

21st March, 2001

Dear Compassionate Citizen,


I have been in the field of Psychology for over last eighteen years. I do counseling and therapy for emotionally disturbed children, parents and families. During the therapy sessions, as well as in my group talks for 'Effective Parenting' to parents and in answering their queries towards the column 'ParenThesis' in the 'Bombay Times', Times of India publication, I have strongly felt the need to help build in individuals the need to be compassionate and humane.

In my opinion, being compassionate is a rare and beautiful virtue. It evokes and kindles in mankind the light of hope, to nurture our own selves and be kind and gentle towards others.

Teaching children to be compassionate towards animals allows them an opportunity to revere the sanctity of life. True celebration of life is witnessed when one watches a young child stroke an animal's head and whisper sweet, loving words into its ears. The heart of the child is seen to resonate with that of the cherished animal and vice versa.

In an age, wherein materialism, greed and corruption are predominant in the lives of mankind, it becomes a personal and social responsibility to impart the right values to our children. What better value than the prime value of being compassionate? In evoking the seed of thinking and feeling for animals, children also learn to think and feel for themselves and others. The world thus becomes a happier place to live in! Therefore, with the blessings of the Higher Creator, let each one of us endeavour and commit ourselves to help every young child in this world to nestle love, compassion and joy in their hearts.

These young hearts can thus serve to be Compassionate Hearts – compassionate towards Life – compassionate to every living being – and every object, animate or inanimate. Compassion for oneself and others is the prime moral weapon that can lead mankind and the society at large, to progress in its truest sense. The educational program 'Compassionate Citizen' will definitely help children achieve this goal and prepare them to be humane and responsible citizens of the world.



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(Consultant Psychologist
and Family Therapist)