

NITYA

# Academic Resilience

Issues, Challenges  
and  
Strategies



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# Chapter 4

## Bhagavad Gita and Resilience

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### ABSTRACT

Bhagavad Gita and Resilience are inter-related where Lord Krishna guide and motivate Arjuna to become a resilient person. The Bhagavad Gita illustrates resilience as an essential quality for navigating the complexities of life. It teaches that resilience comes from understanding one's duty, maintaining a balanced and composed mind, practicing self-discipline, and having faith in a higher purpose. Through these teachings, the Bhagavad Gita provides a profound guide to facing challenges with unwavering determination and strength.

In the Bhagavad Gita, Lord Krishna makes an effort to enlighten Arjuna to this distinction and help him overcome his destructive sensual impulses in order to comprehend his true self. He makes an effort to sharpen Arjuna's mind by restoring his self-assurance and clearing away his doubts and discouragements on the battlefield (Kurukshetra).

Integrating the teachings of the Bhagavad Gita into one's life requires constant practice and reflection. By internalizing its principles, individuals can develop a strong foundation of resilience that enables them to face life's challenges gracefully and forcefully

Keywords: Bhagwad Gita, Academic Resilience

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### INTRODUCTION

The Bhagavad Gita is an ancient Indian scripture written by Maharshi Ved Vyasa which is a part of the Indian epic, the Mahabharata. Bhagavad Gita literally means 'The Lords Song', which was sung by Lord Krishna himself, who is Supreme Personality of God himself. It is a discussion between the courageous prince Arjuna and his friend, guide, mentor Lord Krishna on a variety of philosophical issues on a battlefield of Kurukshetra. Bhagavad Gita is about 5000 years old and has 18 chapters with 700 shlokas which is divided into three parts: First part says Karma Yoga (Duties), second part says Bhakti