

APPLICATION OF A *YOGIC* ATTITUDE IN SKILL DEVELOPMENT LEADS TO ECONOMIC PROSPERITY.

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Abstract : This research paper is mainly based on two texts *Shreemad Bhagvad Geeta*, and Yoga Philosophy.

Yogah Karmasu Kaushalam !

-*Bhagvad Geeta* chapter II : verse 50

“*Skill in action is Yoga !*”

Lord Shree Krishna in *Shreemad Bhagvad Geeta* says, “Yoga is the art of working with perfect mental equilibrium in all different conditions. Undertake all work, maintaining perfect evenness of mind and strive to achieve the potentialities, nature has provided all of us. He says, “*Yoga is dexterity in action!*” -*Bhagvad Geeta* chapter II : verse 50.

All of us are capable of this ‘*dexterity*’, which Lord Krishna calls for. Any method by which, the lower (instincts) in us is educated and trained to live a higher (rational) way-of-life, wherein we gain a more effective control upon both our life and our surrounding. This method of self-development has been prevalent in India for thousands of years. One cannot escape *Karma*, so it is wise to do it skillfully. The call for the “*Make in India*” by Prime minister Shree *Narendra Modi* reverberates the same spirit of dynamic economy aimed at all-round development of the work force.

Skill Development program can very well adopt the eight steps, *Yama* (self-restraint), *Niyama* (observances), *Asana* (posture), *Pranayama* (breathing-control), *Pratyahara* (withdrawal of senses), *Dharana* (concentration), *Dhyana* (meditation) and *Samadhi* (absorption) prescribed by Yoga Philosophy. The first five limbs are external and the last three are the inner processes of concentration.

The Application of *Yogic* attitude helps in bringing focus on Skill Development by keeping all the obstacle, disturbances away and redirecting all energies, efforts towards the Skill Development. This attitude leads to economic prosperity.

Keywords: Public Private Partnership, Travel Mart .

1 INTRODUCTION

This research paper, titled as “Application of Yogic Attitude in Skill Development leads to Economic Prosperity” is based mainly on two texts:

- I. *Shreemad Bhagvad Geeta* and
- ii. Yoga Philosophy (*Patanjala* Yoga Sutra).

This Paper attempts to convey how ‘Yogic attitude’ can be helpful in Skill Development, which leads to economic prosperity. Besides the above mentioned two texts, help is taken from some other subsidiary texts and philosophies too.

Application of Yogic attitude from Shreemad Bhagvad Geeta in Skill Development:

Yogah Karmasu Kaushalam !

-BG II : 50

“*Skill in action is Yoga !*”

Application of a Yogic attitude in skill development leads to economic prosperity.

Lord *Shree Krishna* in *Shreemad Bhagvad Geeta* says, “Yoga is the art of working with perfect mental equilibrium in all different conditions. Undertake all work, maintaining perfect evenness of mind and strive to achieve the potentialities nature has provided all of us. He makes perfect sense when he calls Yoga as:

“*Yoga is dexterity in action!*” -BG II : 50

All of us are capable of this ‘dexterity’, which Lord Krishna calls for. Any method by which, the lower (instincts) in us is educated and trained to live a higher (rational) way-of-life, wherein we gain a more effective control upon both our life and our surrounding. This method of self-development has been prevalent in India for thousands of years. These strategies for skill development have been very well contemplated upon by our ‘Rishi-Munis’ for hundreds of years. These time-tested ‘Skill Development’ strategies are as much relevant today as they were centuries ago. And today’s young population is very well informed, who believe in holistic development. Strength of the Indian economy lies in its young population, fast expanding and integrating rapidly with the global economy. They contribute to human resource development and economic prosperity of the country to a very large extent and percentage. The call for the “Make in India” by Prime minister Shree Narendra Modi reverberates the same spirit of dynamic economy aimed at all-round development of the work force. He has plans for several “Skill Development” programs. We, as citizens of a fast growing country have the responsibility to provide our country as perfect candidates to receive such training and take India forward on the path of SKILL DEVELOPMENT: The key to economic prosperity, where we co-exist in a mutual harmony in a way that my skills benefit the society, and the skills of the members of the society benefit me. This attitude will bring transformation in the society.

Lord *Shree Krishna* in *Shrimad Bhagvad Geeta* guides us:

“*Na Hi Kashchit Kshanamapi Jatu Tishthati Akarmakrit!
Karyate Hyavashah Karma Sarvah Prakritijairgunaih!!*”

BG III : 5

“*None can ever remain really actionless even for a moment; for every one is helplessly driven to action by the Gunas, born of Prakriti.*”

We cannot be ‘*Akarmakrit*’ (without doing anything), even if we want to; because this body is made-up of the *Trigunas* (the three primordial qualities of matter according to *Sankhya* Philosophy), and the basic nature of *Trigunas* is movement. So, we cannot remain ‘*Akarmakrit*’. One cannot escape Karma, so it is wise to do it skillfully. Knowing this, why don’t we channelize our energies into doing something, which will give us longer lasting joy, happiness and satisfaction?

Lord *Krishna* himself is one of the greatest examples of a ‘*Karmayogi*’. Though he doesn’t need to do anything, for he is above all needs and desires, but he relentlessly works. In one of the places, in the *Bhagvad Geeta* he calls *Arjuna* a ‘*Savyasachin*’ (BG XI : 33), the one who could launch arrows with both hands with equal accuracy and skill. Which means *Arjuna* is prepared for any circumstances life may through upon him. He is master of his skill of archery in true sense. According to *Swami Chinmayananda*, “It is essential for man to raise his caliber and temper so as to work efficiently and achieve success in the world. It is the technique of keeping oneself constantly in a mood of tireless enthusiasm and joyous inspiration.” -*Swami Chinmayananda*.

Swami Vivekananda, a *Karma-Yogi* of the modern times calls Skill Development a science of *Karma-Yoga*, and calls the youth to awaken the mind with cleverness. “With regard to *Karma-Yoga*, the *Geeta* says that it is doing work with cleverness and as a science; by knowing how to work, one can obtain the greatest results. You must remember that all work is simply to bring out the power of the mind which is already there, to wake up the soul.” *Swami Vivekananda*, while explaining one of the *Yoga-Sutra*, calls for this awakening by any means and ultimately be free, he says:

“Each Soul is potentially Divine. The goal of life is to manifest this Divinity within by controlling nature internal and external. Do it by Work or Worship or Philosophy or Psychic control, by one or more or all of these and be FREE...” -*Swami Vivekananda*.

APPLICATION OF YOGIC ATTITUDE FROM YOGA PHILOSOPHY IN SKILL DEVELOPMENT:

Yoga Philosophy prescribes eight limbs or steps; *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara*, *Dharana*, *Dhyana* and *Samadhi*. Skill Development program can very well adopt these steps in its own regard and get benefitted. The first five limbs are external and the last three are the inner processes of the *chittam*, The entire mind stuff.

1. **Yama** : (self-restraint) deal with society, surrounding in such a way that they don’t become obstacle /

Application of a Yogic attitude in skill development leads to economic prosperity.

hurdle and don't disturb. These Yamas are, *Ahinsa*, *Satya*, *Asteya*, *Brahmacharya* and *Aparigraha*. All of these *Yamas* are attitudes while dealing with the society, surrounding. Skill Development needs total concentration on job at hand. By following *Yamas* one can eliminate all the obstacles, the surrounding may bestow.

2. **Niyama** : (observances) deal with yourself in such a way that you, your wavering mind, your uncontrolled desires don't come in way to skill development. These *Niyamas* are, *Saucha*, *Santosha*, *Tapa*, *Swadhyaya* and *Ishwar-Pranidhana*. Keep the surrounding, home, the body and mind neat and clean. Here, interesting part to note is "mind", keep the mind clean, and don't allow any contamination of any sort. Any contamination consumes time, effort, energy, money etc. and may leave you bankrupt. So, it is wise to avoid all contamination, dirt on all levels; surrounding, body, thoughts, mind, emotion, intellect etc. After making a genuine effort, one should be happy with the results and surrender everything to the Supreme Self.

3. **Asana** : (posture) Only a healthy body can deliver. *Asana* means having a perfectly well tuned instrument, the body. So, having a well-tuned instrument of body is as important for Skill Development as having a goal, a plan.

4. **Pranayama** : (breathing-control) Works on the Physiological systems of body. Keeps all the inner systems of the body functioning properly.

5. **Pratyahara** : (withdrawal of senses) in '*Ashtanga Yoga*' *Pratyahara* means turning all *Indriyas* (sense and work organs) inwards, so that now the practitioner is ready for the inward journey. Here, we may learn to focus, direct all our attention and energy, time and efforts on the learning and developing the skills. Our skill may be in whichever field but our mind has to be well tuned and prepared for the endeavour.

6. **Dharana** : (concentration)

The definition of *Dharana* says –

"Deshbandhashchittasya Dharana"

PYS III : 1.

"Dharana is holding the mind on to some particular object."

Bring the mind back to the chosen task of the Skill Development again and again if it wavers outside the field of the concentration. Training for any skill would require this 'bringing the mind back on selected field' again and again. When the *Dharana* succeeds, it leads to *Dhyana*, the concentration.

7. **Dhyana** : (meditation)

"Tatra pratyayaikatanata Dhyanam"

PYS III : 2.

"An unbroken flow of knowledge in that object is Dhyana."

Mind tries to think of one object, to hold itself to one particular spot this is *Dharana*, and when the mind succeeds in keeping itself in that state for some time, it is called *Dhyana*.

While working on a Skill Developing program, when the mind succeeds in keeping concentration on selected area of chosen field, and is able to continue in this manner it is '*Dhyana*'.

8. **Samadhi**: (absorption)

"Tadevarthamatranirbhasam swaropashoonyamiva Samadhihi" *PYS III : 3.*

"When that, giving up all forms, reflects only the meaning, it is Samadhi"

The *Samadhi* comes when in meditation the form or the external part is given up. For example; if someone is meditating on a book, and he has gradually succeeded in concentrating the mind on it, and perceiving only the internal sensations, the meaning unexpressed in any form, that state of *Dhyana* is called *Samadhi*. Here, the candidate, the Skill Development program, and the process all merge and only the true Skill shines forth. The Skill becomes perfect when it is continued for a long time with lot of respect.

"Sa tu deerghakalanairantaulyasatkarasevito dridabhumih" *PYS I : 14*

"the practice becomes firmly grounded when carried on for a long duration of time, with uninterruptedness and with a welcoming receptive attitude"

CONCLUSION :

The Application of Yogic attitude in Skill Development helps in many ways; viz. a Yogic attitude helps in bringing focus on Skill Development by keeping all the obstacle, disturbances away and redirecting all energies, efforts towards the Skill Development. This attitude leads to economic prosperity.

THE ABBREVIATIONS USED :

BG -for *Srimad Bhagvad Gita*,
PYS -for *Patanjala Yoga Sutra*.

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