

# Benefits and harm of TV, Mobile & Internet

## Preface

In the pre-Independence era, the newspaper 'Kesari' published by Lokmanya Tilak reported that 'Freedom fighter Vasudev Balwant Phadke was tortured to death by the British Government in prison'. Three young boys Damodar, Balkrushna and Vasudev (Chaphekar brothers) read this news. They vowed to fight against the British rule for the independence of India and they acted accordingly. In those days, newspapers were the only source of information. In today's times, the internet and TV have become important mediums of information. An information medium plays an important role in moulding the human mind. When three children become revolutionaries upon reading a news article, imagine what today's children will become in the future after having watched love stories, rape scenes, vulgar scenes and violence on TV every day?

By watching TV, children begin to idolise film-actors, cricketers, etc. This makes them ignorant about true role-models like Samartha Ramdas Swami, Swami Vivekanand (who were propagators of Dharma [Righteousness]) and national heroes such as Chhatrapati Shivaji Maharaj, Lokmanya Tilak, etc. Thus, TV is no more a medium of entertainment; instead, it has become an instrument that ruins the morality of society, Indian culture and national ethics.

Today, the mobile phone is more of a fashion statement than a necessity. When children see a 'touch screen' mobile with someone, they too have the desire to own one. Alcohol consumption and cigarette smoking are addictions because they are harmful for the body. However, what about the children who download obscene photographs from the internet or play violent games on the computer for hours together? They lose their morality, become violent and the growth of their intellect is impeded. Then, aren't the internet and video games potent addictions that harm the mind?

Dear children, each of you need to endeavour to find your unique potential and purpose in life. However, modern science invented TV, video games, etc. as mediums of entertainment. Our Sages and Saints of ancient times were also scientists. They discovered the law of gravity, invented the aeroplane, advanced surgery, etc. hundreds of years before such inventions were made by western scientists. Sages and Saints used science for the welfare of mankind. They did not teach mankind to get attracted to and run after momentary pleasures; instead, they advised mankind to seek everlasting *Ānand* (Bliss) & mental peace. Therefore, dear children, do not use the internet, video games, TV, etc. for momentary pleasure; else you will be ensnared into their web, and lose invaluable time and money too. To avoid this from taking place, this Text explains the harm caused by TV, internet, video games, etc. at various levels such as physical, psychological, national, cultural, etc.

Swami Vivekanand would say, 'It is important to strike a balance between science and Dharma (Righteousness) in our life'. True *Ānand* is obtained not from pleasure-seeking devices, but by abiding by Dharma. Therefore, it is only appropriate to utilise science with the right objective of serving Dharma and abiding by Dharma. Hence, this Text guides on how to utilise TV, mobile and internet for the cause of the Nation and Dharma.

The objective of this Text will truly be fulfilled if after reading it, children utilise mediums such as the internet, mobile and TV for serving the Nation and Dharma. We pray unto the Holy feet of Shrī Guru that may children be inspired to do this! - **Compilers**

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