

Generational Guardians: Preserving India's Cultural Heritage Through Family Values

Ms. Swati Garg¹, Ms. Dimple Chaudhary²

¹Assistant Professor, Mahalakshmi College for Girls, Duhai, Ghaziabad

²Student (M.Ed.), Mahalakshmi College for Girls, Duhai, Ghaziabad

Abstract:

This paper delves into the intricate fabric of the Indian family system, elucidating its pivotal role as a cornerstone of civilization, embodying the ethos of sanskar (values) and perpetuating the ancient sanatan sanskriti (eternal culture). Drawing from historical, sociological, and cultural perspectives, it explores the multifaceted dimensions of the Indian family, encompassing kinship structures, familial roles, and rituals. The paper examines how the family serves as a microcosm of society, transmitting cultural mores, traditions, and spiritual beliefs through generations. It also analyzes the resilience of the Indian family system in the face of modernization and globalization, highlighting its adaptive capacity while retaining core cultural values. Furthermore, the paper discusses contemporary challenges and opportunities confronting the Indian family system, including changing demographics, urbanization, and evolving gender dynamics. Through a nuanced understanding of the Indian family as a repository of civilization, sanskar, and sanatan sanskriti, the paper advocates for its continued recognition and revitalization as a foundational institution in India's cultural landscape.

Keywords: Sanskar (values), Sanatan, Indian culture, Family.

Introduction:

For us Indians, the word family is very intimate, a symbol of respect and pride. A group of people living under one roof who care about each other and respect each other. And maintain their dignity, it is called family. In Indian beliefs, family is man's first school and mother is his first teacher. We all should follow the ancient tradition of Sanatan Dharma 'Vasudhaiva Kutumbakam' according to which the earth is the family. Vedic civilization is the earliest civilization in the history of ancient India which is related to the arrival of Aryans. It takes its name from the Vedas, the ancient Aryan literature.

The language of the Aryans was Sanskrit and the religion was famous by the name of "Vedic Dharma" or "Sanatan Dharma". Later, foreign conquerors gave this religion the name Hindu. Every human being is born with some qualities and some demerits. It is believed in Hindu religion that the rituals of previous births are also there. Therefore, along with increase in age, new values are also imposed on him. Therefore, the process of influencing the old sanskars and changing them, making changes in them and creating favorable sanskars is called sanskar. There are sixteen different religious rituals and their forms according to our Indian religion. A person's personality is refined through values.

Every nation has its own cultural heritage on the basis of which it keeps moving forward on the path of progress. Man has been trying to make his life more happy, useful, peaceful and joyful since ages. The basis of this effort is the cultural heritage which every human receives as inheritance. Without values, we

cannot save our civilization and eternal culture. For this, people of every family of the society teach religion to their children. Our Vedas, Puranas, Geeta, Upanishads teach everyone to do religious work. Therefore, human character develops by living in the family. The basic unit of society is also the family. Children are brought up, get cultural education, they learn good and bad on the basis of their values.

Indian Family Structure

India, the marriage system has played an important role in preserving the heritage of social values and eternal culture. 'This is the reason why many researches have been done on the Indian family system across the world. The absence of this social structure of India called family is being felt all over the world today. Rapidly increasing materialism has promoted the trend of nuclear family, which has definitely hurt this system in some way or the other, yet India has kept its family system alive even after centuries.

The culture and traditions of a proud nation are not just a concept but it is a matter of pride and pride which all of us should have as an Indian. The heritage of Indian culture and traditions that has come to us has not been received by any other country. It is important to take care of this heritage. It is our duty to strive and be proud of it, but do we do so? We often complain that our Indian culture is declining, we do not think anything about it nor do we look within ourselves about our efforts, our history also does not give us much information about this and the information which we get it from history, the rulers of that time and their historians. It is distorted by the government, hence we also need to rewrite our history. Indian culture is known all over the world with its distinct identity and uniqueness, India gave the world zero, mathematics, Vedas, astronomy, Ayurveda like marriage, family, languages, religion, music, dance, food, clothing, culture, traditions etc. In all things, there is diversity in India according to the provinces and territories. But despite this, the example of India's capability is not found in any other country in the world. Unity in diversity is the amazing identity of this huge and diverse country called India and it is our duty to maintain this identity. Just as there is a sense of pride in this journey of Indian culture, in the same way our duty towards that culture and tradition also lies in it. We have to move forward by maintaining a balance between the two, who will be a seeker. Whenever culture is discussed, It cannot be complete without Indian culture. Culture means a good or improved condition, which through the use of intelligence keeps improving and upgrading the natural environment around us.

Every way of life, customs, living ethics, new research and inventions reveal the progress in the physical sphere of human beings, animals, whereas culture gives information about the progress in the mental and social sphere. Man only strives to improve material conditions. One is not satisfied just by eating that food. One does not live by mere means, along with the body there is also the mind and soul, to satisfy them, culture is required. In search of beauty, man improves many arts like music, literature, sculpture, painting and architecture etc. Creates social and political organizations for happy living, thus every good work of his, indicative of progress in the mental field, becomes a part of culture. These mainly include religion, rich religious texts, philosophy, all knowledge, political science and arts, social institutions and practices. The development of Indian culture and civilized civilization is strong because of its connection with spirituality, religion and Hindu philosophy. And here is a work related to civilization, this is my country, no one lives here alone, Hindu, Muslim, Sikh, Christian, this is my country made up of many religions. Different languages are spoken here, this is my country, respect for elders, love for younger, its culture teaches us, speak the language of love, it teaches us here, speak the language of love, it tells us, unity in diversity is the specialty of our culture. Glory its so sweet. That people come to

watch; Every state is different "Civilization and culture still teaches the lesson of humanity. Apply colors on Holi, light lamps of colors in Diwali. Make differences in mind, make the darkness of mind bright. Let us embrace each other on Eid. ', We are one, every happiness. It becomes a festival. Every festival tells our history, be it Bihu, Garba or Bhangra, Ghoomar or Lavani, our folk dance is loved by the people in every state. Our actions should be such that they remove poverty and helplessness. There is ample evidence to support the Hindu religion's claim to be the oldest in the world, which is that it is also the most scientifically developed.

Vedic Traditions of Hinduism

History is witness to the fact that Hinduism is the oldest religion in the world. The roots of Hinduism are spread in 20 major countries of the world. If we look at the history of Hinduism, it is unanimously proved through various evidences and proofs that the beginning of Hinduism is linked to the Indus Valley Civilization. The idol of Pashupati Nath found in the Indus Valley Civilization and the idol of Narasimha found in Germany in 1939 are solid evidence of this. Some historians believe that Hindu religion originated from the Vedas, hence it is also called Vedic religion. With the composition of the Vedas, mantras were born and the philosophical and scientific aspects of Hinduism developed. At this time, Yoga, Sankhya, Vedanta and then Puranas were composed in which religion, knowledge, science and history are described.

Hindu Religion and Science.

Hinduism is said to be a science based religion. Due to lack of propagation of education in ancient times, efforts were made in Hindu religion to link the education of knowledge and science with religion and bind it in traditions and beliefs. It is said that the one who develops himself according to scientific rules is eternal, that is why Hindu religion is also called Sanatan Dharma. The foundation of this religion is also based on science. The first evidence of this comes from the varna division done according to work in ancient times, where a person's varna was divided according to his work. There was mutual love and coordination among all the varnas. Apart from this, many religious traditions and beliefs have been laid down by our ancestors and when they are tested on scientific criteria, they stand true. This shows that Hindu religion is completely scientific. Let us see how every tradition and belief stands the test of science.

Tulsi Worship

Tulsi worship is the identity of every Indian. The tradition of giving water to Tulsi by the housewife early in the morning has been going on since ancient times. Tulsi is also an Ayurvedic medicine and its leaves prove to be effective in curing every small and big disease of the body. It is scientifically proven that the Tulsi plant purifies the air around it.

Surya Namaskar

There is a provision in Hindu religion to offer water to the Sun after morning bath, but the scientific truth behind it is that the rays of sunrise are very beneficial for health.

Fasting

The purpose of fasting may be religious, but the scientific truth behind it is that the fasting process keeps

the digestive system balanced and healthy and the body remains clean.

Puja Bell and Conch Shell

Perhaps only a few people know the importance of the puja bell. The scientific fact is that the sound of puja bells and conch shells in the temple or any place of worship makes the environment germ free and pure. Malaria mosquitoes also get destroyed by the sound of conch shell.

In other words, tradition can also be called continuity, traditions are those series of knowledge which are continuously adopted from one generation to another without any interruption. Whether following traditions is right or wrong should not become a matter of debate; rather, the debate should be on which traditions are best for the development of a better human existence. Following which traditions can provide the best condition to the physical, intellectual and spiritual level of our life. What are those traditions that enhance the quality of our life? Such traditions, which stand the test of logic and science, become a boon for human existence. But there are also such traditions, which are prevalent only on the basis of faith, they can be called 'Orthodox traditions'. If we do not clean the everyday garbage of our house regularly, then one day our house will become a heap of garbage. . Similarly, if, on the basis of demand of time and scientificity, changes are not brought in the traditions, then their burden will burden our existence. Indian culture is one of the most mythological cultures While many cultures that came into existence after ours have been destroyed, our Indian culture continues to stand firm. In this culture, over time

Caste System/Ashram

We should be proud of the fact that within the Indian civilization, such traditions have basically been created which can make us experience heaven in our lifetime through the best spiritual experience in our lifetime. But due to the side effects of selfishness and materialistic thinking, these traditions have become conservative and are bent on destroying our existence. Each of us should follow such traditions which are beneficial not only for ourselves but for the entire human society. 'Unity in Diversity' is not just a few words, but it is something that completely applies to a country rich in culture and heritage like India. Some motto or statement cannot describe the status that India has achieved on the world map due to its colorful and unique culture. India has always been famous for its tradition and hospitality during the Maurya, Chola and Mughal periods and the British Empire. This country always stood out in the world because of the warmth in relationships and enthusiasm in festivals. The generosity and liveliness of this country attracts a large number of tourists to this vibrant culture which is a fusion of religions, festivals, food, arts, crafts, dance, music and many more. 'In this land of Gods, there has been a lot of special things from culture, customs and traditions, Indian lifestyle gives a vision of natural and real lifestyle. We cover ourselves with unnatural masks. The light marks present on Bharat's face are the hand-prints of the Creator. George Bernard Shaw: Culture contributes a lot to the development of any country. Represent the country's culture, its values, goals, practices and shared beliefs. Indian culture has never been rigid, hence it is alive with pride even in modern times. It adopts the characteristics of other cultures at the right time and thus emerges as a contemporary and acceptable tradition. Keeping pace with time is the most unique thing about Indian culture. There are some things about India which are famous all over the world. Due to the artistic aspect and quality of clothes, they were considered invaluable gifts. From khadi to golden silk clothes, colorful clothes, values are the elements of life which

we consider important or desirable. They are standards of conduct and guides of human behaviour. Values provide a central place and strength to a person's character in his life.

Values

Values reflect an individual's personal attitudes and conscience, decisions and choices, behavior and relationships. Both relative and absolute values are possible.

Relative value

These are based on individual and social norms likes, dislikes, social norms, traditions, for example the Indian traditional values of 'Vasudhaiva Kutumbakam' may be in contrast to the western values of universal brotherhood, tolerance, liberalism, individualism and utilitarianism. Are. Values are developed to maintain order in the society which are culture specific. They evolve with cultures.

Human Values

Human values, whether situational or universal, require treating people like human beings. Since a person is born as a human being unlike animals, society has developed certain values due to human interaction with other fellow human beings. These values are what guide the behavior of two or more individuals. Compassion, sympathy, solidarity etc. are some examples of human values.

Importance of Human Values

Since human elements are common among all people, human values will also be common to all situations and circumstances. Whereas other values like socio-cultural values may change from one place to another. Human values are related to the basic identity of human beings i.e. dignity and respect. Human values make people united in many ways like- Some events like Buddha Purnima, Mahavir Jayanti, GuruPurab etc. are celebrated in collaboration of people belongs to different religions. India is very famous for its various cultural dances like classical (Bharat Natyam, Kathak, Kathak Kali, Kucchi Puri) and folk dances of its regions. People living in Punjab do Bhangra, People living in Gujarat do Garba, People living in Rajasthan do Ghumar, People living in Assam do Bihu. Therefore India is famous for its various cultures all over the world.

Conclusion

The Indian family system stands as a venerable institution, embodying the essence of civilization, sanskar, and sanatan sanskriti. Through its intricate web of kinship ties, rituals, and values, it serves as a repository of India's rich cultural heritage, nurturing generations with timeless wisdom and traditions. Despite the winds of change brought by modernization and globalization, the Indian family system has demonstrated remarkable resilience, adapting to new realities while preserving its core principles. However, it faces contemporary challenges such as shifting demographics and evolving societal norms, which necessitate a thoughtful approach to ensure its continued relevance and vitality. Therefore, there is an urgent need to recognize and revitalize the Indian family system as a sacred institution that not only shapes individual lives but also sustains the very fabric of Indian civilization, fostering a harmonious synthesis of tradition and modernity for generations to come.

References

1. Chopra, R. M. (2015). 'A Study of Religions', Anuradha Prakashan, New Delhi.
2. Dr. I. Radhika, "Impact of Changed Life Style on COVID-19 in India : Teachings of Sanathana Dharma (The eternal truth)", International Journal of Scientific Research in Science and Technology (IJSRST), Online ISSN : 2395-602X, Print ISSN : 2395- 6011, Volume 8 Issue 4, pp. 93-96, September-October 2021.
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2927880/>
4. <https://timesofindia.indiatimes.com/readersblog/janman/hindutwa-the-only-way-of-life-11330/>