AMITI KARTHIK

Little Yogi

SENIORS

Little Yogi Journal

Quest: INNER STEADINESS

BG #2.38 – Rise Above Highs and Lows

Moral : YUDHISHTHIR'S GAME OF DICE



1 — THE OUTCOME IS NOT THE WHOLE STORY

Two students prepare equally well for an important competition.
One wins; the other does not.
Both gave their best effort.



If the result is different but the effort was sincere, what makes the effort valuable in both cases?

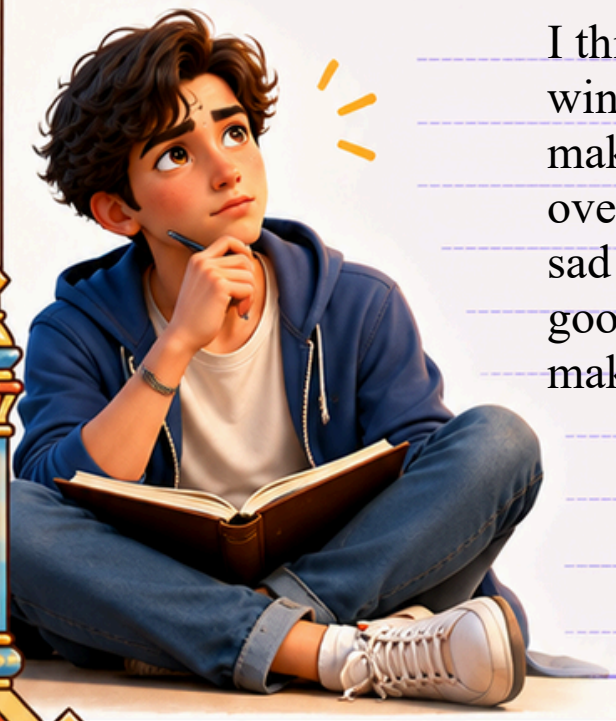
Sincere effort is valuable for both students because they learned new things and worked really hard, even if only one person won the prize. Giving your best effort helps you learn and get better for next time, which matters more than winning or losing.

2 — FOUR SIDES OF STEADINESS

Krishna asks Arjun to remain steady through happiness and sorrow, gain and loss, victory and defeat.



Why do you think Krishna pairs these experiences together instead of teaching Arjun to remain steady only when things go badly?



I think Krishna pairs them together because winning or being super happy can also make us lose focus or get too overconfident, just like losing can make us sad or angry. Staying calm during both good and bad times helps us to always make smart choices.

3 — YUDHISHTHIR'S CHOICE

What was Yudhishthir protecting by choosing a calm response—his duty, his values, his relationships, or something else?

Explain your choice. Write in 2–3 lines.



By staying calm, Yudhishthir was protecting his values and duties as a leader. Even when things were very unfair, he didn't get mad and was patient because doing the right thing mattered more to him than arguing back.

4 — UNSCRAMBLE THE STORY

Unscramble the 8 challenging words connected to Yudhishthir's story.

1	M A R D H A	→	DHARMA
2	S E P T E R C	→	RESPECT
3	N O T I T A P M E T	→	TEMPTATION
4	Q N N O E C S E U E C	→	CONSEQUENCE
5	I T S E R A R N T	→	RESTRAINT
6	B L I G O T A I O N	→	OBLIGATION
7	S R E V E R E P A N C E	→	PRESERVENCE
8	S C E D I I O N	→	DECISION



Challenge:

Which one of the 8 words best captures Yudhishthir's character in the story? Explain why you chose it. Write in 2–3 lines.

Respect fits Yudhishthir because he respected the rules of the game and kept his word, even when it was very unfair. He didn't break his promise just because things went badly.