

Perform Your Duty without Expecting the Reward

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Article Info	ABSTRACT
Article History: Received: 31st Dec 2025 Accepted: 15th Jan 2026 Published: 22nd Jan 2026 Keywords: Bhagavad Gita, Power of Belief, Goal Setting, Time Management.	The Principles of the Bhagavad Gita, emphasize the importance of performing one's duty (dharma) without success or failure. This approach is presented as a path to inner peace and freedom from anxiety. Bhagavad Gita also asserts the Power of Belief. It refers to the idea that "man is made by his belief" and one should "lift himself through his own efforts", underlining self-reliance and the role of personal conviction. It also talks of Goal Setting. It emphasizes the necessity of setting goals that are specific, measurable, attainable, relevant, and time-bound (SMART goals).

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Introduction: Bhagavad Gita offers powerful positive thoughts centered on detachment from results, focusing on duty (dharma), controlling the mind, and maintaining equanimity in success and failure, teaching that you have power over your actions, not outcomes, leading to inner peace by acting without selfish desire and viewing the mind as a friend or foe based on self-discipline. Key ideas include "You have the right to work, but not to the fruits of work," "Man is made by his belief", and "Lift yourself through your own efforts". Your duty is to act, not to worry about the reward. Performing actions without attachment to outcomes frees you from anxiety. [1]



The principles of Bhagavad Gita, if followed, make one successful. There are many examples, but let's refer to a few of them. In case of each of them, one principle can be prominently related to a person, who has along with other principles, have attained success in his or her life. Your let's go one by one.

1. Fix your Goals: A fixed goal is a specific target that must be met in a specific way. It's a goal where you set the bar high and you know exactly what you need to do to achieve it. To fix your goals, make them **SMART** (Specific, Measurable, Attainable, Relevant, Time-bound) by defining what you want clearly, tracking progress with metrics, ensuring they're realistic, aligning them with your purpose, and setting deadlines, then break them into smaller steps, create an action plan, and regularly review and adjust your strategy to stay motivated and overcome obstacles. Setting a good goal in time will build a great future in upcoming years.

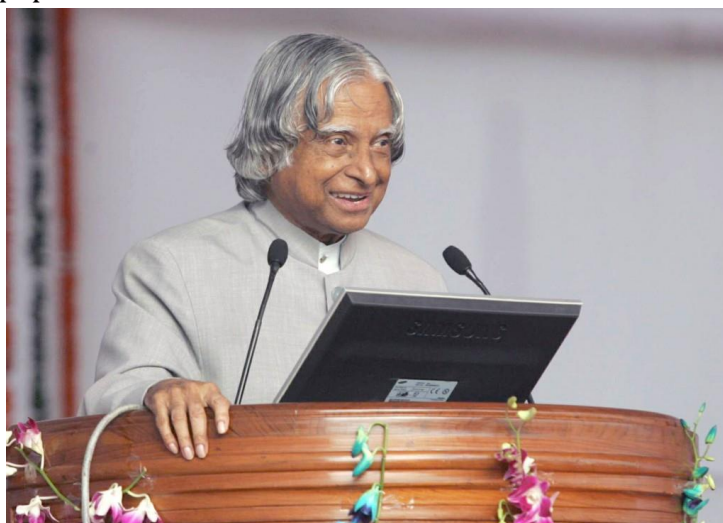


Arunima Sinha can be cited as the best example of Goal Fixing. Arunima Sinha is the first

female amputee to climb Mount Everest. she lost her left leg in a terrible train accident, which could have ended her dreams. Her story is a powerful example of Goal fixing and how determination can turn a disability into a path to greatness. Yes, with the help of right leg she did the right thing in life. Mount Everest never said you can't reach me without legs - all you have to have is Hope and that's what Arunima showed. In front of her hope, even Mount Everest became the smallest. [2]

2. Good listener: A good listener can be a good speaker. Giving space and time to listen to others will enhance the capacity of understanding others as well as to react with a positive approach in future. Focusing on an eye-to-eye contact will absorb enormous detail rather than losing them and it will help one to give proper response or reply without making miscommunication. All time interruption will lead you to lose your good character and the conversation will conserve no purpose. A meaningless communication and hatred relationship would be the by-product of interrupted conversation.[3]

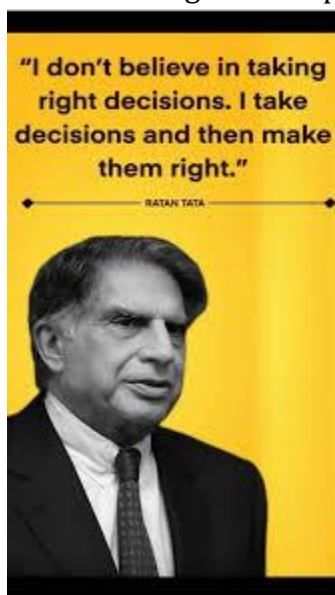
3. Hard Work: Dr. Abdul Kalam was born in a Tamil Muslim family; his father Jainulabdeen was a boat owner and his mother Ashiamma was a housewife. He started working at an early age to supplement his family's income by distributing newspapers after school.



In his school years, he had average grades, but was a hardworking student with interest in Mathematics. Even during his senior class project while in college, the Dean was dissatisfied with the lack of progress and threatened revoking his scholarship unless the project was finished within the next three days. He then worked tirelessly on his project and met the deadline, impressing the Dean. From there on, Dr. Kalam joined Aeronautical Development Establishment of Defense Research and Development Organization (DRDO) as a scientist and went on to be the Head of the organization.[4]

4. Time Management: In goal setting time management is completely different. It's not about doing the right thing at right time. It's like answering questions within the time. In preparing competitive exams, one can prepare at any time for many hours. He can start in the morning or midnight. He can prepare for one hour or more hours. It offers benefits like reduced stress, increased productivity, better work-life balance, improved focus, and faster goal achievement, leading to more confidence, a stronger reputation, better decisions, and more free time, ultimately boosting overall success and well-being by helping you control your schedule and prioritize tasks effectively. [5]

5. Positive Approach: Every conflict has a solution in peaceful way which is known as the positive approach. It is crucial because it significantly boosts mental and physical health, improving stress management, resilience, and mood while lowering depression risk; it also enhances problem-solving, creativity, and productivity by fostering an optimistic, action-oriented mindset, leading to better goal achievement, stronger relationships, and increased overall well-being and lifespan.[6]



6. Handling Conflicts: Effectively involves staying calm, communicating openly with active listening, understanding underlying needs (not just stated problems), focusing on solutions rather than blame, and choosing the right style (avoiding, accommodating, competing, compromising, or collaborating) for the situation to reach a mutually acceptable outcome. In working sector there is always a place for manmade politics. In this worst situation, one has to learn to move among them without hurting the working sector relationships. This skill will improve the ability of handling people in tough situations. More than personal vengeance, this skill would develop smooth atmosphere in working atmosphere. Handling conflicts effectively is crucial because it prevents negative outcomes like decreased productivity, stress, and damaged relationships, while fostering positive results such as improved communication, stronger teams, innovation, and a healthier work environment by turning disagreements into opportunities for understanding and growth. [7]

7. Continuous effort: Every child is born good but only the improper growth upbringing makes few criminals. However, many grow as a crystal-clear mirror and they learn good and bad things from the surroundings. In this case they have to be registered with good inputs only. Continuous efforts are crucial for success because it builds skills, fosters resilience, and keeps you moving toward goals, even when progress seems slow, transforming small, consistent actions into significant achievements over time, much like the final hammer stroke breaking a stone after many prior ones. "The power of positive thinking can change life". It's the key to unlocking potential, allowing for adaptation, deeper learning, and overcoming obstacles through persistence, not just talent.[8]

Conclusion: The provided texts argue that the power of positive thinking and a positive attitude can profoundly change one's life. A positive attitude is about planning for bright

future as well as facing any issues with positive solution. The more one has positive attitude shall live longer because of positive feelings. This attitude will lead one to success. So, without losing hope, one has to practice the habit of positive attitude and develop it to get the successful results in life. The paper highlights that cultivating optimism leads to longer life and success, while enabling individuals to find solutions even in critical conditions. The paper covers other practical skills such as time management, being a good listener, and handling conflict as components of a positive and successful life.

Reference:

- [1] Bhagavad Gita, Shree Krishna, Chapter 2, Verse 47.
- [2] Born Again Mountain, Arunima Sinha.
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- [4] My Journey: Transforming Dream into Actions, A. P. J. Abdul Kalam.
- [5] Time Management, Sudhir Dixit.
- [6] Ratan Tata, Neha Chander.
- [8] Managing Conflicts, Dr. Ken Birch.