

Text series on 'Balsanskar' : Vol. 7

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

(English)

Compilers

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale

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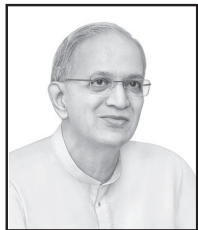


**Sanatan Sanstha**

Read  
Sanatan's Texts

Read, put into practice  
and become ideal parents !

## Brief introduction to the expansive mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' - A Path of spiritual practice
3. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
4. Unique creation and publication of Texts on various topics
5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies
6. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'
7. Uniting Saints, Sects, devout Hindus, patriots & social workers and providing spiritual guidance to them

(For details, visit - [www.Sanatan.org](http://www.Sanatan.org).)

## Assurance of Sachchidananda

### Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space  
How can I be with everyone, at all times  
Sanatan dharma is my eternal form  
In this form I always exist everywhere*

*Jayant Balaji Athvale*

17.5.1996

### Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers initially.

## H.H. Sandeep Alshi

Besides compiling Sanatan's Texts, H.H. Sandeep Alshi also composes Prasar material (for example - Sanatan Almanac, Dharmashikshan Posters, etc.).

He writes inspiring articles for the 'Sanatan Prabhat' Periodicals which provide information on spiritual practice, Nation & Dharma.



### **Clarification on prefixing titles to the Names of Sachchidananda Parabrahman (Dr) Athavale's Heirs**

As per the instructions of Saptarshis through the medium of Jeevanadipatti Reading on 13.5.2020, the title 'Shrisatshakti' has been prefixed to Sadguru (Mrs) Binda Singbal's Name and 'Shrichitshakti' has been prefixed to Sadguru (Mrs) Anjali Gadgil's Name.

## Contents

(Special sub-points under the main point are given here.)

- |  |           |
|--|-----------|
| <b>1. A disastrous familial, social and cultural situation has developed due to the Communication media these days</b> | <b>15</b> |
| <b>2. Parents and teachers have the power to mould the future generation of the country</b>                            | <b>17</b> |
| <b>3. Responsibility of Parents</b>  | <b>18</b> |
| 3A. Inappropriate mentality of some parents  | 18        |
| <b>4. Responsibility of Teachers</b>   | <b>50</b> |
| • <b>Scientific perspective of the Compilers</b>   | <b>53</b> |
| • <b>Disclaimer</b>  | <b>55</b> |

**Note** : For non-English and spiritual words used repeatedly in this Booklet, please see Glossary at the end of the text.



## 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. Hindu culture says that parents and school teachers are the first Gurus of the children. Jijamata (Mother) and Dadoji Kondadev (Teacher) 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 Rāmrājya. 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, mediums such as TV, Mobile and Internet 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 (Righteousness); 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 Booklet. Conserving the spiritual heritage of India through these mediums is the duty of the parents and teachers.

**4.** It is the duty of parents and teachers unto the Nation to create 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. This Booklet 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 *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 shortcomings because we have avoided repeating points from the Text - 'Benefits



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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 unto the Holy feet of Shrī Guru that upon reading this Booklet, may the 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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**Note :** In February 2019, the original Volume of ‘Benefits and harm of TV, Mobile & Internet’ (First edition was published in 6.12.2013) has been divided into 2 Volumes - ‘Benefits and harm of TV, Mobile & Internet’ and ‘Protect your children from the harmful effects of TV, Mobile and Net’.