

The Path of Light

Dr. Swarnalata Bhishikar



Every school-going child has a dream of achieving the greatest fame and success in the future. One must purposefully inculcate some vratas during childhood, so that these lofty dreams do not fizzle out but actually come true; and so that life goes beyond the fulfilment of one's selfish interests. With this end in view, Jnana Prabodhini has been organizing the Vidyavrat samskar for many years.

This series of articles was

published in Chhatra Prabodhan, in order to help the students understand what the vratas are and how to practice them.

The articles come to you in the form of letters written by an affectionate teacher to her student. This small book is a compilation of those.

The book will be extremely helpful for all teenagers who wish to build a solid foundation to their life.

We are also sure that it will benefit teachers and parents who want to work towards bringing about positive changes in the lives of children.



Personality Development
Chhatra Prabodhan Publications
Price: ₹ 60

For Online purchase : www.jpprakashane.org

The Path of Light

(The traditional Upanayan Samskar - thread ceremony or Vidyavrat Samskar has been modified into a new form by Jnana Prabodhini (JP). For girls and boys entering the teens, JP unfolds six principles for personality development. Those who have had the samskar, are leading individually fulfilling lives, while also practising active contribution to society.)

Author

Dr. Swarnalata Bhishikar

Translated By

Madhura Kashikar

Chhatra Prabodhan

Jnana Prabodhini

510, Sadashiv Peth, Pune 411030

www.chhatraprabodhan.org

The Path of Light

(A compilation of articles on the six aspects of personality development in the form of letters, published in 'Chhatra Prabodhan', a monthly publication for teenagers)

◆ Publisher and Printer

Prof. Mahendra Sethiya

Secretary, Jnana Prabodhini, Pune - 411030.

Email: - mahendra.sethiya@jnanaprabodhini.org

◆ Author

Dr. Swarnalata Bhishikar

◆ Translated By

Madhura Kashikar

◆ Typesetting

Chhatra Prabodhan, Jnana Prabodhini, Pune

◆ Cover Page & Illustrations

Rahul Deshpande

◆ First Edition : Sour Agrahayan, Sake 1947, December 2025

◆ Copyright

© All rights are reserved by the Publisher

◆ ISBN : 978-93-49735-24-8

◆ Price: ₹ 60

◆ Distribution

Chhatra Prabodhan, Jnana Prabodhini, Pune 30

91 - 020 - 24207 174/175

For Online Purchase - www.jpprakashane.org

◆ Original book in Marathi - उजळती बाट - Price ₹ 50

From the author's desk ...

For the last 50 years, I have been working with preschool children, school-going children and youth. I have enjoyed it immensely and the experience has given me wonderful insights into their learning process. Children love to see their teacher as a friend and learn more comfortably in that equation.

The teachers at Jnana Prabodhini have a series of dialogues with their students regarding the vow of studentship which is nothing but unfolding the aspects of wholesome personality development. It culminates into an inspiring ceremony of accepting the Vidyavrat or vow of studentship. The actual ceremony is very inspiring and leaves a memorable impression.

The editor of Chhatra Prabodhan decided to publish the foresaid dialogues in a book form. I liked the idea and I penned down the dialogues in the form of letters.

Twelve is the right age for the students to know about the major components of their personality - body, mind, intellect and soul. This is the right age to know about our country, its unique characteristics, its rich heritage and what we owe to it. Dr.V.V.Pendse, the founder of Jnana Prabodhini, used to say, "Along with the multifaceted development of students' personality, it is equally important that their blooming energies should be directed towards solving the problems of our country. They should also be aware of the spiritual heritage of India which teaches them to see the Divine in oneself and in the humanity at large." On this basis, the vow of studentship – Vidyavrat ceremony is designed.

Its nature is non-sectarian. Christian students from Arunachal Pradesh and Nagaland have taken the Vow of Vidyavrat. At present Muslim students in South Marathwada take this vow with love and in the ceremony, they wear their symbol - a Chand or a talisman. Jnana Prabodhini conducts this samskar for children from all sects. They find the teachings given in this ceremony and in the series of dialogues prior to it as a guide post in their lives.

What we really aspire for is creating a cadre of dedicated young men and women with the character and inspiration to change the visage of the country. The Vidyavrat or vow of studentship is important from this perspective.

These are letters written by a teacher to Yash - her student. In a way this is a dialogue with young Indian youth. Any teacher can collect his or her students in the class or somewhere outside, in the garden or hillside or riverside, and read these letters to them. They may ask questions, make comments, agree or disagree. Everything is welcome in such a dialogue. The result is always, a new level of awareness, a new understanding about life and about self. What more can we expect of this humble attempt?

**With best wishes,
Dr. Swarnalata Bishikar**



Contents

- The Path of Light..... 7
- The pursuit of fitness.....12
- Senses : How to groom them16
- Prayer and Meditation:
awareness of the Supreme21
- Study and Dialogue 25
- Being with and serving the Gurus 30
- Love and Reverence for the Motherland..... 35
- Summing up 40
- To Attain Great Heights..... 44
- Vidyavrat Samskar : Commitment to Development....46
- What life should be..... 48