



“ Meditation as tool for strengthening the self ”

My dear young friends, we need various kinds of strengths to carry on our life. Physical strength & mental strength are on top of the list.

'I have been practicing meditation for the last 50 years and I have strengthen myself at every moment of my life.

Meditation is talking with yourself, understanding your strength and weakness. While talking to the self, convince yourself for self-development. Feel self-affirmation within. I am a victorious soul, victory is my birthright. I am born to win. Meditation is talking with Almighty God, Ishwar. Make him your friend, feel his love & care. Feel what is his planning for you! Meditation is cleaning your inner dustbin. Meditation is watering powerful thoughts to grow within. It is to become your own boss. The Master of the self, I want you to fix a time and visit a nearby Brahma Kumaris Centre in order to learn meditation. I will be happy if you practice this and then share your experiences with me.

With warm wishes for New Year 2015!

BK Chandrikaben.

Editor, Youth wing Newsletter, National Coordinator, Youth Wing-RERF

The Youngest Nobel Peace Prize Winner Malala, Age 17



(A news analysis of Times of India dated October 11, 2014)

A rare example of *Nirbhaya* (Fearless) and *Nirwair* (Clean Heart)

Malala, now aged 17, become globally known in 2012 when Taliban gunmen almost killed her passionate advocacy of women’s right to education. Raised in Pakishtan’s ruggedly beautiful, politically volatile Sat valley, Malala was barely 11 years old when she began championing girl’s education, speaking out in TV interviews.

She was critically injured on October 9, 2012, when Taliban gunmen boarded her school bus and shot her in the head. The bullet did not enter her brain and by a quick intervention and the treatment of British doctors, she survived.

Her speech at UN captivated the world: "The terrorists thought that they would change our aims and stop our ambitions but nothing changed in my life, except that weakness, fear and hopelessness died. Strength, power and courage was born." She told the UN last year: "I don't hate the Talib who shot me. Even if there is a gun in my hand and he stands in front of me, I won't shoot him". She told: "This is what I have learnt from Gandhiji, Badshah Khan and Mother Teresa.

It is not just this incident that proves her courage but her fearless endeavour since childhood made her to have such great honor. Malala stands for all the voiceless children. Long live Malala!!! This is wonderful, rather a rare example of *Nirbhaya* (fearless) and *Nirwair* (clean heart).



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Success comes with getting what you like .But Happiness comes with liking what you get!

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(Divya Geet Contest, peace rally, National Integration camp & Life skills education camp supported by Union Ministry of Development entrepreneurship, Youth Affairs & sport.)

Designing The Self



Value Yourself

Know your Inner
Power and Ability



Every youth is in search of a proper job, career, or business after finishing their education. A more aware youth will start preparing the self during his/her education, graduation. Government is also making effort for skill development and creation of more job opportunities.

While I was doing my graduation, post-graduation; I use to cut relevant job opportunity published in the newspapers, maintaining data and I was trying to understand what employers expect from me. I found either I should design myself as per the need of the employer and fill the empty hole or I should be so empowered, polished that the employer comes to me requesting me to join his organization. Very few educational institute design their youth to such a height that the employer comes to the institute and pick up the students for joining their organization. In such a scenario, we need to design ourselves as per the need of time.

Meet your seniors take their feedback. Understand the need of your field. Apart from technical knowledge, what else they expect from a new employee. Like working in a team; knowledge of computer; communication skills; languages; proficiency etc. What values an employer expect from their employees – sincerity, honesty, hard work, responsibility etc. Take the tour of a relevant company during your graduation, post-graduation. Don't worry if you don't get immediate success, keep striving and you will be what you have thought for. Be hopeful for yourself. Go and get it, don't wait for the opportunity to knock at your door step.

My personal experience
(In reference to career development)

Article by:
Dr. Ashok Jethva
Superintendent, Customs and Excise Dept.
Youth Wing Committee Member

The biggest mistake in life is we get influenced by the success of others:

We should pay regard to the talented and skilful individuals, but we should not overlook our own potentials and virtues. Paying regard to others, while underestimating our own image and personality is the biggest sin. It is good to realise one's position, ability and capability. Never certify the self as a weak soul, an incapable soul, a failure, etc. There is tremendous potentials filled in each and every soul.

Like the energy resource is underneath the earth, our soul also is filled with the resource of good qualities, specialities, positive aspirations, talents, experiences, wisdom and good wishes. These divine or positive energies can drive millions and help them out.

Have courage to raise

If you do not sympathize with yourself, no one else can. If you will not promote and inspire yourself in spite of troubles and hurdles, no one else will. The secret of life is that we need to free ourselves from our own weaknesses. And we will get the support from our family, friends and society. We need to have courage and confidence on the self and definitely on God. We have also overlooked the fourth dimension of life: "Time". Before time nothing can happen in spite of the hardest effort and infinite resources. We need patience. Patience can heal every wound. Patience can turn the impossible into possible.

We are free to have faith and love for others. But to love one's self, to have faith in the self, to believe that God has made you powerful, resourceful and fortunate in order to make you explore, experience and reveal your real self is very important; rather than being influenced by the fortune of others.

Dare to do something different, unique, admirable and acceptable. It takes time but it is possible. That may need years of preparation, sacrifice, progress, consistency, and continuity. Do not wait for people to cooperate and praise. Neither be influenced by the co-operator nor the trouble-maker. Both of them are equally useful because one is pulling you towards your vision and the other one is pushing you towards your vision. So both co-operator and trouble-maker helps in multiplying effect.

Article by
Shibaprasad Parhi
Assistant Professor,
Symbiosis Institute of Operation Management,
Symbiosis International University, Nashik.

Swachh Bharat, Have a Broad Vision

Saf and Sahas Dill (Clean and Brave Heart) and Saf Desh (Clean Country)

Purity is the mother of Peace and Prosperity.

Is Swach Bharat elusive or real, God knows. Looking at the mounting of garbage in the periphery of the city, hell is not far, and one day, it will rule over the city. In the present India, omnipresent things are waste materials: polythene, papers, scraps, waste food materials, industry effluents, etc. The spirit of keeping our houses, offices and nearby peripheries clean are not enough, we need to think beyond, have a broad vision.

In cities like Pune and Ahmedabad, each is producing 4000 tons or 40 lakh kilos of solid waste, almost 600 to 700 grams per head. Yet, there is no calculation of the uncollected portion which is lying here and there within the city. Besides, there are paper waste, bottles, tins, machinery and scrap materials. Have we ever thought of a long term sustainability as per the norm? We cannot burn them because of the amount of toxic gas they will emit. This is again a big problem! So, a city of 60 lakhs population producing waste material not less than 60 lakhs kilos on a daily basis.

Keeping our city clean is our responsibility. Let me cite the repercussion of mounting garbage. If you ever visit the garbage or waste material dumping sites of a city, you won't believe it! It is stinking, germinating all types of diseases which are spreading to nearby areas and villages through the wind. Last but not the least, the rain water passing through these mountains of garbage are carrying all the toxics which are entering into the ground to pollute the underground water. So, today we cannot even drink the underground water which was once considered to be the purest.

What individual can do is to segregate the waste of the household into two parts, organic and inorganic waste. And the municipal corporation must collect the waste material in these two segregated form so that the organic waste can be converted into manure, compost, gas, Bio-gas, electricity and RDF (Refuse Derived Fuel) for reselling. Each and every villages or small towns who have an expense of Rs 50 lakhs can plan a compost and Bio-gas plant of 10 tonnes capacity.

We need to have a clean city or village, not just a clean house, garden, office, public places, etc. Cleanliness drive will be complete when every city and village will process the waste material on a daily basis. It can be started from small society. This needs planning, unity and meeting of clean and brave hearts.

Clean your heart, clean your city! Then, Bharat will be clean and green.

Article by
Shibaprasad Parhi
Assistant Professor,
Symbiosis Institute of Operation Management,
Symbiosis International University, Nashik.

Kailash Satyarthi braved

bullets and save kids:

(A person with Noble heart and Noble goals)

Kailash Satyarthi from India also shared the noble prize with Malala Yousafzai for the work on child rights. As per Kailash: "India has hundreds of problems, but millions of solutions". The person who risked his life. Two of his colleagues were being murdered and he himself was badly injured while rescuing a child. After mother Teresa, he is the second Indian to have Noble Peace Prize.

A child right initiative by the Supreme Father Shiva empowering Children and Women:

The Brahma Kumaris Institution were founded in the year 1937 in Pakistan by God Father Shiva through the corporeal body of Dada Lekhraj. In 1951, it was shifted to India. Initially, there was a boarding school where the children got their education and learned to be viceless and bold.

All of us can sense what kind of threats and challenges God Shiva and Dada Lekhraj must have faced to shape the institution. Today, we can see thousands of Brahma Kumari Sisters spreading values and ethics in the society through their acts, words and good wishes. They have been serving prisoners in jail, addicted people in rehabilitation centre, employees in organisation and millions of families through sacrifice and courage. God Father Shiva has been doing a wonderful job by empowering women and girl children for their rights.

Youth Services

To inspire, to empower, to realise, to rededicate, to meet, to share, to break all bondages like addictions, bad habits and blind faith, to spread the message of brotherhood by developing spiritual consciousness.



1 National Intergration Camp Sponsored By Union Ministry Of Development, Entrepreneurship, Youth Affairs & Sport Organised By Brahma Kumaris 11th to 18th October 2014



2 Life Skills Education Camp Sponsored By Union Ministry Of Development, Entrepreneurship, Youth Affairs & Sport Organised By Brahma Kumaris 11th to 18th October 2014

1. 200 youths participated in the peace rally of Chhattarpur covering Sidhi, Riva, Satna, Pannam, Sagar, Lalitpur, Tikmagadh for de-addiction awareness. Seen BK Ansuyabehn & B K Varnikabehn from Mahipalpur, Delhi together with Rekhabeahn from Sidhi, Bhopal Zone.
2. Youth seminar on Positive Thinking & Joyful life was held in the presence of Bro. Adarsh Kumar Jain (District Judge) together with BK Ansuyabehn, B K Shailjabehn
3. B. K. Shobhabehn interacting with Bro. Pradip Prabhudessai, Headmaster of Utkarsh High School, Rivona, Goa at a programme

organised on the occasion of Raksha Bandhan in the school Campus.



Divya Geet Contest Finale held at Senat Hall, Navrangpura, Ahmedabad. Seen, Dadi Ratan Mohini, B K Chandrikabehn, BK Ishitabehn

Audience of Divya Geet Contest at Senat Hall.



Touch The Light Training Program held at Shanti Bhawan, Jorhat – Tinsukia

Join us...

Youth Wing, Rajyoga Education & Research Foundation

C/o Brahma Kumaris,
6 & 7, Mahadevnagar Society,
Opp. Akar Complex, S.P. Stadium Road,
Navjivan, Ahmedabad - 380 014
Tel: +91-79-26444415, 26460944
Mobile : +91-9427313773

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