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MAINTENANCE OF PHYSICAL FITNESS AND ITS INEVITABILITY WITH REFERENCE TO PROPER MANAGEMENT OF LIFE

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Abstract

Body and mind are the two inseparable ingredients of life. Mind is something invisible but its existence can never be denied. The mind is something which thinks, imagines, wishes, senses, remembers and forgets. It is connected with peace, pleasure, pain, perception, belief, emotion, intension, desire and the ultimate decision-making process. In every case, the mind matters the most. A sound mind is of utmost necessity in the proper management of life; and a sound mind is always available only in a sound body. Hence, for maintaining the soundness of mind, the body should be sound and for maintaining the soundness of the body, physical exercise is inevitable. Physical exercise may be of different types which include games and sports, yoga, gymnastics, swimming, running, jogging, cycling and so on and so forth.

This paper focuses on the inevitability of physical fitness in the proper management of life.

Key words: physical fitness, games, sports, fit India management of life, spirituality

1. Introduction

“You will be nearer to Heaven through playing Football than through studying the Bhagavad Gita” -- Swami Vivekananda.

Through the above message, Swamiji suggested us to become strong, but he did not mean that one does not need to read Bhagavad Gita. He just reminded us about our weakness. He said that strength is life and weakness is death. There is no denying the fact that we need strength to meet the challenges of life. This message of Swami Vivekananda contains in itself the whole message of the Bhagavad Gita. For winning any war in the war field or in the ordinary human life, in business or in service, in profession or in anything – strength is inevitable. A weak person is a burden to his family, friends, employer or even to his own business. A strong person is always an asset at every step of life. Strength adds value to life. A healthy person is a wealthy person. A sick person is a poor person whatever property and resources he or she might be having in possession. Strength is the source of all power. Good health is the source of all happiness and peaceful life.

There is no denying the fact that games and sports and all other physical activities are of utmost importance at every stage of human life. Games and Sports improve the personality of the people. Games and Sports are, in fact, inseparable ingredients of human life. Although these two words, i.e. Games and Sports, are sometimes interchangeably used, there is a distinct difference between the two. Games involve both mental and physical activities while sports mainly involve physical activities. Maintenance of physical fitness is a responsibility of every human being. Earning money at the cost of physical health may be treated as a personal sin i.e., a sin committed to

one’s own self. This is next to suicide. The money earned at the cost of health will ultimately be spent on treatment. Such money will ultimately go to the cash box of the hospital. Spending one or two hours on games and sports, gym or yoga, swimming or running or any combination of these will be a better investment rather than spending this extra time on business or sleep. Such types of investment will yield more dividend in the form of good health and strength in life which will ultimately help one to do one’s work better; this will help a person to work more in his or her business or profession which will result in better profitability; this will help a person to do better service to his or her employer; this will help a student to study more studiously which will ultimately result in better marks in his/ her marksheet.

Regular practice of some items of games and sports or any such physical activities makes one physically and mentally strong and helps one to remain healthy by controlling sugar level, cholesterol, blood pressure etc. These days, heart-related problems are almost common among the people irrespective of their age. It has been observed that even many of the teenagers also very often fall victims to these types of and various other diseases. This is mostly due to massive physical inactivity. Regular practice of some items of Games and Sports and other physical activities can remove such problems to a great extent.

A student who is brilliant but physically weak or sick may not be able to perform well in his/her examinations. Such a student will not be a valuable asset to the society or even to his/her own family. Therefore, the National Education Policy, 2020 of India suggests to form the curricula in such a manner that there is all round development of the students. The Policy suggests that

apart from just bookish education, the syllabus must include games and sports, yoga and gym, music and culture, singing and dancing, meditation and pranayama etc and instead of treating these as extra-curricular activities, these should be treated as co-curricular activities and these should be given proper justice in the academic mark-sheet of the students.

It is rightly said that a Sound Mind is in a Sound Body. Physical exercises make one both physically and mentally fit. A healthy person can take healthy decisions and can render better services to his/her workplace, family, business and the society at large which can hardly be expected from a sick/weak person. A sick/weak person rather becomes a liability to his/her workplace, family, business as well as to the society at large.

If each and every Indian can become both physically and mentally fit, only then our mother land will become a very strong one. Sports can make a Stronger Nation. Physical and mental fitness help one to be 'Atmanirbhar' i.e., self-reliant. In order to translate the dream of 'Atmanirbhar Bharat' into reality, it is essential that, first of all, each of us should become 'Atmanirbhar'; and for becoming 'Atmanirbhar', physical and mental strength is a *sine qua non*. Regular practice of Games and Sports immensely contribute to such physical and mental strength. The *Atmanirbha Abhiyan* i.e., Self-Reliant India was announced by our respected Prime Minister Sri Narendra Modi on 12th May, 2020 to revive the Indian Economy from the disruptions caused by the Covid-19. But without physical fitness of each and every Indian, it is difficult to achieve the goal of this *Atmanirbha Abhiyan* i.e., Self-Reliant India. This suggests that every citizen of the country must accept the need for maintenance of physi-

cal fitness and good health as a moral responsibility. Only strong citizens can make a strong nation.

2. Results and Discussion

2.1 International Yoga Day

The International Yoga Day is celebrated all over the globe since 2015. It is celebrated on the 21st June every year as per the decision, direction and guidelines of the United Nation Organization (UNO). This was made possible due to the indomitable tireless initiatives of our honourable Prime Minister Sri Narendra Modi. In the words of Narendra Modiji, "if you do puja, you shall get benefits in your next life; but if you do yoga, you shall get benefits in this life itself". Yoga helps to make one's body free from diseases and make one more active, more powerful and more systematic in life. We have inherited yoga from our forefathers i.e., *Rishis* and *Munis* who have struggled and researched for thousands of years. This is one of the greatest assets of our country. Through the celebration of the International Yoga Day, India has been serving her agenda of strengthening the people of the whole world along with her own people. This is one of the greatest gifts from India to the rest of the world. India believes in *Vasudhaiva Kutumbakam* i.e., India thinks that the whole world is her relative (*Kutumba*).

2.2 Management of Life

There is no denying the fact that for the proper management of life, two of its most vital ingredients are body and mind. Lord Krishna advised Arjuna to have a Mind of steady wisdom. If mind is not steady, if mind is shattered, if mind is disturbed – then no work can be done properly; since all activities are dependent on the fitness of the mind. Mind should be steady, mind

should be sound, mind should be fit; and such steadiness, soundness and fitness or whatsoever of mind does ultimately depend the physical fitness of a person. For proper management of life, spirituality is also essential; but even for spiritual pursuit in life, a person must have physical fitness. If the ultimate purpose of life is to realize 'Brahmananda' i.e., absolute bliss, this cannot be achieved with a body which is an abode of diseases.

What use having abundance of assets, if the body is not fit enough to enjoy them? What use having abundance of food, if the body cannot consume the same?

Too much food without physical exercise does again lead to sickness. Sickness leads to unhappiness. Unhappiness leads to peacelessness of mind. Peacelessness of mind is one of the greatest hurdles of proper management of life.

It is rightly said that health is wealth. Health is the greatest asset in life of a person. Good health is thus one of the greatest ingredients of proper management of life.

Games and sports, yoga, gym or any other physical activity help in stress management which is an essential ingredient of management of life. It is both in the case of elderly people and the youngsters that stress occupies a significant position in human life. Stress may be in the form of either work pressure or examination pressure, it may be either in the form of domestic pressure or social pressure – but it is always there in some form or the other killing the major portion of the vital human energy. Stress checks progress. Stress reduces productivity. Games and Sports and other physical activities help to reduce such stress and tension and make a person more productive, more active and more valuable in the society.

2.3 *Bhagavad Gita and other Mythologies on Physical Fitness*

The Bhagavad Gita was composed more than five thousand years ago. When Arjuna had lost all his energy, power and strength – both physical and mental - and was at the deepest of depression and expressed his intention to Lord Krishna, of abstaining from fighting against his own Gurus, friends and relatives in the great war of the Mahabharata, Lord Krishna gave his advice and justified why Arjuna should fight. All such pieces of advice have been systematically lyricized in 700 highly powerful slokas and this collection of 700 slokas is collectively called the Bhagavad Gita. Over this period of more than 5,000 years, people of various phases of the society including both general people as well as the spiritual Gurus have been hugely influenced by the teachings the Bhagavad Gita. In the spiritual teachings of such Gurus, the influence of the Bhagavad Gita is vividly transparent.

Ramakrishna Paramhamsha frequently used to refer to Bhagavad Gita. According to Ramakrishna, the central meaning of Gita lies in pronouncing Gita for ten times; like "Gita, Gita, Gita, Gita, Gita" He said if anyone keeps on telling Gita, Gita, Gita, Gita, Gitait will be sounding *tyagi, tyagi, tyagi, tyagi, tyagi.....* and the word *Tyagi* means renouncement. The central message of the Gita is renouncement. One has to renounce everything so as to get God. Ramakrishna said that the Gita contains the essence of all religious scriptures. Sri Sri Maa Saradadevi advised Swami Tanmoyananda to read one part of the Gita every morning.

Anyone who study Gita and Ramakrishna Kathamrita regularly, would definitely find that in the Kathamrita, the *slokas* of the *Gita* have been frequently quoted. In

the total 1170 pages of the Kathamrita, 241 slokas of the Gita have been found to be referred (Viswanath Das, 2012). But it may mention here that, in Kathamrita, it is not that only Gita is referred to. Various other scriptures, like Upanishada, Vedanta Sutra. Tantra, Bible etc are also referred to in the Kathamrita. Gita occupies the most prominence place in the Kathamrita.

There are several instances in the Bhagavad Gita where Lord Krishna's advices to Arjuna include guidelines and instructions for maintaining physical fitness. The following are some such instances:

(1) Bhagavad Gita - 6:16

नात्यश्नतस्तु योगोऽस्तनि चैकान्तमनश्नतः
 |
 न चातस्वप्नशीलस्य जाग्रतो नैव चार्जुन
 || 16||

*nātyaśhnatastu yogo 'sti na chaikāntam
 anaśhnataḥ
 na chāti-svapna-śhīlasya jāgrato naiva
 chārjuna [Bhagavad Gita : 6:16]*

The meaning of this sloka goes like this:

Those who eat too much or too less and those who sleep too much or too less are not in a position to attain success. This is directly connected to health. For maintaining good health, one must eat optimum quantity of food and should sleep for optimum time – neither more or less. Although some spiritual leaders have opined that we not the body, we are the spirit, but who will carry such spirit unless there is a body? Pursuing spiritualism without maintaining proper physical fitness may prove to be futile. Body is a must; and sound body is undoubtedly an essential element without

which no religious activity or any other activity can be performed.

It is relevant here to mention the famous statement of Charak Samhita, “*Sharira Madhyam khalu Dharma Sadhanam*”. This statement can by no means be denied by any logic whatsoever. It means that the body is the vehicle for engaging in religious activity. If the body is sick, if the body is weak, if the body is full is diseases, then no spiritual pursuits can be carried forward.

The Vedas do not suggest that we should ignore our body while we get engaged in spirituality. Lord Krishna says that those who break rules of maintenance of physical fitness cannot be successful in Yoga. Here, Yoga means connecting to the Almighty.

Ignoring physical health, if anyone engages too much on spiritual pursuits, then there will be neither physical fitness, nor spiritual pursuits.

It is absolutely true that those who run only after material science go to hell; but those who cultivate only spiritual science go to a darker hell. There must be a well maintained balance physical science and spiritual science.

This is perhaps for this reason that Swami Vivekananda said that one will be nearer to Heaven through playing Football rather than through studying the Bhagavad Gita. By saying this he meant that playing football will give physical energy which will, in turn, help to understand Gita better.

Through the above message, Swamiji suggested us to become strong, but he did not mean that one does not need to read Bhagavad Gita. He just reminded us about our weakness. He said that strength is life and weakness is death.

(2) Bhagavad Gita - 2:3

कलैब्यं मा स्म गमः पार्थ नैतत्त्वय्युपपद्यते ।

कषुद्रं हृदयदौर्बल्यं त्यक्त्वोत्तष्ठि परन्तप ॥ ३ ॥

*klaibyaṁ mā sma gamah pārtha naitat
tvayyupapadyate
kṣhudraṁ hṛidaya-daurbalyaṁ
tyaktvottishṭha parantapa*

The meaning of this sloka goes like this:

Surrendering to unmanliness does not suit you Parth. Shake off this petty weakness of heart and arise, O the destroyer of enemies.

Lord Krishna asks Arjuna to shake off all types of weaknesses and arise. He says that Arjuna is *Parantapa* which means conqueror of enemies. Lord Krishna advises Arjuna to first kill the enemy which has arisen within himself. The enemy inside is more dangerous than the enemy outside. This way, if we think of the modern days, we find that a person has the greatest enemy within himself of herself. As per Lord Krishna's advice, we must first kill the enemies inside ourselves. We have to arise and awake and stop not till the goal is reached - Swami Vivekananda said. We have to be optimistic, energetic and enthusiastic and shake off all negativities of the mind. We can achieve this goal only if we have physical fitness. Lord Krishna skillfully teaches Arjuna to enhance his inner strength which will help to tackle all hurdles of life. Physical exercises help to gain strong physique and good health which, in turn, help to enhance the inner power.

According to Swami Vivekananda, the meaning of the entire Bhagavad Gita is reflected in this sloka. "*If one reads this one*

sloka... one gets all the merits of reading the entire Gita; for in this one sloka lies imbedded the whole Message of the Gita."¹

Vivekananda said that grasping the meaning of this sloka and leading the life accordingly should be the motto of everyone's life. This gives us an excellent guideline in the management of life.

Lord Krishna asks Arjuna not to surrender to unmanliness. He also advises Arjuna to cast off the mean faint-heartedness and arise. In these and many such passages in the Bhagavad Gita, Lord Krishna shows the way to *dharma* and asks Arjuna to get rid of all his cowardice attitudes and stand up to fight. The modern day people should take lesson from this type of advices of Lord Krishna and live like a warrior to fight all the negativities and adversities of life; and without a sound body, without a powerful and strong mind, none can achieve such a warriorship in life which is of utmost importance; and for all such qualities of life, tremendous physical fitness is the *sine qua non*.

Physical fitness is also the source of spiritual strength. Spiritual strength leads to proper management of life. We have to always remember our atman-nature. We need to make sure that what we think, say and do are in the perfect harmony. For this purpose, we must have proper control over our body and mind. Only a physically strong person can do this. Lord Krishna's messages in the Bhagavad Gita awakens the sleeping and lazy nature of the people of all time and all parts of the world.

So far as strength is concerned, it has got

¹ Bhagavad Gita As Viewed by Swami Vivekananda, pp. 32-35.

various types, such as physical strength, intellectual strength, moral strength and spiritual strength. Without good physical strength, all other different types of strengths may be proved to be at a stake. Physical strength comes not only from nutritious and balanced food, but regular exercises are also inevitable for this. Intellectual strength comes from studying studiously. Moral strength comes from the purity of the mind, purity of emotions and purity of purpose. The Bhagavad Gita focuses on moral and spiritual upliftment. All these different types of strengths are essential for the proper management of life.²

(3) Bhagavad Gita - 2:48

**योगस्थः कुरु कर्माणसिद्धं त्यक्त्वा
धनञ्जय ।**

**सदिध्यसदिध्योः समो भूत्वा समत्वं
योग उच्यते ॥ 48॥**

yoga-sthaḥ kuru karmāṇi saṅgam
tyaktvā dhanañjaya
siddhy-asiddhyoḥ samo bhūtvā
samatvaṁ yoga uchyate

The meaning of this sloka is like this:

Lord Krishna says to Arjuna that giving up all attachments, and being neutral to success or failure, he (Arjuna) has to do his work. This type of equanimity of mind is called Yoga.

Pleasure and pain, birth and death, profit and loss, union and separation are just inevitable. One should cultivate the habit of remaining steadfast in Atma before starting a work. There should be Godliness and spiri-

tuality in mind with a feeling of universal being. For this purpose, one must have absolute physical fitness which is the source of all confidence. Lord Krishna teaches Arjuna the concept of self-realization and Karma Yoga.

The real implication of yoga is getting united with the Almighty. All other physical exercises can be termed as gymnastics. Gymnastics make one physically fit and eligible to get connected with God.

(4) Bhagavad Gita – 6/29 :

**सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।
ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥29॥**

*sarva-bhuta-stham atmanam sarva-bhutani
chatmani I*

*ikshate yoga-yuktatma sarvatra sama-dar-
shanah II*

The meaning of this sloka is that the true yogis, uniting their consciousness with God, see all living beings in God and God in all living beings, with equal eyes. Such yogis become brahmadarshi or samadarshi and see paramatma in everything and everything in own soul without any distinction.

In the words of Swami Vivekananda, “What is the reason that I should be moral ? You cannot explain it except when you come to know the truth as given in the Gita. he who sees everyone in himself, and himself in everyone, the sage does not injure the self by the self No one can be happy until all are happy. When you hurt anyone, you hurt yourself, for you and your brother are one. Self-sacrifice, not self-assertion, is the law of the highest universe. Selflessness alone will solve the prob-

2 <https://vedantasociety.net/blog/gita-and-strength>.

lem. Religion comes with intense self-sacrifice. Desire nothing for yourself. Do all for others. This is to live and move and have your being in God.”³

(5) Bhagavad Gita – 2/47 :

**कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते
सङ्गोऽस्त्वकर्मणा ॥ 47 ॥**

*Karmanyevadhikaraste ma phaleshu ka-
dachana I
ma-karma-phala-hetur bhur ma te sango
stvakarmani II*

The meaning goes like this:

You have the right over the action that you do, but no right to the fruits of your action. Never consider yourself to be the cause of the results of your work, nor be attached to inaction. Let never the fruits be the cause of your action. Whatever be the fruits, the work must go on. This is the spirit of this sloka.

Ramakrishna Paramhamsha advised that one should feel like a machine and work at the instruction of the machine-operator who is the God.

(6) Bhagavad Gita – 18/66 :

**सर्वधर्मान्परतियज्य मामेकं शरणं व्रज ।
अहं त्वां सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः
॥ 66 ॥**

*sarva-dharmān parityajya mām ekaṁ
śharaṇam vraja
ahaṁ tvām sarva-pāpebhyo
mokṣhayiṣhyāmi mā śhuchaḥ*

The meaning goes like this:

Abandon all varieties of dharmas and simply surrender unto Me alone. I shall liberate you from all sinful reactions; do not fear.

Ramakrishna Paramhamsha meticulously explained the inner meaning of this sloka by the story of a bird. In the great ocean, the bird could not find land in any side of the east, west, north or south. Then at last, it calmly and confidently took shelter at the top of the mast of the ship.⁴

Ramakrishna advised one of his disciple to take shelter of God and let God do whatever He wishes. God has assured in this sloka that whoever takes His shelter, He liberates him from all sinful reactions. The inner inference is that whenever one comes to God’s shelter and surrenders to Him, one starts abstaining from doing any sinful acts and thus gets purified.

2.4 Fit India Movement

Fit India Movement is a nation-wide movement launched by our honourable Prime Minister Sri Narendra Modi for encouraging the people to remain fit and healthy by including physical activities and sports in their daily life. It was launched at Indira Gandhi Stadium in New Delhi on 29 August, 2019. On launching the movement, the honourable Prime Minister said that it

³ Bhagavad Gita As Viewed by Swami Vivekananda
Compiled by Swami Madhurananda, Advaita
Ashrama, 2009, p.103

⁴ Viswanath Das (2014) : *Kathamrite Gita* pp.93-94.

will lead India towards a healthy future. In the language of Modiji, “*Fitness is zero percent investment with infinite returns*”.⁵

This is the day i.e., 29th August on which India celebrates National Sports Day to commemorate the birth anniversary of hockey legend, Major Dhyan Chand. This day is also dedicated to the nation’s sports heroes and champions, honouring their contributions towards bringing laurels to the nation.

It is essential for all of us to remember and abide by the “*Fitness Pledge*” which reads as follows:

“I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation”

2.5 Sports and Education

Games and Sports, yoga and gymnastics and all such fitness activities whatsoever teach students various skills like leadership, accountability, discipline as well as develop a sense of confidence and responsibility in themselves and thus, can remove mental narrowness and help in conflict management. Fitness Activities know no geographical boundary.

Sports are generally considered as an extra-curricular activity in schools and colleges. Such activities are organized sometimes once or twice a week or a month or even a year and sometimes not held at all. It is really a good news for all us that **National Education Policy (NEP), 2020** is very soon going to make games and sports a part and parcel of the academic curriculum. The school authority and the sports teachers

thereof will have a double duty in this case. First, they will have to gauge the interest of the students in games and sports and sharpen up their talent. Secondly, they will have to help in selecting the future athletes for proper training at the external locations.

During the last few years, quite a few sports colleges and sports universities have been established in India. This is indeed a very good news for the sports lovers, sports entrepreneurs as well as the whole society at large.

2.6 Researcher’s Personal Experiences in various Bodybuilding Competitions

The researcher himself is an international bodybuilder. He has participated in various bodybuilding competitions in India and abroad. He has gathered huge experiences in bodybuilding competitions in local, regional, national as well as international levels. Such first-hand information collected by the researcher deserves special inclusion in this paper. As such, all such different events have been briefly presented below one after another:

Case – 1 : Mr. Kamrup competition

I still remember my first exciting experience of participating in Body building competition on 11th November, 2017 in Guwahati, Assam, India. It was Mr. Kamrup competition of NABBA where I had bagged the second position.

1.	Mr. Kamrup	Guwahati, Assam, India	2017	Second Position
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Case – 2 : Mr. Assam competition

Case - 1 was followed by Mr. Assam competition of NABBA on 19th November, 2017 in Tinsukia, Assam, India where the third position came to my bag. I was se-

5 https://en.wikipedia.org/wiki/Fit_India_Movement

lected for participating in Mr. India Competition; but I stepped back thinking that I need more practice and better preparation for the same.

2.	Mr. Assam	Tinsukia, Assam, India	19 th November, 2017	Third Position
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Case – 3 : Mr. Barak competition

This was a district level competition held in Silchar, Assam, India on 25th August, 2018. It was on 24th August, 2018 in the afternoon when I had reached Silchar airport. After searching here and there, ultimately I had booked a room in hotel SANKARI and passed the night there.

As per the rules of Body building competition, I had to be on ‘dieting’ for the last couple of months. Although hungry, I could not take regular food which was not prescribed for me during those days.

It was really wonderful being on the stage for the competition and ultimately, the result was declared. To my utter surprise, I had secured the **First Position** and became Mr. Barak, 2018.

3.	Mr. Barak District Level Bodybuilding Competition	Silchar, Assam, India	25 th August, 2018	First Position
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Case – 4 : Mr. Assam Competition

Case – 3 was followed by my participation in Mr. Assam Competition in District library, Guwahati, Assam, India on 22 September, 2018. It was a very tough competition and I got the Fifth Position.

4.	Mr. Assam	Guwahati, Assam, India	22 September, 2018	Fifth Position
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Case – 5: Mr. India Competition

This is my first national level competition. It was held in Rasipuram, Tamilnadu, India on 7th October, 2018. My excitement knew no bounds.

The Mr. India bodybuilding competition started by 11:30 am. It was highly exciting to stand on the stage with the other bodybuilders some of whom were already Mr. India for several times in past. The competition was really a tough one. I tried to show my best. I didn’t expect any position. I was just enjoying the competition.

And at the end, it was announced from the judges’ bench, “*Gour Gopal Banik of Assam has secured the Sixth Position in Mr. India Competition, 2018*”. I didn’t know whether I should be happy or unhappy at the result. ‘Happy’ because I had got at least a position. ‘Unhappy’ because I got only the Sixth Position. But at the same time, a third thought came to my mind that an Athlete should not have this type of complexities in mind. An Athlete should not be affected by the result. He/she must have what we call ‘sportsman spirit’ and as such, must believe in the what the Bhagavad Gita says:

*Karmanyē vadhikaraste Ma Phaleshu Kadachana,
Ma Karmaphalaheturbhurma Te Sangost-vakarmani*

This means,

“You have the right to work only but never to its fruits.

Let not the fruits of action be your motive, nor let your attachment be to inaction.”

5.	Mr. India	Rasipuram, Tamilnadu, India	7 th October, 2018	Sixth Position
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Case – 6: Genetic Classic National Bodybuilding Championship

This was a National Bodybuilding Championship held in Ooty, Tamilnadu, India on 2nd December, 2018. I bagged the third position.

6.	Genetic Classic National Bodybuilding Championship	Ooty, Tamilnadu, India	2 nd December, 2018	Third Position
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Case – 7: IFA Classic International, 2019

This was an international competition held in Guwahati, Assam, India on 9th February, 2019. It was a very tuff competition and I did not get any rank.

7.	IFA Classic International	Guwahati, Assam, India	9 th February, 2019	No Rank
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Case – 8: Mr. & Ms. East India Championship, 2019 (Bodybuilding)

This was held in Puri Sea Beach, Odisha, India on 24th February, 2019

8.	Mr. & Ms. East India Championship, 2019	Puri Sea Beach, Odisha, India	2019, (24 th February)	Fourth, Position
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Case – 9: Mr. & Ms. East India Championship, 2019 (Yoga)

This was held in Puri Sea Beach, Odisha, India on 24th February, 2019

9.	Mr. & Ms. East India Championship, 2019	Puri Sea Beach, Odisha, India	24 th February, 2019	Fourth, Position
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Case – 10: INDIA CUP – 2019, National Level Bodybuilding Competition

This National Level Bodybuilding Competition was held in Coimbatore, India on 27 - 28th April, 2019.

10	INDIA CUP – 2019 National Level Bodybuilding Competition	Coimbatore, India	27 - 28 th April, 2019	Fifth, Position
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Case – 11: WFF Pro-Am Universe @ Korea, 2019 (Seoul, South Korea)

This is my first international competition outside the country. It was held in Seoul, South Korea on 21st -23rd June, 2019. A brief description of this competition deserves special mention in this part of the paper.

After tanning, I went for warming up in a separate area. There were some gym instruments including plates of different weights, resistance bands, dumbbells etc. While warming up, I had met there several fellow participants coming from different other countries. I started talking to them. There was Mavrik from USA, Pala Michiel from Thailand, William Blake from Australia and many others. I asked them about which country who came from.

Then when they asked me which country I came from, I said India. The moment I said that I was from India, all of them were overwhelmed with joy. They said, “*Oh, India is a great country. India is a spiritual country. We love India. We are eager to visit India*”. I really felt proud hearing these great words for my mother-land. India has such a great image abroad. I felt

myself extremely honoured to hear these with my own ears.

I remembered India's age old motto,
*“Oyam Nijo Para Beti Ganana Loghu Chetasam,
 Udaro Chatananam tu Basudhoibo Kutumbakam”*.

The meaning of these two Sanskrit lines goes like this: *These are our own people, those are not our own people ---- this type of calculation is done by mean minded people; but for the wide minded people, the whole world is our own people.*

It was full of excitements when I got into the stage for my solo individual one minute musical performance. I had used a Shiva Stotram while showing my individual performance. I performed to the best of my capacity. Thereafter, I performed in group along with other world famous top bodybuilders. The result was that I got the **eighth** position. I was happy to be in the **TOP TEN**. Moreover, I do never get myself concerned with the RESULTS. I like to go on with my work and keep myself detached from the results, just as Lord Krishna advised Arjuna in the Mahabharata.

There were hundreds of participants in this **Mr. Universe Competition**. Not all of them could secure the First Position. Securing First Position should not be the only option. Participation itself is the most important thing.

11	WFF Pro-Am Universe 2019 @ Korea	Seoul, South Korea	21 st -23 rd June, 2019	Eighth, Position
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Case – 12: Asia Pacific 2019 International Bodybuilding Competition

This competition was held in Bengaluru, India on 29th November – 1st Decem-

ber, 2019.

12	Asia Pacific 2019 International Bodybuilding Competition	Bengaluru, India	29 th November – 1 st December, 2019	Sixth, Position
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Case – 13: Mr. World Competition, Lombok, The Mandalika, Kuta, Indonesia

This competition was held in Lombok, Indonesia on 18th to 20th November, 2022. In my category, there were 14 competitors coming from different countries of the world. I got the 6th Position in the competition.

13	WFF World Championship, 2022	Lombok, Indonesia	18th to 20th November, 2022.	Top Ten Position
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3. Conclusion

To conclude, let me quote the UNESCO International Charter of Physical Education and Sport (1978) which states: *“Through co-operation and the pursuit of mutual interests in the universal language of physical education and sport, all peoples will contribute to the preservation of lasting peace, mutual respect and friendship and will thus create a propitious climate for solving international problems. Close collaboration between all interested national and international governmental and non-governmental agencies, based on respect for the specific competence of each, will necessarily encourage the development of physical education and sport throughout the world.”*

Life is a wonderful gift of God to everyone. It is a one-time gift. Once life is lost, it is lost forever. It will not come back for the second time. Hence, every individual should try to make maximum utilization of

RESULTS OF VARIOUS BODYBUILDING COMPETITIONS PARTICIPATED BY THE RESEARCHER

Sl. No	Name of the Competition / Title	Place where held	Year	Result
1.	Mr. Kamrup	Guwahati, Assam	2017	Second
2.	Mr. Assam	Tinsukia, Assam	2017	Third
3.	Mr. Barak	Silchar, Assam	2018	First
4.	Mr. Assam	Guwahati, Assam	2018	Fifth
5.	Mr. India	Rasipuram, Tamilnadu	7 th October, 2018	Sixth
6.	Genetic Classic National Bodybuilding Championship, 2018	Ooty, Tamilnadu	2 nd December, 2018	Third
7.	IFA Classic International, 2019	Guwahati, Assam	9 th February, 2019	No Rank
8.	Mr. & Ms. East India Championship, 2019 (Bodybuilding)	Puri Sea Beach, Odisha	2019 (24 th February)	Fourth
9.	---- Do---- (Sports Model)	---Do---	---Do---	Fourth
10	INDIA CUP – 2019 National Level Bodybuilding Competition	Coimbatore	27 - 28 th April, 2019	Fifth
11	WFF Pro-Am Universe 2019 @ Korea	Seoul, South Korea	21 st -23 rd June, 2019	Eighth
12	Asia Pacific 2019 International Bodybuilding Competition	Bengaluru	29 th November – 1 st December, 2019	Sixth
13	WFF World Championship. 2022	Lombok, Indonesia	18th to 20th November, 2022.	Top Ten

life. Everyone should try to enjoy life to the fullest extent possible. The management of life in the best possible manner is of utmost importance. Physical fitness is an indispensable requisite for proper management of life. The body should be regarded as a temple and there should regular worship of the temple. If body itself is not there, how can there be life? This is very important to be realized by each and every one. Whatever be the occupation of a person e.g., service, business, profession like doctor, engineer, teacher or whatsoever, physical fitness is essential in every case to yield the best harvest in life.

It is rightly observed by Rama Prasad (Bengali Spiritual Poet of India) in one of his songs that human life is an agricultural field. It is left uncultivated. Had it been cultivated, there would have been golden crops.

Let all of us grow through the power of Games and Sports, yoga and gym and various other physical fitness activities. Let the spirits of physical fitness unite the whole world and help in spreading more and more the concept of the age-old motto of our Bharatmata i.e. “*Vasudhaiva Kutumbakam*”.

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