophy. Such is the underline beauty of the holy scripture *The Bhagavad Gita* which is flooded with major concepts that smuggle closely with our lives: peace, love, marriage, education, relationships etc. These domains form part of healthy and happy living.

To add up, in order to maintain health and wellness in life peace is the utmost priority both at personal and professional levels. Without, peace life is not worth living but sheer waste of time. Peace in all spheres of life is really necessary to flourish well in life as it keeps all things well-balanced in an accurate position. Apart from this, there is no better scripture except *The Bhagavad Gita* which teaches humanity such concepts in depth for a lifetime and it becomes crystal clear through these verse from *The Bhagavad Gita*.

“A person who has given up all desires for sense gratification, who lives free from desires, who has given up all sense of proprietorship and is devoid of false ego—he alone can attain real peace.” (ch-2, verse 71)

Peace is a concept of communicative brotherhood and harmony in the absence of bitterness and barbarity. In a social sense, peace is commonly used to mean a lack of arguments, discord and war. Above all, liberty from the terror of brutality between individuals and society.

Thus, for people who do not have ample time to read or are not in a habit to read lengthy scriptures such as the holy scripture *The Bhagavad Gita* due to over occupied schedule at the workplace and at home for them E- Gita is of great assistance. The major benefit of E- Gita is that an individual who wants to grab knowledge can easily attain it anytime and anywhere without any restriction. In addition, it is easily available with the touch of a button within the flip of a second. The only thing needed is inner urge and aspiration to attain and gain knowledge from where ever it comes from. Apart from this, what it demands is just a person's valuable time.

“One who is not connected with the Supreme in Krsna consciousness can have neither transcendental intelligence nor a steady mind, without which there is no possibility of peace. And how can there be any happiness without peace?” (ch-2, verse,66)

According to Buddha, “The mind is everything what you think you become”. So, it is always better to think positive, react less and focus on all the blessings that are present in your life. Mind, after all, is full of power to change the world and an individual only through the prime power of thinking and that too in a positive manner.

To conclude, peace is considered a personal tool which helps every living being to achieve heights and attain tranquillity. This, in turn, avoid uneasiness and havoc to make life better and more composed. Peace is pivotal in life to attain height, and growth both on the professional and personal front, working under calmness and with a balanced approach towards life in a focused manner increases positive results. It is important to focus on priorities in life rather than cribbing and grudging in life as it will give nothing

except pain and worry which eventually shorten the span of life and leads to various ailments.

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