

Module: Main Aspect of Indian Philosophy

Topic: Dharma

Description:

What is Dharma? is an interactive video resource that explores *dharma* as a central ethical and spiritual principle in Indian philosophy. Rooted in the Sanskrit root “*dhri*” meaning “to uphold” or “to sustain,” *dharma* encompasses duties, moral obligations, and righteous conduct that guide individuals in various stages and roles of life. The video delves into how *dharma* functions on multiple levels—personal, social, and cosmic—promoting harmony, justice, and balance. By incorporating reflective questions, visual narratives, and real-life scenarios, the resource encourages learners to critically engage with the dynamic nature of *dharma*, understanding it not as a fixed rule but as context-sensitive guidance aligned with truth, responsibility, and universal well-being.

TASL: "[What is Dharma?](#)" by [Roshan Boodnah](#), [Mahatma Gandhi Institute](#) is licensed under [CC BY 4.0](#)

Link to Lumi: https://app.lumi.education/run/_zckux

Author: Roshan Boodnah

Year: 2024

Format: Interactive Video_Lumi

"[What is Dharma?](#)" by [Roshan Boodnah](#), [Mahatma Gandhi Institute](#) is licensed under [CC BY 4.0](#)

