



# Root Learnings from the Epic tale of Ramayan

# INSYGHFUL



Monthly Newsletter by Department of Psychology

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## LIFE LESSONS I LEARNT FROM RAMAYANA

- 1) Respecting elders & their decisions just like Shri Ram kept his father's promise & went for a fourteen year long exile.
- 2) Staying calm in every situation because getting angry or panicking will be of no good rather it will worsen the situation, just like Shri Ram was calm when Mata Sita was kidnapped and thought of a solution with a cool mind.
- 3) Treating everyone equally irrespective of their caste, class, etc., just like Shri Ram treated Shabari equally and gave her the respect by letting her eat the berries that she had bought.
- 4) It's not always that someone is trying to hurt you, sometimes people have good intentions too. We should look for good intentions behind every action it will make our life positive & help the other person feel better about their actions too, just like Shri Ram saw good intentions behind Shabari's action of bringing berries.
- 5) We should not be selfish & think about others unlike Kaikeyi who only thought about her own good and that of her son Bharat.
- 6) We shouldn't be greedy & should stay happy in what we have unlike Ravan who wanted the most beautiful woman (Mata Sita) for himself, to be his wife which eventually led to his death.
- 7) We should often listen to our closed ones. They do think of our good, just like Ravan's brother (Vibhishana) & his wife who told Ravan to let go Mata Sita and not to fight with Shri Ram. If he had paid attention to them, he wouldn't have died eventually.
- 8) We shouldn't be jealous of others & should be happy in other's happiness. Unlike Shurpanakha who was jealous of Mata Sita's beauty.
- 9) We should never doubt our will & keep trying like Hanuman who didn't give up & flew to help Shri Ram.
- 10) We should support our loved ones in bad times rather than leaving them alone, just like Lakshman & Mata Sita were with Shri Ram at every point of time.

## EDITOR'S NOTE

The story of Lord Rama and his journey is not just a tale of valor and heroism; it is a source of profound wisdom that continues to resonate with readers of all generations. Join us as we explore the epic's lessons and find inspiration in the epic battle that teaches us about courage, virtue, and the triumph of good over evil. We hope these insights will resonate with you as they have with countless others through the ages.

~Chetna Khanna



बिना सोचे ना बोलो  
बीना सोचे ना करो कोई काम  
बिना सोचे किया रावत ने किया सीता  
हरण  
सोच विचार कर जीते राजा राम

~Yansa Dhingra

~Manisha

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## AUTHENTICITY OF AGNIPARIKSHA

Hinduism gives us a safe place to question things about our religion and that's what makes us true conscious followers, So please keep an open mind while reading this. We are all aware of the fact that Maa Sita gave Agni Pariksha when she came back to prove to Ram that she was pure, I have heard stories like she gave herself to Surya Dev for protection when she went for vanwas, and that she only took herself completely back from the fire when she gave Agni pariksha. Even if I do believe this counter story for my criticism, it would still not change the fact that it was portrayed like it was done for the society, that it was done to shut them up. Famous S. Guruji commented on this, "That you want a ruler who puts his citizens of the country above his own bonds and family and we criticise Lord Ram for doing the same. A true king whom people saw as father figure for the nation would not neglect his peoples opinion. People saw the queen as mother figure and they didn't want him to bring just anyone and make her their queen".

On this, my thoughts are even if people's accusations about her being impure were true would that snatch her purity of being a mother figure to the nation? Despite of understanding the fact that they went through so much, people had the audacity to question Maa Sita's character and if I relate this to present social issues, it's really the same, woman who are rape victims are not treated like normal women. It's claimed that Lord Ram never doubted Maa Sita's character. Doubts were only of the society, yet he disowned her, saying that questions have been raised against her character, and that he had to let her go. Lord Ram is famous for his principles (MARYADA) which costed him, something his dearest.

Now the biggest learning here is that you can't have it all. In order to attain greatness, one has to be ready to lose a lot of other precious things and that not everything can be categorised as right or wrong.

In my opinion he may have achieved to be a great king, but not a good husband and that's why people recall him as RAJA RAM.

~Ishika

## EPIC OF LEGEND : THE TIMELESS SAGA OF THE RAMAYANA

The Ramayana, one of the most cherished and enduring epics in the world, has fascinating tales, important lessons, and unforgettable characters. The Ramayana, which dates back thousands of years, is believed to have been composed in Sanskrit by Valmiki. Its narrative is divided into seven Kandas, or books, each contributing to the larger story of Prince Rama's life and adventures. Valmiki's masterpiece is not merely a work of fiction; it serves as a moral and spiritual guide for living a virtuous life. At the heart of the Ramayana is Rama's arduous journey to rescue his beloved wife, Sita. She was taken away by a demon king named Ravana, and Rama grapples a lot to get her back. This story shows us that it's important to do the right thing, even when it's tough.

What the Ramayana teaches us :

1. Doing the right thing (even when it's hard).
2. Being loyal to our family and friends.
3. How good and worse are always in a fight.
4. How important it is to be a good person and stay true to our values.
5. How powerful love and devotion can be, like Hanuman's love for Rama.

### THE CHARACTER THAT INSPIRES ME :

Jatayu is a notable character in the Indian epic, the Ramayana. He is a noble vulture who plays a crucial role in the story. It's character is a reminder of the themes of loyalty, courage, and sacrifice that run throughout the Ramayana, and his selfless actions leave an indelible mark on the epic's narrative.

- a) Jatayu is known for his noble and courageous nature. When he sees Sita being taken by Ravana, he immediately tries to rescue her, even though he is aware of the danger.
- b) Jatayu's loyalty to Lord Rama and Sita is unwavering. He risks his life to protect Sita from Ravana, demonstrating his deep sense of duty and dishonour.
- c) Despite being gravely wounded in his battle against Ravana, Jatayu continues to provide crucial information to Lord Rama about Sita's kidnapping. His self-sacrifice in the pursuit of righteousness is a significant aspect of his character.
- d) Jatayu's interactions with Rama offer wisdom and guidance. He advises Rama on the importance of duty and the path to righteousness, leaving a lasting impact on the prince.
- e) Jatayu is often seen as a symbol of goodness and righteousness in the face of evil. His actions reflect the timeless message that even in difficult circumstances, one should uphold what is right.

The Ramayana concludes with the triumph of good over evil, the reunion of Rama and Sita, and the return of Rama to his rightful place as a just and virtuous ruler. The epic's enduring legacy lies in its profound moral and ethical teachings that continue to resonate with people worldwide.

~Rishita Chawla

## AN INSPIRING CHARACTER

I am inspired by Lakshman as he was with his brother no matter what. Nowadays, if we were to be in a similar situation, we would be jealous of our siblings for getting more attention and love than us. Lakshman was neither jealous nor heartbroken when their father decided to give Shri Ram his throne rather he supported him even more. I was very inspired when Lakshman listened to Ram as nowadays we often don't listen to our elder siblings, therefore we should have that love & respect between us no matter what.

~Manisha

## रामायण की सबसे बड़ी सीख

बुराई पर हमेशा अच्छाई की ही जीत होती है जिस तरह माता सीता पर रावण ने बुरी नजर डाली और अंत में भगवान राम ने रावण को पराजित कर सीता को वापस पा लिया।

कहानी का सार है की बुराई कितनी भी शक्तिशाली या बड़ी क्यों ना हो लेकिन अपनी अच्छी नियत और गुणों के कारण सच्चाई की ही जीत होती है।

~Mehak Sisodai

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## KEY LEARNINGS FROM RAMAYANA

The Ramayana offers profound insights into the concept of Dharma (righteous duty). Here are some key learnings about Dharma from the epic:

**Adherence to Duty:** The characters in The Ramayana, particularly Lord Rama, illustrate the importance of fulfilling one's responsibilities and duties. Rama's unwavering commitment to his dharma as a prince, son, and later as a ruler, sets a prime example of his adherence.

**Duty Over Desire:** The epic emphasizes choosing one's duty over personal desires and comforts. Lord Rama's exile and sacrifice, despite his desire to stay with his family, showcases this principle.

**Dharma in Relationships:** The Ramayana underscores the significance of following one's dharma in various relationships, such as that of a parent, spouse, or sibling. Characters like King Dasharatha, Sita, and Lakshmana demonstrate their commitment to their respective roles.

**Balancing Conflicting Duties:** The epic shows that individuals often face conflicting duties. For example, Rama had to balance his duty to his kingdom with his duty as a son. It teaches the importance of making tough decisions while upholding his dharma.

**Justice and Fairness:** The Ramayana highlights the importance of administering justice and fairness in leadership. Lord Rama's rule is characterized by his commitment to upholding dharma and ensuring justice for all.

**Respect for Elders:** The epic encourages respect and reverence for elders, as seen in the relationships between Rama and his father, Dasharatha, and his guru, Vishwamitra.

**Compassion and Mercy:** While adhering to dharma, it's also essential to show compassion and mercy, just how Lord Rama did when forgiving his enemies, even the demon King Ravana.

**Trustworthiness and Integrity:** Characters like Rama and Hanuman exemplify trustworthiness and integrity by keeping their promises and being honest in their actions and words.

**Self-sacrifice:** The Ramayana teaches that sometimes individuals must make sacrifices for the greater good, following their dharma even when it involves personal hardship.

**Loyalty and Devotion:** Hanuman's unwavering devotion and loyalty to Lord Rama exemplifies the idea that individuals should be dedicated to their duties and principles.

In summary, the Ramayana serves as a timeless guide for individuals to understand and practice Dharma in the various aspects of their life, emphasizing the importance of duty, morality, and the pursuit of righteousness.

~Kartik Pandey

## LESSON I LEARNED FROM RAMAYANA IN LIFE

One life lesson from Ramayana is the importance of following one's dharma. This can be implemented in real-life situations where a person would like to contribute to society and like me, is struggling to find their purpose in life. By reflecting on their values, interests, and skills, they can identify their dharma and work towards fulfilling it. For example, my sister has always been passionate about helping others and has a positive impact with her presence, so she decided to become a teacher. What I believe is that by following their dharma one can lead to a fulfilling life, from what I have been told is that by following their respective duties, dharma can open a path of inner peace and spiritual growth.

~Mayank



## मर्यादा पुरुषोत्तम श्री राम

Ramayana gives us the inspiration for how we should live our lives. It is an amazing story of Lord Ram's life and Hanuman's dedication to Ram who came from Ayodhya to keep the teachings of his father and went to Ayodhya as Prince Ram. After 14 years, he returned to Ayodhya as मर्यादा पुरुषोत्तम श्री राम. Ramayana is the journey of a prince to become Maryada Purushottam. Kekayi tried to reserve the throne for Bharat but Bharat also rejected Raj Lakshmi who came home. Ram is an ideal for Bharat.

"सिंहासन को छोड़ हमने पादुका को पूजा है जरा सोचिये हम जैसा इस जग में कोई दूजा है".

Every character of Ram inspires, sacrifices for Bharat, living like a shadow with Lakshman's elder brother, friends like Nishad and Sugreev, Sita's chastity, Urmila's patience, all the characters are words in themselves, they inspire. Due to power like Hanuman and devotion towards Ram, there are more temples of Hanuman than Ram in India, that is, there are more temples of devotees than God. Hanuman is the practice of worshiping. Hanuman is dear to me because whenever Ram is in trouble, Ram's eyes turned to Hanuman. Thousands of monkeys went in search of Mother Sita but Ram gave his ring to Hanuman and not to anyone else because Ram believed that Hanuman could accomplish this task. When Laxman fainted in the war, everyone thought who would give him the courage to save his life? Ram's eyes again turned to Hanuman, hence Hanuman is also the solution to the crisis. If Lord Ram is the supreme man of dignity then Hanuman himself is the protector of dignity. He is capable of taking decisions, has strength and wisdom, is free from all kinds of evils and I feel that without Hanuman, Ram's life is incomplete. If we consider our country as Ram, then our role should be like Hanuman, selfless service to the country in the form of Ram.

-Vanshika Awasthi

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## STUDENT'S CORNER



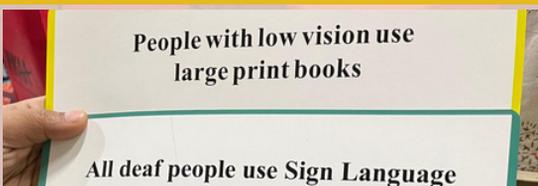
The department of psychology organised a Mental Health Awareness Event on 10th of October on WORLD MENTAL HEALTH DAY. The drive aimed at spreading awareness, guiding people with right information and help people reflect on the importance of mental health. The department also organised a workshop on Stress and Psychological well being for the college faculty members taken over by Dr. Upasana Chaddha.

### World Mental health Day



The cultural club hosted Navratri Utsav wherein the students of psychology setup a photobooth where people can cherish the event and capture happy memories with loved ones. Students also had some activities such as hand printing using paint and hair braiding.

The students of second year and master's went for an educational visit at NGO Aadi. The NGO works for advocating equal right for people with disabilities. The students learnt about how infrastructure can be made inclusive for people with disabilities and how acceptance can be inculcated in the society.



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