

Lecture on Stress Management in Shrimad Bhagwadgita at PU

Chandigarh May 11, 2018

Department of Gandhian and Peace Studies, Panjab University, Chandigarh organised Special Lecture on 'Stress Management in Shrimad Bhagwadgita' by Professor R. K. Gupta, to pay tribute to Late Professor Jai Narain Sharma on his death anniversary.

Professor R. K. Gupta started his talk by saying that the very first chapter of Bhagwadgita is related to stress and narrated how Bhagwan Sri Krishna philosophically explained ways to come out of stress through Karma without attachment. He emphasised on removal of iness from the self and to perform duties in the interest of the society. Towards the end, Professor Gupta quoted Mahatma Gandhi by asserting that one should be Maha Swarthi because in Sanskrit Maha Swarthi means to end the sufferings of all human kind.

Interestingly, he told the audience that Mahatma Gandhi recited last 19 verses of Chapter II of Bhagwadgita daily, which are related to the quality of calmness and self control.

His talk was relevant to the life style of Late Professor Jai Narain Sharma who had practiced the teachings of Bhagwadgita throughout his life.