



Nation's Resurgent Culture Through The Lessons Of 'Ramayana'

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Abstract

People focus more of their time and energy on achieving economic freedom, probably due to commercialisation and other so-called development agendas. We are on the verge of giving up all of our ethics and principles in the rush to make large profits quickly. Ancient epics such as the Mahabharata and the Ramayana have the unwavering power to change people's computerised lives in the present era. Our appearance never deviates from our objectives since our lives are centred around achieving our unique aspirations. In this situation, we need the guidance of such great individuals as Lord Ram or Lord Krishna. Objective: The study seeks to determine how to restore the resurgence of our rich culture through the lessons of Ramayana. Methods and Materials: The information is gathered from secondary sources of ancient Indian knowledge, including texts like the Ramayan, articles, websites, and online journals published over time. Result and Discussion: Besides discussing the meaning of life, 'The Ramayana' is regarded by the Indian populace as a traditional and sacred text that imparts knowledge, wisdom, and the spiritual meaning of life. However, this tale offers numerous life lessons that apply to various circumstances and suit everyone. Findings: One of the oldest books in Bharatiya history, the Ramayana is significant regardless of age, social status, sex, or income level. Its significance has been acknowledged in many contexts and disciplines, such as politics, history, morality, and otherworldliness. Conclusion: The entire family can enjoy and learn much about their roles from the epic Ramayana. With stronger ties between families and society, the Ramayana can assist us in reestablishing those multigenerational family values.

Introduction

Ramayana is an epic of Hindu Mythology, initially written by Rishi Valmiki, based on the life of Prabhu Sree Ram. It is believed that Prabhu Ram is the 7th Avatara (Incarnation) of Lord Bishnu. The world is currently going through a phase in which materialism, individualism, and selfishness are relationships' foundations. Even the most pious institutions of society, such as the family and parenting, are starting to crumble under this change. People are focusing more of their time and energy on achieving economic freedom, probably due to commercialisation and other so-called development agendas. We are on the verge of giving up all of our ethics and principles in the rush to make large profits quickly. Sadly, we no longer see what counts to us: the ties that formerly defined us as a society and as families. The increasing pressure to

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succeed has supplanted personal actualisation and family values. The generation of today lives by the mantra of nuclear families, or “We two and Our Two.” Anyone who resides in a joint family or a home shared by two brothers is regarded as having an orthodox mentality. Talking about a topic within the family is considered a violation of privacy. In our quest for personal space, we forget our most fundamental values, such as respect for elders. These extremely tense people are starting to lose themselves. Nowadays, people become egocentric and only consider themselves.

Therefore, the rich Bharatiya culture will end. The question of how to revive our Bharatiya culture now arises. We need a solution that can change our lives and enable us to comprehend our history to address society’s increasing intolerance and lack of social ethics. The Ramayana is one of the best texts available to manhood for a simple template solution. The Ramayana is the only Grantha that can maintain the basis of a family structure. This is the only book in history where even the villainous characters have something worthwhile to teach you. This is not just a story; the timeless lessons found in this magnificent epic have withstood the test of time and can still offer answers to all of life’s problems, even in the modern world.

Ancient epics such as the Mahabharata and the Ramayana have the unwavering power to change people’s computerised lives in the present era. Our appearance never deviates from our objectives since our lives are centred around achieving our unique aspirations. In this situation, we need the guidance of such great individuals as Lord Ram or Lord Krishna. For the current generation, which is lost in the maelstrom of materialism that causes confusion, chaos, and illusions as well as delusions, Lord Rama is a great role model [<https://shribharatsharnam.com/2020/08/15/ramayana-and-our-daily-lives/>].

The epic poem Ramayana, penned by Sage Valmiki, highlights the triumph of good over evil. See the numerous life lessons it imparts that we can apply to live better lives by reading on. The Ramayana, one of the greatest epics in Hindu mythology, is a story that has taught us morality or “Dharma” over the ages and is also a teaching tool. This story inspires us to become better versions of ourselves while outlining various relationships’ principles. One of the best and most revered Sanskrit epics, the Ramayana is also among Bharat’s earliest written literature. The epic Ramayana has been the subject of centuries of exploration by several writers on various topics, including spirituality, philosophy, economics, politics, language, culture, poetry, literature, and technology. [Pallathadka, Harikumar, et.al., 2022].

OBJECTIVE

The study seeks to determine how to restore the resurgence of our rich culture through the lessons of Ramayana.

METHODS AND MATERIALS



Design and approach: This study is primarily descriptive and employs a qualitative methodology. Its design is based on secondary data. The information is gathered from secondary sources of ancient Indian knowledge, including texts like the Ramayan, articles, websites, and online journals published over time.

Analysis: To maintain the required presentation and conclusion, the numerous materials obtained from the various sources have been carefully reviewed, verified, and organised under the pertinent headings.

RESULT AND DISCUSSION

In addition to discussing the meaning of life, “The Ramayana” is regarded by the Indian populace as a traditional and sacred text that imparts knowledge, wisdom, and the spiritual meaning of life. However, this tale offers numerous life lessons that apply to various circumstances and suit everyone. The story “The Ramayana” teaches us about dharma and what it means to be a good person and a real hero. It instructs readers on how to always follow dharma in their feelings and emotions, never prioritise their needs and wants, and emphasise the value of kindness and family values [<https://edubirdie.com/examples/core-values-and-beliefs-of-the-ramayana-stories/>].

The Most Important Life Lessons

Even though he was a king, Prabhu Shriram had a difficult life filled with suffering, which he shared during and, to some extent, even after their fourteen-year exile with his brother Lakshmana and his adored wife, Sita. However, despite life’s greatest trials and tribulations, Rama consistently exhibited extraordinary courage, patience, virtue, generosity, and ethical decisiveness. The protagonist of Ramayana’s fabled saga, Lord Shri Rama, established Hinduism’s fundamental ideas and religious convictions. Thus, even in the modern world, the lessons of the Ramayana are crucial for living a fulfilling life. These are a few of the most important life lessons the “Ramayana” can impart [<https://www.linkedin.com/pulse/important-life-lessons-from-ramayana-prabhu-shriram>].

Three-Tier Personality

Lord Rama advanced in each of the three domains. His three-tiered personality consists of spiral, linear, and circular advancement to become a titan among the suffering and tormenting human race. Lord Rama represents elevation on every level, including physical prowess and mental elevation along moral lines to uphold family norms with devotion and sincerity as a son, brother, husband, and ruler to drive out evil in all its forms and bring bliss and happiness to society. He is the perfect example of how the individual, the family, and society can progress in a circular, linear, or spiral fashion.

Polity of Lord Rama (Karma Theory, Strategy and Planning)

Lord Rama’s enormous personality overshadows all of the characters in The Ramayana. The Ramayana uses Hanuman as a symbol for the evolution of faith. When Hanuman is asked, “How do you look upon me?” by Lord Rama, The large monkey responds in



three parts: “I am your devoted servant when I think I am the body.” As I realise that I am the soul, I recognise that I am a sliver of your unending Light. And you and I, my Lord, are the same when I see the vision of truth. With this response, he illustrates three states we go through on our spiritual journey. We frequently identify with the person, body, mind, and ego that we believe ourselves to be. During those moments, we can acknowledge that our purpose is to serve the higher Self that resides within us and everything else. This is the basis of Karma Yoga, also known as the yoga of service [Mehta, Vijay Kumar (nd), *Relevance of Ramayana in Modern Times*, <https://www.dailyexcelsior.com/relevance-of-ramayana-in-modern-times/>].

Above all, when we acknowledge that a higher knowing and presence are at work within us and that we are not distinct from divine intelligence as we previously believed. Our senses inform us that we are not distinct from other living things and that God’s indescribable presence within us is expressed through our existence. Here’s where Raja Yoga and Bhakti further open us. When the veil lifts and we see the truth, our perception undergoes the most significant change. At that point, we understand that we are the only thing that exists. We are One; we are the source. This direct perception is what Gyana Yoga strives for. What makes Hanuman’s vision so complete? The foundation of the five primary tiers of spiritual practice is faith. Thus, Hanuman is the embodiment of faith that bestows us power, modifies our memory, and guides us towards perfect wisdom via Samadhi (meditation). Therefore, the Ramayana offers us the correct path in this dark world on all levels—discipline and devotion (Shradya Yoga), the evolution of faith (Bhakti Yoga), service to the higher Self (Karma Yoga), the Gyana Yoga, the vision of truth, and through all the personages associated with Lord Rama. This argues that The Ramayana is still relevant today [<https://www.aubank.in/blogs/lessons-we-can-learn-from-ramayana>].

Forgiveness Trumps Revenge

After discovering that Laxman had made fun of his sister Surpanakha, Ravana searched for revenge and kidnapped Sita. But he lost his life as a result of this desire for vengeance. However, Lord Rama and Sita showed everyone kindness and forgiveness. They also extended forgiveness to Rama’s stepmother, Kaikeyi, who banished him. In nature, we ought to be tolerant. Taking revenge and being angry doesn’t solve anything; they prevent us from moving on to better things.

Pride Never Rises to the Top

Lord Shiva granted immortality to the valiant warrior Ravana, but his arrogance ultimately brought him to an end. Thus, the Ramayana teaches us to be humble because Vibhishana, Ravana’s humble brother, was instrumental in the demon’s demise.

The Strength of Sincere Commitment



The Ramayana provides a further crucial lesson in true devotion and friendship through the relationship between Lord Rama and his devoted follower, Hanuman, who gave his Lord everything he had. To demonstrate that his master lived there, he tore his heart.

Preserving a Woman's Dignity is a Valuable Action

The Ramayana also teaches that one should help women without hesitation and defend their honour. Jatayu, the brave bird, sacrificed his life to free Sita from Ravana's grasp. In exchange, Lord Rama himself carried out the bird's final ceremonies.

Refusing to acknowledge what is not Rightly Yours

One of the most honourable figures in the Ramayana, Bharata has taught us that taking for granted what is rightfully ours is wrong. He declined to take the throne in Ayodhya instead of his brother Rama, who had been wrongfully banished by his mother Kaikeyi.

The Significance of Morality

Being known as "Maryada Purushottam," Lord Rama lived a morally pure life, abandoning his wife Sita to follow one of his subjects' quests or ceding his kingdom to uphold his Father's promises.

Attachment (Maya) Can Cause Suffering

Sita's suffering began when she made Rama fetch her the Golden Deer because she was drawn to its enchanted beauty. However, while Rama was gone obtaining the deer, Ravana kidnapped Sita. This event shows us that suffering stems from attachment.

Never Take Bad Advice to Heart

As Kaikeyi did when she listened to Manthara and asked King Dashratha to banish Lord Rama, one should never follow bad advice. This is what led to their suffering and the king's demise.

Honour Your Words

The Ramayana first teaches the importance of honouring one's word, no matter the cost. Even though it was incorrect of Kaikeyi to demand such a thing from the King, King Dashratha sent his beloved son Rama into exile to honour the word he had given to her. Similarly, Rama gladly accepted his lot to uphold his Father's word.



Show consideration for your adversaries.

Ram no longer felt any ill will towards Ravana because he was about to die at his hands. The purpose of the war was to free Sita, whom Ravana kidnaped. The war began because Ravana would not budge despite diplomatic attempts. Ram honoured his opponent as a fellow human being in death. He received a dignified funeral. Ram even requested that Laxmana study statecraft and spirituality under Ravana.

By keeping faith in all these lessons of the Ramayana discussed above, we can lead our lives in a new direction, make our lives happier and fulfil our goals in all the ways.

FINDINGS

Many of us no longer adhere to the values outlined in our sacred scriptures in the modern world. But these teachings are extraordinarily insightful and crucial for living a life of good karma. We will undoubtedly experience harmony, contentment, and peace if we heed these lessons. Every character and plot point in the Ramayana offers a worthwhile lesson to everyone. Because he had promises to keep, Lord Rama chose the trials of the jungle over the comforts of the palace. Ethics and ideals characterised his life. Though evil ultimately lost, good taught us valuable lessons about morality, ethics, and upright conduct.

One of the earliest texts in Bharatiya history, its significance transcends age, station, sex, and income classes. Numerous contexts and disciplines, such as otherworldliness, morality, politics, and history, have acknowledged its significance [Pallathadka, Harikumar, et.al., 2022].

CONCLUSION

In summary, the Ramayana offers the best way to adjust our lives, particularly given the circumstances of the modern world. The entire family can enjoy and learn much about their roles from the epic Ramayana. With stronger ties between families and society as a whole, the Ramayana can assist us in reestablishing those multigenerational family values. Considering the breadth and complexity of Valmiki's Ramayana, it is nearly hard to cover every scenario, debate, and explanation in a single, concise piece. Given the popularity of the Ramayana story in modern India, the large Indian diaspora throughout the world, societies with a history of Indian indentured labour, and South East Asia, where many Ramayana stories still have resonance with those societies, more investigations and analyses are necessary [Bajpai, 2023].

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Dedication: I have dedicated this article to Prabhu Sri Ram, who governs the universe and enlightens the whole world through His science.

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