



SOWING THE HABIT SEEDS



I happen to have the habit of NOT drinking tea or coffee.

My mother who is a connoisseur of coffee, told me this. "When you were in the fourth standard, as you returned from the school one afternoon, you announced: "From now on I shall not drink tea or coffee. My teacher told us it is not a healthy practice. Since then, you have not touched either."

I am not making a case here in favour of this practice!

I am narrating the incident to illustrate the power a teacher has over the practices students adopt and more so, when the students are in the early standards. At that age and stage of life, they are open to suggestions from teachers. They are not argumentative or critical. They do not ask: Are you practicing what you preach? They do not say: Convince me why I should not do the opposite. This way, the school time becomes an opportunity for us to induct children into healthy habits of doing and living. May be, we are already doing this. And quite consciously.



My suggestion to you is this: Let us place before our children an opportunity to understand and adopt practices that help good living.

I have seen at least half a dozen cases where the children were responsible for influencing their parents to modify or revise some of the unhealthy practices they were used to.

In other words, our influence can go well beyond the class room. Preparing the children for the examination is important but preparing them for life seems even more important and this means making healthy habits an integral part of their life.

A saying, a story, an experience, an appeal, a pat on the back may do the trick at this stage of the student's life.



Swami Vivekananda has talked at length on "man making education." And so have many others.

Man has the choice to descend to be a devil, act as a human or ascend to be divine.

When we consciously give our children the benefit of chosen practices and habits, they become more of humans and more of divine.

We have the great opportunity and power to give them this benefit, this blessing. Moreover, if we don't, who else can or will?

While we have this opportunity, we have challenges and competitors. One of the major challenges is that the syllabus is constantly increasing. We have hardly time for any activity other than covering the syllabus.

As is this is not enough, we have two powerful competitors. They are the media and the publicity departments, which are both clever and unrelenting. Add to this the fact that we do NOT have collaborators.



The parents of the children are too busy to join hands with us. They seek our help only in respect of the children's scoring in the examinations.



All these make us significant people, situationally speaking. Let us cherish and capitalize on the opportunity.

N.H. Atthreya

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Quote me



A habit cannot be tossed out of the window. It has to be coaxed down the stairs.

Mark Twain

Motivation is what gets you started. Habit is what keeps you going.

Jim Rohn



The chains of habit are generally too small to be felt until they are too strong to be broken.

Samuel Johnson

A habit is something you can do without thinking - which is why most of us have so many of them.

Frank A. Clark



Ill habits gather by unseen degrees - As brooks make rivers, rivers run to seas.

John Dryden, Absalom and Achitophel, 1681

The unfortunate thing about this world is that good habits are so much easier to give up than bad ones.

Somerset Maugham



The second half of a man's life is made up of nothing but the habits he has acquired during the first half.

Feodor Dostoevski