

# Virtues and good habits

## Preface

Today's children are tomorrow's foundation of the country. To be a foundation of the country, the children should be virtuous & ideal; but what is the state of children today ? Most children do not listen to their 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 get into bad company, while some are addicted to tobacco, drugs etc. All these aspects make the children selfish, irritable, obstinate, fickle and even perverted. To prevent all this, it is necessary to inculcate good subconscious impressions in children.

The harmful effects of bad *sanskārs* (subconscious impressions) the importance and benefits of good *sanskārs* and virtues have been given in this Text. Hence, children will be able to understand the difference between good and bad. Due to various aspects described here, such as how children should study, which hobbies they should pursue, how they should behave with teachers and guests at home, etc. they will not only become successful, but also virtuous and ideal in life. This Text also includes aspects such as the desirable outlook that parents should have about certain issues related to children, experiments they should conduct so their children get a first-hand experience why certain choices are more *sāttvik* (spiritually pure), etc. We pray at the Holy feet of Shrī Guru that may this Text be useful in creating a future generation that abides by Dharma (Righteousness) and is patriotic. - **Compilers**

## Index

Contents	
1. Why are virtues essential ?	13
2. Be early to bed and rise early !	15
3. Perform religious rituals such as <i>puja</i> (worship) of Deities !	16
4. Pay obeisance to parents and elders in the house by bowing !	19
5. How to behave with parents ?	20
6. How to welcome and extend hospitality to guests ?	24
7. How should the school material be ? How to handle it ?	25
8. Believe that the school is a temple of knowledge, and behave ideally !	29
9. Develop a well-shaped and legible handwriting !	35
10. Care to be taken while reading	37
11. Steps to improve study	37

12. Keep away from malpractices such as 'copying', 'ragging', etc.!	39
13. Suicidal thoughts because of failure is sheer madness	41
14. What supplementary literature should you read ?	43
15. How to keep the body healthy ?	50
16. Which games should be played and which games should not be played ?	51
17. Instead of nurturing hobbies that will only entertain, pursue hobbies that will be beneficial in life	55
18. Always be in company of good friends !	62
19. Dear children ! Who should be your ideals ?	65
20. To inculcate good <i>sanskārs</i> , keep the television away !	71
21. Listen to and sing songs that enhance devotion unto God and patriotism instead of songs that merely entertain	77
22. Dear children ! Imbibe the following good habits !	82