

VIDYA DEVI JINDAL SCHOOL, HISAR
REPORT OF BK SESSION FOR STAFF 'LIFE MANAGEMENT THROUGH
BHAGWADGITA –SUSTAINING POSITIVITY' BY BK VIDHATRI FROM ORC
OCT 23, 2021

BK session on 'Life Management Through Bhagwadgita –Sustaining Positivity' was organized by BK Vidhatri from ORC. Main points discussed in this webinar were:

1. Story of birth of Kauravas was explained in a different way. Kauravas were born through a mud pitcher which resembles our body. Bad qualities within us were compared to different Kauravas:
 - DURYODHANA: Bribery, corruption
 - DUSHASHAN: Bad Management.
 - VIKARANA: Who listens to bad things through his/ her ears.
 - DURMUKH: Who always speak bad about everything.
 - DUSHALA: Means Shala (institute) of Bad Habits.

If all these evils are visible, it means GOOD VIRTUES were also there.

Similarly Pandavas were also explained as:

- YUDHISHTHIR: One who is determined on the path of Truth.
- BHIM: One who is ready to face problems (Mahabali)
- ARJUN: One who is ready to learn and is a continuous learner.
- NAKUL: One who follow God's instructions.
- SEHDEV: One who is full of सहनशक्ति

Why Kauravas are 100 and Pandavas were 5 because we calculate everything in %. It means 5% Good Virtues are there.

2. MAHABHARAT means MAHA + BHA + RAT which means devotional to light or continuous efforts to become FULL/COMPLETE/भरपूर
3. महाभारत is a non-violence war which is continuously happening in every individual. No person is perfect. God's aim is to support Goods.
4. According to Gita, are our own friends and enemies. Sense organs create attraction and we have to control our mind using our intellect. बुद्धिमान means बुद्धि की मानी and मनमानी means मन की मानी। MAHABHARAT is the struggle of मन & बुद्धि.
5. Self-doubt is also an obstacle in the way of our progress. We must fight it using weapon of Knowledge. We are our own friends, so we must help ourselves to progress.
6. In complete Gita, Krishan has asked Arjun to fight with his own vices and told him that HE only would guide.
7. When Arjun said that he would not fight, it means that I am the perfect. I will not change. Only others have problems, so let them change. This is मिथ्या अहंकार
8. Gita also teaches us how to deal with negative people:
 - Do not label them.
 - Do not magnify the problems and do not discuss with everyone.
 - Use sandwich method with negative people. Tell the good qualities first, then discuss about the issue with high vibrations and leave them with a positive motivation and showing your trust that you believe that they can change.
 - Help them to realize their mistakes and empower them to change , but if they don't detach yourself and send god and positive vibrations for them.

9. MAHABHARAT is sure to happen. If positivity does not take charge, then negativity will overpower and same is true other way round. So every time we must focus on Positivity to remove Negativity.
10. In response of a question asked by Mr Raza Qasim,” How to get a sound sleep?” Didi explained that our mind is like a computer system. As before switching off a system we shut and save all files and applications to avoid reboot and hanging of the system. Similarly before going to sleep we must close all the files, for good things express your gratitude and bad things should be closed without saving. Whatever you were able to manage be grateful, whatever left seek help form ALMIGHTY because he is our FATHER.
SESSION ENDED WITH A BLISSFUL MEDITATION.
SUMAN ARORA

WHAT DID THE TEACHERS SAY?

A new meaning of Mahabharat. Thanks DIDI
CHHAYA SINGH

Wonderful session with wonderful story.
SEEMA DHILLON

We learnt a lot from Sister's session today
It gave us peace of mind
It had a calming effect. It sent positive vibes.
RAZA QASIM

