

# The Development of The Cognitive Abilities in The Children on The Basis of Shrimad Bhagvad Gita.

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**Abstract-** Cognitive abilities refers to the mental, physical and emotional abilities to adopt within the due course of the time and also acquired from experience as well as working skills. In this paper we intended to research on how Shrimad bhagvad Gita is useful to enhance the cognitive abilities in the children. The cognitive capabilities are brain-based skills, the sharpening of which is required for acquiring knowledge, execute any tasks and to lead an emotionally and a mentally balanced life. Cognitive abilities play a vital role in the learning and understanding about exterior world and how to deal with situations. By this paper, we are analysing the workings of how to sharpen the memory, skills, perceptions, thoughts or ideas as well as mental conflicts, neural-motor system also implying on how to work intelligently in any circumstances or situation, I.E, fluid intelligence (to deal with new and unique situations without having prior knowledge and experiences about those situations as well as responding to them with mental and reasoning abilities.) By this we will learn how to enhance the reasoning and rational thinking power in the kids.

The research was conducted in iskcon Gurukul school and blind people association Ahmedabad, Gujarat India. In Iskcon Gurukul school, there is regular practicing of Vedic hymns and Shrimad bhagvad Gita, hence we conducted the research in order to check the cognitive abilities of the kids over there. In the blind people association, Ahmedabad, the kids who were physically impaired (partially or fully), practiced Vedic hymns chanting and a survey was conducted.

**Key Words – Mental Abilities, Cognitive Abilities, Reasoning Abilities, Neural Motor System etc.**

## INTRODUCTION

In this current day and age, parents worry about good future of their kids and they are putting their best efforts to provide a qualitative education as well as other inevitable efforts which aid their kids to grow physically, mentally and cognitively. For cognitive growth, mental abilities, knowledge, experience, and proper surrounding are required. There are three basis factors responsible for mental growth of the kids, namely-

- 1) The Surrounding in which the kids grown.
- 2) Mental Skills & Learning Abilities.
- 3) The Perception, Memory, Learning, Decision Making and language abilities.

In order to grow mental skills and perceptions, certain practices are required which are mentioned in the Vedic Scriptures.

The following practices are mentioned in shastras (Vedic scriptures), which are -

- 1) Regular Eating Habits.
- 2) Regular Sleeping Habits.
- 3) Avoid spices, bitter, sour food and have a Satvik Bhojan.
- 4) Regular practice of meditation.
- 5) Arouse Annamaya, Pranmaya, Manomaya, Gyanmaya, Kosh in order to get cognitive abilities.
- 6) Regular Practices of Physical Yoga.

These above-mentioned practices are very important to get razor sharp memory and elephantine focus.

## Cognitive Development & Cognitive Science.

The field of cognitive development is related to neuroscience and psychology which basically focuses on the development of a child. Which includes information processing, skill development, language learning, perceptual skills and other aspects of child psychology and development of the child psychology.

Cognitive growth of children is also defined as emerging the abilities to act consciously, cognitively and the basic understanding skills.

In cognitive development, genetic and environmental factors play an important role with respect to how a person perceives, thinks and gains the understanding of their surroundings.

Jean Piaget proposed the four stages of cognitive development:

- A) The Sensorimotor.
- B) Pre-operational
- C) Concrete Operational.
- D) Formal Operational Period.

Cognitive science is also dealing with the development of mental skills and abilities that basically examine thinking and reasoning abilities of the person based on language, perception, memory, attention, reasoning and emotions. Emotional intelligence and Cognitive intelligence, both are part of child's psychological development and cognitive assessment.

### Research Methodology.

For this research, both the

- A) Qualitative Research  
B) Quantitative Research

methods were used.

Research area was the blind people association, Ahmedabad Gujarat India and the qualitative based research was conducted based on regular exercise of chanting hymns and meditation. Some part of ISKCON Gurukul school was covered, and comparative study of iskcon Gurukul school Kids who are practicing of chanting (Vedic hymns and Shrimad bhagvad Gita) was done.

The age of children was between 7 to 12 years and the duration of the research was 30 days of regular practices.

### Analysis of Vedic Scriptures for Cognitive Development.

When we talk about Shrimad Bhagvad Gita, it's a best book for art of living by which we can learn how to live our lives and develop ourselves morally, emotionally and also physically.

Lord Krishna talked about the development of neuron and mental abilities in Shrimad bhagvad Gita.

Lord Krishna said when a child is born, that entity does not has good qualities nor bad qualities. The child learns these good qualities and bad qualities based on the given environment for fostering of the kids. Meanwhile, cognitive abilities are also being developed based on environment, which is nurturing the kids.

When lord Krishna defined the yoga, lord Krishna clearly stated if you really want to learn something new and develop yourself, then you must have mental strength.

Verse No – 48 , Chapter- 2 (Gita).

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ।  
सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते ॥ ४८ ॥

Meaning.

Perform your prescribed duties equiposed in all conditions whether success or failure , happiness or distress , fame or infamy. The equanimity of mind to perform your duty in all conditions that is called yoga.

Yoga means the stability of mind and performing of prescribed duties without being deviated from the path of determination.

If we really want to develop the cognitive abilities, then we must keep our mind steady and only a steady, intelligent person would have the cognitive and mental abilities to execute any duties and any work.

Lord Krishna further said....

Verse No – 50 of Chapter -2 Of Shrimad Bhagvad Gita.

“ A man engaged in devotional service rids himself of both good and bad reaction even in this life. So stive for yoga which is the art of all work”.

Here Krishna said the person in the path of devotion will surely overcome from the good and bad reactions of karma. When we doesn't have any desires or expectations on our karma or work then only we can overcome from the bad and good reactions of our karma.

Lord Krishna said about the qualities of the cognitive minded person or steady iintelligent.

Verse No -56 (Chapter -2)

दुःखेष्वनुद्विग्नमनाः सुखेषु विगतस्पृहः ।  
वीतरागभयक्रोधः स्थिधीर्मुनिरुच्यते ॥ ५६ ॥

Meaning.

The person who is not disturbed of his mind despite of three folds of miseries and not elated when there is happiness. And who is free from attachment, fear and anger is called a sage of steady mind person.

The cognitive mind means the person who is able to work in all the conditions whether there is happiness or miseries and also freedom of the factors which are responsible for the material bondages are attachment, fear and anger.

From the following slokas , lord Krishna described about the cognitive intelligence abilities.

Verses No – 57 to 68 , lord Krishna make Arjuna learn about how to obtain cognitive abilities and steady intelligence.

“ In the material world , one who is unaffected by whatever good or evil he may obtain , neither praising it nor despising it , is firmly fixed in the perfect knowledge” (Verse -57).

Here Krishna talked about to fix your mind in all the conditions whether good or evil things you may obtain. This kind of equanimity of mind is directly related with the cognitive abilities and reasoning power.

In order to obtain steady intelligence or cognitive intelligence, one has to restrained from the sense of objects and only has to perform his or her prescribed duties in any situation.

The best way to obtain steady or cognitive intelligence is mentioned in Verse no 62 and 63 of shrimad bhagvad gita.

Lord said:

“ while contemplating the objects of the senses , a person develops attachment for them , and from such attachment lust develops and from lust anger arises.

From anger , complete Delusion arises and from delusion bewilderment of memory. When memory is bewildered, intelligence is lost and when intelligence is lost one falls down again into the material pool”.

Lord Krishna said in order to obtain steady intelligence one has to make himself free from the desires and expectations. Because unfilled desires which lead anger and memory lost and also Ultimately the intelligence has also been gone.

Lord madhav further said....

Verse no – 41 of chapter -3 (karma yoga).

Krishna here said in order to obtain steady or cognitive mind , you have to regulate your senses by your sensory organs , then only you can make yourself free from the lust or desires and ultimately get steady intelligence or cognitive abilities.

The sensory organs are nose , eyes , ears , skin and mouth which does means regulate what you have to see and who not to see by your eyes and regulate what you have to sniff and what not you have to sniff by your nose and also regulate what you have to speak and what not to speak by your mouth that means in order to get steady intelligence, you must have to understand how to regulate the sense and one can control his mind through senses by sensory organs.

Lord Krishna also described about thinking abilities of the steady intelligence person.....

Lord said who has conquered the mind , the mind is the best of friends but who has failed to do so , his mind will remain the greatest enemy of that person. And for one who has conquered the mind , the supersoul is already reached , for he has attained the supreme tranquility. For that man happiness and distress , heat and cold , honor and dishonor are all the same. (Verse no -6 &7 , chapter -6 , Gita).

Lord Krishna here mentioned about many techniques to get a steady intelligence or cognitive mind.

The reflections of the foods on the learning abilities and cognitive development.

Lord Krishna said;

There is impossible to be yogi who is eating less or more what he needs , and sleeping more or less what he actually needs means doesn't sleep enough or sleep more , not eat enough or more. (Verse – 16 ,Chapter -6)

Lord vasudev Further said:

“One who has regulated and balanced his sleeping , eating and recreation and acts would mitigate all the material pains by the regular practicing of asthanga yoga system and only that person would be able to develop cognitively.” (verse No – 18 , Chapter -6).

Here Murari stated that if anyone who want to develop cognitively then he has to maintain the balance between sleeping and eating habits then he has to associate with devotional practices then this kinds of person can mitigate all the material pains and develop himself very intellectually.

### **Methodology.**

We have conducted the survey and experimental practices of yoga and meditation in order to develop the cognitive abilities in the children especially the children who are physically retarded.

### **Observation:**

Haresh Raval ( 8 years old) – partially blind and language learning ability.

Condition before chanting hymns and meditation.

1 – 30 days (30 days) :- there has been marked the improvement in learning ability in this kid. He was practicing of Hare Krishna Mahamantra and regular practices of listening shrimad bhagvad gita. He also practice of few aasana or postures of asthanga yoga and also pranayam as well.

Positive changes are been notified in the learning abilities of Haresh Raval. Before these above practices he faced Language learning problem and also having some kinds of speech problem but after having been completed entire practices this kids got improvised his skills especially language learning abilities.

Rakesh Paraghi (9 years old).

He is physically handicapped and wheel chaired kid. He felt too much stress and not able to understand properly whatever he has taught but after completion of one months mantra meditation and other regular basis phsycial yoga , the person who got acquired the certain qualities and wiped out his defects.

Aarati Trivedi (11 year Old).

She is mentally unsound person , not fully but partially and sometime she is behaving violently and physically assault to others. but Once she has completed the mantra meditation and Vedic hymns , her behaviour would be changed and there has also seen the improvisation in her behaviour.

### **Observation Of Easiness & Cognitive Development Of The Children From Iskcon Gurukul Vrindavan.**

Arjun Shukla.

He is 7 years old kid , who is in 2<sup>nd</sup> class , when we interacted with him , we found that the excellent communication abilities and also learning abilities as well. He is able to speak Sanskrit Slokas very fluently. He has higher intelligence quotient (IQ) Level.

#### **Parth Sharma.**

When we talk with parth Sharma , we came to know about his speech skills. He is only 6 year old skills. He was chanting many slokas of shrimad bhagvad gita. While communicating with him , we came to know he has understanding about the transmigration of the soul and also broad understanding about the difference between soul and physical body.

#### **Neha Srivastava.**

She is 9 year old girl , she is fast learner. When we taught her the English poem , in a first time she learnt entire poem and sung entire poem as it is which she has been taught.

#### **Result.**

We have clearly observed the positive reflections of the chanting hymns and shrimad bhagvad gita and also mantra meditations. But when we compare other children with iskcon gurukul children, we found that they are having higher “**working abilities, cognitive abilities, intellectual and rational thinking, mental skills, learning ability, language, speech and expression abilities**” etc.

The environment for the fostering of the kids are playing a vital role in the learning and cognitive abilities of the childrens. George Mendal stated that the seed which growth in different environment would have a different quality means if the seed has provided cold environment (North pole) then it has these qualities by which it can grow in the North pole. If the seed has been grown in the hot environment like desert then the seed has Acquired these certain qualities by which it can survive in the hot environment. Similar like this if we provide meditation and Vedic hymns chanting environment then the qualities of kids especially cognitive abilities and development are higher as compare to others.

We would have concluded one thing that not only environmental factor but also other factors like the foods which they are consuming also responsible for the cognitive development of the kids.

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