



Holy text series on 'Balsanskar' : Vol. 2

# Virtues and good habits

(English)

**Compilers**

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('Sainthood' or 'Stage of a Guru' denotes 70% and 'Stage of a Parātpar Guru' denotes a spiritual level above 90%)

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**Study this Holy text and gift it to others too !**

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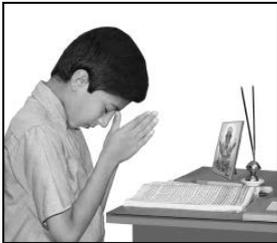
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## Holy text in the 'Balsanskar' series



### How to study ?

- 卐 How to increase concentration in studies ?
- 卐 How to increase the memory power ?
- 卐 What should be done to study well ?
- 卐 What are the remedies to overcome examination fear ?

## 卐 ————— Preface ————— 卐

Today's children are tomorrow's pillars of the country. To be pillars of the country, children should be virtuous and ideal; but what is the state of children today ? Most children do not listen to the elders, do not study seriously, and make fun of teachers. Many children play cricket or watch TV for hours together. Some children dream of becoming film stars when they grow up and therefore, keep humming film songs. Some children are in the company of bad ones, while some are addicted to tobacco, gutkha etc. All these aspects make the children selfish, irritable, obstinate, fickle & perverted. To prevent all this, it is necessary to inculcate good *sanskārs* (Subconscious impressions) in the children.

The harmful effects of bad *sanskārs*, the importance & benefits of good *sanskārs* and virtues have been narrated in this Holy text. Hence, the children will be able to understand the difference between the good and the bad. Due to various aspects narrated here, such as how should the children study, which hobbies they should pursue, how should they behave with teachers and guests at home etc., they will not only be successful but also become virtuous and ideal in life. This Holy text also includes aspects such as the desirable outlook in parents about certain issues related to children, experiments they should get conducted through their children etc. We pray at the Holy feet of Shri Guru that may this Holy text be useful in creating a future generation that abides by *Dharma* & is patriotic. - **Compilers**

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**Besides parents and teachers, those who conduct *Balsanskarvargs* will also get inspiration and direction to inculcate good *sanskārs* in students through this Holy text.**