

# Bamanpukur Humayun Kabir Mahavidyalaya

Department of Sanskrit

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## Report of the Seminar on “Importance of Gita in our life”



**Date: 05.0.2019**

**Organizer: Department of Sanskrit, BHK Mahavidyalaya**

**Resource Person:**

- Dr. Debasree Sadhu, Assistant Professor, Department of Sanskrit
- Prof. Ashis Biswas, Assistant Professor, Department of English

**Participants: 52 ( 43 students and 9 teachers)**

## **Introduction to the seminar**

A one day seminar on “Importance of Gita in our life” was conducted for the students on 05.04.2019 by the Department of Sanskrit of Bamanpukur Humayun Kabir Mahavidyalaya. The aim of the program was to discuss on the importance of the Bhagavad Gita is an ancient Hindu text that has been widely regarded as a timeless masterpiece and a philosophical and spiritual guide for centuries.

## **Objectives of the seminar:**

The objectives of the seminar on "Importance of Gita in our life" include:

- To introduce the teachings of the Bhagavad Gita and their relevance to modern life: The Bhagavad Gita is a timeless text that contains philosophical insights and practical advice for leading a meaningful and fulfilling life. One objective of the seminar could be to provide an overview of the key teachings of the Gita and explore how they can be applied in our daily lives.
- To promote spiritual and ethical values: The Gita emphasizes the importance of cultivating spiritual and ethical values such as selflessness, compassion, and devotion. The seminar could aim to promote these values and encourage participants to incorporate them into their own lives.
- To foster a sense of community and connection: The seminar could bring together people from diverse backgrounds who share an interest in the Gita and its teachings. Through group discussions, activities, and presentations, the seminar could create a sense of community and connection among participants.
- To inspire personal growth and transformation: The Gita offers guidance for personal growth and transformation, and the seminar could aim to inspire participants to embark on their own spiritual journeys. Through workshops, meditations, and interactive sessions, participants could explore how they can apply the Gita's teachings to their own lives and experience personal growth.
- To encourage dialogue and learning: The seminar could provide a forum for participants to share their own experiences and insights related to the Gita. Through group discussions, Q&A sessions, and other interactive activities, participants could learn from one another and deepen their understanding of the text.

## **Activity Report**

The Programme was inaugurated by Dr. Subhash Biswas, Principal of the College. In his inaugural speech he laid emphasis on some importance of Gita in our lives. He spoke on how the Bhagavad Gita offers spiritual guidance and helps us connect with our inner selves. It emphasizes the importance of devotion, selfless action, and the pursuit of knowledge and wisdom. The Bhagavad Gita teaches important moral values like honesty, self-control, and non-violence. It also explains the concepts of karma, dharma, and reincarnation, which help us understand the consequences of our actions. He laid emphasis on how the Bhagavad Gita provides valuable insights on how to cope with the challenges and uncertainties of life. It teaches us to accept the inevitability of change and to find inner peace and happiness even in difficult circumstances.

The Next speaker was Dr. Debasree Sadhu, Assistant Professor, Department of Sanskrit, Bamanpukur Humayun Kabir Mahavidyalaya. Dr. Sadhu emphasised on the importance of Gita in various aspects of our lives like,

- **Management Lessons:** The Bhagavad Gita is also a valuable source of management lessons. It emphasizes the importance of being a good leader and making decisions based on ethics and principles.
- **Universal Appeal:** The Bhagavad Gita has a universal appeal and can be applied to various aspects of life. It offers a holistic approach to life and encourages us to integrate our physical, mental, and spiritual selves.
- **Provides a Spiritual Framework:** The Bhagavad Gita provides a comprehensive spiritual framework for living life. It discusses the nature of the soul, the purpose of human existence, the path to enlightenment, and the relationship between the individual and the universe.
- **Teaches the Importance of Dharma:** Dharma is the righteous path of living. The Bhagavad Gita teaches us the importance of dharma and how it can help us live a fulfilling life.
- **Encourages Self-Reflection:** The Bhagavad Gita encourages self-reflection and introspection. It teaches us to look within and understand our true nature. This can help us gain clarity and perspective on our lives.

She concluded that the Bhagavad Gita is an important text that can help us find spiritual guidance, moral values, management lessons, coping mechanisms, and a holistic approach to life. Its timeless wisdom can help us lead a fulfilling and meaningful life.

The last speaker Prof. Ashis Biswas, Assistant Professor, Department of English, Bamanpukur Humayun Kabir Mahavidyalaya, spoke on how this ancient text develops a spiritual structure of human mind and led us towards the path of liberation. He Said that, the Bhagavad Gita is a 700-verse scripture that is considered one of the most important texts in Hinduism. It is a part of the ancient Indian epic, Mahabharata and is written in the form of a dialogue between Lord Krishna and Arjuna. The Bhagavad Gita has been a source of spiritual and philosophical guidance for people all over the world. He told some reasons why the Bhagavad Gita is considered important in our lives:

- **Teaches the Art of Detachment:** Attachment to material possessions can lead to suffering. The Bhagavad Gita teaches us the art of detachment, which can help us overcome our attachment to material things and find true happiness.
- **Offers a Path to Liberation:** The Bhagavad Gita offers a path to liberation from the cycle of birth and death. It teaches us how to achieve this state of enlightenment through various spiritual practices.

He concluded that the Bhagavad Gita offers valuable guidance on how to live a purposeful and fulfilling life. Its teachings are still relevant today and can help us navigate the challenges of modern life with greater ease and understanding.

The Programme ended with the vote of thanks to the chair, all participants, teachers, and non-teaching staff of the college by Prof. Arup Kr. Banerjee of Sanskrit department of BHK Mahavidyalaya.

**Programme Snap:**



