Inculcate virtues and become an ideal individual

Preface

Everyone praises an ideal student, everywhere - in the school, at home etc. To make our behaviour ideal, it is necessary to develop virtues in ourself. Even God likes virtuous children; because they are happy and also make others happy.

How children should make efforts to imbibe virtues such as self-reliance, concentration, obedience, pride for the Nation, abiding by Dharma (Righteousness) etc. has been elucidated in a simple language in this Text. Examples of some child-seekers of Sanatan who eliminated their personality defects and imbibed virtues have been provided here. By reading these, others will also be inspired.

Only when the change is from within, does personality development take place in the true sense. Taking this aspect into consideration, some incidents from the lives of well-known people and national heroes have been mentioned. Each incident will immediately inculcate the importance of the respective virtue on the mind of the child.

Our earnest prayer unto the Holy feet of Shrī Guru is that on studying this Holy text may the children enhance virtues and may their future life become blissful and successful. – **Compilers**

Index

1. O Children ! Why become virtuous ?	15
1A. Everyone likes virtuous and ideal children	15
1B. A virtuous child is blessed by God !	16
1C. Virtues are essential to make life blissful and successful	16
1D. Only virtuous children can become the future pillars of the Nation	16
2. Process of inculcation of virtues	17
2A. Definition	17
2B. How to implement the process of inculcating virtues	17
2B 1. Selection of virtues	17
2B 2. Select incidents where you get a chance to do something	17
2B 3. Filling the virtue inculcation chart	17
2B 4. Having virtuous people as role models	18
2B 5. Reporting to others	19
3. Various virtues & efforts required to enhance them	20
3A. Some virtues useful in worldly life	20

3A 1. Not being dependent 3A 2. Cleanliness	20
3A 3. Thriftiness	27
3A 4. Appropriate time management	31
3A 5. Productive utilisation of time	32
3A 6. Punctuality	35
3A 7. Presence of mind 3A 8. Loving nature	36
3A 9. Courageousness 3A 10. Bravery	37
3B. Some virtues that facilitate smooth studying	41
3B 1. Perseverance and consistency in efforts	41
3B 2. Concentration 3B 3. Memorising	41
3C. Some virtues useful to enhance morality	44
3C 1. Speaking the truth	44
3C 2. Honesty 3C 3. Humbleness	47
3D. Some virtues useful for improving spiritual practice	52
3D 1. Tidiness	53
3D 2. Obedience	57
3D 3. Self-control	60
3D 4. Attitude of being content	61
3D 5. Promptness	63
3D 6. Curiosity and a learning attitude	64
3D 7. Yearning	64
3D 8. <i>Bhāv</i> (Spiritual Emotion)	65
3D 9. Sacrifice	69
3E. Some virtues related to the interest of the Nation	75
3E 1. Patriotism	76
3E 2. Building physical strength	78
3E 3. Unity	79
3E 4. Unifying skills	81
3E 5. Leadership qualities	81
3F. Virtues useful in enhancing dedication unto Dharma (Righteousr	ness) 83
3F 1. Love for <i>Dharma</i> (Righteousness)	83
3F 2. Abiding by <i>Dharma</i> (Righteousness)	85

3F 3. Following our own culture	86
4. How will virtues at all levels develop through the medium of study?	89
5. Some child-seekers of Sanatan, who are virtuous	92