

Series of Texts on 'Balsanskar' : Vol. 7

Protect your children from the harmful effects of TV, Mobile & Net

(English)

Compilers

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Sanatan Sanstha

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Texts**

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and become ideal parents !**

Preface

The Text 'Benefits and harm of TV, Mobile & Internet' in the 'Balsanskar' Text series is as useful for the parents and teachers as it is for the children. Despite this, some people may ask why have a booklet on the same subject. Following are the reasons for this.

1. The Hindu culture says that parents and school teachers are the first Gurus of the children. Jijamata and Dadoji Kondadev inculcated virtuous *sanskārs* (Subconscious impressions) in young Chhatrapati Shivaji Maharaj. It was due to these *sanskārs* that Shivaji, at the young age of 15 awarded punishment to a Patil from Ranjha (for raping a woman) that his hands and legs be severed. The same Shivaji later established the 'Hindavī Swarājya', which was similar to Rāmrajya. The purpose of this booklet is that the present-day parents and teachers realise deeply that it is their moral duty and responsibility



unto the Nation to mould a morally sound, patriotic and Dharma-abiding future generation.

2. Children love to emulate. Merely preaching virtues is not enough; instead, parents too should lead a virtuous life. Their behaviour, unwittingly, inculcates *sanskārs* in children. From this perspective, this booklet also elaborates on the do's and don'ts on the behaviour of parents.

3. Today, TV, Mobile and Internet, etc. mediums mostly have *Raja-Tama*-predominant tendencies such as being anti-culture, perverse, vulgar. This is causing great harm to Hindu Dharma and Hindu culture. Hindus are not provided education on Dharma; consequently, the future generations have fallen prey to materialism to the extent that they have forgotten their Dharma. Remember, Dharma is the foundation of a Nation. If Dharma is harmed, the Nation will be destroyed in no time. Hence, how the





mediums of TV, Mobile and internet can be used for imparting education on Dharma has been discussed in this Text. Conserving the spiritual heritage of India through these mediums is the duty of the parents and teachers.

4. Creating awareness about TV channels which telecast programmes that create unrighteous *sanskārs* in children, as well as those that harm the Nation & Dharma, and if creating awareness does not help, then taking measures such as banning these TV channels is the duty of parents and teachers unto the Nation. This Text elaborates on these aspects as well.

5. Only when society performs spiritual practice, meaning, it makes efforts for God-realisation, will it become *sāttvik* (Spiritually pure). Once an individual becomes *sāttvik*, due to the *Ānand* (Bliss) he will obtain from spiritual practice, he will not fall prey to



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Raja-Tama-predominant aspects. Hence, first and foremost, parents and teachers should themselves perform spiritual practice. This booklet also elaborates on why should the parents and teachers ensure that children develop interest in spiritual practice.

If parents and teachers merely read this booklet, they may find inadequacies, because we have avoided repetition of points from the Text - 'Benefits and harm of TV, Mobile & Internet'. Hence, it is necessary that parents and teachers read the main Text as well as this booklet.

We pray at the Holy feet of Shrī Guru that upon reading this Text, may parents and teachers understand their duty and responsibility towards the children and make efforts to mould the future generation into an ideal one. - **Compilers**

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Sanatan's related Text in the 'Balsanskar' series

Benefits and harm of TV, Mobile & Internet



- ❖ Beware of commercials on TV
- ❖ How to break the habit of watching TV unnecessarily
- ❖ How do children misuse the mobile
- ❖ Harm caused due to addiction to internet