

My Dear parents and children I welcome all of you back to the fun filled academic year with immense learning happening in every dimension. I am sure there must have been cherished moments of bonding together while at home and while travelling as a family.

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Many a times when I sit down and contemplate I feel enamoured by the design and chemistry of this human body and above all Human Existence. Everything has been planned so meticulously by God- in our bodies and outside our bodies to enable us to function at our BEST. I am sure it must be bringing several questions to your mind also, to the young and the old alike only varying in magnanimity.

I feel nothing in the world comes close to changing us as a person or our lives as much as having children. With each of my endeavour in penning down the editor's note for children, I feel there is nothing in the world that has made me feel more passionate about than children and parenting. I have learnt a lot from children and I feel parenting has brought about the most intense emotions in me especially in bringing up my own child. However all these have been outweighed by immense joy, gratitude and love.

“ I feel it is not about them (Children), It is about us.”

Parenting is not about the techniques but our philosophy of life in general. In reality it is not about our children but about our becoming more aware, mindful, sensitive and conscious human beings. It is also about the life lessons we learn on the way that go on to become the most precious gift from our children to us.

As parents, we have to go with the principle to first work on ourselves. Whatever issues we might be facing with the child, the question is not what our child needs to do, but what we need to reflect on or do as a parent. When we introspect and connect with our child (who has come through us), we will be able to answer our queries. For instance if our child is shy then rather than pushing her to speak up in a social situation, we should reflect why we feel uncomfortable with her shyness and whether it is our need or hers to be socially confident.

So parenting is not about them, it is about us. It is our opportunity for mental, emotional and spiritual awakening. At the core of parenting (or as a matter of fact any other relationship), there has to be acceptance. A love for what 'IS', rather than struggling and fighting for what 'ISN'T'. No matter how hard we try, can we make a cat bark or an oak sapling grow into a banyan tree? Similarly so, parenting taps into our inner beauty and is a joyous responsibility which God has given to a chosen few. Rather than resisting and fighting reality let us accept it gratefully and respond with best inner ability.

Children have infinite potential within them and the way we can tap these will make them SPARK... I feel all of us as 'human beings' have an indomitable spirit and strength which we ourselves are unaware of. The more we tap these by sitting in silence for a few minutes everyday or simply closing the eyes and withdrawing ourselves from the world outside we will be able to awaken this. It is easy to identify what the child does not do, but how often have we appreciated our child when he does something which deserves recognition. This may not be something noteworthy according to the parent or the adult but for the child when the parent acknowledges this with positive comments, he starts feeling that the act was indeed 'noteworthy.' For the child we are his walking living role models. They will simply observe our behaviour and actions and try to replicate it in their lives.

I am sure each one of us who have boys and girls must have seen in their younger years. A female child of three/four years imitates her mother by dressing herself like her and a male child tries to imitate his father by behaving and dressing like him. This trait, attribute continues during the growing years too. We have to be very careful as to what, how, why, when, where we communicate with our child.

My Revered Guru says “ let us not only count the 'marks' of our children but also make their lives count. “

Academics has taken a major part of our children's lives. For the overall development of children we have to see if they are LIFE READY and not EXAM READY... This in my view depends entirely on the adults, parents and teachers primarily. Once this is taken care of, children will fly, fly and fly...Sky is the limit...

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