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Bhagavad gita and mental health

Introduction: In this paper, Bhagavad Gita and Mental Health, we will be discussing three major principles that were emphasized in the Bhagavad Gita:- management of mind, management of duty, and principles of self-management. These three major principles tend to have universal application across the globe and can be extremely helpful to all humans in molding their character and strengthening their mental health. Bhagavad Geeta is also useful in the management of mind, reduction of mental agitation, keeping mental health intact, and plays the role of stimulus for promoting growth and creativity as an inevitable part of life. This paper intends to explore the divine principles of Bhagavad Gita and its applications in the lives of its practitioners and readers by strengthening their mental health. The Bhagavad Gita is based upon a discourse that occurred between Lord Krishna and Arjuna at the inception of the Mahabharata war in Kurukshetra and elucidates various psychotherapies and psychotherapeutic principles. The paper also sheds light upon the parallels between Bhagavad Gita, contemporary psychotherapies, and three Gunas. The sermons are given by Lord Krishna have some similarities to the present cognitive behavioral therapy that is very popular in the field and also helps in the management of grief emancipation, self-esteem, role transition, and motivation enhancement as well as interpersonal and supportive therapies.

Biography

DR. Ishita Chatterjee, Associate Professor, Department of Applied Psychology; University of Calcutta. She is first class first from University of Calcutta and she has completed her Ph. D. degree from University of Calcutta. She has completed projects from industries, ICSSR, UGC. Under her supervision 4 candidates have been awarded Ph. D. degree and at present 6 candidates are working as research scholars under her supervision for their Ph. D. degree. She has participated

in various National & International conferences. And, she has also published many papers in various research journals. She was the head of the department of Applied Psychology for 2 years as per university regulations. She has coordinated various courses under Academic Staff College, University of Calcutta. She took part in organising national and international conferences and seminars. She actively participates in University industry interphase. She actively participates in course designing for various national level universities.

ishm55@gmail.com

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