

Child development - Vol. 14 : Adolescence - 1

Sanskārs related to adolescence and married life

(English)

Authors

Doctor & Vaidyacharya, Sadguru Vasant Balaji Athavale

M.D. (Paediatrics), D.C.H., F.A.M.S.

('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

Dr Kamlesh Vasant Athavale

M.D. (Paediatrics), D.N.B., M.N.A.M.S;
F.A.A.P. (Paediatrics & Neonatology, USA)



Sanatan Sanstha

卐 **Sanatan's Texts on Parenting** 卐


Read, put into practice and become ideal parents !

Contents

卐 Preface		14
Chapter 1 : Adolescence		13
1. What is adolescence ?		15
2. How does the physical growth take place in adolescence ? What should be done in this period for good growth ?		15
3. What are the effects of sexual growth on children during adolescence ?		16
4. How should the growing children be guided for appropriate mental and intellectual development ?		17
5. What should be done to make a boy a good leader ?		16
6. Why do conflicts take place often between growing children and parents ?		19
7. Why are the growing children always besotted by something or the other ?		21
8. What are the reasons for a generation gap ?		21
9. How should the differences in the two generations be overcome ?		23
10. How should the parents behave with adolescent children		24
Chapter 2 : Sanskārs from Mahānāmnīvrāt to Soḍmunj		28
1. <i>Mahānāmnī vrāt</i>		28
2. <i>Mahāvrat</i>		28
3. <i>Upanishadvrat</i>		28
4. <i>Godānvrat</i>		28
5. <i>Kēshānt sanskārs</i>		29
6. <i>Samāvartan sanskārs</i>		29

Chapter 3 : Marriage and Gruhasthāshram	30
1. How did the institution of marriage come into existence ?	30
2. What are the objectives of marriage ?	30
3. What are the types of marriage ?	31
4. Why should one get married as per religious rituals ?	32
5. What are the resolves made by fathers of the bride and groom at the time of marriage ?	33
6. Rituals to be performed on the day of marriage	33
7. <i>Mangalāshṭakē</i>	35
8. Some acts performed and <i>mantrās</i> recited in the marriage ceremony	39
9. What <i>sanskārs</i> are performed on the wife's mind while entering the house ?	41
10. <i>Vrats</i> for the bride and the groom	43
11. <i>Airaṇḍīdān</i>	43
12. <i>Dēvakotthāpan</i> and <i>Manḍapavisarjan</i>	43
13. How should the husband and wife behave with each other after marriage ?	44
14. Duties of the husband and wife in <i>Gruhasthāshram</i>	44
Chapter 4 : Ideal parents	47
1. What are the characteristics of ideal parents ?	47
Chapter 5 : Customs and traditions	50
1. Is it correct to follow customs and traditions ?	50
2. Why is it that since the earlier times the room of a woman who has delivered is kept dark ?	51
3. Why are the child and the mother exposed to smoke after a bath everyday ?	53
4. What are the benefits of religious fasting ?	53

Sanskārs related to adolescence ...	13
5. Why is the Sun considered a Deity ?	53
6. Is it possible to cure a disease with a <i>mantra</i> ?	54
7. Why is a <i>talismān</i> , amulet etc. tied around the neck of a child ?	54
8. Are diseases caused due to the sins of previous births ?	55
9. Do those suffering from incurable diseases benefit from religious rituals ?	55
Chapter 6 : Objectives and limitations of <i>sanskārs</i>	56
1. Objectives of sixteen <i>sanskārs</i>	56
2. Ayurvedic <i>sanskār</i> on substances	57
3. Despite many births as a human being, why does everyone have to learn again ?	58
4. Is there a guarantee that a child will develop good qualities if good <i>sanskārs</i> are performed on him ?	60
5. <i>Sanskār</i> means multiplication of virtues and division of defects	62
6. Why do they need to be repeatedly told to behave properly, to help others and not to hurt others ? Why is it necessary to inculcate good <i>sanskārs</i> in them ?	64
7. What are <i>sanskārs</i> ? How are they created ?	66
8. Where do the <i>sanskārs</i> reside ?	68
9. How are the <i>sanskārs</i> eliminated ?	71



Read Santan's Text

Sixteen Sanskars

- ☞ Philosophy & science underlying sixteen sanskars
- ☞ Sanskars are essential for making life happy
- ☞ Spiritual reason for performing sanskars

卐 ————— Preface ————— 卐

Good *sanskārs* are the foundation of an ideal life. Without good *sanskārs* man's life is like a directionless ship. Only citizens with good *sanskārs* can build a sound society and an ideal nation. To create an ideal citizen, good *sanskārs* should be inculcated on an individual in childhood itself. Younger the age of a child, easier it is to make *sanskārs* on him.

Children like to imitate. Children unwittingly imitate the elders' actions of walking, speaking, smiling, getting angry, etc. Hence, the parents need to be alert and consider whether their every action, every word and every thought is positive. It is important that we should make good *sanskārs* on ourselves only. If we set a good example before children, there is no need to make separate efforts to make *sanskārs* on them.

In this Text, detailed guidance is given on how the spouses should interact with each other after marriage, how the parents should treat their teenagers, how the generation gap should be eliminated, what qualities the ideal parents should have, which rules of action and behaviour should be observed to make an ideal personality, etc.

We pray at the Holy feet of Shrī Guru that this Text may prove useful for creating a cultured and ideal generation.

- Authors

卐 ————— 卐



In Sanatan's series on Hypnosis Autohypnotherapy for a happy life

- 卐 Causes of psychological problem
- 卐 Practical suggestions about hypnotherapy