

VIVEKANANDA VIDYA KALA ASHRAM
ESSAY WRITING COMPETITION-2025-26

NAME : Janani . K . H

CONTENT : 55/60

PRESENTATION: 10 / 10

HANDWRITING: 10 / 10

GRAMMAR & VOCABULARY: 9 / 10

WORD LIMIT: 10/10

TOTAL: 94 / 100

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Our cultural values and its present application
as per Mahabharata (11).

Name: Janani K.H Class: XII-B Level: Tharun

Dharma as the foundation of cultural values;

The Mahabharata teaches that dharma is a dynamic principle guiding human action with compassion, clarity, patience, and responsibility. It reveals that righteousness requires reflection because every situation demands thoughtful awareness rather than rigid reaction. Yudhishtira's struggles show how intention becomes the heart of ethical action, urging seekers to examine motives before choosing their path. In modern life, we apply this value by speaking truthfully, honoring commitments, and offering empathy even during disagreement. Such practice transforms cultural wisdom into daily guidance shaping calm resilient relationships. The epic reminds us that spirituality grows when awareness accompanies every choice, turning ordinary moments into meaningful expressions of dharma. By cultivating humility, courage, discipline, and gratitude, we strengthen inner steadiness required to act wisely amidst challenges. These qualities help individuals remain grounded while nurturing harmony within families, communities, and workplaces. Thus, the Mahabharata guides modern seekers toward lives shaped by integrity, compassion, awareness, and unwavering dedication to righteous purpose. Through steady reflection, sincere effort, compassionate listening, and mindful intention, we awaken deeper understanding that aligns our actions with timeless dharmic truths, allowing ancient cultural values to remain vibrant, relevant, and uplifting in every evolving moment of contemporary life.

Self-Mastery and Inner Spiritual Discipline:

The Mahabharata teaches that self-mastery begins when an individual confronts inner conflict with honesty, courage, and clarity. Arjuna's moment of despair symbolizes the confusion faced by every seeker overwhelmed by emotion, fear, or uncertainty. Krishna guides him toward inner steadiness by reminding him that discipline is not harsh control but conscious alignment of thought, intention, and action. In modern life, this value encourages us to pause before reacting, observe emotions without judgment, and choose responses shaped by patience and understanding when we practice mindfulness, we cultivate awareness that dissolves confusion and reveals our true purpose. Self-mastery becomes the ability to direct energy toward meaningful effort rather than impulsive distraction. The Mahabharata highlights that growth emerges when we acknowledge weakness and strive to refine them with humility. Today, this means managing stress responsibly, communicating calmly, and remaining centered even when situations challenge our peace. True discipline encourages compassion toward oneself and others, allowing clarity to guide decisions. Each conscious choice strengthens inner stability, enabling us to walk the dharmic path with sincerity and conviction. By nurturing awareness, resilience, and thoughtful intention, we transform everyday challenges into sacred opportunities for spiritual evolution purposeful living.

Responsibility and Harmony in Human Relationships:

Relationships in Mahabharata reveal the profound spiritual importance and responsibility, respect, and emotional maturity, Bhishma's vows, Karra's loyalty, and Draupadi's unwavering dignity demonstrate how commitments shape the moral fabric of human connection. Yet the epic also warns that duty performed without discernment may create unnecessary suffering, reminding us that wisdom must guide affection, loyalty, and sacrifice. In present life, this teaching encourages us to build relationships with honesty, empathy, and balanced understanding. Respect appears through mindful listening, gentle speech, and sensitivity to the feelings of others. The value of Seva inspires us to support family, friends, and society through compassionate action free from expectation or pride. Harmony grows when individuals choose cooperation over ego, forgiveness over resentment, and understanding over judgement. The Mahabharata teaches that every bond becomes a spiritual classroom where virtues such as patience, trust, and kindness evolve naturally. Modern Relationships thrive when each person carries responsibility with clarity, setting healthy boundaries while nurturing warmth and sincerity. True connection blossoms where love is strengthened by integrity and guided by wisdom. By honoring commitments with awareness, we embody timeless cultural values that transform relationships into sacred expressions of dharma and shared spiritual growth.

Inner Strength Amid Social and Emotional Challenges:

The Mahabharata portrays society as a landscape filled with ambition, rivalry, misunderstanding, and moral confusion, yet illuminated by individuals who uphold virtue with unwavering inner strength. Vidura's calm wisdom, Kunti's resilience, and Krishna's compassionate guidance reveal that true power arises from mental clarity and emotional steadiness rather than force or dominance. In today's complex world, pressures, expectations, and conflicts often disturb inner balance, making Spiritual strength essential for peaceful living. This strength grows when we cultivate patience, reflection, humility, and self-control. By responding thoughtfully rather than reacting impulsively, we bring light into challenging situations. Shanti, or inner peace, becomes an active practice requiring courage to remain centered even when circumstances become difficult. The epic teaches that conquering anger, envy or fear is a greater victory than defeating any external enemy. Modern application of this value includes maintaining integrity in competitive environments, choosing fairness during disagreements and offering kindness even when others fail to understand. Inner strength allows us to transform adversity into wisdom and confusion into clarity. When we align actions with conscience, we inspire trust, uplift others, and contribute to a harmonious world rooted in spiritual awareness, compassion and truth.

The Eternal Triumph and Relevance of Righteousness:

The Mahabharata concludes with a powerful reminder that righteousness alone endures beyond worldly success, personal ambition, or shifting circumstances. This message forms the heart of our cultural values, urging individuals to pursue integrity even when challenges seem overwhelming. In modern life, applying this teaching means practicing truthfulness in relationships, fairness in decisions, and compassion in daily interactions. Dharma becomes meaningful when expressed through small yet sincere acts that uplift others and strengthen harmony. The epic teaches that spirituality is not separate from ordinary living; every moment becomes sacred when approached with awareness and humility. By examining intentions, choosing kindness, and standing for justice without arrogance, we reflect the timeless principles revealed in the story. Modern society often values achievement more than virtue, yet the Mahabharata insists that inner purity represents the highest victory. True success arises when actions align with conscience and reflect respect, responsibility, and wisdom. When we choose understanding over anger, generosity over selfishness, and peace over conflict, we allow righteousness to flourish naturally. These choices cultivate a life rooted in purpose and guided by spiritual clarity. The victory of dharma becomes a living experience, renewed each day through conscious commitment to truth and harmony.