

SUKANYA - **An awareness program for young women**

Purna Vidya is a movement blessed by Pujya Swami Dayananda Saraswathi towards awakening the society to oneness and harmony. Swamini Pramananda is the spiritual guide to the movement.

It conducted a one day life skills program titled "Sukanya" on 28th Nov 2010 at Kikani School, Coimbatore. The topic of the program was "Making marriage a success". As many as 120 young women participated in the program.

Pujya Swami Dayananda Saraswathi inaugurated the program. He said success could be measured with the number of needs fulfilled. Only a person with self-acceptance could be treated as a successful person. A person could be recognised as a grown up person only when he was more of a contributor and less of a consumer.

Swamini Pramananda delivered an inspiring address on the topic "Making marriage a success". The participants were divided into groups of 10 each. The group members



selected a group leader. The group had group discussions on four important themes:

1. Is marriage a means or a goal?
2. How can I be successful in life?
3. How should I select a life partner?
4. Role of God and prayer in marriage.

The group leaders on behalf of each group presented the view of the group members. The young women clearly expressed their views on the above themes. Their address was a display on their superior education, analytical thinking, respect for culture and their articulation skills.

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Swamini Pramananda congratulated the young women, addressed on the above themes and gave a brief summary.

Marriage is a means to attain the goal of life. Internal success is the goal of life. Internal success is having contentment, personal satisfaction and self-realisation. External success is having money, power and possessions. Marriage makes young women eligible for motherhood. Motherhood helps young women to bloom. Marriage helps one to grow and mature. This helps spiritual development.

A person who gives more and needs less is a successful person in life. One should participate in the creation by contributing her best. Our scriptures explain the five offerings to be done to maintain cosmic balance. When one keeps giving, it will keep coming back. One should be positive in thought, word and deeds. This will make one's environment and disposition positive.

The ideal age of marriage for women is early 20s and for men late 20s.

One person should select a life partner on the basis of educational background, family background, character, financial independence, views about children, sense of humour and attitude towards God and prayer. Life partner chosen by parents is preferable because parents are more objective.

Marriage within the community is helpful because prayer, dress, food, language, customs and festivals are common. In later years of marriage social needs and religious

needs become predominant. When the couple have common customs it is very supportive and satisfying.

When young persons fall in love, it is better for them to wait for a few years to confirm if their love is true love. This will help avoid heartburns later.

When persons get married, both sides should have 100% commitment to the marriage. There should be give and take from both the sides. Joint family system is a wonderful system of our culture. We should preserve the same. One should have the goal of doing one's duty and feel satisfied. It is impossible to satisfy others expectations fully. One cannot change any other person. Only when a person herself resolves to change, she can change.

The elders of both the families should be respected. The relationship between the couple should be based on trust and transparency. There should be compassion and love in the heart. Including all persons in the family brings harmony. If all family members are humble and willing to learn, the system will work. There should be empathy. Sacrifices and flexibility enlivens the relationship.

In our culture God is a member of the family. For all events in our life including marriage, we seek God's blessings. Prayer helps the soul's spiritual journey. One can attain spiritual development, which is the main goal of life

*Report by
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