



## INDIAN CULTURE: A MODALITY FOR WELLBEING

Nisha Gautam<sup>1</sup> Krishna Kumar Sharma<sup>2</sup>

*(Student D.A.V. (PG) College Bulandshahr-U.P)*

*(Assistant Professor University of Engineering and Management Jaipur- Rajasthan)*

Nisha Gautam



### ABSTRACT

This paper aims to analyze the data of Indian culture based on a modality for wellbeing in the world. There are aspects of this paper such as the relationship between culture and civilization, the impact of western culture on Indian culture and the diversity of Indian culture. Along with this description, this paper, this paper shows the real condition and picture of Indian culture in the 21<sup>st</sup> century. Most of it, it discusses how to this paper show the modality for wellbeing Indian culture in the world

Krishna Kumar Sharma



**Keywords:** multiculturalism, Indian culture, Civilization, Globalization, western culture



## INTRODUCTION

India is a birthplace of a lot of religions such as Hinduism, Buddhism, Sikhism and Jainism, collectively as known as Indian religion. In the present time, Hinduism and Buddhism are the third and fourth-largest religions in the world with more than two billion followers. Hindu, Sikh, Jain, and Buddhist followers constitute 80 to 82% of the population of India. India is one of the most religiously and ethnically diverse nations in the world, some of which are the part of extremely deep religious societies and cultures. The religion plays a major and definitive role in the life of many people in India. Although India is a secular hind-majority country, all 28 states and 9 union territories except Jammu, Kashmir, Punjab, Manipur, Nagaland, Meghalaya, Mizoram, Lakshadweep, have a predominantly Hindu population, while the largest minority of Muslim population. Uttar Pradesh, Bihar, Kerala, Maharashtra, Telangana, West Bengal and Assam have a large Muslim population across India, while only Jammu, Kashmir and Lakshadweep have a majority of the Muslim population. Sikh and Christian are other major minorities in India. According to 2011 census, 80% population of India practice Hinduism, Islam, Christianity, Sikhism, Buddhism and Jainism are the major religions followed by Indian people many tribal religions, are found in India, though these influenced, major religions such as Hinduism, Buddhism, Islam and Christianity. Jainism, Judaism, Zoroastrianism and Bahadism are also influential but their number is less. In India, the effects of atheism and agnosticism are also visible; as well their ability to be said in other religions is also reflected. India is well known as the various cultural countries in the world. There are many cultures including Hindu culture, Muslim culture, Jain culture, Christianity culture, Gujarati culture, Marathi culture so Indian is known as multicultural country. In the words of Rochana Bajpai:

“India is an outstanding case for the study of multiculturalism. It is home to policies of legal pluralism in religious family law (Hindu, Muslim, Christian, Parsi), territorial

autonomy for several linguistic and tribal groups, as well as quotas in legislatures, government jobs and educational institutions for caste and tribal minorities. Scholars have hailed the Indian Constitution of 1950 as a prescient model of multicultural accommodation for its recognition of a range of group-differentiated rights within a broadly liberal democratic framework. Predating Western multicultural policies by several decades, the Indian Constitution poses a challenge to the influential view that multiculturalism in Asia and Africa is a recent export from the West. As the work of scholars of Asia has shown non-Western experience of dealing with the challenges of ethno-religious pluralism is longer standing than that of most Western democracies.”<sup>1</sup>

In India, Atheism and agnosticism have a long history which flourished within the sramana movement. The Carvaka School near about the 6<sup>th</sup> century B.C.E. It is one of the oldest forms of atheistic and materialistic movement in the ancient India. Buddhism and Jainism, Sarmana, Ajivika and other schools of Hinduism consider the atheism to be substantiated and reject the rituals and superstitions. Indian religions were 81% Indian religious were not 13% Indian were convinced atheist 3% and Indians were unsure 3% in the report of WIN Gallup 2012. Every culture is important to that particular population largely for emotional and regional reasons. But the importance of Indian culture is that it is a scientific process for human liberation and well-being. No other culture has seen as much depth and understanding of man as it is in this culture. No other culture has seen it as science and has not devised methods to develop a person as his extreme nature. This spiritual ethos is not about belief systems, it is about systematic practices that intensified the mind and body in a certain way. The country is so comfortably moving in the era of information technology while everyone is struggling fundamentally becomes the spiritual ethos of culture

<sup>1</sup> <https://www.bu.edu/cura/files/2015/06/bajpai-paper-formatted.pdf>  
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has sharpened the intellect in a certain way this ethos was presented so grandly and sensibility in the past, but it has emerged in a distorted form over some time due to more than two centuries of extreme poverty. Each generation has to resize it, where it can be an effective tool for its liberation and well-being.

India has the oldest civilization and most populated country in the world. The influence and shape of Indian culture, often called the co-ordination of many different cultures in the Indian subcontinent, has been influenced by a history those thousand years old. Indian culture has been influenced by religious faith in the history of India it has been credited with over-shaping much of Indian philosophy, art music and literature. Indian culture is very similar to its vast geography. Here the peoples speak the different languages, different dress, adopt a different religion, eat different food, but they are of the same nature because the people of India belong to the same Indian culture. So whether it is an occasion of happiness or a movement of sorrow, people participate in whole heartily, feeling joy or pain. The whole community or neighborhood is involved in bringing aliveness to an opportunity. Similarly, Indian marriage is a celebration of union, not only of bride and groom but of two families, may be of two cultures and religions. India has a rich culture and has become our identity. Whether it is in religion, intellectual achievement or performance art, it has made us a colourful, rich and diverse nation. Here people have been following various religions, traditions and customs while in the present time, India is assimilating its culture as a powerful, multicultural society and moved on. Culture in India is related to life customs, values, ethics, habits knowledge, etc, of the people. India is considered to be the oldest civilization where people follow mixed culture such as as-old and modern culture in the present time. Here, culture is seen in everything like social norms, food, fashion, music, dance etc. thus, Indian culture has become a big melting pot for the behaviors and beliefs that give the rising to different cultures. According to Pati,

“Every country or nation or society has a culture of its own. It has its own set of values, which is nothing but the reflected action of the ideal of its civilization. A country may undergo changes physically, mentally, politically, socially or religiously, because change is the stuff of the universe. Un-changeability, as Pati writes, is either perfection or death, but the essential spirit of the culture cannot undergo any change. The essential element in the form of eternal values is cultivated from the social, economic, political, religious and intellectual thoughts of the civilization.”<sup>2</sup>

It is said that culture and civilization are interdependent, so some people confusedly say culture as a civilization, but it not so. Civilization is the cornerstone of culture, and culture is the reflection of civilization. Culture is everything about human society that it refers to the knowledge and facilities of a specific group of people living in the area. On the other hand, civilization is the success of human society, which means that it is an advanced stage of social and human development. Culture is a system of shared belief, custom, behavior, values and artifacts that's members of society use to cope with their world and each other, and that are transmitted through generation to generation learning. Civilization is not referred to as adopting better ways of life and making the best use of nature's resources to satisfy the needs of a group of people. Culture is possible to exist without civilization, but civilization cannot exist without a culture. Furthermore, a civilization may include more than one culture of civilization and culture both seem to be similar to each other. Different from its organizational aspect; civilization cannot be separated from culture. It gives special characteristics to societies. Both heritages are dynamic and therefore when the movement stops than the civilization decays and its cultural decline.

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[https://shodhganga.inflibnet.ac.in/bitstream/10603/191026/9/09\\_chapter%204.pdf](https://shodhganga.inflibnet.ac.in/bitstream/10603/191026/9/09_chapter%204.pdf)



The enlightened people of the past established gentleness in this culture to ensure that their original structure cannot be misused in the name of God. Individual people can misuse so many things but it will never be empowered by divine approval. Because of this, a certain gentleness of communication but when this gentleness was perceived as weakness by external forces, the culture paid for it and exploited it. Now that the world moving from military power to economic power, it is time when culture manifests itself. A time has come to restore this cultural power. If the main focuses of this culture, which is to liberate oneself from everything, is reestablished and everyone intellectually, then people can act spontaneously. Re-establishing this focuses is the most important today because every human being bears a lot of encumbered from these things.

Indian culture or Hinduism, as it is commonly known, is like a huge tree whose branches represent different branches of religious ideology. From the Gayatri Mantra in which the Vedas are called, the basis of the divine culture. The Vedas represent the religious tradition and the extension. Upanishads represent the philosophy on which that tradition is based. Indian culture preaches; peaceful coexistence, potential divinity of the individual, cosmic unity, freedom of thought, and non-violence in the words, deeds, and thought reverence for all forms of life. Unlike other religions of the world, Hindus also not resemble a particular time and do not have a specific founder. It is based on the insight and experience of a larger number of sages, seers and saints. It is a way of life, known in Sanskrit as Sanatan Dharma.

Every culture is a combination of someone good and bad merits and every geographical unit has its different customs and culture. People of different countries are recognized by their culture and proud of their influential tradition. It is the responsibility of all citizens to maintain their ethnicity. Indian culture is rich in other parts of the world since ancient times; its diverse taste is unique in its way such as trending patterns. But in the 19<sup>th</sup> century, the influence of

western culture began in India when the British established their settlement in the country. Western culture has begun to enhance its fragrance at the roots of India, considered to be the most advanced culture in the world. Western culture has always shown its influence on Indian culture, due to many reasons such as attraction, imaginary autonomy, etc, which are somehow absent in Indian culture. Western culture imparts and promotes the ideas and values of advanced civilization among the people of India.

Western culture has the most influence on Indian culture while due to globalization. The rich culture of India is disappearing. The culture of India is disappearing in many ways because the youth of India do not respect their elders and the families of India live separately. Thus, the peoples of India have lost contact with their relatives and the big point which has led to the disappearance of Indian actresses youth try to do what these actors do which is very bad for Indian culture. Amritpal Kaur gives the details of Westernization:

Westernization has greatly effected our traditions, customs, our family and our respect and love for others. The concept of joint families is fastly decreasing everyone wants to remain aloof from others. Nobody now bothers about others and only cares about himself who is contradictory to our Indian culture which teaches us to be a part of each other Joys and Sorrows to celebrate the moments together and share the grief. Slowly all our value for which India has the pride is vanishing & western culture is taking its place. People are blindly following western culture without knowing its consequences.<sup>3</sup>

The western culture is impacting on the Indian culture all around such as dressing style festival, food, language lifestyle, music education. Today many people are not celebrating their festivals

<sup>3</sup> Kaur, Amritpal The impact of western culture on indian women Indian Streams Research Journal Impact Factor : 3.1560(UIF) ISSN 2230-7850 Volume - 5 | Issue - 10 | Nov - 2015



in India like Holi or Diwali, but instead, they are celebrating more of western cultures such as Christmas and Halloween. The Indian dish has welcomed many western foods (like pizza, burgers, tacos, steak etc.) while Indian foods like Golgapa, Curry, are becoming less popular in India. Western culture has changed in the form of respect to young and elders, the importance of family, marriage making festivals clothing, food language, name music and even gating a plastic surgery to look more western. In the words of RS Pandey

“Modern *Tradition and Culture* is full of complexities and complications. The Indian culture evolves from various arms of society like its ethnicity, religion, caste, language, marriage, region and even environmental conditions. It is the amalgamations of many cultures yet it maintains its own distinct identity. India has been the soil of Sanatana Dharma and has been always dominated by the Hindus. The influence of Hinduism over Indian Culture is obvious. Modern *Tradition and Culture* is no exception to it and in fact, it imbibes more evident forms of Hinduism in all its rituals and executions.”

## CONCLUSION

To sum up the above points it is rightly said that Indian culture is one of the most significant cultures in the 21<sup>st</sup> century and one of the oldest cultures in the world. India different religions in India but Indian is known for this. In India, Civilization is the cornerstone of culture, and culture is the reflection of civilization. Culture is everything about human society that it refers to the knowledge and facilities of a specific group of people living in the area. On the other hand, civilization is the success of human society, which means that it is an advanced stage of social and human development. On the other hand in the 21<sup>st</sup> century, Western culture has the most influence on Indian culture while due to globalization. Thus, Indian culture has a modality for well being in the world.

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