



Value Education Through Ancient Epics

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Abstract: Value education plays a crucial role in shaping an individual's moral, ethical, and spiritual foundation, equipping them with qualities such as integrity, compassion, tolerance, and accountability. Ancient epics and sacred texts provide timeless wisdom that remains relevant in contemporary education and everyday life. The Ramayana emphasizes dharma, sacrifice, and loyalty through the characters of Rama, Sita, and Hanuman, offering lessons in perseverance, empathy, and selfless service. Similarly, the Mahabharata, particularly the Shanti Parva and the Bhagavad Gita, addresses moral dilemmas, selfless action, detachment, and spiritual insight, guiding individuals to make righteous choices. These sacred texts serve as manuals for character development and ethical living, helping individuals cultivate mindfulness, resilience, and spiritual purpose. In a world increasingly dominated by materialism, such texts remind us of the enduring importance of familial bonds, moral choices, humility, and service, making them indispensable tools for holistic education and personal transformation.

Keywords: Value education, compassion, selfless service, moral values

The process of teaching fundamental life values and concepts that mould a person's character and direct their relationships with others and the outside world is known as value education. Value education is essential for producing responsible, compassionate and morally upright people. Such people make valuable contributions to society in the fast-paced world of today. Teachings on ethics, morality, compassion, respect and integrity are all included in value education. All these qualities are essential for individual development and peaceful coexistence. The goal of value education is to instil fundamental values like integrity, compassion, tolerance and accountability. Which further aims to make people better, greater, healthier and stronger citizens. By including value education into the curriculum, we promote social awareness and character development in addition to academic success. Value education encourages people to live their lives according to moral standards, bridging the information and wisdom divide. Embracing and clasping value education can render a more compassionate, welcoming and peaceful society where people promote collective well-being.



Using Ancient epics to teach values-

‘The Ramayana’ is a timeless guide. It is more than just an epic. An ageless manual for leading a morally upright, kind and meaningful life. It provides a rich tapestry of moral lessons that are relevant to all generations. The moral teachings are utilized as the cornerstone of value education.

The epic ‘The Ramayana’, teaches the core values of life. The readers witness the ‘Fundamental Principles’ or value Illustration through Rama's steadfast dedication to his duties, unwavering commitment to his responsibilities and willingness to put sacrifices for the cause of others. Lord Rama's is portrayed as- perseverant, dedicated and strong entity. He always holds the hand of ‘Dharma’ (Duty). Lord Rama, Sita, and Hanuman always defend the truth and show sincerity despite hardships. Hanuman's dedication, faithfulness and loyalty to Rama is a prime example of fidelity and unselfish service. Lord Rama demonstrates empathy and emotional maturity by showing kindness and by forgiving people who have wronged him. Lord Rama conveys cultural regard to elders, sages, and even enemies. Rama's exile and the hardships faced by Sita serve as a reminder of the value of making sacrifices for the greater good.

‘The Ramayana’ in Contemporary Education-

According to academicians and educators, to encourage character development and emotional intelligence, value education may be imparted to the children through the epic ‘The Ramayana’. It also develops students' cultural awareness and ethical reasoning by exposing them to moral quandaries encountered by the characters. The ‘Sundara Kanda’ passage, for instance, which centres on Hanuman's voyage, is frequently utilized to impart fortitude, bravery resilience and strategic thinking. It holds a great importance in today's world. It really matters to the coming generation.

‘The Ramayana’, provides a counterbalance to a world that is frequently dominated by materialism and selfishness. It reminds us of- the power of familial and communal ties; the significance of making moral decisions; the strength of humility and self-control. The everlasting principles found in ‘The Ramayana’, such as ‘dharma’, loyalty, sacrifice and compassion, are echoed in a wide range of literary works from many countries. There are some influential works that impart the same moral and ethical principles.

Indian Writings usually hold common Principles. In ‘The Mahabharata’, there are several moral dilemmas in this epic story, particularly in the ‘Shanti Parva’. ‘The Mahabharata’ imparts among the readers, the positive approach to justice, truth, loyalty, duty against desire, and the difficulty of moral decision-making. ‘The Bhagavad Gita’, dominates on the fact that selflessness, objectivity, moral rectitude and spiritual insight are the core values to lead a meaningful life. ‘The Bhagavad Gita’, highlights altruistic deeds and spiritual



obligation while examining 'dharma' through Arjuna's moral predicament. 'The Bhagavad Gita', teaches us the following things:

- 'Dharma' (Righteous Duty): Krishna teaches that one must carry out one's duty without regard to the results. Arjuna's main conundrum is whether to fight against his own family. Through 'The Bhagavad Gita', Lord Krishna clears the doubt of Arjuna and says that 'Dharma' is situational; your role and obligations determine what is appropriate.
- Detachment and Selfless Action: Karma Yoga or doing without regard for one's own benefit, is emphasized in the Gita. Detachment—doing what is right without being constrained by success or failure—is the source of true freedom.
- The Nature of the Self (Atman): Death is only a transition; the 'atman' shifts from one body to another. The soul is everlasting, unbreakable, indestructible and distinct from the body.
- Path to Emancipation: Three primary spiritual pathways are described by Krishna: 'Karma Yoga' is the route of action, 'Jnana Yoga' is the road of knowledge; 'Bhakti Yoga' is the path of devotion and each lead to liberation from the cycle of birth and death.
- Inner Peace and a Stable Mind: Peace comes from within. By doing your duty you will have internal satiation. Lord Krishna demonstrates to Arjuna that the All-Powerful 'Supreme Being' who created everything. This example highlights the unity of all things and the divinity of 'Dharma'.
- Dedication and Sacrifice: True and sincere devotion to God or bhakti, is portrayed as a powerful and accessible path. The outcome of surrendering to God's will is freedom and peace.

'The Upanishads' hinges upon philosophical thoughts about truth, personal dharma, and cosmic order. 'Sanatana Dharma', it is a structured guide to Hindu ethics and 'Dharma', used in academic settings. 'The Upanishads' portrays that self-awareness, compassion, inner truth and the unity of all living things makes an individual truly complete. 'Puranas' are mythological tales that too impart lessons on cosmic justice, humility, and devotion. 'Vidura Niti' teaches moral leadership, individual behaviour, and readers gather great insight from the 'The Mahabharata'.

Apart from the Indian epics there are texts around the world with similar moral lessons. For example- 'Bible', the holy book of Christians, is based on ethical values (Proverbs, Gospels) moral integrity, humility, love, and forgiveness. Islam's, 'Quran' is based on justice, compassion, endurance, and devotion. 'Tao Te Ching' (Taoism), its origin is from China, it is hinged on humility, modesty, simplicity and harmony with nature. Buddhism's 'The Dhammapada', a Buddhist guide that manifests the idea of compassion, detachment, mindfulness, and moral behaviour. The pious text of Jainism known as 'Jain Agamas' is based on ascetic discipline, truth, and non-violence (Ahimsa). 'The Odyssey' and 'Iliad' are



Greek epic, that exhibits honour, bravery, devotion, and the negative effects of arrogance and pride.

The spiritual, ethical, and intellectual lessons found in 'The Bible' have influenced the lives of billions of people. Some of its most fundamental and transforming lessons are as follows: The Bible's core lessons include-

God's love and creation: 'The Bible', begins with the notion that God purposefully and carefully constructed the universe. This establishes the foundation for a relationship-focused perspective on life.

Ethical and Moral Conduct: The Ten Commandments, lessons on humility, forgiveness, and helping the needy are just a few examples of how 'The Bible', provides direction for leading a moral life.

Hope for Redemption: 'The Bible', provides hope even in the dire circumstances. Believers are promised eternal life and redemption through Christ.

Love is the greatest commandment: Jesus stressed that loving God and loving your neighbour are the two most crucial commandments. The core of biblical ethics is love.

Salvation through Grace and Faith: The core tenet of Christianity is that salvation is obtained by faith in Jesus Christ and God's grace, not by good works.

For generations, social justice, peacebuilding, and interfaith harmony movements have been sparked by these beliefs. Every tradition seems to be a distinct tune in a symphony of collective wisdom. All these holy and pious texts are not only the spiritual texts but also the manual for living with clarity, courage, and purpose. Its teachings are surprisingly practical, even in today's fast-paced world. Here are some of the most powerful lessons you can apply in daily life:

We all can develop good habits that are encouraged by sacred teachings by daily practicing. Start with a good intention. Spend a few minutes in prayer, meditation or introspection at the start of each day. It creates a spiritual atmosphere and centres our thoughts. Memorize a verse which shows how to overcome the difficulties and hardships in life. Such things definitely make you stern to your current challenges or goals. Show compassion by being courteous in traffic, patient in line, and giving out lots of praises. Offer help without expecting anything in return—whether it's holding a door or listening to someone vent.

We should learn to forgive others. Take a moment before responding when someone wrongs you. Consider the lessons taught about grace and mercy. By journaling, praying or just



putting peace over pride, you can let go of grudges. Live a life that is purposeful. Make decisions, relationships, and work consistent with principles such as service, humility, and honesty. Before making decisions, ask yourself, "Is this action aligned with what I believe?" Create sacred moments with oneself. Transform everyday activities into intentional rituals, such as praying while strolling or expressing thanks while cooking. To maintain attention, use affirmations or scriptures together with reminders (sticky notes, phone alerts). Serve others without any expectation from them. Help someone in need by volunteering, giving money, or just being there. No matter how tiny or small are the acts of kindness as these deeds of kindness are potent manifestations of spiritual truth. You don't need to be perfect—you just need to be intentional. These teachings are like seeds: plant them daily, and over time, they'll grow into a life of depth, peace, and purpose.

While the sacred texts of the world's major religions differ in language, culture, and theology but most of them share profound common values that speak to our shared humanity. Here's a glimpse into the universal teachings found across holy books:

- The majority of scriptures stress that humanity is one family under a divine source, which is one of the core universal values.
- Equality: Numerous scriptures state that all people are spiritually equal, regardless of caste, colour, or gender.
- Compassion & Service: Helping others is seen as a sacred duty.
- Justice & Peace: A constant exhortation to live morally and settle disputes amicably.

The fundamental lessons that exhort us to put out our best effort without being fixated on results. It's revolutionary for lowering anxiety and tension. Release any attachment to praise, blame, failure or success. Emotional balance is what detachment signifies, not apathy. It keeps you rooted in both victory and adversity. Our reality is shaped by our thoughts. The Holy books offer self-awareness and mindfulness as strategies for overcoming bewilderment, fear and rage. The best thing is to practice to master your mind. Life is ever-changing so, learn to accept change gently and gracefully. All such books serve as a reminder that pain results from resistance to change. Accepting impermanence increases adaptation and resilience. We should all show courage in the face of adversity. Our own periods of uncertainty are reflected when we read such books. Even when the way is difficult, these types of books exhort us to act with conviction. Every obstacle is an opportunity to improve. We should try to focus on the present because there is a quote by Deepak Chopra, "Past is the history, future is mystery and present is a gift." Your judgment is clouded when the person is obsessed over the past or fret about the future. Making the use of every moment with awareness are the lessons taught in the great books. One should try to offer selfless service. Such types of books promote selfless service without anticipating anything in return. Helping others becomes a means and a positive route to achieve personal fulfilment. The Holy books focus on to give up your ego and Pride. Ego creates division and suffering.



These books encourage humility and obedience to a higher purpose, which leads to deeper serenity and connectedness. These lessons are not merely theoretical; they are actually applicable in our real life.

There is a great significance of all these texts. All of these holy books act as moral compass points, guiding people through challenging circumstances in life. They are effective tools for education and personal development because they do more than just preach. In these distinguished books the use of stories helps to illustrate values. These values are like the powerful tools for personal growth, moral quandaries, and character arcs to explain principles. Such texts really carry weight and matter a lot to all human beings. Indeed, reading such texts is like- entering one of the most significant fields of philosophical study and ethics. These writings address the complexities of obligation, righteousness, and the human situation in addition to preaching morality. Its like weaving sacred wisdom into the fabric of your everyday life.

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