

ESSAY WRITING :-

" Our Cultural Values
And Its Present
Application as per
Mahabharata . "

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Synopsis :-

- > Introduction
- > Dharma (Righteousness)
- > Ahimsa (Non-violence)
- > Karma (action and it's consequences)
- > Self-control and discipline.
- > Respect for elders and teachers.
- > The Mahabharata in modern life
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01) INTRODUCTION :-

The Mahabharata is not just an epic about rivalry between the Pandavas and the Kauravas - it is a timeless guide that shapes the cultural foundation of India. Its teachings on dharma, truth, compassion, discipline, respect, and human behaviour continue to influence modern life. Even in a world of technology, pressure, and fast-changing lifestyles, the wisdom of this epic remains fresh and relevant. Through memorable characters and the divine guidance of Lord Krishna in the Bhagavad Gita, the Mahabharata teaches us that values are not merely ideals; they are practical tools for living with harmony and purpose. Its lessons inspire us to think clearly, act responsibly, and face challenges with courage.

02) DHARMA (Righteousness) :-

THE COMPASS OF LIFE
Dharma is the central pillar of the Mahabharata. It is not

a single rule but the art of choosing right path in each situation. Lord Krishna declares powerfully in the Bhagavad Gita,

"Whenever righteousness declines and unrighteousness rises, I manifest myself to restore dharma"

This verse reminds us that righteousness is the force that sustains society.

In today's world, practising dharma means being honest in examinations, fair in decisions, responsible in our duties, and respectful to people of all backgrounds. Yudhishtira's unwavering commitment to righteousness teaches us that following dharma may be difficult, but it leads to lasting peace. Whether we are students, teachers, leaders or citizens, dharma guides us to choose what is right instead of what is convenient.

It helps us stay steady in a world full of distractions, challenges and temptations.

03)

SATYA (Truth) :-

THE LIGHT THAT NEVER FADES

Truth is considered the highest virtue in Mahabharata. Yudhishthira's devotion to truth earned him the title "Dharmaraja". The Gita strengthens this value through the line,

"Nothing is higher than truth"

In modern life, where misinformation spreads quickly, the value of truth becomes even more precious. Practising satya means being sincere in relationships, honest in words and transparent in our actions. Speaking the truth builds trust and confidence, while lies create confusion and fear. Satya continues to be the bright lamp that guides character & strengthens society.

04)

AHIMSA (Non-Violence) :-

STRENGTH IN COMPASSION

Ahimsa in the Mahabharata is not simply the absence of physical harm; it is the presence of kindness, patience and understanding. Even in a story involving war, many characters constantly seek peace. Vidura advises calmness, Krishna

attempts peaceful negotiation, and even great warriors show restraint.

Today, ahimsa is needed more than ever. It means avoiding harsh words, preventing bullying, controlling anger, and resolving conflicts with respect. It also includes caring for animals, protecting nature, and being mindful of the environment. True strength lies not in aggression but in self-control. Practising ahimsa in daily life creates peaceful families, respectful friendships, and a more compassionate world.

05) KARMA (Action and its consequences) :-

WE BECOME WHAT WE DO

The Bhagavat Gita teaches one of the most profound principles of the Mahabharata - the law of karma. Lord Krishna tells Arjuna,

"You have the right to work, but never to the fruits of your actions" This teaches us to focus on effort rather than reward. The journey of the Pandavas, Karna and others show that our actions shape our destiny. Good actions bring peace & honour, while selfish actions lead to downfall.

In modern life, karma means that hardwork leads to success, kindness returns as goodwill, and dishonesty results in loss. It teaches us that our future is built not by luck but is made by the choices we make.

06) SELF-CONTROL and DISCIPLINE :-

THE SECRET BEHIND GREATNESS

Discipline is a powerful value reflected throughout the Mahabharata. Arjuna's focus, Bhishma's vows, and the Pandavas' endurance, all show how self-control leads to excellence. Without discipline talent scatters; with discipline, even ordinary abilities become extraordinary.

The Mahabharata reminds us the success is not achieved overnight but through consistent effort. When we discipline our mind, our actions naturally move toward growth and accomplishment.

07) RESPECT FOR ELDERS and TEACHERS :-

HONOURING WISDOM

Respect for elders, parents, and teachers is one of the strongest cultural values reflected in the Mahabharata. Characters like the

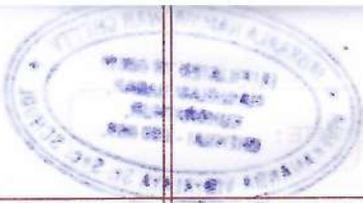
Pandavas always bowed before Bhishma, obeyed their mother Kunti, and sought guidance from sages and gurus. This respect kept them grounded and helped them make wise decisions.

In today's life, respecting elders means acknowledging their experience, listening to their advice, and valuing their blessings. Respect for teacher builds trust and creates a positive learning environment. This value teaches humility, gratitude, graciousness and discipline - qualities essential for success. When we honour our elders and teachers, we honour the wisdom that shapes our character.

08) THE MAHABHARATA IN MODERN LIFE :-

A LIVING GUIDE

Even in today's modern society, the Mahabharata remains deeply relevant. Its characters represent the emotions and challenges we face - Arjuna's confusion mirrors our doubts; Draupadi's courage inspires inner strength; Karna's loyalty reflects our struggles; Krishna's guidance teaches clarity and balance. The Mahabharata offers timeless lessons for every stage of life.



This epic teaches us to be fair leaders, responsible citizens, caring family members and thoughtful individuals. It reminds us to choose values over convenience and compassion over ego.

09 > CONCLUSION :-

The Mahabharata is not just a story of the past - it is a living guide for the present and the future.

Dharma gives direction, satya builds trust, ahimsa brings peace, karma shapes destiny, discipline ensures growth, and respect nurtures relationships. The epic reminds us :-

"Dharmo Rakshati Rakshitah"

(When we protect dharma, dharma protects us)

The greatest victory is not won outside, but within our own hearts. When we live with truth, courage, and kindness, we become not only successful, but truly good human beings. **Jai Hind !!!**