



DISCIPLINE- PUNCTUALITY

CONTEXT: The discussion aims to highlight the importance of having a role model or a guiding force who (exhibits) punctuality, responsibility, and balancing multiple commitments, even when things feel overwhelming, and the path of discipline becomes blurred.

OBJECTIVES: In this session, parents will explore questions like:

1. How can parents effectively share leadership and responsibility for family routines?
2. What happens when one person in the family takes the initiative to ensure discipline, but struggles to align with everyone else?
3. How do we ensure the path of discipline is not just a top-down rule but a collective effort to which each family member contributes?

SCENARIO: Charan (father), Amrita (mother), Vinay (son), Salya (daughter)

It was a typical Sunday at the Malhotra household. The morning had been filled with Vinay's math lessons and Salya's flute practice. After a quick lunch, the family's next mission was to head to the Sai center for the SSE classes and weekly bhajans.

Charan Malhotra, raised in a family that valued punctuality above all, had always emphasized the importance of being on time. As both an SSE parent and a Group 2 teacher, arriving at the Sai center on time was a priority. Meanwhile, Amrita, a busy pharmacist and housewife, juggled her work, family duties, and Sai center commitments, trying to maintain balance.

The plan was simple: the family had to be in the car by 1 PM sharp to make it on time. The unspoken rule was that everyone would leave the house by 12:58 PM, but that rule was often broken.

At 12:58 PM, Charan, despite his growing frustration, was in the driver's seat, waiting.

"Amrita, kids, we need to leave now if we want to be on time," he said quietly, his patience wearing thin.

Amrita came rushing out. Salya and Vinay, too, dashed out the door just as the clock ticked to 1 PM. With no words exchanged, the family piled into the car. Charan gave a quick glance at the clock and sighed but said nothing.

Charan, though a little disappointed, remained hopeful. "Next week, we'll make it two minutes earlier. I'll make sure of it."

A moment of quiet followed, the car humming along as the family made their way toward the Sai center. They had a routine, even if it wasn't perfect — and that, Charan thought, was good enough.

**SWAMI SAYS ...**

Discipline must start from the early years. But it is needed not only by students but by elders and all persons in authority.

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DISCUSSION QUESTIONS:

1. What is Charan's role in bringing discipline to his household?
2. How is he discharging his duties in this role?
3. Can you think of a similar incident in your life?
4. Is there anything you could change about your reaction/response when it repeats?

WRAPPING UP...

- Facilitator to summarize the highlights from discussions as well as individual reflections [Brief takeaway by facilitator.]
- Reflections- request attendees to share anything that was interesting or intriguing or inspiring. Reflective prompt: *Let's go around and quickly hear from everyone in one or two words, your takeaway from today's Parenting session.*
- Commitment- As parents, let us commit to creating a family plan where each member takes responsibility for our routines and commitments, leads by example, communicates openly, and supports one another in maintaining discipline and balancing work and personal life.