

Nurturing children - Vol. 7 : Child development - 2

Understand the Constitution of Children and make it Strong

(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 V Athavale

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

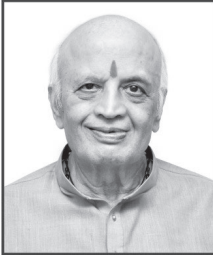


Sanatan Sanstha

Sanatan's Texts on Parenting

Read, put into practice and become ideal parents !

Introduction to Authors



Sanatan Sanstha's Sadguru, Doctor & Vaidyacharya Vasant Balaji Athavale

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

Sadguru (Dr) Vasant Balaji Athavale was a renowned Paediatrician. He founded the Paediatrics Department in 1959 in Lokmanya Tilak Mahanagarpalika Hospital, Mumbai. He was Professor and Head of this Department from 1960 to 1990. He was the Chairman of the 'International Conference on Alternative Medicine' in Bangkok in 1980. In 1996, He received the international honour for the 'Best author of books on Ayurveda'. In 2001 and in 2012 respectively, He was honoured with the 'Lifetime Achievement Award' in an International conference on 'Ayurveda and Hepatic Disorders' and by the Indian Academy of Paediatrics.

1. The journey from being a seeker to becoming a disciple

A. Selflessness and the attitude of sacrifice, which are essential for spiritual practice : He started noting down higher level philosophical thoughts on Spirituality in 1980. He toiled day and night to create a vast treasure of knowledge on Spirituality. Very altruistically, He donated this treasure to Sanatan Sanstha in 1990, soon after it was established. This sacrifice, before He became a Saint, indicates the level of His spiritual practice and seekership. Due to His writings, Sanatan's Texts are now becoming inclusive in the true sense.

B. In 2004, He became a disciple of Sachchidananda Parabrahman (Dr) Athavale (A great Saint who is also His younger brother and the Founder of Sanatan Sanstha, the world-renowned spiritual organisation).

2. Attaining Sainthood

On 16.12.2012, He reached Sainthood due to His spiritual emotion, intense yearning, inquisitive nature and humility.

A. He attained Sainthood by performing spiritual practice through various Paths of Spirituality : Every person performs spiritual practice as per some path of Spirituality, becomes introverted, progresses spiritually and thus moves towards Sainthood. However, Dr Vasant Athavale attained Sainthood by performing spiritual practice as per Karmayoga (Path of action) by serving His patients, Jnanyoga (Path of knowledge) by writing Texts, Bhaktiyoga (Path of devotion) and Gurukrupayoga (Path of Guru's grace).

3. Active in seva for Sanatan's mission until His last breath

He kept performing satseva for Sanatan's mission until His last breath. When He came to know of Divine particles found in Sanatan's Ashram, He inquisitively studied the subject, contemplated on how to conduct research on this topic from a scientific perspective and gave His own suggestions.

He renounced His body on 9.11.2013 at the age of 80.

Dr Kamlesh Vasant Athavale

M.D. (Paediatrics), D.N.B., M.N.A.M.S.

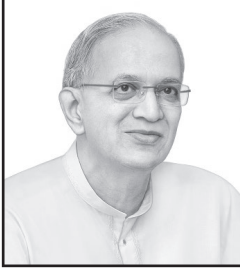
F.A.A.P. (Paediatrics and Neonatology, USA)



The co-author, Dr Kamlesh V Athavale, is the son of Sadguru (Dr) VB Athavale. He has achieved success in examinations of M.D. (Paediatrics), D.N.B., M.N.A.M.S. (India) and F.A.A.P. (Paediatrics and Neonatology, USA).

He is working as a Neonatologist at the Duke University Medical Centre (USA). He is also Director of Neonatology at Nash General Hospital.

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha



1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) ^(Note) and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,049 seekers are progressing towards Sainthood as of 10.1.2024.
4. Creation of unique Spiritual texts on various topics.
5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies.
6. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect.
7. Presenting the research conducted on sattvik Art-forms.
8. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'.
9. Uniting and guiding Saints, Sects, devout Hindus, etc. so as to establish the 'Hindu Rashtra'.
10. Recognising the coming dreadful times, guiding and preparing Texts to protect lives.

(Note : हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

(For complete introduction, visit - www.Sanatan.org)

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Dear Parents,

Your child is developing continuously. His mind and intellect are slowly maturing. Everyone's life begins as a single cell (fertilised egg). This fertilised egg divides and becomes two cells. This process continues that is two to four, four to eight etc. till in the grown human there are approximately 100,000 billion cells. In living beings 'Growth & Development' is a natural process. This growth is affected by heredity, hormones, environment and disease. This Text of Sanatan as well as the Text, 'Develop the child's intellect and mind' will be helpful in guiding you in paying attention to whether the child's development is in appropriate manner or not.

The constitution of each child is different from the other. Some children are lean while others are fat. Some are short while some are tall. Some eat to live while some live to eat. Reading this Text will help in knowing the child's personality and help us in making him stronger accordingly.

Man is more intelligent than all the other creatures. His brain directly or indirectly controls his behaviour, movement and activity. So practically the development of the child is evaluated by the maturity of the child's brain and nervous system.

To make evaluation of the child's growth easy, the factors involved are divided broadly into the following categories.

1. Gross movements
2. Skilful movements
3. Social development





4. Speech



Detailed description of the milestones in the growth and development of the first 5 years is given in this Text. Similarly measuring the intellect, things that affect the intellect and guidance about increasing the memory and intellect is also given. Discussions and information about the reasons for the mental retardation among children, how to take care of such children and the precautions to be taken to avoid having such children is also mentioned in the Text.

The mind and brain are two different organs. The functions of the mind, its various states and its development is discussed in detail. Both the Texts are worth reading for the detailed information on the subject. The child's mind is innocent, delicate and like a clean slate. The impressions made on it in childhood have a great chance of lasting through its life.

Parents are supposed to teach their children good habits, give them good ideals and goals in life; as well as give them good treatment and teach them to follow the good path in life.

Nurturing a child so that he has a healthy mind and intellect is very difficult, but following the instructions and guidance given in this Text shall help you in nurturing and developing your child's mind and intellect in a good way. They will later become ideal and healthy citizens and we shall all be very proud of them.

- Authors



Sanatan's Text that provides guidance to Parents

Develop the child's intellect & mind