

Benefits and harm of TV, Mobile & Internet

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Chapter 1 : Earnest sharing with students

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Preaface

In the pre-Independence era, the newspaper 'Kesari' published by Lokamanya Tilak reported that 'Freedom fighter Vasudev Balawant Phadake was tortured to death by the British Government in the prison'. Three young boys Damodar, Balkrushna and Vasudev (Chapekar brothers) read this news. They vowed to fight against the British rule for the Independence of Bharat and they acted accordingly. In those days, newspapers were the only source of information. In today's times, TV has become an equally important medium of information. An information medium plays an important role in moulding the human mind. When three children become revolutionaries on reading a news, imagine what today's children will become in the future by watching love stories, rape scenes, vulgar scenes and violence on TV everyday ?

By watching TV, children begin to idolise film-actors, cricketers etc. This makes them ignorant about true rolemodels such as Samartha Ramdas Swami, Swami Vivekanand (who were propagators of *Dharma*) and national heroes such as Chhatrapati Shivaji Maharaj, Lokamanya Tilak etc. Thus, TV is no more a medium of entertainment instead, it has become an instrument of ruining morality of the society, Bharatiya culture and national ethics.

Today, the mobile phone is more of a fashion than a necessity. When children see a 'touch screen' mobile with some one, they too have the desire to own one. Alcohol consumption and cigarette smoking are addictions because they are harmful for the body. However, what about the children who download obscene photographs from the internet, play violent games on the computer for hours together ? They lose their morality, become violent and the growth of their intellect is impeded. Then, are internet and video games not addictions that harm the mind ?

Dear Children ! Modern science invented TV, video games etc. as mediums of entertainment. Our Sages and Saints of the ancient times were also scientists. They discovered the law of gravity, invented the aeroplane, advanced surgery etc. hundreds of years before such inventions were made by western scientists. Sages and Saints used science for the welfare of mankind. They did not teach mankind to get attracted to and run after momentary pleasures; instead, they advised mankind to seek everlasting *Ānand* (Bliss) and mental peace. Therefore, Dear Children ! Do not use TV, internet, video games etc. for momentary pleasure; else you will be ensnared into their web, & lose invaluable time and money too. To avoid this from taking place, this Holy text explains the harm caused by TV, internet, video games etc. at various levels such as

physical, psychological, national, cultural etc.

Swami Vivekanand would say, 'It is important to strike a balance between science and *Dharma* in our life'. True *Ānand* is obtained not from the pleasure-seeking devices but by abiding by *Dharma*. Therefore, it is only appropriate to utilise science with the right objective of serving *Dharma* and abiding by *Dharma*. And hence, this Holy text guides on how to utilise TV, mobile and internet for the cause of the Nation and Dharma.

Parents are the primary teachers of children. Today, the parents themselves subscribe to cable connections, and when their children adamantly demand mobiles and video games, they succumb to their demands. Therefore, parents should remember that when their children get spoiled due to TV and internet, they are equally responsible for it. This is one Holy text that should be read by parents who are anxious about the bright future of their children.

The objective of this Holy text will truly be fulfilled if after reading it, children utilise mediums such as TV and internet for serving the Nation and Dharma. We pray unto the Holy feet of Shrī Guru that may children be inspired to do so ! -

Compilers