



International Journal of Multidisciplinary Research and Growth Evaluation.

The concept of life skills employed in the epic Ramayana: A theoretical perspectives

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Article Info

ISSN (online): 2582-7138

Volume: 03

Issue: 05

September-October 2022

Received: 14-08-2022;

Accepted: 17-09-2022

Page No: 314-317

DOI:

<https://doi.org/10.54660/anfo.2022.3.5.14>

Abstract

Every human being in the world is unique creation of this universe and one is born with specific qualities and characteristics. If we are not able to use the hereditary and acquired qualities to increase our efficiency, then these qualities have no meaning in the life. In this context, the importance of life skills in the field of education is being explained today. Life skills education provides the person with the skills to face the conflicts that come in life. This creates the foundation of a cultured society that is prudent. Even scholars in modern times admit that although the current education system is familiar with these life skills principles, most of these have been developed by Western countries. While there is a comprehensive description of life skills pervading in ancient Indian scriptures. The theoretical perspective of those aspects are compiled and presented here with examples related to life skills described in the Ramcharitmanas. The current attempts may serve as a guide for moral, spiritual and social advancement in education needed in current learning system. Theoretical presentation may be contributory to the current battery of knowledge in the areas of life skill exploration in the contexts of ancient scriptures.

Keywords: Life skills, Ramayana, education, ancient epic

Introduction

Man starts learning only after birth and further keeps on learning something throughout his life. The act of learning is successful only when it is spontaneous and joyous in process. No one is suddenly wise in life. Man develops his intellect slowly with the experiences gained over time. His courage and patience develops with the qualities such as the tendency of cooperation, the spirit of philanthropy in processes of learning. It is in this way that permanent virtues develop in the character of the individual and it is such a person who gives a new direction to the society through his actions. (Gul, 2018) ^[4] The studentship period is a period when the intellectual physical and mental abilities in the individual are very high but due to the lack of development of necessary skills in student life, the youth are not able to develop their abilities and they become a burden to the society. Life skills training eliminates many such problems in the life of adolescents and leads them to the path of prosperity and happiness (Rathore, 2016) ^[8] which is why life skills have become the need of the society for the present education. Although this life skill was an integral part of Indian life, the description of abundant life skills is seen in the Indian philosophical texts. One such book is Ramcharitmanas in which life-related skills are depicted in many places. In Ramcharitmanas, Poddar states that Goswami Tulsidas has depicted the skill of life by setting an exemplary episodes which Lord Ram lived. (Goswami Tulsidas, 2021) ^[3] If one studies the ideal character of Shri Ram, Sita, Laxman and Hanuman properly, one will find many examples of life skills which will serve as a guide not only for moral spiritual progress but also for social upliftment. Therefore, the researcher has selected the Ramcharitmanas to draw the life skills employed in this epic.

The aim of the current effort is to bring out the life skill related events tool place in the life of great character Shri Ram depicted in Ramayana and present in the context of modern scenario and perspective in educational strata.

The Meaning of Life Skills

According to the World Health Organization, life skills are favorable subjective and positive behaviors that are the qualifications that enable the individual to make effective adjustments to the demands and challenges of daily life.

According to UNICEF, life skills are a set of competencies. "The basic skills in it are the realization on self-awareness, effective communication inter-personal relationships ability" (Luther, 2001) [7] Life skill direction guides are the components of the most successful life.

Life skills are such abilities of favorable and positive

behavior that provide the individual with the efficiency in effectively meeting the demands and challenges of daily life. There can be innumerable skills in life. From the convenience point of view, life skills are mainly divided on the basis of three components. (Koul *et al.*, 2016) [6].

1. Cognitive skills or ability to meditate
2. Social or inter-personal skills
3. Emotional skills

The World Health Organization has classified ten main life skills that are as follows:

Table 1

Cognitive or Thinking Skills	
1. Self-Awareness	Your strengths weaknesses need desires, failures, habits and the ability to understand all other things.
2. Decision Making	To judge the different means and choose the best solution.
3. Problem Solving	The ability to solve problems by dividing them into smaller components.
4. Creative Thinking	Thinking in a different way by going beyond the direct experiences of your time.
5. Critical Thinking	Accepting or rejecting views or issues by critical thinker.
Social or Interpersonal Skills	
6. Interpersonal Relationships	To maintain interpersonal relationships by initiating relationships with others.
7 Empathy	Empathy is the other person's mind to understand the state of mind in a sticky manner.
8. Effective Communication	The process of exchanging ideas, knowledge and information and the purpose behind it, to communicate well the intentions.
Emotional Skills	
9. Emotional Management	Understanding Your Emotions Understanding Their Emotions Managing Them Properly Is Emotional Understanding 1
10 Stress Management	Maintaining a balance between demand and resources.

Life skills mentioned as per Ramcharitmanas

1. Self-awareness: It is a clear indication on education that self-awareness involves monitoring our inner world thoughts, feelings and beliefs. It is a very important skill because it is a "major mechanism affecting learning to teach oneself. Because if we are unaware of what kind of our emotional nature will be from the different situations that come in life, that is, what kind of emotions a favorable or adverse presentation creates in our mind, which can make our life out of control very quickly. (Sodhi, 2000) [9].

Ramcharitmanas has the highest awareness skills in the entire life of Shri Ram, just as in spite of many sufferings in the life of Shri Ram, his maintaining his own emotional balance is a direct example of this. Shri Ramchandra Ji's nature is gentle and compassionate. He had never heard of suffering before in his life. However, when he was asked by Mother Kekai to leave the kingdom for fourteen years of exile, Shri Ram accepted this order with a smile with a great ease.

Man Muskai Bhanukul Bhanu. Ramu Sahaj Anand Nidhanu.

Bole Bachan Badat sab Dusan. Mridu Manjul Janu Bagh Bibhushan. (Goswami Tulsidas, 2021) [3].

The Sun of Surya clan naturally merry nature Sri Ramchandra ji smiled in his mind and spoke such gentle and beautiful words devoid of all enemies, which were the ornaments of human speech.

2. Decision-Making

The decision literally means arriving at the final result i.e. selecting one of two or more possible alternatives based on the parameters is the decision. In Ayodhya case of Ramcharitmanas, when many of the mothers tell Shri Ram about the demand for fourteen years of exile in exchange for

the boon given to Him by King Dashrath, he says that here is the affection of the son and on the other hand, the promised pledge king Dashrath has fallen into trouble with this religion. If you can, obey King Dashratha and remove his difficult tribulation, on this, Shri Ram says, taking a decision as to understand the situation.

Munigan milanu biseshi ban sahi bhoti hit mor.

Tehi Maha Pitu Ayas, Bahuri Sanmat Janani Tor. (Goswami Tulsidas, 2021) [3].

There will be a special meeting of the Munis in the forest in which I have all the welfare in that also, then father's command and that is your consent.

3. Problem Solving

This skill helps us to solve our problems. This skill is seen in the character of Shri Hanuman in the Sunderkand of Shri Ramcharitmanas. In Sunderkand, when Hanuman goes to Lanka to search for Sita, in his way he is faced with a lot of problems but he eliminates all the problems through his cleverness. (Sudhir Kumar Gaur, 2017) [10]

Jas Jas Sursa Badanu Badhawa. Tasu doon kapi rup dekhava.

Sat jojan tehi anan kinha. ati laghu roop Pawansut linha. (Goswami Tulsidas, 2021) [3].

As the Sursa mouth expanded, Hanuman ji used to see both its forms. He had a face of a hundred to four hundred miles then Hanuman ji took a very small form.

4. Creative thinking

Creative thinking means seeing something in a new way. It's the very definition of thinking outside the box or the ability

to understand that pattern of problem solving that is not really clear. (Kalra, 2003) ^[5] A very beautiful description of creativity in Lanka Kandam when Vibhishana became impatient when he saw Ravana on the chariot and Shri Raghuvir without a chariot. With more love, there was doubt in their mind as to how they would be able to conquer Ravana without a chariot. He revered Shri Ram's feet and began to say it affectionately. O Nath, your new chariot is the armor that protects the boat and there are no shores. How the mighty hero Ravana will be able to win? On this Shri Ram said to Vibhishan.

Soral Dheeraj Tehi Rath Chaka. Satya Sheel threed Dhavja Pataka.

Bal, Vivek, Dam, Parhit, Dhore. Akshama Kripa samata raju jore.

Ishu bhajanu Saarthi Sujana. Birati Charm Santosh Kripana.

Dan parsu budhi shakti prachanda, Bar bigyan kathin kodanda.

Amal Anchal Mana Trona Samana. Sum Jam Niyama Silimukh Nana.

Kavach Amed Bipr Guru Puja. Ehi sam vijay upay n duja.

Sakha dharamay as sath jake, Jeetan kahan n kathu ripu take. (Goswami Tulsidas, 2021) ^[3].

The wheels of the chariot that we have are bravery and patience. Truth and seal or virtue are its strong flag and ensign. Strength, wisdom, power to subdue the senses and benevolence - these are his four horses which are joined by the chariot with the cord of forgiveness, mercy and equanimity. God's part is the clever charioteer who drives that chariot. Detachment is the shield and contentment is the sword. Charity is a furrow; Wisdom is a tremendous power; the best science is a hard bow. The pure sinless and immovable still mind is like tarkas. Yama means to be in control of the mind, Ahimsaadi Yama and Shauchadi Niyama - these are many arrows. Worship of Brahmin and Guru is an impenetrable armor. There is no other way of victory like this. Hey, sane! There is no enemy to win for the one who has such a righteous chariot. In the above description, not only the example of creative thinking is seen but also a great example of leadership.

5. Critical thinking

To make a decision by analyzing the object of facts is called critical thinking. The example of critical thinking skills is seen in the dialogue made by Bali to Shri Ram during the killing of Bali in the Kish-Kindha Kand of Ramcharitmanas. *Dharama hetu Avatareh Gosai. Marehu Mohi Byaadh ki nai. Main Barry Sugreev Piara. Avagun Kavan Nath Mohi Mara. (Goswami Tulsidas, 2021) ^[3].*

O Gosain, you have incarnated to protect religion and killed me in hiding like a Vyadh? I am the enemy, Sugriva dear? O Nath, what fault did you kill me with?

Anuj Badhu Bhagini Sut Nari. Sunu sath kanya sam e chari. Inhi kudeerishti bilokai joi. Tahi bandhe kathu pap n hoi. (Goswami Tulsidas, 2021) ^[3].

Shri Ram Ji said - O fool! Listen, the wife of the younger brother, the wife of the son and the daughter - these four are equal. There is no sin in giving a harsh blow to anyone who looks at him with an evil eye.

6. Inter-Personal Relationships

Inter-personal relationships are a relationship between two or more people that may be of a clean or temporary nature. An example of an inter-personal relationship is seen in the Kishkindha Kanda of Ramcharitmanas when Sita is forcibly abducted by the great demon king, Shri Ram obtains the support of Hanuman and Sugriva to seek the help of the monkey army. And the two become friends. It is the result of the inter-personal relationship that this friendship played an important role in bringing back Mother Sita.

Sunu kapi jiye manasi jani una. Tai Mam priya Lachhiman Te Duna. (Goswami Tulsidas, 2021) ^[3].

O monkey! Don't listen to the mind and don't make the mind small. You are twice as dear to me as Lakshman.

7. Empathy

Empathy means feeling the way others are feeling. For this, you have to think about yourself in place of another. In empathy, we think of helping another by identifying their suffering. The Doha presented in Uttarkand is an example of empathy skills.

But the interests are not religion, brother. But the pain is not even adhamai.

Par hit siris dharam nahi bhai. Par pira sam nahi adhmai. (Goswami Tulsidas, 2021) ^[3].

There is no religion similar to the good of others and there is no folly or sin like hurting others.

8. Effective communication

Effective communication is the process in which the transmission of information between a group of individuals and an organization is sent with the aim of gaining reputation, it is understandable, successful and correct and helps in achieving one's objectives. The dialogue between Angad and Ravana described in the Sundarkand of Ramcharitmanas is seen in which it was the result of the effective communication made by Angad that for once the Lankan king Ravana was frightened. (Bhartendu Misra, 2000) ^[1].

Sunnah samay man mukh muskai. Kahat dashanan sabhi sunai. (Goswami Tulsidas, 2021) ^[3].

9. Emotion management

Life is the most important management of skills. A person having good life skills should be able to have this life skill. A person with this skill is able to balance his emotions in any kind of turbulent or adverse situation and express himself prudently. (Rathore, 2016) ^[8] The scene of the Aranyakanda emotional management of Ramcharitmanas is seen as follows. Even after Ravana abducted Sita, when Shri Ram was in search of Sita, the animals ask about Sita by the birds, expressing this deep sorrow of his in a very controlled manner by a distraught Shriram. It is said that the birds are animals o rows of vortices you have seen somewhere Mrignayani Sita, i have a hug break.

Hain khag mareeg, hain Madhukar Shreni. Tumh dhakhi Sita Mrignani.

Khanjan Suk Kapot Mrig Meena. Madhup Nikar Kokila Praveena. (Goswami Tulsidas, 2021) ^[3].

10. Stress Management

Stress management means reducing mental stress. The main cause of mental stress is the list of recruitments generated in the mind. Doubts, negative thoughts create fear in the mind, which can only be eliminated by a positive attitude. (Suresh. K, 2018) ^[11] A wonderful example of a positive attitude is seen in the Ayodhya incident of Ramcharitmanas. When Shri Ram comes to know that he has received a fourteen-year-old son, then they say it with a very intuitive feeling and a positive attitude.

Munigan milanu biseshi ban sahi bhoti hit mor. (Goswami Tulsidas, 2021) ^[3].

There will be a meeting of the Munis in the forest in particular, in which I have the welfare of all respects.

Conclusion

Thus, the famous scripture Ramcharitmanas not only teaches us life skills but also several aspects of life management through the great characters depicted in the epic. The management skills of emotion, stress, empathy, interpersonal, decision making, communication and problem solving are very well knitted in the entire epic from beginning to the end in an effective way. The whole life struggle of Shri Ram was surrounded by problems, yet he never deviated from the path of truth. His virtues are very relevant in today's perspective from which the entire society needs to learn and follow. Theoretical presentation may be contributory to the current battery of knowledge in the areas of life skill exploration in the contexts of ancient scriptures.

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