

27th Nov'22 – Youth Welfare Committee - Minutes of Meeting

Youth Welfare Committee <https://chat.whatsapp.com/ChFbCCG8oSXN1YGjDG3EFAq>

We say children are our future, but who is guiding them in the right direction now?

If parents are too busy in the rat race and don't have time, are digital devices and online platforms of the 'One World Order' guiding our children?

What can we do for the welfare of our youth who are trying to cope with a lot of stressful decisions now?

- 1) Why are our youth getting upset & going astray?
 - a) Too much mobile and internet influence of the wrong kind. -
 - i) Maybe give them a basic phone for a security purpose.
 - ii) Guide them towards using the internet for positive and productive purposes.
 - b) Too many bad choices available in the neighborhood. -
 - i) Unhealthy products conveniently available all around in society.
 - c) Abusive friends provoke them to behave badly. -
 - i) Due to peer pressure or being influenced by wrong habits.
 - d) They get lured by bad characters in public.
 - e) They want to do the opposite of what we ask because we keep correcting them. -
 - i) When a child generally wants to do something new that the parents themselves have not done and do not understand what it is, the parents usually restrict their children from doing that. Is this a right thing to do by a parent?
 - f) Playing facilities are not available in their society or near their homes.
 - i) Maybe the parents or elders are not taking into consideration and seeing to it that their children have healthy interaction options around their homes – this will help the youth feel more secure and be better shaped & molded in their approach to life.
 - ii) Grandparents usually do have some free time, so they may also engage with children.
 - iii) Parents should do an audit on free time that a child has, so that children are more engaged in productive activities.
- 2) What is 'going on track' for children?
 - a) Different kinds of healthy fun experiences during childhood.
 - b) Natural learning circumstances and life lessons.
 - c) Recognizing natural skills and forms of talent or expression, for the mind & emotions to be balanced.
 - d) Accordingly, choosing lines of study and then work.
 - e) Learning how the world works, how one can give value to the world and in return earn a living. This lesson may be given by parents, elders or teachers.
 - f) Finding a good partner.
 - g) Expression through arts and crafts.
 - h) Making a family.
 - i) Serving society.
 - j) Experiencing life through travelling.
- 3) Types of Education options -
 - a) Conventional education system
 - b) Adult guardian takes a role of the parent
 - c) Alternative School
 - d) Home Schooling

e) Gurukul system

- 4) Why are my parents trying to make me do something else? - This happens when there is a gap in the knowledge each one holds.
- a) DMIT is a great tool to know the inborn potentials. - This can help with knowing a child's natural skills and based on that what best to get a child engaged in from an early age.
 - b) How does behavior conditioning happen?
 - c) Appreciation - Convenience as rewards for goals achieved.
 - d) Head, heart and hand needs to be connected. - Getting children engaged in natural activities and developing natural skills that gets them to work their body, mind and soul simultaneously.
 - e) I am special. My family is special. My friends are special too. - Every child is unique and each and every one of them would possess a talent or skill.
- 5) Children may be getting irritated because they consume a lot of unnatural foods. So parents must be mindful to see that their children have more natural foods and not junk food they need to take the initiative to make tasty yet healthy food at home. Fresh ripe fruits and salads should be a part of their daily diet. Parents need to do this for themselves which the children will then mirror.
- 6) Example of Mr. Singh's daughter not wanting to go to the market on a bicycle but wanting to go in a car instead out of peer pressure. Why would this be happening?
- a) This may be happening because of some friends showing off that they go to the market in a car or maybe because they want to put her down due to some insecurity of feeling unloved or unappreciated. – A solution is to give that friend the love and appreciation required. Another solution is to answer with good reasons why travelling on a cycle or a bike to the market is a wise option for health benefits and is better for the environment.
- 7) What should we do for our child's welfare?
- a) Most vital lesson for this day and age is explaining how the world works; the current scenario of humanity, the issues they face and the solutions towards restructuring society by using eco friendly tools towards the Making of a New Earth.
 - b) Check their peer pressure points and advise them on how to go about the solutions.
 - c) Allow them to practice skills that are in tune with their personalities. -
 - i) Parents must make their children experience music, dance, drama, arts and cultural events and other creative programs and activities, to get an idea of what their children resonate with.
 - ii) Parents must make it a point to listen to what their children say or ask, whether it be a simple question or about a broad perspective.
 - iii) Parents should attend courses that teach them how to spot a child's talents and how to nurture them in the right direction, surrounding them with the right learning experience and expressive environments or enrolling them in the right 'after school' or weekend arts & culture classes.
 - iv) Parents should attend a child psychology course.
 - v) Parents should create or find an activity / workshop space for their children to spend time in.
 - vi) Parents should take note of what movies they could get their children to watch and also watch along with them.
 - d) Meditation & Spiritual wellness needs to be introduced into schools and homes as a daily activity.
 - e) What is to be done if the child exhibits disturbing behavior that the parents can't understand?
 - i) Parents especially the Mother must talk to the child with unconditional love to make a child comfortable in opening up and being honest of how they feel and they should then spend enough time in understanding those certain behaviors (maybe use the '5 Why's and 1 How' method). They

should understand what the child actually wants and also how to reason out with the things they want.

Karan - A healer from Netherlands who would speak to forests taught me a beautiful lesson that parenting happens from the heart and seldom the mind. The same is now being revealed by Mr. Gabor Mate who has done research about unconditional Love. If kids misbehave, we have to bring the matter to heart and discuss it with them in a loving manner. It works beautifully for my daughter, so much so that everyone else is amazed how I do it. All problems emerge when we perceive reality solely through the mind, which may be fear based sometimes. Introducing the concept of God is also very important.

Neeru - 'Internet Etiquettes' must be maintained, computing devices are to be utilised as a tool and not a toy.

My son and I are particular about writing our morning journals rather than reading too many books as the diary turns out to be self-talk.

Sunil – There needs to be more playgrounds for children at schools and within areas of the city. Grandparents and elders should take out time to spend with children, teaching them about valuable life experiences etc.

Vaishali - When we stop children from going out or spending time outdoors they begin to invest their time & energy in wrong doings, and get caught up in social media groups that spread wrongful information which leads them to engaging in wrongful habits.

Children used to take part in ceremonies, and engage in activities around the house with friends and family members but today they prefer to be aloof and engage in social media applications or be only amongst their closest friends and play video games, and they do not engage in outdoor sports. In the long run this creates problems. So instead of utilizing their time and energy into positive and productive activities they tend to engage in destructive and negative activities. Grandparents, parents & elders have a great responsibility in raising children.

Parents need to have a plan in mind as to how they would want their children to be raised and what future they would like their children to have.

Parents themselves need to adopt and adapt to healthy ideal lifestyles so that they can set an example for their children to follow.

Darryl – One cannot restrict a child from wanting to use smart phones & laptops and via these devices access the internet where both positive and negative content can be received, so it is important for them to be taught about the reality of life, what the real issues of life are apart from what they are programmed to imagine and what the real sustainable, eco friendly solutions to those problems. We can further show them when and how best to use the internet to acquire all sorts of positive and productive content that is good for their health and wellbeing and good for the environment and the planet.

Babit – A reason why children get irritated and frustrated quite fast could be caused by eating too much synthetic/processed food and not enough whole natural food.

Tiwari – We cannot just restrict children from doing or consuming things that are not healthy but we need to provide them with healthy alternatives.

Instead of being too strict, to a certain extent children must be given their freedom to explore with different objects and activities by which they will teach themselves how to go about living their lives in a right manner and avoid wrong doings.

Aranya – At MCVK we try and get the children to journal their daily experiences and activities, and what they learn about through them. This is then presented in front of their elders about twice or thrice a week. This also helps the children in understanding their peers and sharing lessons & ideas between them. It is less formal and more of an enjoyable moment for them.

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Zafar, 6360517214 - Please take a look at my online course <https://belearningspecialist.wordpress.com> based on my book - Teaching is Out, Learning is IN.