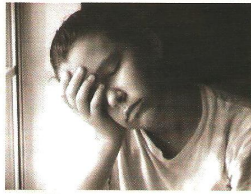


# Mom, please bear with me!

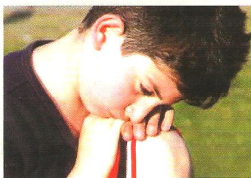


Recently a small girl on Sinhagad Road, Pune committed suicide because her mother scolded her.....Why should a little girl end her life like this? Can a mother not scold her child?

I remember my mother running after me with a stick, shouting and saying things like "Are you alive just to trouble me? or "I don't know why I gave birth to you?" But never did her words hurt me, as I knew the intense love that enveloped them. Many books, poems and essays have been written about 'Mother' and her 'love'. Parents need to be strict with children on some occasions. But maintaining balance is essential. Sometimes, in the name of the child's future good parents and teachers do go to extremes, beating and penalizing them. Recently we all did learn about a school teacher in Nashik throwing a duster at a student. The child was so scared that he started getting convulsions and had to be hospitalized. The event was aired all over the news channels.

The Government of India recently proposed a year of imprisonment, for first time offenders (persons responsible for such violence) and a

With the help of the awareness of the breath, the mind becomes concentrated, pure and strong. Fear and restlessness are reduced. One's grasping power increases. An important support to the meditation is the emphasis on practice of morality viz refraining from stealing, killing, sexual misconduct, improper speech (lying etc.) Gautam Buddha discovered this technique 2500 years ago. Venerable Guruji Shri Satyanarayan Goenka brought this technique that had vanished from India, back to India in 1969. Many students are benefitting from it today. In Pune, for children in the age group of 9-16 years, the Vipassana Centre near Swargate (in front of Nehru Stadium) holds one day courses on the first Sunday of every month. These meditation camps are completely free of charge and are run with the help of voluntary service and donation given by old students. Breakfast and lunch are also provided by the centre.



The whole technique is based on pure breath and so students of any caste, creed, religion or country can use it to make their minds pure and strong and live a life free of stress and anxiety.

three year imprisonment with a fine of Rs. 25000/- for second time offenders. This will formally become a law once the parliament nods in favor, all right, but will such a law indeed bring about any deep rooted change in the attitudes of parents, teachers and the students?

In today's world of competition, the dream of our former President Shri Abdul Kalam to make India the future Superpower will come true, only if we are able to give our little ones, the right value system. Mahatma Gandhi said that education which is not accompanied by moral values leads to degradation. Sane Guruji saw God in children and stressed the need to place before them examples of positive thinking and noble conduct. Today's child is tomorrow's citizen, and every parent must be aware of the need to nurture and support children for the bright future of the country. \*

In a recent study India was declared as the youngest nation; which meant that almost 70% of our population is young. The youth of India today has the power to rule the world. It has the power to do, and the need is to understand and be understood. With the right guidance and direction to the youth, the world will be ours to take.

Management guru Shiv Kherra says "You Can Win". True, "Yes, we can" should be the confident answer of our youth. They must realize that we are the makers of our own destiny and our destiny is in our hands'. One

For more information you can call at 020- 24468903 or 020 - 24436250 or check the website [www.children.dhamma.org](http://www.children.dhamma.org) The human brain can register more than 800 things in one second. It can work non-stop for 70-75 years without tiring. It has huge potential, which needs to be utilized. Thomas Edison was sent back from school when he was 4 yrs old, with a letter from the teacher saying "Thomas is very weak in studies, he will not learn anything at school." The same Thomas Edison ignited the fire of his mind to give light to the world. Thousands of his early experiments failed but he did not give up. This was the result of his mental strength. Abraham Lincoln wrote a letter to his son's school principal requesting him to teach his son to live as a social being and survive in adverse times. This kind of education with a social perspective is the need today.



We burden the kids with expectations. This tires them out, and they try to escape through wrong ways. We conveniently blame movies and such for the wave of suicides and think our job done. But if a movie can touch the hearts of our children in 3 hours why do we fail to understand their feelings after having given birth to them?

must remember that a child is born, but a man is made. We have to change ourselves before we can change the world. We need to first wake up and have the confidence to show the world that we are capable of making India the superpower. The youth needs to prove all of them wrong who say that the youth today has gone astray.

To achieve these goals, the young ones need to be fit physically and mentally. Regular exercise is the key to physical health. Swami Vivekanand used to say, "My dear friends, go to the playground daily. Play, jump like a lamb, exercise. A healthy body has a healthy mind". Everywhere we see failing health now-a-days. Diseases like blood pressure, diabetes, heart problems, stress, and hypertension have become common amongst the youth. Increasing competition, materialistic living, lack of strong value system, disagreements and stress at home, restlessness, fear, anxiety, coupled with non-performance in exams and increasing load of studies are responsible for pushing children to the brink of depression due to fear of failure.

In the first one month of 2010 alone, approx. 66 students committed suicide in Maharashtra. The main culprit here is a "Weak Mind". To make the mind strong and pure, meditation is essential, 'Anapansati' is one such meditation technique, Anapansati is "awareness of the incoming and outgoing breath".

Shouldn't the question bother us?

To make them study, we at home and at school do not hesitate to hit them. In India out of three school-going children one is physically punished. A thought from Gautam Buddha came to my mind: "A stick cannot bring about reform". Violence and fear cannot bring lasting reform. The influence of the sword is temporary but that of love is there to stay.

To learn to survive in adversity, to strengthen the mind and to really live a stress free life, meditation is the golden key. So, parents, do scold the child when he or she goes wrong but with love in your heart. Balance the punishment with equal amount of love and understanding. This way they will definitely learn to respect you.

There is nothing like love. Its God's gift to mankind! This is an eternal, truth. In life there are three noble actions: to love, to help, and to serve. Give place to these in your daily life and make your family happy and peaceful. Try to understand a child's perspective and help build a progressive society. In the end I do only say.....

"Jyot se jyot jalate chalo, prem ki ganga bahate chalo!"



Datta Kohinkar