



# Management Aspects from Sundarakāṇḍam of ŚRĪMADVĀLMĪKIRĀMĀYAṆAM: ANGER MANAGEMENT: PART1

By Vyoma Sanskrit Brothers - Venkat and Viswanathan

15<sup>th</sup> June 2018, 4pm to 6pm

Lecture 005

॥ श्रीमद्वाल्मीकियरामायणस्य सुन्दरकाण्डं प्रबन्धशास्त्रं च ॥

# Acknowledgements

To Jagadgurus & our gurus

To our grandparents & parents

To Shri Dakshinamurthy, Almighty Sapparivaara Shri Rama and Ramabhaktha Hanuman

To contemporary Acharyas, Mahatmas who are inspiring everyday



Mahamahopadhyaya  
Sri S T Nagaraj

Mahamahopadhyaya,  
Sri. Mahabaleshwara  
Bhat

Founder, Samkrita  
Bharathi. Shri  
Cha.Mu.  
Krishna Shastry



Gurupadhadhooli  
Maata-Smt.  
Ananthalakshmi  
Natarajan



Saptaaha Samrat  
Shri Subramanya  
Deekshitar



Bramhashri  
B Sundarakumar



VedaBramhashri  
Neelabalasharma



Tiruvisanallur  
Sri Ramakrishna  
Bhagavathar



Shri  
B Krishnamurthy



IIMB  
Dr. Mahadevan

Salutations to our Karunamoorthies & energy forces



What has been completed – which you can refer to

[Course in www.Sanskritfromhome.in](http://www.Sanskritfromhome.in)

**Management Aspects from  
Sundara kāṇḍaṃ of  
ŚRĪMADVĀLMĪKIRĀMĀYAṆAM**

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By Vyoma Sanskrit Brothers – Venkat and Viswanathan  
Lecture 001,002,003 / 17<sup>th</sup> to 19<sup>th</sup> May 2018

Links to the webinar sessions – for 1<sup>st</sup> 3 videos

<https://www.youtube.com/watch?v=B-MTSBCa43A&t=3138s>

<https://www.youtube.com/watch?v=CHy9tZEoiD0&t=267s>

[https://www.youtube.com/watch?v=PHWtW\\_Ov8Nk&t=1654s](https://www.youtube.com/watch?v=PHWtW_Ov8Nk&t=1654s)

SRI LAKSHMI TEMPLE

Effective Communication Management tips from Sundara Kandam. 004

Links to the live recording session

<https://www.youtube.com/watch?v=YdkGnFGYH7I&t=1425s>

# Framework for study

**Type 1.** Threadbare analysis of SKD shlokas, for possible management aspects in them

**Type 4:** Comparing Mapping Modern Management principles to corresponding SKD shlokas

**Type3:** Thematic SKD based discussion on management topics like stress/ anger/crisis management etc..

**Type 2:** Best-selling Management books and corresponding SKD shlokas:  
A Comparative Study

**Conclusion:**  
What is so special about SKD ?

**Type3:** Thematic SKD  
based discussion on  
management topics like  
stress/ anger/crisis  
management etc..

**Ancient secrets for Anger Management –  
from Sundara Kandam**



## Why anger management is required ?



क्रुद्धः पापं न कुर्यात्कः क्रुद्धो हन्याद्गुरूनपि ।

क्रुद्धः परुषया वाचा नरस्साधूनधिक्षिपेत् ।।5.55.4।।

'Which sinful act an angry man will not commit? He will even kill his respectable elders or insult sages with his harsh tongue.

वाच्यावाच्यं प्रकुपितो न विजानाति कर्हिचित् ।

नाकार्यमस्ति क्रुद्धस्य नावाच्यं विद्यते क्वचित् ।।5.55.5।।

"An agitated person ever does not know which appropriate words are and which are forbidden words to be uttered. For enraged persons, there is neither an improper act nor ever an improper word to be spoken."

## Why anger management is required ?



तस्य **क्रोधाभिभूतेन** मया मूलक्षयः कृतः ॥5.55.10॥

**Overpowered** as I was with anger, the very root of that fulfilment has been destroyed by me. There is no doubt."

यदि तद्विहतं कार्यं मम प्रज्ञाविपर्ययात् ।

इहैव प्राणसंन्यासो ममापि ह्यद्य रोचते ॥5.55.12॥

'If my work has been destroyed by my perversity of judgement, I will give up my life now and here itself'.

## Why anger management is required ?



किमग्नौ निपताम्यद्य आहोस्विद्वडबामुखे ।  
शरीरमाहो सत्त्वानां दग्नि सागरवासिनाम् ॥5.55.13॥

'Shall I end my life by **jumping into fire** just now, or else into the mouth of **submarine fire**? Should I offer my body to the **living creatures of the ocean** as their food?

तदहं भाग्यरहितो लुप्तधर्मार्थसङ्ग्रहः ॥5.55.20॥  
रोषदोषपरीतात्मा व्यक्तं लोकविनाशनः ।

'I have failed in seeking dharma and artha. It is evident is that I am a destroyer of the world because I was overtaken by anger. How unfortunate I am'

Anger begets more  
anger, and  
forgiveness and love  
lead to more  
forgiveness and love.

– *Mahavira*

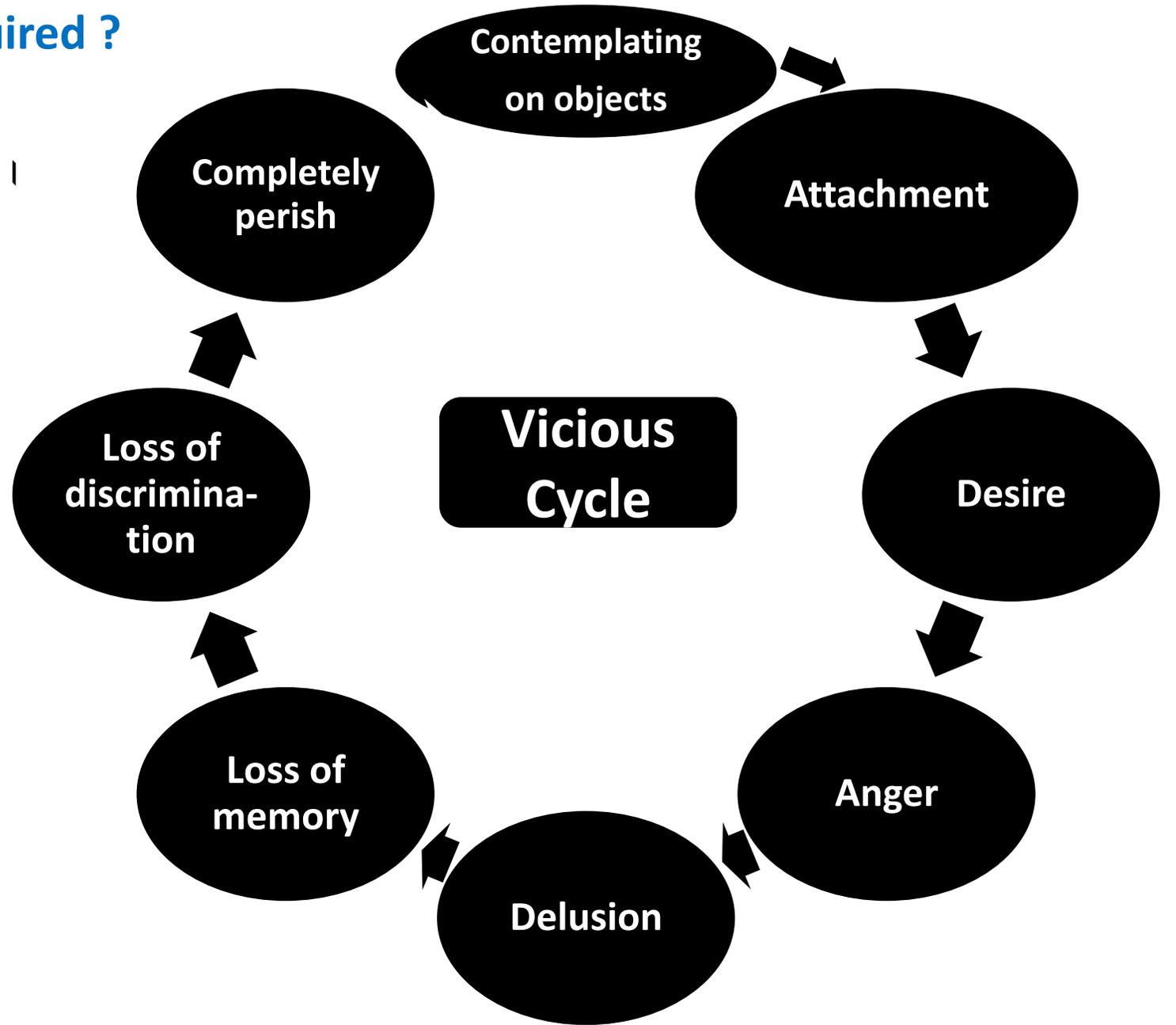
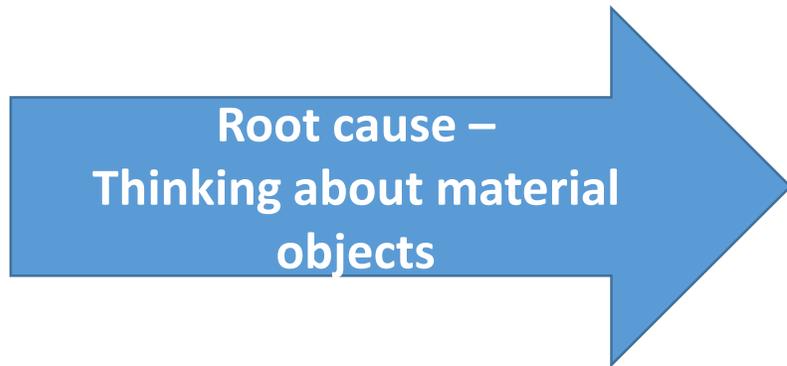


**HE WHO ANGERS YOU**  
CONQUERS YOU.

## Why anger management is required ?

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते ।  
सङ्गात् संजायते कामः कामात्क्रोधोऽभिजायते ॥2.62॥  
क्रोधाद्भवति संमोहः संमोहात्स्मृतिविभ्रमः ।  
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥2.63॥

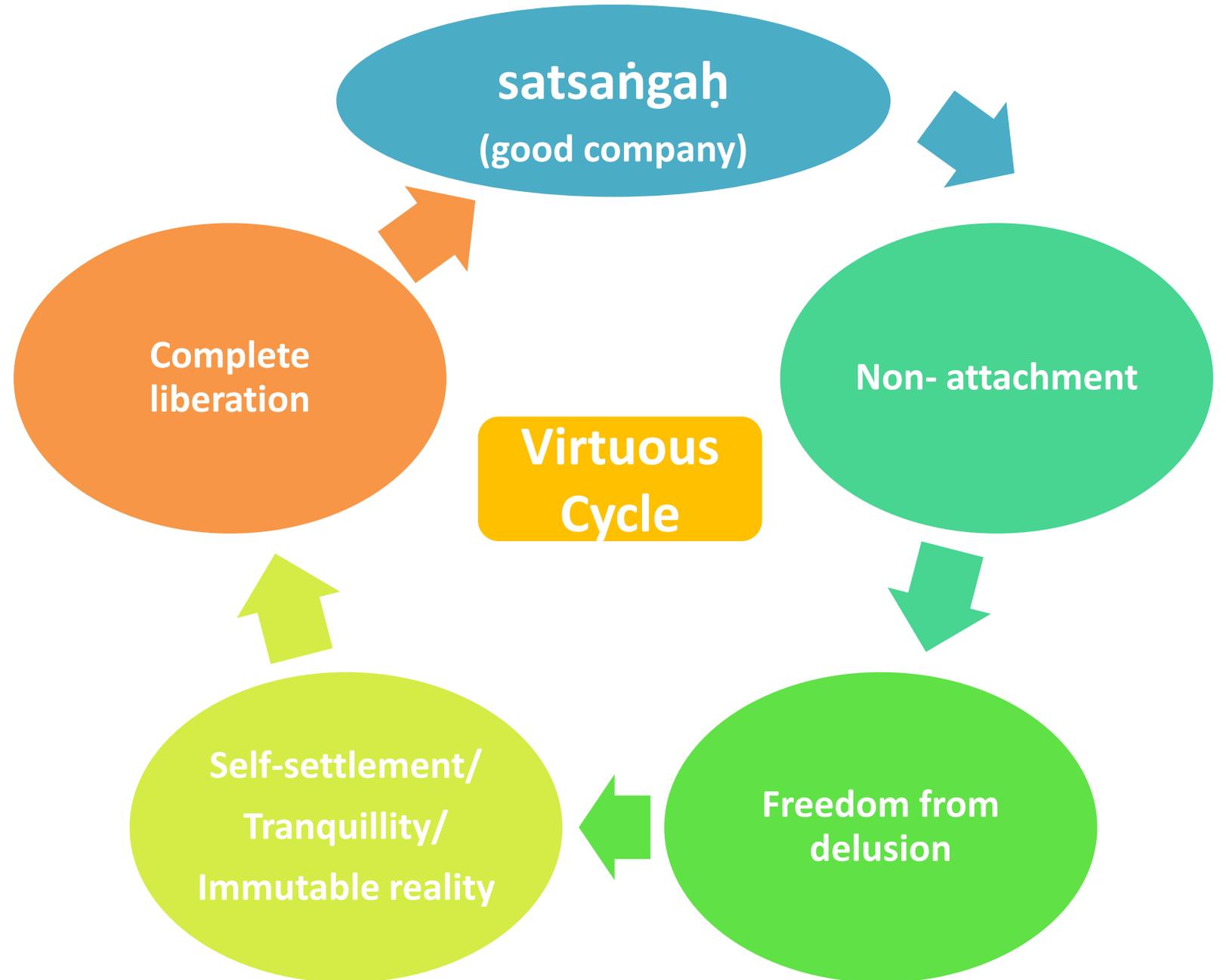
*śrīmadbhagavadgītā*



## Quick solution

सत्संगत्वे निस्संगत्वं, निस्संगत्वे निर्मोहत्वं ।  
निर्मोहत्वे निश्चलतत्त्वं, निश्चलतत्त्वे जीवन्मुक्तिः ॥९॥

*Bhaja Govindam by  
Shri Shankaracharya*



## Anger Handling: By characters



## Anger Management: By incidents



## Anger management ?

प्रागभावः  
prāgabhāva:

Prevention/Absence

If you are patient  
in one moment of  
anger, you will  
escape a hundred  
days of sorrow.

प्रध्वम्साभावः  
pradhvamsābhāva:

Detect and correct

CONTROL YOUR  
ANGER, IT'S ONLY  
ONE LETTER AWAY  
FROM DANGER

PictureQuotes.com

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Maināka incident



## Maināka incident

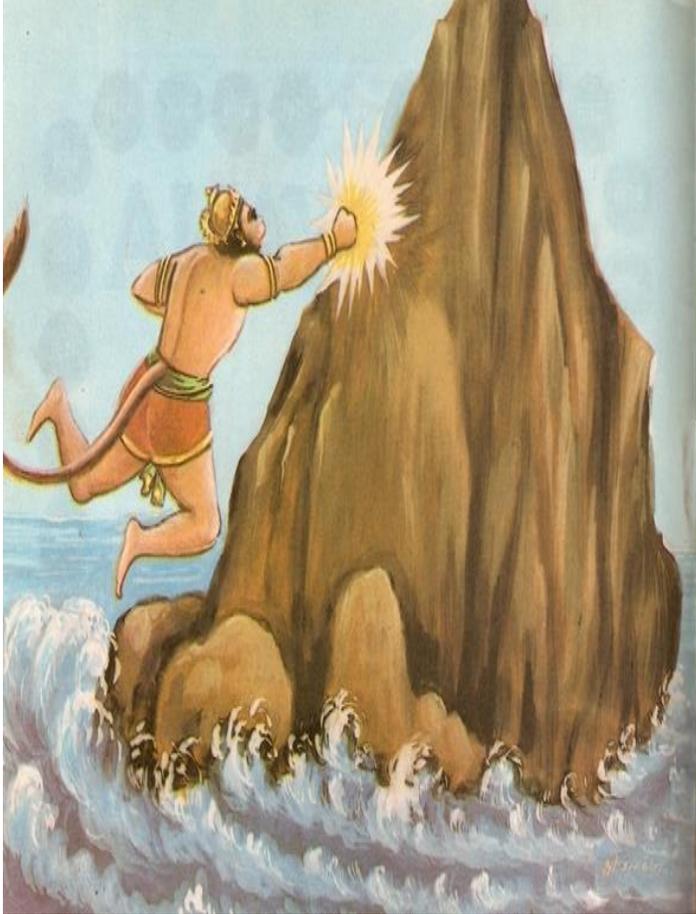
BEFORE

तमुत्थितमसङ्गेन हनुमानग्रतः स्थितम्  
मध्ये लवणतोयस्य विघ्नोऽयमिति निश्चितः ॥5.1.107॥

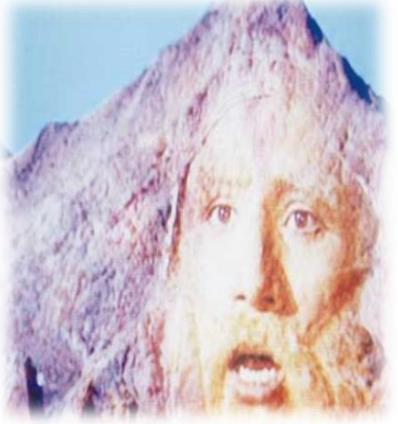
Hanuman considered the mountain rising up in the midst of the ocean and standing in front **an impediment**.

स तमुच्छ्रुतमत्यर्थं महावेगो महाकपिः ॥5.1.108॥  
उरसा पातयामास जीमूतमिव मारुतः ।

The great vanara, who was swift in action felled down the mountain that had risen high instantly **with his chest just as the wind would strike a cloud**.



## Maināka incident



तदिदं गन्धवत्स्वादु कन्दमूलफलं बहु ।  
तदास्वाद्य हरिश्रेष्ठ विश्रान्तोऽनु गमिष्यसि ॥5.1.117॥

"O foremost of the monkeys after eating plenty of sweet and tasty roots and fruits and resting a while you may go.

प्रीतोऽस्मि कृतमातिथ्यं मन्युरेषोऽपनीयताम् ॥ १५-१-१३१

"I am **happy. Hospitality has been done.** Let this ill feeling be removed."

त्वरते कार्यकालो मे अहश्चाप्यतिवर्तते ।

प्रतिज्ञा च मया दत्ता न स्थातव्यमिहान्तरे ॥ ५-१-१३२

"The time to perform my duty is hastening me. The day too is passing. A **promise has also been given by me.** I should not stand here in the middle neglecting my duty."

इत्युक्त्वा पाणिना शैलमालभ्य हरिपुङ्गवः ।

जगामाकाशमाविश्य वीर्यवान् प्रहसन्निव ॥ ५-१-१३३

The courageous Hanuma saying thus, **touched the mountain** with His hand, entered the sky and **flew on with a smile.**

स पर्वतसमुद्राभ्यां बहुमानादवेक्षितः ।  
पूजितश्चोपपन्नाभिराशीर्भिरनिलात्मजः ॥5.1.134॥

The mountain and the sea honoured and adored the son of the Windgod and gave him appropriate blessings.

Anger management helped Hanuman get valuable blessings of Windgod and Samudra

## Maināka incident

ततः क्रुद्धः सहस्राक्षः पर्वतानां शतक्रतुः ।  
पक्षान् चिच्छेद वज्रेण तत्र तत्र सहस्रशः ॥5.1.125॥

"Provoked at this, the thousandeyed Indra who had performed a hundred sacrifices cut off the wings of mountains into a thousands pieces with his thunderbolt.

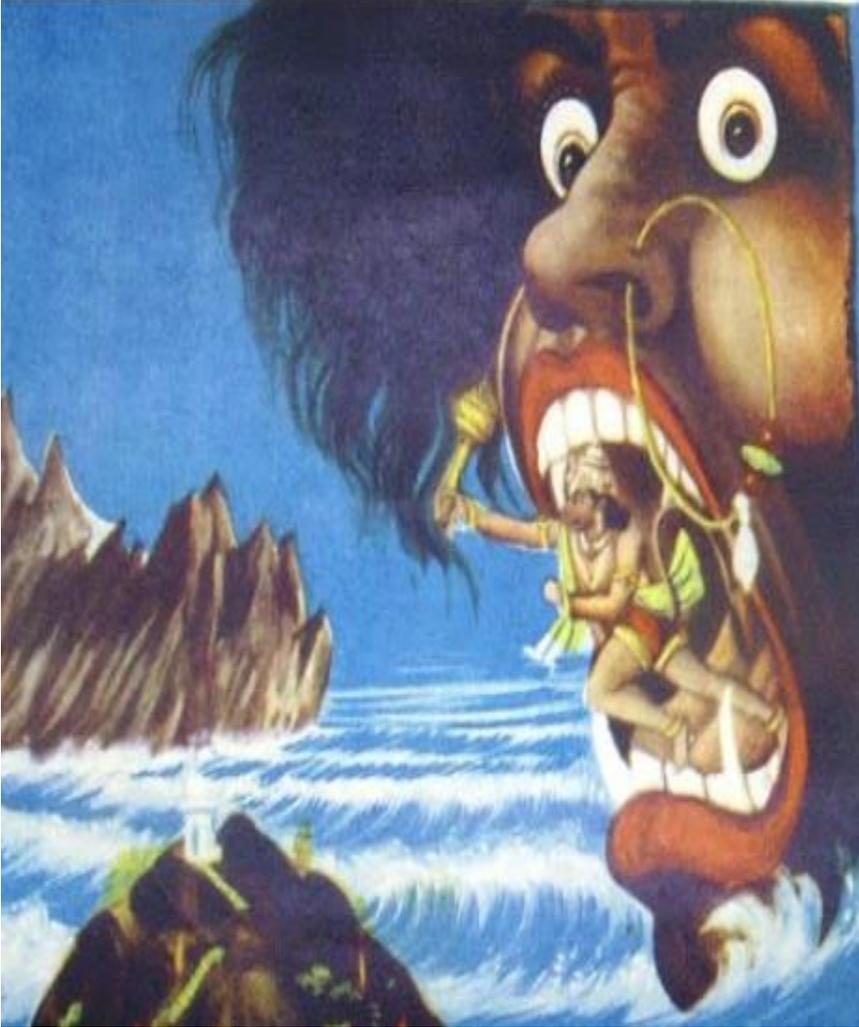
उवाच वचनं धीमान् परितोषात्सगद्गदम् ।  
सुनाभं पर्वतश्रेष्ठं स्वयमेव शचीपतिः ॥5.1.139॥  
अभयं ते प्रयच्छामि तिष्ठ सौम्य यथासुखम् ॥5.1.140॥

Indra, the lord of Sachi, was personally satisfied and spoke to Mainaka, the best of mountains, in faltering tone, his throat choked out of joy.

O Hiranyanabha, the foremost among the mountains I am highly pleased with you. I give you security (free from fear of losing wings). O pious one you may stay on happily as you please.

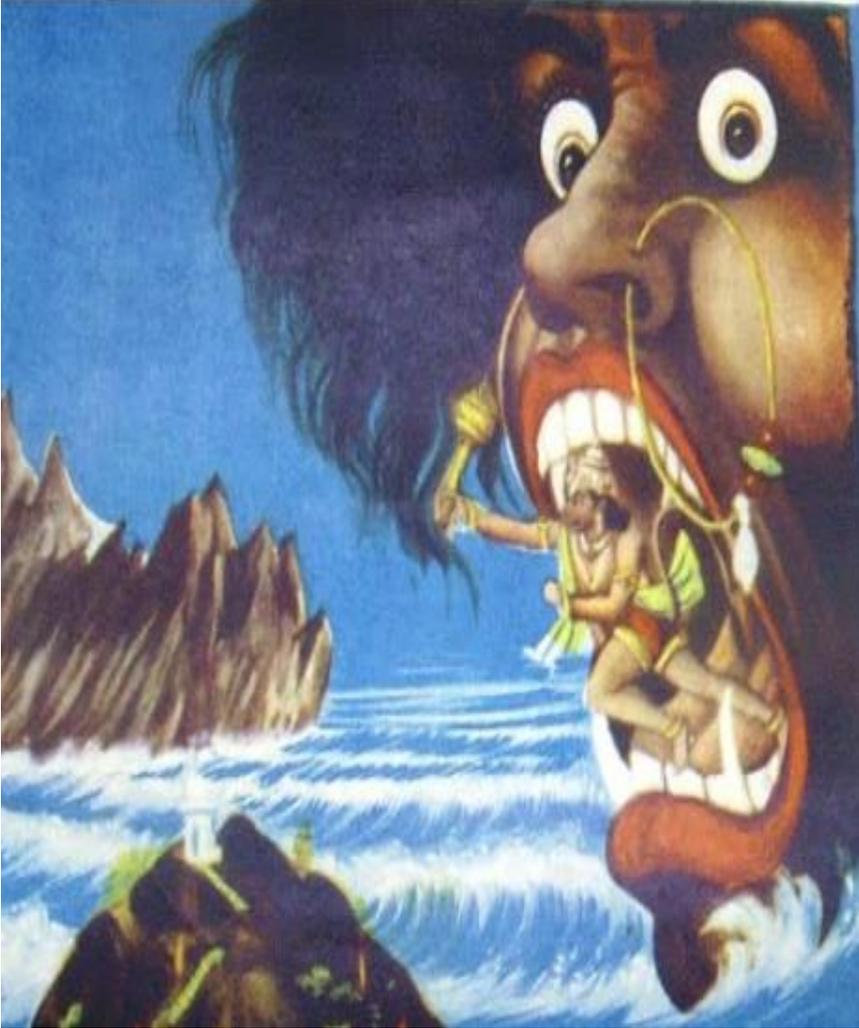
## Effect on others





प्रविश्य वदनं मेऽद्य गन्तव्यं वानरोत्तम ।  
वर एष पुरा दत्तो मम धात्रेति सत्वरा ॥5.1.159॥  
व्यादाय विपुलं वक्त्रं स्थिता सा मारुतेः पुरः ।

"O best vanara **you must pass through** my mouth today. Such is the boon granted to me by Brahma in the past". Then she quickly opened her big mouth and stood.

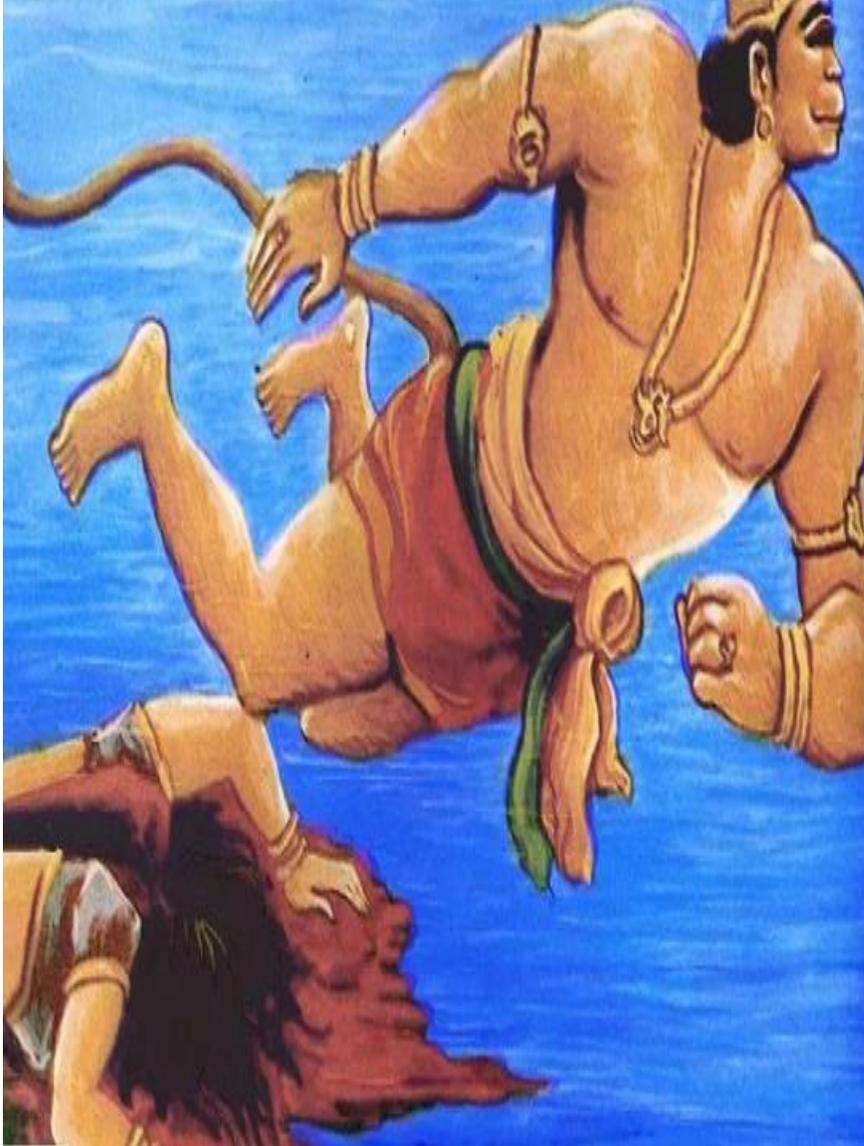


एवमुक्तः सुरसया क्रुद्धो वानरपुङ्गवः ॥ 5.1.160 ॥  
अब्रवीत्कुरु वै वक्त्रं येन मां विषहिष्यसे ।

Thus addressed by Surasa, Hanuman the supreme vanara said, "Open your mouth wide enough to hold me."

तदृष्ट्वा व्यादितं त्वास्यं वायुपुत्रः सुबुद्धिमान् ।  
सुसंक्षिप्यात्मनः कायं बभूवाङ्गुष्ठमात्रकः ।

Intelligent Hanuman observing Surasa's enlarged mouth open and dreadful like hell with a long tongue, **suddenly shrunk his body** to the size of a thumb.



तां तु दृष्ट्वा च धृत्या च दाक्षिण्येन निपात्य च ।  
स कपिप्रवरो वेगाद्वृधे पुनरात्मवान् ॥5.1.195॥

**Selfcontrolled** Hanuman, the great monkey acting with firmness of mind and ingenuity threw her down and once again rapidly grew in size.



कथयिष्यामि ते तत्त्वम् यन्मम् त्वम् परिपृच्छसि ॥ ५-३-२५  
का त्वम् **विरूपनयना** पुरद्वारेऽवतिष्ठसि ।  
किमर्थम् चापि माम् रुद्ध्वा **निर्भर्त्सयसि दारुणा** ॥ ५-३-२६

Whatever matter you are asking me, I **will tell you that truthfully.**

You are standing at the entrance to the city. O **one with ugly eyes!** Who are you? O **horrible one!** Stopping me, for what reason are you threatening me?"



ततः कृत्वा महानादं सा वै लङ्का भयावहम् ।  
तलेन वानरश्रेष्ठं ताडयामास वेगिता ॥5.3.38॥

Then the ogress of Lanka made a loud and frightening sound and struck the most powerful vanara with the palm of her hand.



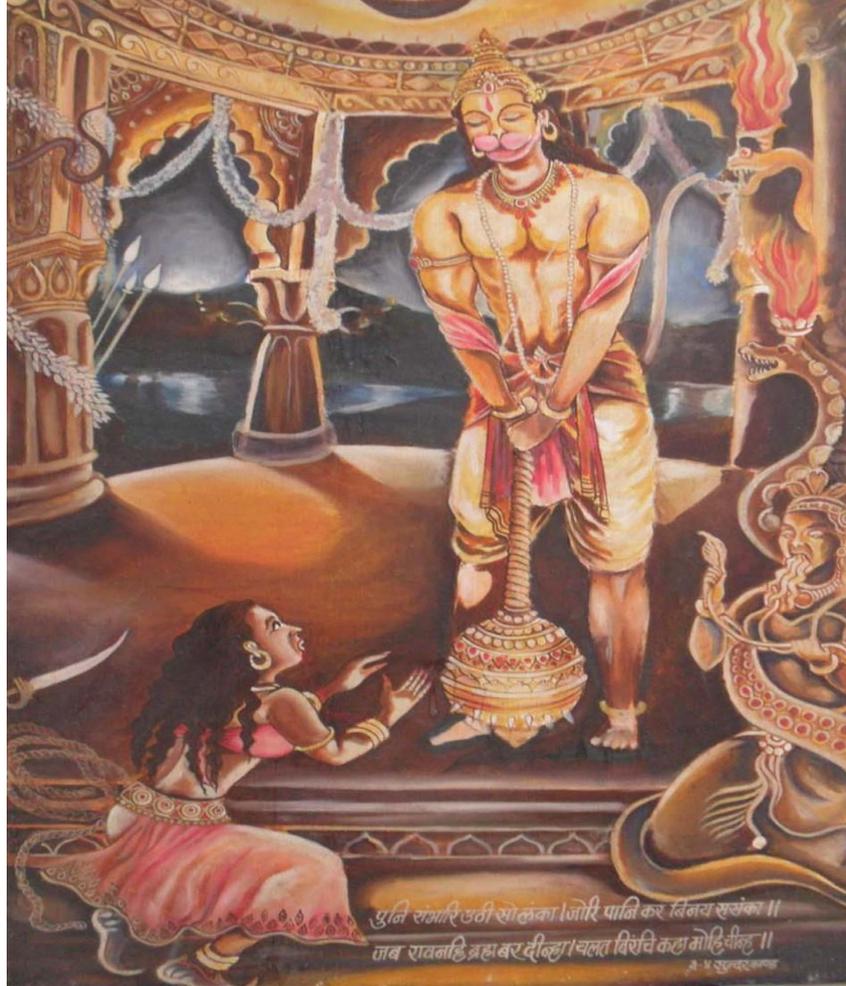
PC : en.wikipedia.org

ततः स कपिशार्दुलो लङ्काया ताडितो भृशम् ।  
ननाद सुमहानादम् वीर्यवान् पवनात्मजः ॥ ५-३-३९

Then that tiger among Vanaras, the powerful son of Vayu, being hit powerfully by Lanka **made a great sound.**

ततः सम्वर्तयामास वामहस्तस्य सोऽङ्गुलीः ।  
मुष्टिनाभिजघूनैनाम् हनुमान् क्रोधमूर्चितः ॥ ५-३-४०  
स्त्री चेति मन्यमानेन नातिक्रोधः स्वयम् कृतः ।

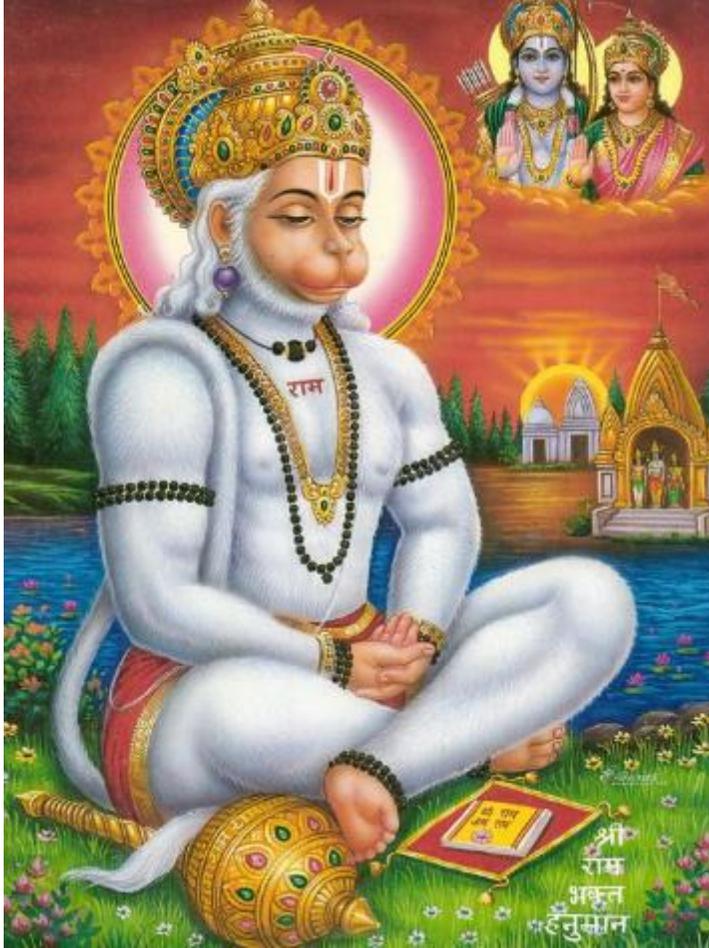
Thereafter that Hanuma **became dizzy with anger** and folded his fingers of left hand. He then hit her with His fist. "She is a woman" - thinking thus He did **not show much anger by Himself.**



ततस्तु हनुमान् प्राज्ञस्ताम् दृष्ट्वा विनिपातिताम् ॥ ५-३-४२  
कृपाम् चकार तेजस्वी मन्यमानः स्त्रियम् तु ताम् ।

Thereafter the intellectual and glorious Hanuma saw her fallen down and thinking her to be woman, showed kindness.

## Hanuman – Virtuous Cycle



Sarga 4 – 11 : Search for Sita in every nook and corner

Sarga 12 : Hanuman's depression – Could have gone into Vicious Circle  
But went into virtuous circle and adopted techniques

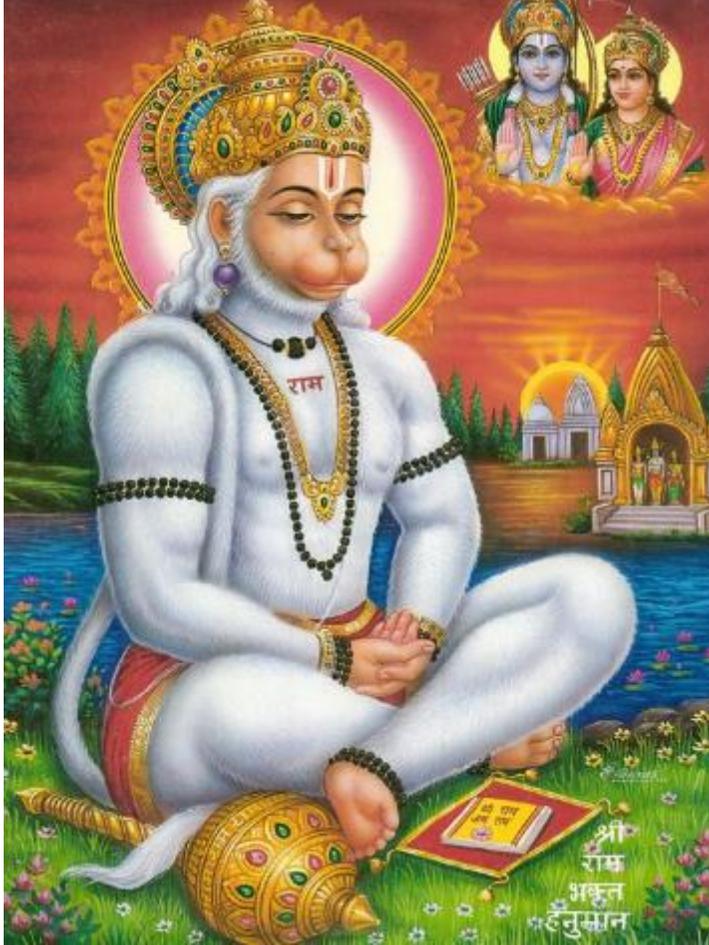
अनिर्वेदः श्रियो मूलम् अनिर्वेदः परम् सुखम् ।  
अनिर्वेदो हि सततम् सर्व अर्थेषु प्रवर्तकः ॥ ५-१२-१०

"Non-depression is root of development. Absence of despondency is the greatest comfort. Self reliance always is indeed the promoter in all matters."

करोति सफलं जन्तोः कर्म यत्तत्करोति सः ।  
तस्मादनिर्वेदकृतं यत्नं चेष्टेऽहमुत्तमम् ॥ 5.12.11 ॥  
भूयस्तावद्विचेष्यामि देशान्नावणपालितान् ।

'The action of a living being certainly bears fruit. Therefore, I shall put forth my best effort without feeling despondent. I will once again search everywhere in Lanka ruled by Ravana'.

## Hanuman – Virtuous Cycle



इति चिन्तां समापन्नः सीतामनधिगम्य ताम् ।। 5.13.51 ।।  
ध्यानशोकपरीतात्मा चिन्तयामास वानरः ।

Distressed over his inability to find Sita, Hanuman's mind was overcome with anxiety and **he started thinking further.**

इहैव नियताहारो वत्स्यामि नियतेन्द्रियः ।। 5.13.54 ।।  
न मत्कृते विनश्येयुः सर्वे ते नरवानराः ।

"I will stay here itself, restricting my food and controlling my senses. **Let not men and monkeys perish for my fault.**

सः मुहूर्तमिव ध्यात्वा चिन्तावग्रथितेन्द्रियः ।। 5.13.58 ।।  
उदतिष्ठन्महातेजा हनुमान् मारुतात्मजः ।

The brilliant son of the Windgod, Hanuman, whose senses were overwhelmed with worries, **regained his senses in a short while and got up.**

## Ravana - Vicious Cycle



स तामसितकेशान्तां सुश्रोणीं संहतस्त्रीम् ।  
दिदृक्षुरसितापाङ्गामुपावर्तत रावणः ॥5.18.32॥

With the desire to see Sita endowed with black hair, beautiful hips, plump body and dark sideglances, Ravana returned (to Ashokavana)

सन्नियच्छति मे क्रोधं त्वयि कामः समुत्थितः ।  
द्रवतोऽमार्गमासाद्य हयानिव सुसारथिः ॥5.22.3॥

"My love for you has restrained my anger, just as a good charioteer controls the horses galloping on a wrong path.

## Sītā - rāvaṇa conversation



असन्देशात्तु रामस्य तपसश्चानुपालनात् ।  
न त्वां कुर्मि दशग्रीव भस्म भर्माहं तेजसा ॥5.22.20॥

"O Ravana I can reduce you to ashes through the fire of my chastity. But I do not have Rama's permission and I want to preserve my power of ascetism even though you are fit to be consigned to the flames.

प्रतिलोमानुलोमैश्च सामदानादिभेदनैः ।।5.22.37।।  
आवर्जयत वैदेहीं दण्डस्योद्यमनेन च ।



"By adopting means favourable or contrary to her will or through persuasion or coercion or through reward or punishment, draw Vaidehi's mind towards me." (said Ravana).

एतदुक्तं च मे वाक्यं यदि त्वं न करिष्यसि ।।5.24.27।।  
अस्मिन्मुहूर्ते सर्वास्त्वां भक्षयिष्यामहे वयम् ।

'If you do not heed our words of advice, all of us will eat you at this very moment.'

## Raakshasi's anger – On Sita



कीदृशं तु महापापं मया जन्मान्तरे कृतम्।  
यनेदं प्राप्यते दुःखं मया घोरं सुदारुणम् ॥5.25.18॥

'I do not know what great sin I have committed in my past life for which I experience this terrific, cruel affliction?

Effect

## Sita-Hanuman conversation



हनुमन्दूरमध्वानं कथं मां वोढुमिच्छसि ।  
तदेव खलु ते मन्ये कपित्वं हरियूथप ॥5.37.29॥

"Hanuman how do you intend to carry me to such a distant place?  
Indeed, **it is your monkey nature**, I suppose.

## Reaction

सीताया वचनं श्रुत्वा हनुमान्मारुतात्मजः ।  
चिन्तयामास लक्ष्मीवान्नवं परिभवं कृतम् ॥5.37.31॥

On hearing Sita's new belittling statement about him, Hanuman,  
the illustrious son of the Windgod **reflected**

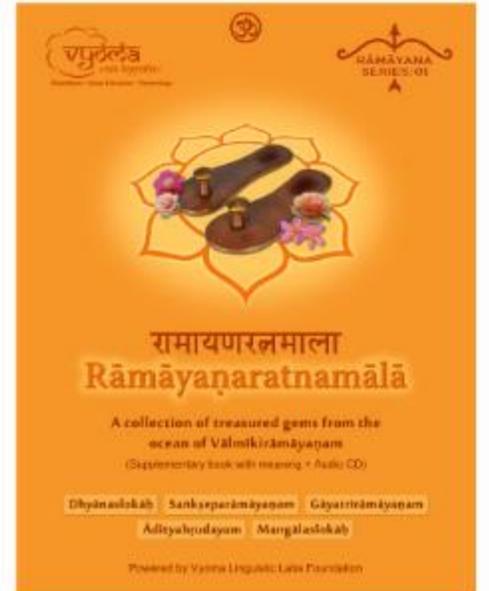
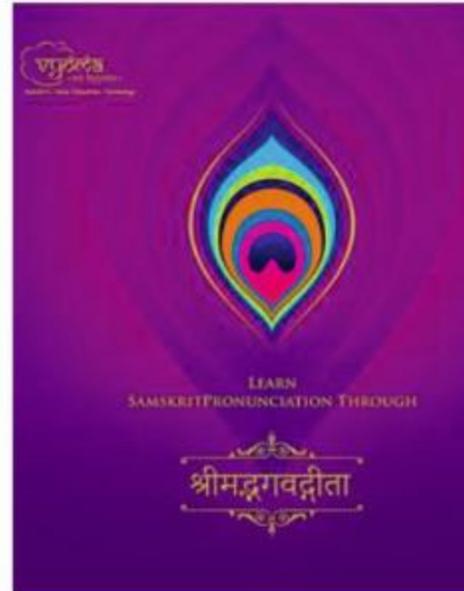
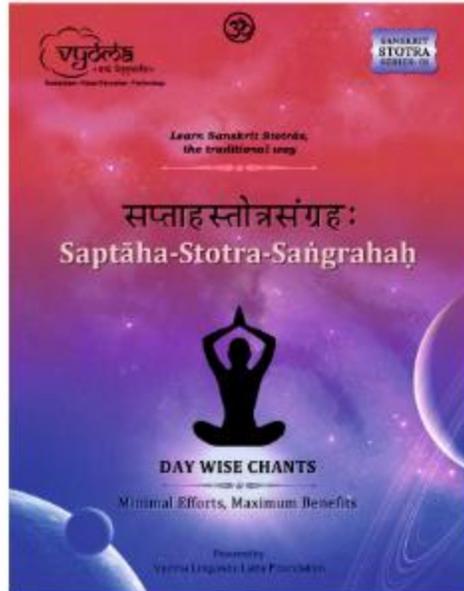
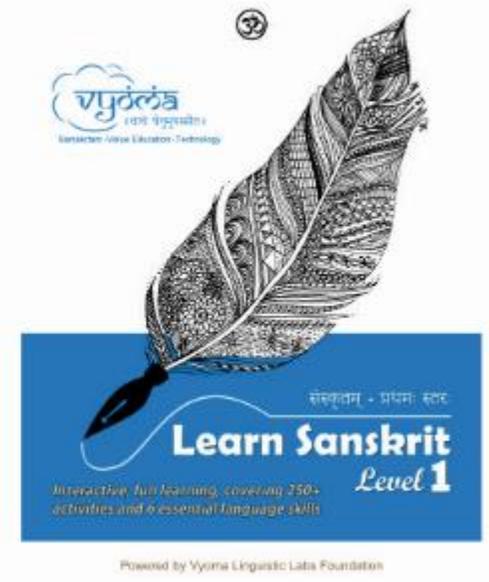
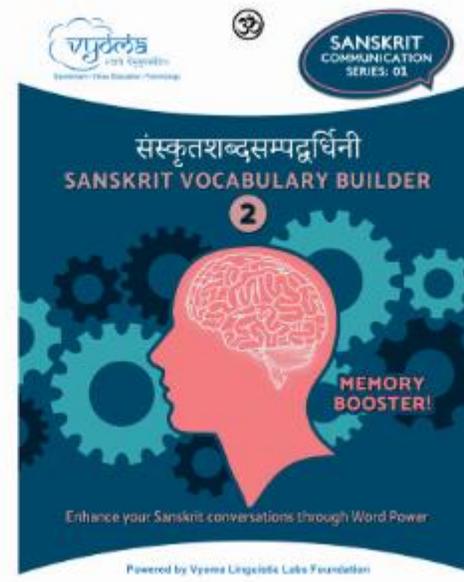
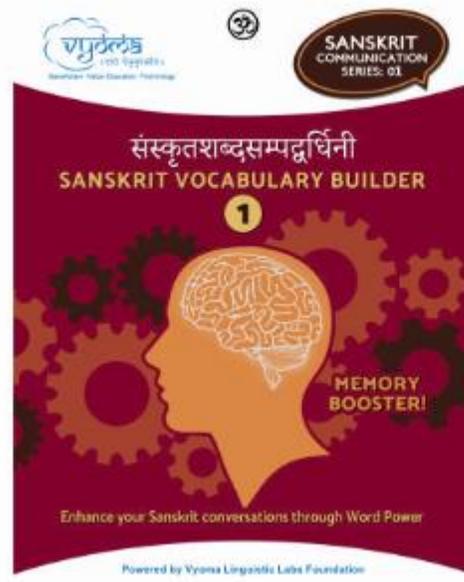
**Next part in the series**

## SUMMARY :

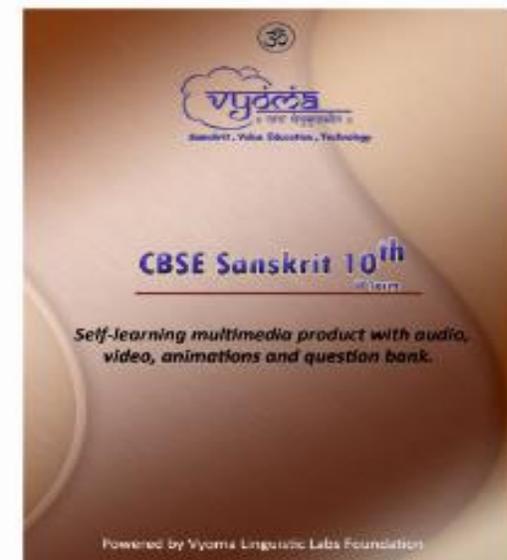
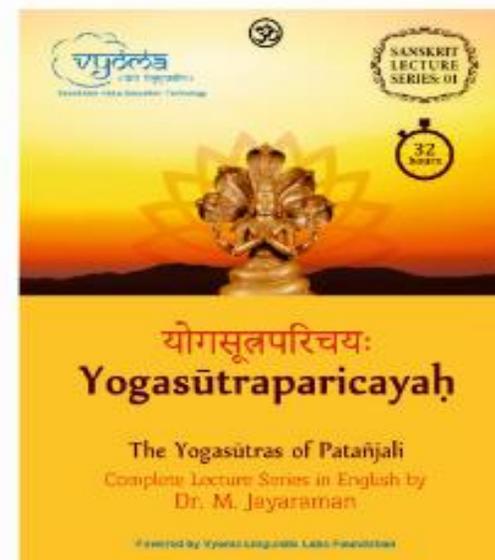
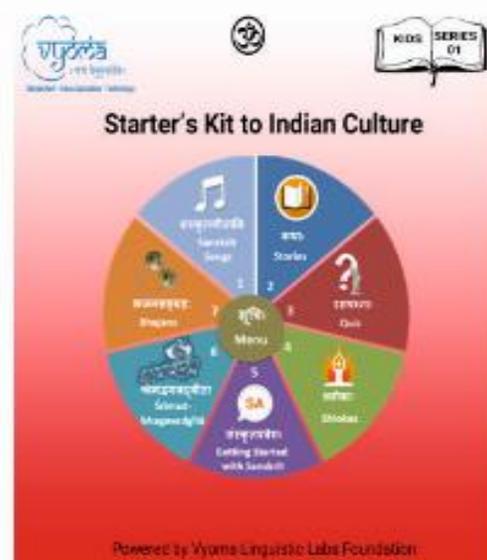
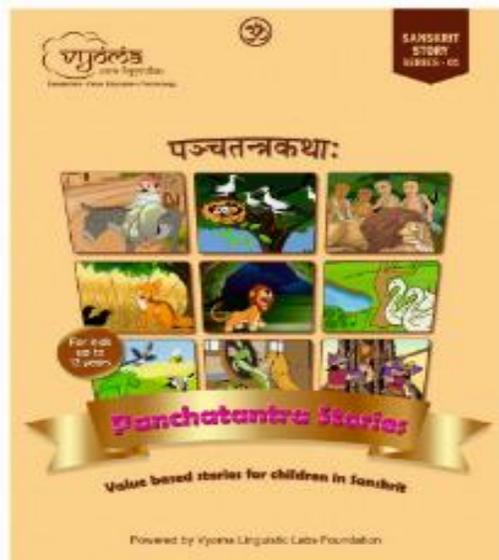
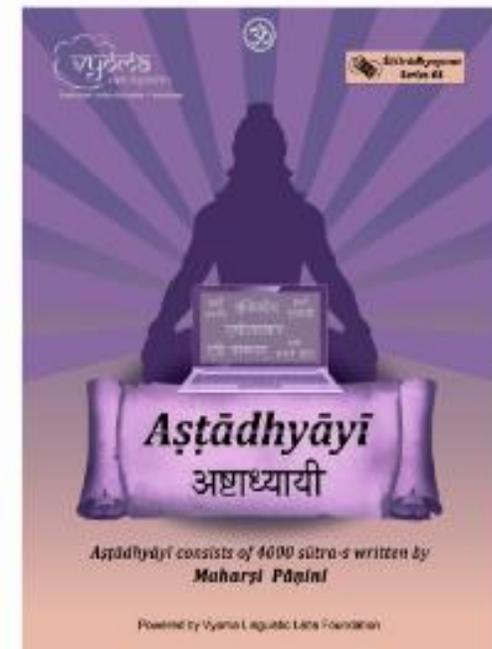
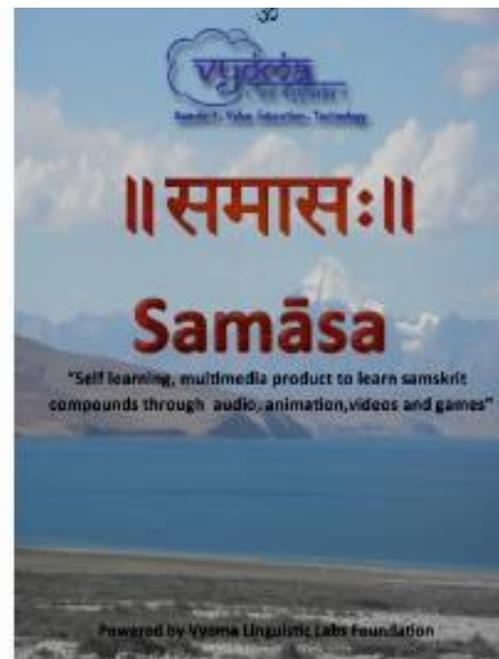
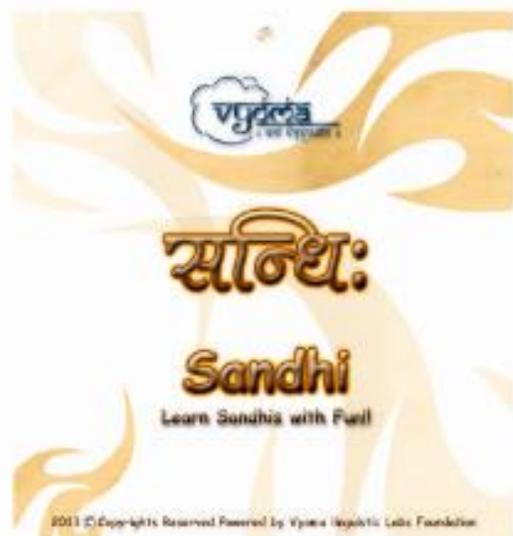
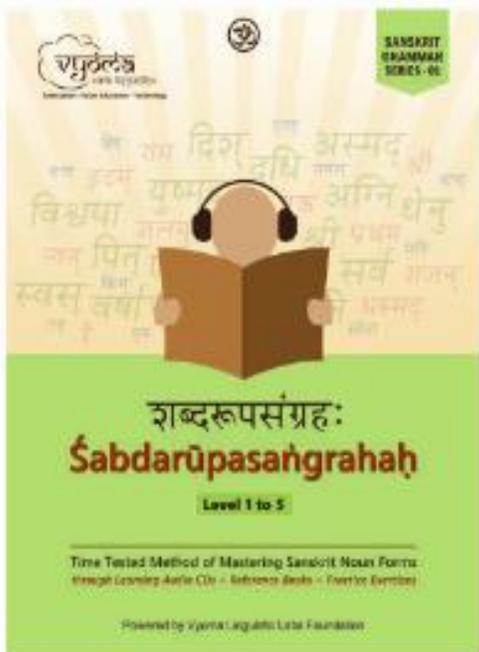


**Anger Management is most important aspect of Servant Leadership**

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# Useful Links

## 1. Main commentary and Bhashya referred:

Tilaka, Siromani & Govindarajeeyam (Bhushana) Vyakhyanas . Available in [www.Sanskrit.nic.in](http://www.Sanskrit.nic.in)

[http://www.sanskrit.nic.in/catalogue\\_2017.pdf](http://www.sanskrit.nic.in/catalogue_2017.pdf)

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58.	रामायणम्, RĀMĀYAṆAM (7 Vols.), By Valmiki with the Commentaries Ramayana Tilaka of Rama Ramayana Siromani of Sivasahaya and Ramayana Bhusana of Govindaraja, Ed. By Katti Shastri Srinivasa	2 <sup>nd</sup> Reprint-2006	₹ 1310/- \$ 130.00
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## 2. Links to shlokas, pratipadaartha:

<https://www.valmiki.iitk.ac.in/>

<http://valmikiramayan.net/>

<http://ramayanaepic.com>

## 3. Other Management books (as linked inside the presentation)

## After burning of Lanka and doubting

पूर्वमप्युपलब्धानि सोक्षात्पुनरचिन्तयत् ॥5.55.21॥	When Hanuman was thus bemoaning, good omens as in the past appeared before him. He started reflecting once again:
न नशिष्यति कल्याणी नाग्निरग्नौ प्रवर्तते ॥5.55.22॥	lady like Sita will be protected by her own splendour and will not perish as fire cannot extinguish fire.
न हि धर्मात्मनस्तस्य भार्याममिततेजसः। स्वचारित्राभिगुप्तां तां स्पृष्टुमर्हति पावकः ॥5.55.23॥	Fire cannot touch that lady who is protected by her own chastity and who is wedded to the righteous man of immeasurable glory.