

Child development - Vol. 10 : Inculcating  
sanskārs is a spiritual practice by itself - 2

# How to inculcate good sanskārs in children ?

(English)

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(‘Sainthood’ or ‘Stage of a Guru’ denotes 70-79 %  
spiritual level, ‘Stage of a Sadguru’ denotes 80-89 % and  
‘Stage of a Paratpar Guru’ denotes 90% and above.)

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## Preface



*Sanskār* or subconscious impression, is the multiplication of virtues and the subtraction of defects. Creating *sanskārs* means inculcating good habits and eliminating bad ones. Good *sanskārs* are created in children by making them offer *namaskār* or obeisance to parents every day, teaching them not to criticise others and so on. However, what is the most ideal way to instil these virtues in them ? It can be ingrained in the children not through lectures, narrating stories or giving enticements of sweets, but through our own actions. If an 8-year-old child is told to offer *namaskār* to his parents daily, he will do it only for a few days and then refuse to comply even if its significance is explained to him. There is only one way to make your child virtuous and, for example, offer *namaskār* to elders. It is only when you offer *namaskār* to all the elders in your family, that the child will emulate you in action, without even telling him to offer *namaskār* to his elders. He will observe that his parents are offering *namaskār* to his grandparents and he will want to imitate them. In this way, the act will be performed without uttering a word.

It is not required to teach a child how to abuse; but a *sanskār* of chanting God's Name has to be inculcated in the child. For this, it is important that all the members in the family chant.

The younger the child, the easier it is to create *sanskārs* within him or her. If the parents have the habit of offering *namaskār* to the child's grandparents every day, then for a 2-year-old, this becomes a part of his nature. When a guest comes home, he will immediately rush to offer *namaskār* and





will remind his parents that they had forgotten to do so but he did not !

It is difficult to create *sanskārs* in adults because it is difficult to change their views. Only their own firm resolve or resolve can eliminate their defects or enhance virtues.

Children love to imitate, and without your knowledge, they copy your walk, talk, laughter, temper, and every little action. This is precisely why parents need to monitor themselves constantly to ensure that their actions, speech and thoughts are virtuous. This means parents have to create good *sanskārs* on themselves. If you behave ideally in front of your children, there will be no need to make separate efforts to create *sanskārs* in them.

*Sanskārs* are mainly made on the subconscious mind. They increase the *sāttvik* (*Sattva*-predominant) state of the mind by increasing the *Sattva* component in it. When the mind achieves thoughtlessness or is in the zero state, then the necessity to create *sanskārs* stops. This is because the mind of the individual on whom the *sanskārs* have to be made, does not exist. With it, the *sanskārs* of many births get wiped out. Now, the universal intellect carries out all this person's worldly matters. All its actions are automatically enriched 100% with *sanskārs*.

- Authors



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## Contents

### Chapter 1 : *Sanskār*

- |   |    |
|---|----|
| 1. What is a <i>sanskār</i> ?                 | 16 |
| 2. Giving is more important than receiving    | 17 |
| 3. Offering <i>namaskār</i> to elders         | 18 |
| 4. Ego - the root cause of unhappiness        | 19 |
| 5. The <i>sanskār</i> of chanting             | 19 |
| 6. Helping others                             | 25 |
| 7. Narrating stories                          | 26 |
| 8. Resolve of <i>sanskār</i>                  | 27 |
| 9. Set yourself as an ideal for your children | 29 |

### Chapter 2 : Producing good progeny

- |   |    |
|---|----|
| 1. What is meant by 'producing good progeny' ?              | 31 |
| 2. When should one begin efforts for a good progeny ?       | 31 |
| 3. How to select a life partner ?                           | 32 |
| 4. What responsibility should be taken in a love marriage ? | 33 |
| 5. What care should parents-to-be take of their health ?    | 34 |

### Chapter 3 : Pre-birth *sanskārs*

- |  |    |
|--|----|
| 1. What are the sixteen <i>sanskārs</i> ?  | 35 |
| 2. Why and when should the <i>sanskār</i> of <i>Garbhādhān</i> be performed ?          | 36 |
| 3. Can we teach the foetus in the womb ?<br>Can we create good <i>sanskārs</i> on it ? | 39 |

4. Diet, exercise, reading and *sādhana* of a pregnant woman 41
5. What should a couple do to get a valiant child as per their desire ? 44
6. What are the duties of the husband towards his pregnant wife ? 45
7. Why should the *sanskār* of *Punsavan* (begetting a son) be performed ? 46
8. What is the objective of the *Anavalobhan sanskār* ? 47
9. When and why should the *sanskār* of *Sīmāntonnayan* (parting the wife's hair) be performed ? 48

#### Chapter 4 : *Sanskār̥s* to be performed in the first year

1. Who should perform the *sanskār* of *Jātakarma* (a Ritual at birth), when and why ? 50
2. Why *Janmadāpūjan* and *Shashṭhīpūjan* are performed ? 53
3. When and why is the *sanskār* of *Nāmakaraṇ* done ? 54
4. Why is the *sanskār* of *Sūryāvalokan* performed ? 55
5. What is the *Nishkramaṇ sanskār* ? 56
6. What is the objective of performing the *sanskār* of *Annaprāshan* ? 57
7. *Vardhāpan vidhi* (Birthday) 58
8. Toys : What role do toys play in the development of children ? 59
9. What kind of toys should be selected for children ? 60
10. What should be the objective of performing *Chūḍākarma* (Ritual of keeping a tuft of hair) ? 60

How to inculcate good sanskār̄s in children ? 15

## **Chapter 5 : Commencement of study, discipline and entertainment**

1. When should studying be commenced ? 62
2. How should the child be disciplined ? 62
3. Important suggestions for disciplining children 64
4. What is the role of playing and entertainment in the life of a child ? 66
5. How does the audio-visual media influence a child ? 67
6. What role do hobbies play in the development of a child and how important are they ? 69
7. How do friends influence a child ? 70
8. How do neighbours influence a child ? 72

## **Chapter 6 : *Munja* (Thread ceremony) and education**

1. What is the importance of the *Upanayan sanskār̄* (*Munja*) ? 73
2. Ritual of *Mēdhājanan* 81
3. Ritual of *Sandhyā* 82
4. *Prāṇāyām* 85
5. Meditation to increase concentration of the mind 86
6. What are the aims and objectives of education ? 87
7. How the stress of examination should be eliminated from the minds of children ? 88

## **Chapter 7 : Inculcating virtues through moral stories**

1. King Shibi was ready to sacrifice his life to save the pigeon that came to him for refuge ! 91
2. Bhim's ego crushed by Bajarangbali Hanumān 92