

BALABHADRA SKILL DEVELOPMENT ACADEMY
TYPING PRACTICE SESSIONS
SAMPURN RAMAYAN

Part -1

1. **Introduction**

In Hindu mythology, there are four Yugas – Satyayuga, Treta Yuga, Dwapar Yuga and Kali Yuga. Lord Ram appeared in Treta Yuga and Lord Krishna in Dwapara Yuga. The Ramayan is the tale of Lord Rama and Krishna Lila is the tale of Lord Krishna.

The story of Ramayan is one of the most popular ancient epics of all times. Ramayana literally means “**The journey of Lord Rama**”. It is the story of Lord Rama, his wife Mata Sita, his brother Sri Lakshman, his close confidant Sri Hanuman, the demon king Ravan and the various events & adventures in their lives. *Story of Ramayan is estimated to be written around 500 to 100 BCE by sage Maharishi Valmiki in Sanskrit.* The original text had 24,000 verses in seven cantos and is one the longest mythological poems in the world.

Over the time, the story has been written and re-written by many scholars and writers. One of the most famous of them was Tulsi Das and his version of Ramayana is called the Ramcharit manas.

This epic story teaches us the difference between right & wrong and inspires us to do the right things in life. It also teaches about the importance of performing good deeds, helping others, sacrifices for loved ones, brotherhood, a sense of right humours and simple living.

2. **Kingdom of Ayodhya**

In the earlier part of Ramayan, we learn about the “Kingdom of Ayodhya”, founded by Manu. It was called “**The Kingdom of Kosala**”, with its capital Ayodhya, situated on the banks of Sarayu river. Ayodhya was ruled by King Dasaratha, a descendant of king Ikshvaku. Dasharatha was the son of King Aja of Kosala and Indumati of Vidarbha. Dasharatha was originally named Nemi, but he acquired the moniker Dasaratha as his chariot could move in all ten directions, fly and return to earth and he could fight with ease in all directions.

The king of Ayodhya, Dasaratha had three queens- Kausalya, Kaikeyi and Sumitra. As the king didn't have any heirs, on advise of Rishi Vasishtha, King Dasharatha performed a holy prayer in order to have children. The God appeared before him with a pot of porridge and advised him to distribute it among his queens. With the help of the magical porridge, the queens finally conceived and the great Princes of Ayodhya were born. Queen Kausalya gave birth to **Rama**, Kaikeyi to **Bharat**, Sumitra had twin boys, **Lakshman** and **Shatrughna**.

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3. Battle With Demon Tadaka

During Treta Yuga, Sage Vishwamitra was popular and known for his anger and temper. Everyone was afraid of him and never wanted to displease him. The sage was living in the forest named Tadaka and doing penance and yajna with his disciples. Deman Tadaka and his sons Marich and Subahu were living in the same forest. They create disturbances in yajnas. Sage Vishwamitra came to Ayodhya to meet King Dasharatha to complain about few demons (Marich & Subahu). The sage requested the king to send Ram & Lakshman to fight the demons and to make sure the yajna is performed without any interference. On their way, they encountered Tadaka, a fierce demoness but Ram and Lakshman managed to defeat her with an arrow. The forest was then free from the terror of the demoness.

4. Battle At Vishwamitra's Ashram

Ram and Lakshman proceeded to the ashram to fight Marich and Subahu, the two demons who were creating disturbances in yajnas. The two demons were the sons of Tadaka, who was defeated by Ram and Lakshman earlier. On reaching the ashram the disciples of Sage Vishwamitra started preparing for a grand Yajna. Ram and Lakshman stood guard and looked out for the two demons. On the sixth day of the Yajna, the two demons came to disturb the ceremony. Two princes fought a fierce battle with the demons and finally Ram defeated Marich and Subahu with two special astras or weapons. They were no longer able to disrupt the ceremonies that day onwards.

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5. Mata Sita's Swayamvar

Mata Sita was the princess of Videha with its capital city, Mithila. Janak was the king of Videha. She was found in the field by King Janaka while he was ploughing for vedic rituals. Sita is considered to be the child of the earth and a blessing in disguise. Janaka adopted her and raised her as his daughter. King Janaka had another daughter, Urmila. Sita and Urmila were extremely fond of each other. When Sita reached adulthood, King Janaka organized a Swayamvara for her with the condition that Sita would marry only to that person who would be able to string Pinaka, the bow of the God Shiva. King wanted a worthy husband for Sita. Lord Rama participated in the Swayamvara. Rama was able to lift up the bow of Shiva. But, the bow breaks in the process. Lord Parashurama, the sixth avatar of Lord Vishnu appeared and was very angry. There was confrontation on the issue of broken bow. Then, Lord Rama married Mata Sita and Lakshman married Urmila.

6. Royal Weddings

The grand wedding was not only of Lord Rama and Mata Sita but also Lakshman and Urmila. The brother of King Janaka had two beautiful daughters, Mandavi and Shrutakirti. The sage Vishwamitra proposed that the weddings of Mata Sita's cousins should take place with Bharat and Shatrughna. The four brothers and four sisters would be able to live happily together in Ayodhya. After the wedding, with time King Dasaratha felt it was time to appoint the next King of Ayodhya.

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7. Lord Rama as Yuvaraj

King Dasaratha thought for long time to appoint the next King of Ayodhya. He examined four of the Princes. He concluded to make Rama, the King of Ayodhya. Dasaratha found Rama to be the most courageous, strong, compassionate, wise and having pure heart. Dasaratha was sure that Rama would be the best king as he would always do the right things. Ram would govern the kingdom in a way that would be best for its people.

The King announced his decision in open court and everyone was happy. There was celebration everywhere in the Kingdom and everyone was celebrating, but Kaikeyi, Bharat's mother. She had a maid Manthara who was a mean-spirited person and managed to influence Kaikeyi. She told that if Rama becomes King, he would send Bharat to exile and would take away all his powers. Initially, Kaikeyi refused to believe it, but Manthara managed to put it in her mind.

A long time ago Kaikeyi was offered two boons by King Dasaratha, where she could ask for anything she wanted and anytime she wanted it. Therefore, she decided to use her boons.

8. Lord Rama's Exile to Forest

Kaikeyi decided to use boons. She demanded that Bharat would be the next King and Rama had to go on exile for 14 years in the Dandaka forest. The King had to honour his own promise and as a result he made a royal announcement. The entire kingdom was sad and in tears.

During the period, Prince Bharat was not in the kingdom. As a result he was not in a position to object. Rama accepted the command of Dasaratha without any question. Rama's wife Sita and Lakshman decided to accompany Rama during period of exile. As the three royals left to lead the lives of ordinary men, the entire Kingdom mourned their departure.

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9. King Dasharatha and Shravan Kumar

King Dasaratha missed his sons and daughter-in-law and fell sick. He remembered an incident that had taken place many years ago. When he was a young man, he went into forest for hunting. Shravan Kumar with his old parents was on pilgrimage and was passing through the forest. When Shravan Kumar was collecting water from river, King Dasharatha shot an arrow at him thinking him as deer. Shravan Kumar, before he died, cursed the king that king would die missing his son. King Dasharatha passed away remembering the incident.

10. Lord Rama's Foray Into Forest

Lord Rama, Mata Sita and Lakshman decided to spend next few years in the forest – in a lovely place called Chitrakoot, at the top of a hill. They did not know about death of King Dasharatha.

They travelled deep into the forest and reached the river Ganga and decided to spend the night there. They met King Buha, the King of that region who was a devotee of Lord Rama. He requested Lord Rama to spend 14 years of exile in his forest kingdom. But Lord Rama was not comfortable with the idea of living in comfort while he was on exile.

The next morning King Buha helped Lord Rama, Mata Sita and Lakshman to reach the opposite bank of the river. They finally reached Rishi Bharadwaj's ashram where they decided to set up their own hut in Chitrakoot.

11. **Bharat goes to call Lord Rama back**

Furious Bharat explained his mother Kaikeyi about her terrible mistakes and left Ayodhya to meet his beloved brothers Rama & Lakshman. After travelling for few days when he finally reached Chitrakoot, he fell down weeping at the feet of Rama. He informed about the death of their father and begged him to return back to take over the throne of Ayodhya, as the rightful king. Rama decided to honour his promise to King Dasharatha and did not go back. Bharat decided to rule the kingdom only as a caretaker for Lord Rama till he returns after his 14 years of exile.

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12. **Living in Panchavati.**

Lord Rama, Lakshman and Mata Sita travelled to Panchavati and set up a lovely home in the midst of the forest. They met Rishi Agastya. The Rishi presented Lord Rama several gifts which proved to be valuable in coming years. He gave Lord Rama a bow that was made for Lord Vishnu with celestial powers, the second was an inexhaustible quiver of arrows and the third was a special sword capable of killing demons. As they left the ashram and trekked through the forest, they came across, **Jatayu**, the king of vultures. Jatayu took the responsibility of ensuring Mata Sita's safety.

13. **Soorpanakha's Visit to Panchavati**

Soorpanakha is considered one of the most important characters in the story of Ramayana. She was, in fact, the arrow that set in motion a series of events that resulted in Ravan's demise. **Soorpanakha** was sister of Ravan and occasionally visited jungle. Once she visited Panchavati. She met Rama and fell in love with him. Using Maya power, she disguised herself as a lovely woman and approached Rama.

She requested him to marry her, but Lord Rama declined, telling her that he was faithful to his wife Sita and thus would never take another wife. Rejected Soorpanakha then approached his younger brother, Lakshman who said that he is only servant to Rama and therefore not worthy of her. Soorpanakha got angry.

She planned to harm Sita in order to marry Lord Rama. When Lakshman realised Soorpanakha's plot, he came to Mata Sita's rescue and cut off Soorpanakha's nose.

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14. Ravan & Kingdom of Lanka

Soorpanakha quickly made her way back to Lanka to complain to his brother, **Ravan**. Lanka was the Kingdom of rakshasas and Ravan was the King of Lanka. He was the most powerful of all. His actual name was **Dashānana**, the one with ten heads. The father of Ravan was **rishi Vishrava** and the grandson of Bramha while his mother was a demon princess **Kaikesi**. Ravan was a very able ruler, scholar and administrator. It was said that under Ravan's rule, not a single person in Lanka would ever go hungry. Ravan was a great follower of Lord Shiva. He once performed a very difficult Yajna or penance to please Lord Shiva. In order to show his devotion to Shiva, Ravan chopped off his own head in the banks of the **Narmada river**. This went on for ten times. Shiva was finally pleased with Ravan and gave him back his ten heads. Apart from Shiva, he also performed a severe penance for Bramha and in return he received a boon that his life would dwell in his naval. This made him the most arrogant and powerful king of all times.

Soorpanakha complained about the two young princes of Ayodhya to Ravan. She also told him about Sita who was the reason for whom Lakshman chopped off her nose. She made Ravan promise to take revenge for her insult.

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15. Plan for Abduction of Mata Sita

Ravan and Soorpanakha has decided to teach the three royals from Ayodhya a lesson for cutting off the demon princess's nose. As a result they started keeping an eye on them in the forest for few days. They realized that Sita was left alone in the hut when Rama and Lakshman would go out to gather food.

However, after the incident with Soorpanakha, the brothers were extra careful and did not leave Mata Sita alone. Only one of them would go at a time. Ravan sought help of Marich, who had magical abilities. The plan was that Marich would transform itself into a golden deer and lure away the brothers from the hut. Marich in the disguise of golden deer went to Panchavati and started grazing near the hut. Mata Sita saw the golden deer and requested Lord Rama to get it for her. Lord Rama told her that there is no golden deer in the nature. It is fake and magical creature. But, Mata Sita insisted on getting the deer. Lord Rama left hut to capture the deer and told Lakshman to guard Mata Sita. Marich managed to take Lord Rama far away from the hut. Finally, Lord Rama shot an arrow at Marich. Marich got hurt and died. Before he died, **Marich** shouted at the top of the voice "Lakshman save me". On hearing this, Mata Sita directed Lakshman to proceed to help Lord Rama. Despite repeated assurance from Lakshman that no one could harm Lord Rama, Mata Sita insisted that Lakshman to go and help Lord Rama. Lakshman drew a Lakshman rekha around their hut and warned Sita not to cross the Lakshman rekha.

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16. Mata Sita's Abduction by Ravan

Ravan disguised himself as an old monk and approached the hut after Lakshman had left. He requested for food and water. Ravan insisted that Sita to come out of the Lakshman rekha and offer food. Otherwise, he would go without taking food. Mata Sita went out of the circle, thinking he was a harmless and honest monk.

Ravan hold her hand and revealed his true identity as soon as she crossed the line. He introduced himself as the King of Lanka and said that he had come to take her with him. Mta Sita was afraid and she warned Ravan that Rama and Lakshman would track her down and punish him for abducting her.

She tried everything she could, but it was in vain. He took her to Lanka on his flying chariot. When Sita screamed out for rescue, Ravan was attacked by **Jatayu**, a ferocious bird. Jatayu fought with Ravan courageously. But since he was old, Ravan defeated him and severed his wings, causing Jatayu to collapse.

While searching for Sita, Lord Rama and Lakshaman came across the sick and dying Jatayu, who informed them of the battle with Ravan and told that Ravan had fled south with Mata Sita. Mata Sita dropped her jewellery on the ground, hoping that it would indicate direction of her abduction.

17. Search for Mata Sita

When Lord Rama and Lakshman came back, they did not find Mata Sita in the hut. They searched everywhere. But, they could not find her. As the search for Mata Sita continues, Lord Rama and Lakshman came across a strange headless creature called **Kabandha**. The demon was cursed by a sage. Lord Rama freed him from the monster's body. **Kabandha** helped Rama and Lakshaman to find the River Pampa. He advised Rama to seek the help of mighty vanar king **Sugriva**. On their way, they came across the ashram of an old lady called **Shabari**. She recognized the two princes and offered them a bowl of berries. Before offering to Lord Rama, She checked each berry by eating if it was sweet. Rama observing the devotion of the old lady gladly ate half eaten berry. The next day, they left to meet the Vanar king Sugriva.

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18. Lord Rama Forms Alliance

Sugriva had once been extremely powerful and the ruler of a vast kingdom. He had been ousted by his brother, Baali. Baali and Sugriva were half-brothers. **Baali** was the son of Indra and his younger brother was the son of the Sun God. Baali was the ruler of the Kishkindha, and was a very powerful warrior and king. He had been granted a special boon by Lord Brahma that whenever he fought against anyone, half of his opponent's strength would become his strength. As a result, it was almost impossible to defeat Baali.

After defeating demon **Dundabhi**, Bali followed his brother **Mayavi**. Mayavi entered a cave, and Baali chased him. Baali followed him inside the cave. Before entering the cave, he commanded Sugriva to wait for a fortnight outside. He also stated that if he did not return from the cave after fifteen days, Sugriva would assume Baali dead. After a month, Sugriva observed blood seeping out of the cave and thought that Baali was dead.

Sugriva closed the entrance of the cave with a massive rock to prevent Mayavi from coming out and returned home. Baali was not dead. While coming out, he saw that the entrance was closed by a massive rock. He thought his brother Sugriva had deceived him. Baali removed the rock and returned to the kingdom. He fought with Sugriva, took over his kingdom and banished Sugriva.

Sugriva informed Lord Rama and Lakshman of all his troubles. Rama realized that what had happened to Sugriva was not fair. Lord Rama decided to help Sugriva to regain his kingdom. Then they met Hanuman. Hanuman was a minister in the court of Sugriva and was a warrior. He was the son of the wind God. He possessed many special and magical powers. When Hanuman saw Rama, he pledged his devotion to Lord Ram and promised to serve him for forever. Hanuman was the most loyal and devoted follower of Rama of all times and carried out several brave and wondrous tasks during the war with Ravan. Soon, all of them came up with a plan how to defeat Baali.

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19. Battle Between Baali And Sugriva

Sugriva felt more optimistic about his chances of win with Lord Rama on his side. Sugriva challenged Baali to a fight as suggested by Lord Rama. Two brothers look similar. During the fight, Rama, was unable to distinguish between the two, which resulted in Sugriva's defeat. Sugriva agreed to call a second fight after Rama asked Sugriva to do so. Sugriva went to the fight with a garland around his neck. Lakshman shot an arrow at Baali and killed him. Baali realised his mistake and begged Sugriva's forgiveness in his final moments. Sugriva was re-crowned as king of Kishkindha, and he sent his army to help Rama in his fight against Ravan.

20. Hanuman Leads Search for Mata Sita

In search of Sita, Hanuman, **Angad**, **Jambuwan**, and others travelled to the southern coast of India. They knew that Lanka was located at the extreme tip. They sat near the banks of ocean. In the nearby cave, a massive vulture, almost starving, was delighted to discover these folks as prey. His name was **Sampati**. He had a tremendously sensitive sense of hearing, vision and smell. He planned to eat one of them.

Jatayu was younger brother of Sampati. Sampati heard Hanuman talking about Jatayu and his brave act to protect Sita from the hands of Ravan. Sampati went closer to inquire more. Hanuman described Jatayu's brave deeds in the attempt to save Sita. He also told Sampati about Rama, Lakshman and Sita, as well as Ravan's kidnapping of Sita. Sampati decided to assist Rama in his effort to defeat Ravan and save Sita.

Sampati climbed to the top of a high rock. He had powerful sight that could see for miles across the ocean. Sampati was gifted with the ability to see far away. He then told that Sita was on the islands of Lanka, sitting under a tree in **Ashokvan**, a lovely garden. He could also see that Sita was being held captive and demon lady-servants were guarding her. Angad, Hanuman, Jambuvan, and the others were delighted to know about Sita. But who would cross the vast ocean?

Immediately Hanuman started growing in size. He became larger and larger. It was Hanuman who could reach Lanka with his magical abilities. He then prayed to Pavan Dev, Lord Indra, Surya and Bramha. He asked them for help and took a long leap with the intention to reach Lanka.

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21. Hanuman's mighty Leap to Lanka

On his way to Lanka, Hanuman encountered Mainak and Sursa.

Mainak: In the midst of the ocean, a mountain named Mainak met Hanuman. Mainak was the friend of Pavan Dev, father of Hanuman. Fruit trees and lovely green grass grew abundantly on the mountain. Mainak requested Hanuman to rest for a while. But, Hanuman refused, claiming that he could not rest till Lord Rama's mission was completed.

Sursa: She was the mother of snakes. She came to test Hanuman's wits and told him that she wanted to swallow him. Hanuman began to grow in size, and so did Sursa. Finally, when she reached the size of 100 yojnas, Hanuman shrank to the size of small fly, entered her mouth and exited. That's how he got through the test.

When Hanuman arrived in Lanka, he turned into a little monkey and explored the island in search of Sita. Finally, he came across a lovely garden guarded by demon-women. Sita was sitting under a tree when he entered the garden. He also saw King Ravan, who greeted Sita with dignity and requested her to be his queen. Sita, on the other hand, rejected, claiming that she is only loyal to Rama. Ravan returned peacefully. He told all the demon-ladies to bring her whatever she desired as long as she didn't leave Asoka vatika.

Hanuman then descended from the tree and approached Mata Sita.

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22. Hanuman's Capture and Escape from Lanka

Hanuman approached Sita. He quietly climbed down the tree and bowed down to her. At first she was a little shocked seeing Hanuman. Hanuman presented a special ring of Rama to her. Sita immediately recognized it. Hanuman informed Sita that he had come as a messenger of Rama and she will be rescued soon. Sita then took out a precious jewel from her hair and gave it to Hanuman as a token of offering for Rama. Hanuman was about to leave when he was captured by the demons.

Hanuman was taken to Ravan. Ravan decided to put Hanuman's tail on fire. They soaked cotton strips in oil and wrapped around his tail. As soon as the demons were about to light Hanuman's tail, Hanuman used a magical spell to make it grow longer. Cotton and oil were exhausted but they lit his tail anyway.

Hanuman put entire Lanka on flames. Then he jumped back to southern tip of India from where he had gone.

23. **Bridge across Ocean**

Hanuman gave the news of Mata Sita to the entire Vanar Sena. They marched back to Kishkindha to tell Rama and Lakshman the good news. Hanuman told Rama that Sita had been well treated and that all of her requirements had been met, but she was still sad. This increased Ram's determination to rescue Sita. A massive army of monkeys and bears was formed. They marched to India's southern point. The sea was a big obstacle in their way forward. Only, Hanuman was able to cross it while others were unable to do so.

Lord Rama then prayed to the Ocean God Varun to give a path in the sea so that he and his army could safely walk to Lanka. Lord Varun suggested to use magical powers of two vanar brothers Nala and Neel. Two brothers were cursed by a sage that whatever they threw into water, it would float. They collected huge rocks and bricks. With magical powers of Nala and Neel, a bridge was constructed across Indian Ocean between India and Lanka. The army was able to cross the ocean to wage a war against the demons.

Part - 14

24. **Peace Proposal**

The entire army arrived in Lanka. Ravan's youngest brother, **Vibhishan** was a noble person. He had understood that Lord Rama is the incarnation of Lord Vishnu. He advised Ravan to return Sita and ask for forgiveness. Ravan was angry and banished Vibhishan from Lanka. Vibhishan joined Rama. Rama wanted to avoid war. Rama sent a peace proposal and Angad was chosen to represent Ram. Angad arrived in Ravan's court and explained that Rama had sent him to secure Sita's release and to avoid war.

Ravan did not accept the proposal. He advised Angad to tell Rama to prepare for the war. The demons were then challenged by Angad to move his leg by an inch. If they succeed, the entire army would leave Lanka immediately. But, no one could move his leg.

Angry Ravan ordered the demons to capture Angad but he flew off. He reported back to Rama that there is no other way to rescue Sita other than war. Thus, the entire army started getting ready for the battle.

25. **Great Battle Starts**

Ram, Lakshman, Hanuman, Sugriva, and Vibhishan met to discuss their final plan. The Lankan guards were attacked by Angad and his brave warriors. The guards were defeated after a brief battle. Angad and his group crossed the Lankan border. In order to defeat the demons, they positioned troops everywhere. Ravan was alarmed by the news and dispatched an additional force to fight Rama's army. They, too, were defeated.

Indrajit, Ravan's son, was sent to defeat Rama. Indrajit hid behind the cloud and shot serpent arrows towards Rama. This made Ravan very pleased. Lord Indra helped Rama and Lakshman in winning the battle since they were fighting for the dharma. Ravan was upset and in a desperate attempt to win, he summoned Kumbhakarna, his powerful brother, to the court. Ravan believed Kumbhakarna could overcome Rama and his army on his own.

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26. **Mighty Kumbhakarna and Indrajit**

Demon Kumbhakarna was so powerful that the King of Gods' Indra himself was afraid of him. He was said to remain awake for six months and sleep for next six months. If anyone would wake him up from sleep, he would turn ferocious and would be so hungry that he would literally eat up every living being he finds in his way.

It was very difficult to wake Kumbhakarna up. They beat many drums, made elephant trumpets near his ear but he would not wake up. Finally, they cooked delicious food and placed them all around him. It finally helped Kumbhakarna to wake up. The giant ate and drank everything. He finally went to meet his brother, Ravan.

Ravan sent him to the battlefield armed with gigantic spears. Hanuman, Angad, and Sugriva fought the huge demon but they all failed. Even Lakshman could not defeat him. Finally, Ram took charge of the front himself. He defeated Kumbhakarna using special weapons.

Ravan was terribly upset on hearing about the death of his brother and blamed himself. Seeing Ravan so upset his sons decided to take charge in the battlefield and defeat Ram, Lakshman and the army. But one by one they all met their end by the warriors of the Vanar sena except Meghnand or Indrajit.

Indrajit had the power to remain invisible and fight, and accounted for much destruction in the Rama's camp. He also created a figure resembling Sita, carried her in his chariot, took her before Rama's army and killed her.

Finally, Lakshman killed Indrajit. When he heard of his son's death, Ravan was very angry. Ravan decided to fight with Rama.

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27. Rama and Ravan Battle

Rama and Ravan fought a fierce battle with bow and arrows for nearly seven days. Ravan's chariot's flag-staff was brought down by Rama's arrows. Every time Rama cut off Ravan's head, another head would crop up in its place.

There was a prolonged chariot-duel between Rama and Ravan. It was so intense that it shook whole world and frightened all people. The armies of both sides stooped fighting and looked at the weapons, both were firing at each other.

Ravan was by no means inferior, he fought valiantly even as Rama's confidence for victory was overwhelming. Ravan then fired his arrows in the direction of the flagstaff of Rama's chariot. But there was a miracle. None of his arrows could reach the Indra's chariot that Rama rode on. All of Ravan's arrows fell on the ground.

Finally, **Matali**, Rama's charioteer suggests to use the dreaded arrow of Brahma, given by **Agastya Muni**. This weapon never misses its target. Rama shot the divine arrow, which had the power of the Gods in it. This arrow found its mark and pierced Ravan in the heart, finally killing him.

Part - 17

28. Virtues of Lord Rama

The life of Sri Rama defines the Dharma for the entire human race. Sanatanis are proud of Sri Rama. Sri Rama has remained a source of inspiration for healthy and successful life. Sri Rama was the most virtuous person ever walked on the earth. He is abode of love and compassion, reservoir of bliss and ocean of wisdom & prudence. He was magnanimous of enemies, shelters of nobles and weak and embodiment of all noble qualities. Without teachings of Rama, Sanatan Dharma will be lifeless. Shri Ram stands for Morality, Virtue, Ideal son, Ideal king, Ideal student, Ideal teacher, Ideal brother and Ideal leader. As a person, Rama personifies an ideal person (purushottama), who is to be emulated.

Rama was not only kind and affectionate but generous and considerate of feelings of all around him. He was very simple and absolutely free from flamboyance. He was extremely noble, generous, courteous and fearless. He always offered respect to the scholars and the elders. He never spoke lie throughout his life. Rama's purity in actions inspires love and affection for him. He was an ideal son. He gave up his rightful claim to the throne and agreed to go into exile for fourteen years, to fulfill the promise that his father had given to Kaikeyi, one of King Dasharatha's wives. Rama offered Ravan a chance to make peace, by immediately returning Sita and apologizing, despite his heinous crime.

After Ravan's death, Rama returned Lanka to the people of Lanka and enthroned Vibhishan, the younger brother of Ravan as the next king of Lanka. Shri Rama was the most famous and adorable king. Shri Rama took care of his people like own children and never thought of personal comforts. He knew the importance of knowledge.

When Ravan was dying, Rama asked his brother Lakshaman to take life lessons from Ravan. Shri Rama had made many allies during exile and not all were humans – Jatayu was a vulture, Jambuwan was a bear, Hanuman was a monkey, Sugriva a monkey, Shabari was an aboriginal, Vibhishan (brother of Ravan) was an Asur or the demon. Sri Rama respected culture of allies and developed their inner qualities. He proved to be a good mentor.

The life of Rama is the best lesson for present management gurus and leaders. Rama had faith in himself, which led to faith on his allies. He never underestimated his followers and provided conducive environment to perform as per own abilities. Instead of much attention on training and management of subordinates, the leaders must focus on self empowerment, self management and lead the people by self example. A conducive atmosphere free from incivilities to be developed in work place. The subordinates would inculcate good attributes of the leader by observing what he does and would put up their best to translate organizational vision into reality.

Rama was the embodiment of self empowered personality. Through out life, Rama has practiced - non-violence (ahimsa), forgiveness (kshama), self control and control of senses (indriya nigraha), compassion to all (daya, karuna), wisdom (jnanam), austerity (tapa – life style with minimum basic needs), peace (shanti), truth (satya), no anger, free from hatred towards others, friendly (mitrata), free from egoism (nirahankāra), equi-poised in happiness and sorrow, ever contented (santuṣṭa), firm resolve (dṛḍha-niśchaya) and free from attachment to possessions.