



Heroes, Champions and Achievers of Tomorrow

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DOI: 10.31080/ASPE.2022.05.0547

Received: July 18, 2022

Published: July 27, 2022

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The human society today is distraught, and the fabric of our human civilization is completely torn apart. People want instant gratification and the value systems are also lost. This time more than any other time, it is imperative to look into grooming children's characters and personalities for the better evolution of mankind. Those were the days when there were the gurukuls where the Ramas, Krishnas and Arjuns were groomed. Let's bring those days back! If not a gurukul, at least through a system of bringing up children and through processes which lead them towards transformation and towards evolution.

Dr. Mickey Mehta - global leading holistic health guru and corporate life coach has created a holistic wellness module titled 'Grow Taller' for children.

In the age of the millennials, both the children and the youth are extremely talented in their own rights. They are multifarious personalities, forever looking at assimilating and enhancing their knowledge. They have ideas for a better tomorrow. They are constantly on their feet with their thinking hats 'on', forever dreaming of working towards their cherished goals. The seeds of heroism are ingrained in their personas. They grow up believing in their abilities. Technology and the fast pace of life is further driving their growth momentum.

In the hustle and bustle of life, while they are turning out to be super humans with great intellect and abilities, too much importance is given to their education so that they can make a great career for themselves. While doing so, children are constantly reeling under the pressures of stress and anxieties. They are pushed to perform better and better, be it in academics or in their growing up years while competing with their siblings, neighbours, peers or friends.

Under 3 broad categories, we will be highlighting these values and how to 'up the ante' for our children, our future leaders of tomorrow

- Grooming
- Character
- Personality
- **Grooming:** It is said that 'a person becomes whole' when groomed to evolve to his/her full potential.' The need of the hour is to ensure that children are well-groomed with the right knowledge tools and wisdom.
- **Character:** Character plays a very vital role in shaping one's personality and future. The art of teaching children the values to enhance their characters such as truthfulness, honesty, empathy, sympathy, respect for adults, respect for learning and development – are the real benchmarks for turning children into achievers and future leaders of tomorrow.
- **Personality:** While the mother gives birth to children, nourishes and nurtures; it is the father along with the mother, grand-parents, teachers, neighbours and relatives of the child that have a huge influence in shaping their personalities. Children are like sponges who absorb learnings from others and imitate them in their growing up years. What we need to do is become their role models and teach them the best ways to enhance their personalities.

Wellness-The need of the hour!

Wellness is the biggest integrating force. Through it the mind, heart and soul of the child can pulsate and celebrate together. The journey starts towards celebration by creating optimal movement therapies, which help and serve the purpose of re-creation.

'No.1 Ranking' has become the most cherished goal for these 'hungry for attention' children. With their non-stop busy schedules right from morning school time to tuitions, extracurricular activities, homework, hobby classes and preps for exams, they have so very little time for themselves. They are always worried and seem to lose their confidence and self-esteem. Life appears to have become mechanical for them. Many children are facing emotional imbalances and psychological issues owing to the mounting challenges and pressures in their day-to-day lives. So how can they turn into future leaders while maintaining their equilibrium, sense of purpose, conviction, peace and sense of worth?

It is noteworthy to learn from our ancestors who instilled the values in their children in their lifetimes. 'Atito devo bhava', 'Matru devo bhava', 'pitru devo bhava', 'acharya devo bhava'... these were the core tenets which our ancestors used to teach children in their growing up years. What drove them to become whole human beings? It was primarily the love and respect for everyone around them!

While India with its 1.3 billion population has been revered the world over for its deep-rooted customs and values, why not piggy-bank on those values as our children continue to grow up?

Home builds the character, the environment builds the personality.

Yoga has proven to synchronize the brain after regular practice. Yoga can bring an overall improvement in health, emotional stability, mental clarity and provides access to creative and intuitive powers and makes children calm.

It also helps in enhancement of short-term memory, selective attention, visuo-spatial ability and academic performance among children. It reduces their anxiety and enhances their cognitive functioning and psychological wellness.

Exercises help them to balance their brain energies in the right and left hemispheres. This balance of energy in the brain contributes to the enhancement of their physiological and psychological well-being, thereby contributing to mental superiority, and making them more evolved and turn into intellectual beings.

Breath and Meditation can give them clarity from confusion, vision out of fogginess and patience, tolerance, resilience, tenacity, thereby leading to mental clarity and enhancement of their creativity and intuitive powers, improving concentration, confidence and memory in children.

According to Gottman, if children learn to stay calm under stress, they will be less likely to misbehave as the prefrontal lobes are free to engage in higher level tasks of thinking, which helps them to pay more attention, concentrate and solve problems, be creative, learn and remember.

Extensive research confirms that emotions, state of mind, and thoughts affect the energy body and vice versa. Yoga mitigates anxiety and enhances the cognitive functions of children.

Other than food and exercise, children also get nourishment from our environment. With the senses of touch, taste, smell, sight, hearing, and through a feeling of heart, they are constantly absorbing the elements that directly touch the core of their existence.

Smelling beautiful flowers, watching the sunrise and sunset every day, hugging parents and siblings, listening to the chirping of birds, watching the waves of the sea going up and down, feeling the breeze and feeling the grass in the garden activates the feel-good hormones within them and energizes them.

The discipline of yoga, breath work, meditation and prayer can give them clarity from confusion and vision out of fogginess.

Sleep and relaxation are just as important as exercise and food. They complement one another and we should ensure children rest adequately in order to regenerate, revitalize and to have an overall healthy disposition.

In life, a powerful gear shift of energy happens in the lives of children as they start maneuvering from food to workout to regulation of the breath to chanting to meditation.

The following can be integrated as part of the child's routine to make them fit, healthy and happy: Children should be made to take in fresh air, do breathing exercises, play out, eat clean and green

food, have at least two liters of water everyday, soak in sunlight by being outdoors under the sun for some time, regularly exercise to keep fit and make a conscious effort to have good thoughts that translate into good actions,

Dr. Mickey Mehta’s exercise protocol

- Spontaneous Breathing exercise
- Anytime during the day become aware of your breath
- Watch the breath coming in
- Watch the breath going out
- Watch your breath as you breathe in and out
- Watch your emotional state
- Take in deep breaths, release gently
- Breathe in strength, breathe out weakness
- Breathe in joy, breath out sadness
- Breathe in prana, breathe out exhaustion
- Breathe in trust, breathe out despair
- Breathe in hope, breathe out anxiety
- Breathe in faith, breathe out insecurity
- Breathe in security, breathe out fear
- Breathe in energy, breathe out fatigue
- Take a deep breath, release it gently.

- Choose to be in the moment
- Is the thought about some other place than this?
- If it is, just observe it and drop it
- Choose to be only here
- Choose to be in the here-now

Child Development Maximized, Get Mickeymized!

Children should practice aware halation as many times in a day as they can. Expert help is recommended for breathing exercises in case they are absolute beginners.

Dr. Mickey Mehta’s ‘the polarities meditation’

- Sit down in a comfortable position
- Observe your thoughts
- Is the thought coming from the past?
- If it is, just observe it and drop it
- Choose to be in this moment
- Is the thought coming from the future?
- If it is, just observe it and drop it