

The Bhagavad- Gita- An Eternal Guide for Stress Management and Personality Development in The Modern Life

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Abstract

The Bhagwat Gita, which was spoken by Lord Krishna in the Kuruksehtra-Mahabharata battle, is a key to get rid of all stress related issues and anxieties. The Bhagwat Gita demonstrates logical and genuine methods for responding to the challenges that people confront daily life. The present study focuses on how stress can be managed through life lessons preached in Gita by Lord Krishna. The Gita is essentially a conversation between Arjuna, who succumbs to despair when he realises, he must fight his family, and Lord Krishna, who helps him cope with the dilemma and stress. The Bhagavad Gita is much more than a strictly philosophical or religious literature. There is an essential need to determine the Bhagwat Gita's standards and their application in everyday life as a successful method for executives and pressure adaptation. The Holy Gita, widely regarded as the earliest heavenly revelation, is perhaps India's greatest gift to the world. The Bhagwat Gita is a well-known factual precept. The most sacred supernatural science is managed by the Bhagwat Gita. The Bhagwat Gita, an ancient Hindu sacred text, is written for people of all ages and backgrounds. The Bhagwat Gita need no introduction and is revered in both Eastern and Western cultures. The Bhagwat Gita deals with human everyday worries, difficulties, and hindrances that people face from time to time in their daily lives. As a result, it works for people of every sexual orientation, race, religion, or culture. The Bhagwat Gita condenses the Vedas and Upanishads into a single text. The divine Bhagavat Gita entails three things: theory, practise, and realisation. A person's ability to adjust to ordinary pressures may be based on their understanding of theory, practise, and acknowledgement.

Keywords: life skills, stress, anxiety, materialist world, temporary desires, balanced life, psychological worries, denouncement, and philosophical literature.

Introduction

The Bhagavad Gita is a comprehensive practical guideline that comprises a set of rules for diverse aspects of human life. The Bhagavad Gita is found in the Bhishmaparva (Chapter 23-40) of Sri Veda Vyasa's magnificent Mahabharata. There are 18 chapters and 700 verses in it. Despite being a part of the Mahabharata, the Bhagavad Gita stands alone. This is alluded as the Fifth Veda. The words "Bhagavad Gita" both refer to "Divine/Lord" and "song," respectively. As a result, the Bhagavad Gita is sometimes referred to as "the Lord's/music." or A divine song

The Bhagavad Gita is filled with timeless, profound, and moral lessons (*SanathanaDharma*). It states that "man" or "individual self" (*jivatman*) has three aspects: (a) the physical body and its organs, (b) the mental element - the faculties (*gunas*), brain (*manas*), and insight (*buddhi*), and (c) the otherworldly part - the spirit (*atman*). The profound part of man's genuine/fundamental essence is the untainted and everlasting soul (*atman*), not the physical and mental aspects (Part II, Verses 18 - 24). Furthermore, the receptors are superior to the body; the psyche is superior to the receptors; insight is above to the brain; and the Self (*atman*) is superior to the intellect (Chapter III, Verse 42).

The Bhagavad Gita has a significant spot in the sacrosanct books revered by Hindus. The book is loaded with citations that shed light while heading to the uncomfortable brain. It spreads the most significant insight in the world. In this article about illustrations taken from the Bhagavad Gita, we've focused on ten of the main examples. Prepare to become familiar with the insight of this subtle book. Actually, the book is among the top books with respect to profound, mental, and materialistic insight.

In the legendary sonnet "Mahabharata", in the Mahabharata, a confounded Arjuna seeks Lord Krishna's help in regards to the fight. Lord Krishna assisted Arjuna with understanding his questions by spreading out the rules that oversee the universe. These standards can be applied to settle large numbers of our issues even today. The Bhagavad Gita is thought to be a source of inspiration for many people who are important to the development of Indian independence

Need of the Study

Individuals are living under a lot of stress, whether it is from their jobs, careers, relationships, or ignorance. Consequently, they are facing distinct psychosomatic disorders due to expanding pressures throughout everyday life. Humans now have several types of therapies available, such as psychotherapy, behaviour treatment, emotional behaviour therapies, and so on. Due to the availability of psychiatric therapy and planning, they consult counselors. In any instance, the ancient religious scriptures, such as the Bhagwad Gita, describe actual daily human worries and how a man should deal with them. The Bhagwad Gita, which is being spoken by Lord Krishna in the Kurukshetra-Mahabharata battle, is the key to all issues and anxieties. The Bhagwad Gita demonstrates practical and true methods for responding to the stresses that people confront daily. This paper emphasises the importance of understanding the Bhagwad Gita's principles and their application in everyday life as a powerful instrument for people to cope with pressure and adapt resilience.

Method of the Study

The researcher selected qualitative method and it is also a concept-based study. In the process of deliberating stress management from the Bhagavad Gita through its spiritual, philosophical aspects and the state of emotional stability. Eleven major lessons are discussed in this study that connect to day-to-day life of human.

Findings

The main findings of the study are according to the objectives mentioned in the study.

Objective of the Study

This study elucidates on stress management from the spiritual aspect of Bhagavad Gita. This approach is enabled common men to understand the perception of Bhagavad Gita on Stress management.

Review of Literature

According to Bartley¹, The Holy Gita, considered one of the first divine revelations, is probably India's best gift to the world. The Bhagwad Gita is a well-known factual convention. The most sacred magical science is managed by the Bhagwad Gita. The Bhagwad Gita, an ancient Hindu sacred text, is written for people of all ages and backgrounds and it is also a powerful force

Bhawuk² asserts that The Bhagwad Gita, which was spoken by Krishna in the Kurukshetra-Mahabharat battle, is the key to all issues and anxieties. The Bhagwad Gita makes authentic and down-to-earth use of everyday difficulties that people face in their daily lives. It can also be shown by the fact that the Bhagwad Gita was not written in any sacred place, such as a temple or a Gurukul (university), but rather was recited by Krishna on the battlefield of the Mahabharata war. In this way, the Bhagwad Gita is a common-sense application of pressures and concerns encountered in many life situations. The 700 concise stanzas of the Gita provide an authoritative textbook for the study of self-acceptance. In no other philosophical or rigorous writing, does the concept of cognizance, oneself, the universe, and the incomparable come across in such a clear and deep way.

Ramana Pingili³ explains in his blog that Mahatma Gandhi, Aldous Huxley, Henry David Thoreau, J. Robert Oppenheimer, Ralph Waldo Emerson, Carl Jung, Bulent Ecevit, Hermann Hesse, and others read, admired, and gained inspiration and strength from this divine book. The Bhagavad Gita is a comprehensive religious text that addresses a wide range of concerns, tensions, hassles, and stress that individuals face in their daily lives. For example, the Bhagavad Gita passage below reveals that the most important and crucial justification for stress in one's life is a relationship to a specific result or outcome.

According to Ruffin⁴ As a reaction to natural domains as a compromising, stress is another sensation of strain in the physical, mental, and enthusiastic domains. Consistent pressure can cause a variety of problems and using handles might add to the stress of another situation. The psychological, emotional, behavioural, and cognitive outcomes of stress are listed in order. Pressure has physiological effects on heart rate, breathing, pulse, digestion, joint discomfort, asthma, and so on. The Yoga Vashishta also depicts how mental anguish may have physical consequences. Feelings refer to the inclination part of behaviour, such as gentle, agitation, fury, despair, misery, love, and preference.

¹ Bartley, C. (2011). An Introduction to the Indian Philosophy. London: Continuum International Publishing Group

² Bhawuk, D. P. S. (2011). Spirituality and Indian Psychology: Lessons from the BhagavadGita. New Delhi: Springer

³ Ramana Pingili, A blog about Spirituality, Yoga, Self-Improvement, Book Reviews, some of my personal experiences and thought. <https://urbanyogi.com> ,

⁴ Ruffin, N.J. 2009. Children and Stress: Caring Strategies to Guide Children, Virginia, Cooperative Extension Publication, pp. 350-354

Sharma (2014) ⁵focused on the Bhagwat Gita as a free psychological social treatment instrument. He reasoned that if the patient is classified according to his gunas as described in the Gita, CBT will be easier. Similarly, as explained in this book, separating one's self-image from the lead helps relieve people of all types of negative and ambiguous thoughts at the top of their priority list.

According to Stone *et al.* (1987)⁶, Serious levels of pressure disable the body's protective framework, Educators, like others, are individuals, and working under stressful conditions on a regular basis isn't good for their health. Educators are frequently discovered under a clear form of word-related stress. It's "a teacher's experience of awful sensations like pressure, dissatisfaction, outrage, and melancholy as a result of aspects of his profession as an educator."

According to Easwaran (1997)⁷, "There is no big issue in life that cannot be alluded to in the Bhagavad Gita for an ideal arrangement." In recent years, The Bhagavad Gita has been regarded as a never-ending source of wisdom in a variety of professions, including psychiatry (Jeste and Vahia, 2008), management, organisation, and authority, among others.

Rani (2013)⁸ investigated the impact of the Bhagavad Gita on today's educational situation. She picks out a few useful facts about training theory to get people excited about the current situation with training.

Atkinson and Hilgard (2003) ⁹state that the term "stress" refers to situations that are perceived as threatening one's bodily or mental well-being. These events are commonly referred to as "stressors," and people's reactions to them are referred to as "pressure reflexes."

Selye (1956) writes, "Stress is the mental reaction of the body to physical and mental requests."

S. Radhakrishnan¹⁰ says, in the current situation, Every individual has his characteristic nature, 'svabhava', and it is his obligation, 'svadharma', to make it viable in his life." The individual's fate is to comprehend "this magnificent chance."

Definitions of Stress

The sense of being too eager or mentally tense is known as stress. When one is unable to adjust, pressure becomes stress. It is created as a result of his reactions to specific events. It is the body's natural response to adapting to a circumstance and preparing to face a challenge with focus, strength, endurance, and increased readiness. Stressors are events that cause someone to become stressed. Pressure has been defined in a variety of ways by different practitioners.

According to Schuler (1980)¹¹ Stress is a condition in which a person is confronted with an open invitation requirement, or request, related to what the individual in question desires, and the outcome is regarded to be both uncertain and significant.

Selye (1956)¹² writes, "Stress is the psychological reaction of the body to physical and mental requests."

Lazarus and Folkman (1984)¹³ expressed that "stress is a psychological or actual peculiarity shaped by one's mental interpretation of the sensation and is a result of one's participation in the climate."

According to Atkinson & Hilgard (2003)¹⁴ "Stress relates to experiencing events that are considered to compromise one's physical or emotional prosperity. These events are commonly referred to as stressors, and people's reactions to them are referred to as pressure reactions".

Dash (2004)¹⁵ writes, "Stress alludes to any adjustive desire that necessitates a flexible reaction from us."

⁵ Sharma, N. 2013. The Bhagwat Gita as a Complimentary Tool to Cognitive Behavioral Therapy. *International Journal of Applied Psychology*, 4(2): 45-49.

⁶ Stone, A.A., Cox, D.S., Valdimorsdotti, H., Jandorf, L. and Neale, J.M. 1987. Evidence that Secretary is a Antibody is associated with daily Mood. *Journal of Personality and Social Psychology*, 52: 988-999

⁷ Easwaran, E. 1997. *The End of Sorrow: The Bhagavad Gita for Daily Living* (Vol. I), Mumbai: Jaico Publishing House.

⁸ Rani, P. 2013. The Effect of Bhagavad Gita in the Present Scenario of Education. *Shodh Sanchayan*, 4(2): 1-3.

⁹ Atkinson and Hilgard 2003. *Introduction to Psychology*, New Delhi, Cengage Learning India Pvt. Ltd, pp. 493-524.

¹⁰ The Bhagavadgita. Trans. S. Radhakrishnan. 1948. London: George Allen and Unwin; New Delhi: Harper

¹¹ Schuler, R.S. 1980. *Organisational Behaviour and Human Performance*.

¹² Selye, H. 1956. *The Stress of Life*, New York, McGraw Hill.

¹³ Lazarus, R.S. and Folkman, S. 1984. *Stress, Appraisal, and Coping*. Springer, New York

¹⁴ Atkinson and Hilgard 2003. *Introduction to Psychology*, New Delhi, Cengage Learning India Pvt. Ltd, pp. 493-524.

¹⁵ Dash, M. 2004. *Education in India-problems and perspectives*, New Delhi, Atlantic Publishers and Distributers, pp. 312-317.

According to the definitions given above, pressure is tension experienced in the physical, mental, and emotional domains because of natural events that are perceived as undermining. Continuous pressure can cause many problems, and if it isn't taken care of, it can make another situation even more stressful.

Causes of Stress

Aggarwal (2001) classified stress into psychological, emotional, behavioural, and cognitive effects. Stress has physiological effects on the heart rate, breathing, pulse, digestion, joint inflammation, asthma, and so on. '*The Yoga Vashishta*' also described how mental disturbances lead to physical discomfort. Feelings refer to the tendency element of behaviour, such as kindness, annoyance, fury, despair, trouble, and love. Tension, doom, and indignation are emotional reactions to pressure. The behavioural consequences of stress can inflict significant harm to an individual on the inside, but there are also signs on the outside. Relationships with family members, friends, and other people are three of the main areas that are affected by stress.

Poor earnings and a lack of pay sources in private and linked organisations lead to financial hardship. To meet even their most basic needs, they must take up temporary duties. As a measure of compensation to fulfil their basic needs, many people resort to home educational charges and other deplorable jobs. Because financial security is a must for them to maintain their mental peace. Many people in this developing country are looking for new ways to make money. As a result, they may feel pressured and tense because they are perplexed and uninterested in their jobs or because they are underpaid.

Sapolsky discovered that the levels of stress chemicals were highest among low-positioning individuals from assemblages and lowest among people with great economic wellbeing while focusing on nonhuman species. However, among people, the perception of position and setting is more important.

As the commander of a Sunday association football team, a low-position agent in a large association can imply a feeling of high economic wellbeing. In the meantime, a high-ranking executive within a similar organisation may feel under-appreciated since he or she is ranked tenth rather than first in that order.

While neediness has been linked to increased levels of stress, the experience of being unfortunate may actually be the source of the most substantial amounts of stress and anxiety. For example, if a tycoon is surrounded by incredibly wealthy companions, he is likely to feel more unhappy than if he is surrounded by companions who are procuring less than others. Social assistance is another logical component. Individuals with a poor financial level and a strong social support network face less stress than those with a high financial status but a weak social emotional support network.

In the context of pressure, a lack of sleep not only prevents the rest-induced drop in pressure hormones, but also causes them to increase. That isn't all, though. Increased levels of stress hormones alter the nature of relaxation and contribute to sleep deprivation, resulting in increased pressure and less rest. It's a never-ending cycle. The importance of getting enough sleep is well-known, but there are a few rational ways to get some shut-eye when you can't get to sleep.

Childhood traumas, such as child abuse, a temperamental home environment, the death or non-appearance of a friend or family member, and so on, may have caused a person to be anxious and stressed out in adulthood. In fact, if the mother was under a lot of stress during the pregnancy, the child in the womb may be imprinted with a proclivity for high levels of stress and anxiety. Regardless of whether the terrible event occurred previously, the casualty's brain will generally picture and misunderstand comparative unfavourable effects recurring. In the world of injured casualties, life is filled with pressures that jeopardise their safety, and the only way to avoid danger is to stay alert and utilise survival methods. Obviously, being on the lookout for danger all day, every day, causes a lot of stress and exhaustion. After a period of time, the casualty may experience anxiety difficulties and wild bursts of anxiety, such as wheezing, heart hustling, and perspiration.

According to Dr. Christina Maslach, a pioneer in stress research, one of the key symptoms of stress and burnout is a lack of control. This is especially prevalent in centre administration corporate work roles, which are usually plagued by a lack of control over assets, high work requests, and a limited ability to complete work in the most efficient manner possible. However, depending on previous interactions and discernment, the effects of a lack of control differ among people. An absence of control can cause pressure and anxiety in some people. It is, nevertheless, a wellspring of joy and fervour for others.

While there are a few hidden reasons for pressure, there is only one fundamental driving force at work: insight. Discernment is the focal point through which we decipher and figure out our general environment. It's the amazing mix of images we have about ourselves, other people, the past, present, and future that we keep in our heads. Constant pressure and anxiety are the side effects of a poor perception of the real world at its core. That is a focal point that sees the world as a dangerous place and a brain that is always imagining the worst-case scenarios. In this seemingly perfect world, everyone and everything is a potential threat, and the best way to protect yourself from risk is to maintain constant vigilance, which adds to the strain. Regrettably, most of human live in this sparse, extremely hostile, and dangerous reality.

There is a distinct universe that must be viewed through a set of pristine, unbiased focus points. Furthermore, the world's unique types of people are free of pressure and its negative consequences. From this perspective, the world is neither dangerous nor safe, and there is neither shortage nor competition. With each passing second, life reveals itself in new and amazing ways. Before life events, culture, and the media shaped our ongoing perception of the real world, we all lived in it as honest little children. Assuming the penny drops, you will suddenly realise reality: your shaping is the fundamental cause of your pressure and strain. Men have been programmed from birth to feel inadequate, seek external validation, and live in fear. As a result, one should try to maintain control over our current situation while imagining fantastical future events in our brains. The result is a life of misery. Individuals who dare to leave their accustomed perception of the real world, focus only on what they have some control over right now, and relinquish all other things, are ultimately those who live a serene existence.

Eleven principles that Bhagavat-Gita teaches humankind to get rid of stress and anxiety.

1. concentrate on goals 'of life and focus on work but not on the result.

One has a rationale in their head. He or she must obtain the most important position in his or her organisation. Could it be claimed that they're following the CEO's lead? He or she wishes to be in the ideal situation in only five years. As a result, he or she should be prepared for the job. Taking an interest in a group of executives' classes, keeping an eye on the latest trends in innovation, and so on. He or she, on the other hand, spends the entire day pondering the rewards and drawbacks of becoming a chief. Do you believe it will be simple to achieve your goal? It isn't the case. It's difficult.

Therefore the Bhagavad Gita emphasises the importance of pursuing one's profession rather than the ultimate goal. If one concentrates on the benefits and awards, one is more likely to be stressed in the event of disappointment. It's also easy to become discouraged if the outcome isn't favourable. As a result, it is normally recommended that people focus on their goal. When they reach their goal, they will be rewarded even more.

2. Human Existence is Full of Combats: Never Fear - Fight To The End and Be Strong

God, the Supreme Power, has created everyone in their own unique way - or should one say that everyone is a masterpiece? If every action a man takes will have a negative impact on his goals, he should not be afraid to tackle anxiety. One should be aware that anxiety and preconceptions lead to constraints and cut-off points. The important illustrations from the Bhagavad Gita have the potential to influence one's future.

3. The best illustration From Bhagavad Gita: Identity, Recognize and Accept Equality in Life

The above remark is difficult to comprehend. Life, on the other hand, will undoubtedly lead everyone to seek information. When you've dealt with a lot of problems in their daily life, one has to start to regard non-endlessly living creatures in the same light. The feelings of delight and endurance can be indistinguishable no matter what situation one is in the right now. Although the bodies are distinct, the souls are strikingly similar. That is the fundamental fact of the situation.

4. Desires come and go to mind.

Men are prone to having desires as humans. In any case, one should not ignore hunger or allow it to control their mind and life. The Bhagavad Gita's example encourages people to go to the theatre and observe the performance. One should keep in mind that doing bad things to satisfy one's desires isn't the best way to get what one wants. Pressure, harm, and resurrection will happen if you don't stay up to date on the chains of want.

5. A mindful of thoughts about money deviates one's concentration on meditation.

There are numerous references to contemplation throughout the Bhagavad Gita,. Contemplation is the most effective type of non-practice for achieving "internal peace" and "sadhana." The last stanza suggests that a mind focused solely on achieving riches will be unable to reflect or draw in with "the internal identity." As a result, the concerned person's mind is always unsettled, and reflection is out of the question.

6. Whatever has occurred is just for the betterment of the future. The activities taking on right today are also for a good cause. Future events are also for the best chance of success.

The previous principles can be appreciated, and this principle emphasises the importance of doing what is required, regardless of the outcome. As a result, there is no compelling reason to frown. The most harmful thing a person can do is blame another person for their failures or seek retribution. It is vital to remember that everything that occurs in this world has a purpose. to help everyone comprehend the significance of human existence. Also, keep in mind that there are other living things, such as critters and plants. Regardless, only one of them, as humans, has the power to change his or her fate. Along these lines, one can achieve self-satisfaction and break free from the cycle of tiny wins.

People may luxuriate for a short amount of time in splendour, after which they will face a difficult moment in which everyone will place them on the termination line. This is how life would go on. It is not a wise decision to

choose not to move on. Individuals should make certain to plan for a fantastic future if they are focused on the present.

7. People must accept change because it is permanent as well universal law.

The Bhagavad-Gita clearly provides an explanation through elucidation. Consider the case where highly wealthy people are looking for shares worth more than their cash. Consider the probability that the market has taken a turn for the worse. What happens to him? A person in need? Assume an unlucky man has won tens of thousands of dollars. In a challenge to answer questions, a person who cannot pay but can use information can win a prize of one million dollars.

In essence, "permanency" denotes nothing in human life. Our Mother Earth is in a constant state of rotation. She has no intention of ever stopping. The day follows the night. Summer is followed by the nicest downpour. Most faiths regard "pride" as a sign of insanity. When people accept change as an unavoidable part of life and accept it as a normal part of life, they will be more willing to deal with difficult situations in a calm manner.

8. Fear is Disability

It's difficult to achieve when people have a sense of despair about them. Anxiety, or more precisely, a lack of confidence in their abilities, It would not only render them incapable of achieving their goals due to fear, but it would also render them futile. The roof isn't an issue for brave souls. Fear of the future, as well as low self-esteem, are two of the impediments that will prevent people from achieving their goals.

9. Men are born empty and leave empty handed.

Bringing any of the riches, or any other material goods, to the deathbed is nearly impossible. In this existence, their bodies will behave similarly to the later scene. It is very unfair to ask them to take even a picture of their loved ones on their cell phones that includes their memories of them.

10. Anger, Self and Greed are self- destructive factors

Everyone is at risk from the three items mentioned above. A sex fiend or sex crazy person is someone who has an excessive desire for lust. Outrageous people will believe that they are governing themselves, and they will lose friendships and ties. They can't say anything. Hypertension, desire, and even a lack of care can all be found in the body.

11. A man makes his life based on his beliefs

The decisions that people make in their lives are based on their considerations. They will be content when they are disappointed if they understand that they can be content in any circumstance. If they allow retribution to influence their thoughts in any case, they will desire to produce unfavourable discoveries when they are successful. There are two models presented. Outrage, retaliation, weird ideas, and put-downs are just a few of the unfavourable conclusions. They make it impossible for us to be unique.

Even though the Bhagavad Gita is a massive book, focusing on it as a MASTER is essential. It is easy to succumb to gloomy feelings in today's cutting-edge, commercial environment. This could be the outcome of someone else's actions or their own. Nonetheless, once they master their brain, they will never feel the annoyance of being in trouble. According to ancient writings, people are meant to understand their full potential. Blessed texts in each faith instruct devotees on how to walk the Divine Path. Furthermore, Bhagavad Gita Lessons provide people with concrete examples of human qualities, allowing them to learn how to live meaningful lives.

Conclusion

The Bhagavad Gita then goes on to focus on specific dimensions of action and inaction. This talk provides important insight and guidance in situations where the sick person believes his or her therapy is not progressing in the way he or she wants it to. The above study reveals that one has to control his senses, mind and develop his intuition through lessons of the Gita. Then it definitely helps him or her to cope up with every situation in day-to-day life easily. Men have to renounce qualities of excessive desires, uncontrolled thrust for money accumulation and lure for materialist possessions which throw him into anxiety, distress and worry.

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