



“A STUDY OF SIGNIFICANCE OF LIFE SKILLS NARRATED IN RAMCHARITMANAS IN ADOLESCENT EDUCATION”

Dr. Kamod Kumar

(Associate Professor)

Amogha Institute of Prof & Tech Edu.
Ghaziabad, UP

Mr. Pavan Kumar

(Assistant Professor)

Amogha Institute of Prof & Tech Edu.
Ghaziabad, UP

Abstract:

Ramcharitmanas, the timeless epic penned by the great sage Tulsidas, we find a treasure trove of wisdom that transcends centuries and offers valuable lessons for adolescent education. The characters and events depicted in this epic shows the importance of developing essential life skills such as self-control, problem-solving ability, survival skills, decision-making ability, and the spirit of cooperation. Ramcharitmanas teaches us the significance of self-control. Through the character of Lord Rama, we see the power of restraint in the face of adversity. Adolescents can learn that controlling one's impulses and emotions is essential for personal growth and success. The epic also emphasizes problem-solving ability, as Lord Rama navigates through complex challenges with grace and intelligence. Adolescents can draw inspiration from his resourcefulness in finding solutions to seemingly insurmountable problems. Survival ability is another key theme in Ramcharitmanas. Characters like Sita and Hanuman exemplify resilience and adaptability in the face of life's trials. Adolescents can learn that survival skills extend beyond physical strength and encompass mental and emotional fortitude. Moreover, the epic underscores the importance of sound decision-making. Lord Rama's unwavering commitment to righteousness and dharma serves as a guiding light for adolescents, encouraging them to make ethical choices even in difficult situations. Spirit of cooperation is evident throughout the epic, as various characters work together to achieve common goals. Adolescents can learn the lesson that teamwork and collaboration are vital for personal and social progress. These skills, rooted in the epic's rich narrative, can empower young minds to face the challenges of life with wisdom and resilience, ultimately shaping them into responsible and virtuous individuals.

Key Words: Life skills narrated in Ramcharitmanas, Adolescent Education.

Introduction:

Life skills are those practical abilities, which develop human self-control, effective communication, creative thinking, decision making ability, and balancing emotions. At present, education focuses only on intellectual development, whereas the aim of education is personality development So the life skills education is considered important.

“Life skills are the abilities of balanced and positive behavior with the help of which a person faces the challenges and demands of his life.”- According to WHO

“Skill is the process of behavior change and developmental behavior by which a person establishes a balance between the three areas of his life – knowledge, attitude and skills.”-

According to UNICEF

Shri Ramcharitmanas is one of the epics of India which throws light on all aspects of human life. Here we will study the impact of the life skills mentioned in Ramcharitmanas on adolescent, an important stage of human life, on the life of a teenager. Many life skills have been described in Shri Ramcharitmanas which pave the way for all mankind.

Here the researcher has selected adolescence as the most important stage of human life because this is the stage when the child starts achieving perfection and his thoughts and behavior start becoming stable. In this stage, both the physical and mental aspects of the human being are fully developed. Development is achieved. Knowledge needs to be put into practice. If we provide knowledge of the skills used at this stage, then there is a strong possibility that the teenagers concerned will be able to put the said skills into practice when they reach adulthood

In modern times, the life values of Ramcharitmanas are playing an important role in bringing changes in teenage education. The inspirational story presented in this epic has tried to establish the life values of human beings in a very good way. If teenage students follow the life skills described in Ramcharitmanas and connect it with the demands and needs of the present, then it can pave the way for developing social, mental and personality qualities.

The qualities and values shown by the characters described in Ramcharitmanas can contribute significantly to the all-round development of adolescents. The way the values of Ramcharitmanas include ethics, strength, dignity, dutiful life, social responsibility, talent, dedication, empathy, problem-solving ability, sensitivity, importance of mutual consideration etc. have been considered in detail, the current education is also untouched by the effectiveness of the presentation of this epic. Not only this stage has been effected but it will continue to guide the youth in the future also. There should be practical use of these values in the education of teenage students which will help in building a responsible citizen as well as an influential personality.

Need and Importance of the study:

When children in adolescence, a new energy erupts in them. In this stage, there is a change in every aspect of the children, which affects the entire aspects of the personality. This way today's teenage students are adopting the wrong path, what can be solve by reading the scripture of our forefathers highly Knowledgeable and self-controlling, solving difficult problems with limited resources. Struggling and in adverse circumstances they had the ability to make the right decisions. In it we use the life skill told by respected ancestors in adolescent education, then the society can get both a new direction and condition. Very young children are getting addicted to drugs, Indulging in anti-social acts, suffering from many incurable diseases, becoming irritable, mental level decreasing, becoming impatient, getting aggressive on small things. Elders are not being respected in the society. if adolescent education is molded according to the life skills of Ramcharitmanas, the greetings will be better received.

Review of related Literature:

Vrinda M.N, Rao M. Chandrasekhar (2011) conducted a research titled Life Skills Education for Young Adolescents – Indian Experience, in which they concluded that Present-day teenagers in India have more options to get information than before. Through life skills training, the psycho-social competencies of teenagers can be increased which will prepare them to live a successful life at the global level

Rathor, Bharati (2016) conducted a research titled life skill in Ramcharitmanas in which they concluded that Life Skills Physical balance while interacting with each other in one's local environment they help in maintaining a balanced mental state these skills refer to the skills required to live without stress

Prajapati Ravindra, Sharma Bosky, Sharma Dharmendra (2017) conducted a research titled significance of life skills in education in which they concluded that the importance of life skills education and the benefit of imparting life skill education in our curriculum i.e. developing social, emotional, thinking skill in students as

they are the important building blocks for a dynamic citizen. Who can hope up with future challenges and survive well.

Research question:

- 1- How significant is the self-control life skill of Ramcharitmanas in adolescent education?
- 2- How significant is the problem solving ability life skill of Ramcharitmanas in adolescent education?
- 3-How significant is the survival ability life skill of Ramcharitmanas in adolescent education?
- 4- How significant is the decision making life skill of Ramcharitmanas in adolescent education?
- 5- How significant is the spirit of cooperation life skill of Ramcharitmanas in adolescent education?

Objectives:

The Researcher has studies the Ramcharitmanas of Goswami Tulsidas with the following objectives:-

- 1- To study the significance of self-control life skill of Ramcharitmanas in adolescent education.
- 2-To study the significance of problem solving ability life skill of Ramcharitmanas in adolescent education.
- 3-To study the significance of survival ability life skill of Ramcharitmanas in adolescent education.
- 4- To study the significance of decision making ability life skill of Ramcharitmanas in adolescent education.
- 5- To study the significance of spirit of cooperation life skill of Ramcharitmanas in adolescent education

Limitation of the research: Shri Ramcharitmanas is unique epic offering life skills and abilities. This study is limited to the life skills narrated in shriramcharitmanas i.e. self-control, problem solving, survival ability, decision making and spirit of cooperation in adolescence education.

Methodology:

This Research paper is based on qualitative research methodology called hermeneutics which is the interpretation of classical literature. The researcher studied Ramcharitmanas and noted some of the quatrains and couplets related to important life skills which can be helpful in the development of students during adolescence.

Life skill of Self Control:

सूर्पनखा रावण के बहिनी ।दुष्ट हृदय दारुन जस अहिनी

पंचवटी सो गई एक बारा।देख विकल भई जुगल कुमारा

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भ्राता पिता पुत्र उरगारी ।पुरुष मनोहर निरखत नारी

होई विकल सक मनहि न रोकी । जिमि रविमनि द्रव रविहि विलोकी

It is absolutely necessary to learn to control oneself in adolescence because this stage is full of immense energy and possibilities. There is a lack of experience in this stage. There are many occasions in life when a teenager has to control his desires, lust, anger, greed, attachment. It becomes necessary to keep control because losing control of oneself, the whole future can be spoiled. The best example of this is shown in Shri Ramcharitmanas that when Surpanakha sees Ram and Lakshman, she loses control over herself, the result

from of which is very humiliating. This life skill described in Ramcharitmanas teaches us that We should always control ourselves by which we are saved many times from destruction.

Life Skill of Problem solving ability:

सर पैठत कपि पद गहा मकरी तव अकुलान
मारी सो धरि दिव्य तनु चली गगन चढि जान

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सिर लंगूर लपेटि पछारा निज तनु प्रगटेसि मरती वारा
रामराम कहि छाडेसि प्राणा सुनि मन हरिष चलेऊ हनुमाना

Although problems keep coming up continuously throughout human life, but here we are talking about an important period of life, adolescence, which works as the basis for the entire life ahead. If children learn problem solving skills in adolescence itself, then The solution to all the problems that arise in future life is yours this can be done with wisdom as it is shown in Shri Ramcharitmanas when Shri Hanuman ji goes to get Sanjeevani to save Lakshman ji, he has to face many obstacles on the way but Hanuman ji overcomes all the obstacles with his wisdom. Like as teenagers reach their goals. One should set goals in life and keep working hard with patience to achieve them.

Life Skill of Decesion Making Ability:

राजु देन कहूँ सुभ दिन साधा कहेऊ जान वन केहि अपराधा
तात सुनावहु मोहि निदानू को दिनकर कुल भयऊ कृसानु

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खग मृग परिजन नगरू वनु वलकल विमल दुकूल
नाथ -साथ सुरसदन सम परनसाल सुख मूल

The better the decision making ability of a person, the person becomes equally successful in his life. If this ability is developed in adolescence, then the whole life can become easier. The best example of this can be seen in Shri Ramcharitmanas when Shri Ram was about to be coronated, his mother Kaikai demanded 14 years of exile for Shri Ram. While his father King Dasharatha was not ready for this, but knowing the difference between right and wrong time, Shri Ram decided to go to exile. Similarly, Mother Sita had the option of living a royal life by staying in the palace at that time, but she went with Shri Ram. She took a decision which later proved to be beneficial for public welfare.

Life Skill of Survival ability:

कुस कंटक मग काँकर नाना चलव पयादेह विनु पदत्राना
चरन कमल मृदु मंजु तुम्हारे मारग अगम भूमि धर भारे

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भूमि सयन वलकल वसन असनु कंद फल मूल
ते कि सदा सव दिन मिलहि सवुई समय अनुकूल

Just as in Ramcharitmanas, Sita ji got ready to live her life in the forest with Ram, if we have such a mindset that in any situation of life, even by using limited resources, we can work for the welfare of the society and live our life. Because survival skills is important in adolescent education. It introduces teens to essential life skills beyond education as teens need to deal with an increasingly complex world and the ability to survive prepares them for real life challenges.

Life Skill of Spirit of Cooperation:

प्रात कहाँ मुनि सन रघुराई निर्भय जग्य करहु तुम्ह जाई

होम करन लागे मुनि झारी आपु रहे मख की रखवारी

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सुनि मारीच निसाचर क्रोधी । लै सहाय धावा मुनि द्रोही

विन फरवान राम तेहि मारा । सत जनेजन गा सागर पारा

**

गौतम नारि श्राप वस उपल देह धरि धीर

चरन कमल रज चाहति कृपा करहु रघुवीर

The spirit of cooperation has been depicted very beautifully by Lord Ram in Ramcharitmanas. Shri Ram went to Rishi Vishwamitra's ashram and protected the sages from the atrocities of the demons and helped in reviving the stone statue of Gautam Rishi's wife and had a feeling of cooperation in doing other social and charitable works. A similar feeling should be inculcated in the teenagers also so that they can contribute to the social work so that the personality of the teenagers become of a good citizen.

Conclusion:

Incorporating the teachings of Ramcharitmanas into adolescent education equips young minds with invaluable life skills. The epic's portrayal of Lord Rama exemplifies self-control, as he faced numerous trials with unwavering composure. This teaches adolescents the importance of emotional regulation and patience. Furthermore, Ramcharitmanas showcases exceptional problem-solving abilities in Lord Rama, who navigated complex situations with wisdom and determination. Adolescents can learn critical thinking and adaptability by emulating his problem-solving approach. The spirit of cooperation is evident in the epic's characters, emphasizing teamwork and unity to overcome challenges. Adolescents can grasp the significance of collaboration and building harmonious relationships.

Survival ability is exemplified as Lord Rama persevered through hardships during his exile. This instills resilience and adaptability in adolescents, preparing them for life's adversities. Ramcharitmanas portrays decisive decision-making by Lord Rama, guiding adolescents to make thoughtful choices and take responsibility for their actions. Ramcharitmanas offers a rich tapestry of lessons in self-control, problem-solving, cooperation, survival, and decision-making, making it a valuable resource for shaping well-rounded and empowered adolescents.

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