



## Retaining good feelings of childhood and youth

It is felt and seen that a small child is pure and flawless. During school days, the feelings for self, family, society and country are positive by and large.

As we grow, we pass through various situations, circumstances – good and bad. These experiences change our feelings for our society, class of people, country, state. But as said “don’t forget your childhood days”.

One should keep looking at the positive feeling about self, family, society and country within us and take it to the highest level. Irrespective of ups and downs in the society, have a firm belief that everything is going to be fine with me. Retain good feeling within for all.

It’s month of January. The birthday of Swami Vivekananda falls in this month and is being celebrated as National Youth Day.

I wish all the youth, a wonderful New Year 2022 and a memorable youthful life ahead. Make this time your favorite one



**BK Chandrika ben.**  
Editor, Youth wing  
Newsletter,  
Vice chairperson,  
Youth Wing, RERF.

## Who can save youth’s future with the ongoing Climatic Changes?

Since past few years there have been severe summer heat, fire, floods, landslides and tornedoes. Youth today are sensing their future in frightening condition. They are also introspecting on what kind of world they are transferring to the future generations.

In cooler countries like US, there were no need of AC earlier. No longer so. In several parts of India summer is so intolerable, people are forced to buy coolers and AC, even if they have low income. All this needs more coal or petrochemical products. This is now turning into a vicious cycle. It seems things are getting out of control. With growing consumption of consumer durable goods: AC, refrigerators, washing machines, fashionable garments etc.; automobiles: personal cars, high-end cars etc. and increase in travelling: air travels, AC rail or bus travels, the need for energy consumption is only increasing. Government is ensuring people should buy more, so that there will be market demand which may increase industrial activities and employment. There is a big ethical dilemma here. Mobile with an internet connectivity and AC are no more luxurious items but a necessity. Situation is worsening and the world cannot look back. *Cont. on page 2*

By Shibprasad Parhi



## Inside

How can we  
implement our new  
year resolution?  
Page 2

Youth’s future  
and Climate  
change  
Page 2

Growing our  
career in Harmony  
Page 3

Youth Services  
Page 4



## How can we implement our new year resolution?

Come new year and everyone starts summarising / reflecting on how this year has been. What were the top songs, movies, events, news of the year? Whether or not we believe in astrology, it is fascinating to learn the predictions about the new year.

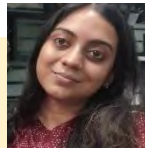
The welcoming of a new year is always filled with reflection on our learning and hope about promising times ahead. Leveraging the vibes around, it is a good time to reflect on our personal learning and plan for times ahead.

When we plan, generally our focus is on actions. This year let's go even deeper and focus on our thoughts. This way our churning would go beyond,

'What are my goals?'

'Where am I today?'

'What do I need to do to achieve my goals?'



We would focus on our thoughts / assumptions that have energized us and those that have limited us the entire year. For example, my assumption to consider all my actions as service has worked for me since this keeps my attention on the role I play. I focus on listening to others, understanding their point of view and supporting them. While my assumption that people should listen to me as I wish there good has been challenged. Therefore, I could replace it with some alternate assumptions that are effective. I could say that I will understand the current capability and interest of others and then guide them. I could then use this as an affirmation and practise it each day. Few affirmations that can work for me are as follows:

"I understand the current capability and interest of others and then guide them."

"I propose like a master and accept like a child."

We can practise such affirmations in the morning, few times during the day and then before we sleep. Rajyoga meditation equips us with such powerful affirmations.

Through such a churning we will develop a new response to situations. We will also be more confident in our assessment of situations and decision making on a real time basis.

With such innovative techniques we can bring more meaning and control in our lives in this new year.

By Neeti Kumar



## Who can save youth's future with the ongoing Climatic Changes?

*Cont. from page 1*

But good news among all the crises are companies, who are working hard on renewable energy. China has been contributing a lot in reducing the per unit cost of renewable energy by reducing the cost of solar cells, rechargeable batteries, and wind energy. World is also thinking about using more and more electric vehicles, where electricity can also be generated through solar, wind or sea current. However, this still continues to happen on a very small scale. As long as we do not have a sustainable solution for large scale use of renewable energy, there cannot be a solution to the energy crisis. It is also worth noting that with changing lifestyle, per head waste generation is also increasing. Solid waste needs proper segregation and collection so that wet or organic waste can be used for the generation of electricity and dry waste can be processed further.

Wherever possible with sharing and caring, we can rejuvenate the planet. This is only possible if we can enhance our self-control and actively engage in using and promoting environment friendly products and reducing our energy consumption. This is the most difficult thing to do to save our planet. The good news is that practice of meditation enhances self-control and would help us in making the right choices for our planet.

Rajayoga meditation focuses on how we can control our mind and therefore transform our lives. This self-control is the need of the hour to save ourselves and our planet.

By Shibprasad Parhi



# Growing our career in harmony

Have you noticed any hard-working corporate professionals around you whose life revolves around their career? They would be spending a considerable amount of time working and would often prioritize it over their other aspects of life.

In today's world professionals in the corporate world focus a lot on their career and success. They are gaining more skills, working harder and sacrificing a lot to have a career for self and children.

Isn't this contradictory to the intuition that people would want to spend their time enjoying and entertaining themselves and not over working? Employees in the big corporates are ambitious and dream of faster career growth. Many are trying to go beyond the competition as fast as possible. This gives them a sense of meaning and identity in their life.

Leaders in the organization are also leading with an ambition of higher success and profit. This often leads to focus on productivity and cost cutting. Employees are encouraged to gain more skills so that organizations can cater to complex needs with the same workforce. With increasing digitalization and automation, several youths are going to have highly paid jobs which need special training and education. This could also mean that some jobs can become obsolete.

Demand for ready workforce which can be easily deployed means lesser patience to groom in organizations. Therefore, people focus more on gaining skills than being emotionally dependant on each other as business environment is getting tougher and it is ruthless out there with hiring and firing being a common practise.

Everyone wants to be successful but it looks like it is easy to have personal success and growth than ensuring well-being and safety of entire team

Maintaining healthy and harmonic team atmosphere can enable one to win the trust of friends and family members and eventually lead to more sustainable growth. It is certainly tougher to be a trustworthy, supportive and friendly successful professional. However, focusing on growing only as an individual only burns us out. It also depletes our meaning of life over a period of time.

To make professional career satisfactory, sustainable and successful one should learn and practice unity and harmony in the team despite prevailing pressures and desire for success as an individual. Passion is good but not at the cost of someone's emotion, family and economic well-being. It is equally applicable in every sphere.

By Neeti Kumar



## First Thought

Each morning before I begin the journey of my day let me sit still, in silence, and sow the seed of peace. Peace is harmony and balance. Peace is freedom - freedom from the burden of negativity and wastefulness. Let peace find its home within me. Peace is my original strength, my eternal tranquillity of being. Let my first thought of the day simply be peaceful

# 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.



**6**

### ARISE! AWAKE! & STOP N...

National Youth Day - 2022

Spiritual awakening in youth will make them empowered and help them to achieve heights. Empowered youth not only help themselves, they also become the light for the family and for the nation. This session will help youth to assess and access their inner potential, align their goals and shape them to be purposeful individuals.

Chat-Chat between B. K. Ranjani & B.K. Selvanathan

B.K. Ranjani is a spiritual mentor, who has spent two decades in different horizons of holistic youth empowerment. Steering through the youth wing of Brahma Kumaris, she has inspired little of youth towards positive change in their lives.

B.K. Selvanathan, a mechanical engineer turned spiritual practitioner. Leading the Scientists and Engineers Wing of Brahma Kumaris, Tamil Nadu, he has organized many rallies and campaigns. His scientific approach to spirituality has guided many to understand it more easily.

Sunday, 16<sup>th</sup> January 2022  
5:30 pm to 6:30 pm IST

BrahmaKumarisTN/live

Organizers: Youth Wing, Brahma Kumaris, TN.

**7**

### युवा दिन की आवाज

## NATIONAL YOUTH DAY

### WORKSHOP TOPIC

#### MY ROLE IN CREATING NEW INDIA

ON LINE YOUTUBE

DATED: 12.1.2022 TIME: 5 PM

BK PREM DIDI PUNEJAZ DOME HEAD

BK PREETI SOLANKI

BK SARVJA PAMPAT

HOMER WITH LIA PRINJ SARKAR

BK NEELA GA LUDHIANA

SHRABH BANSAL

MEHAK SHARMA AMRITSAR

CHANDY SETHI

SHARIP JAIN

DR. POORNIMA KAPUR NAGPUR

DR. POORNIMA KAPUR NAGPUR

DR. POORNIMA KAPUR NAGPUR

**8**

PRAJAPITA BRAHMA KUMARIS ISHWARIYA VISHWA VIDYALYA

## NATIONAL YOUTH DAY

Youth Activities | Games | Kite Competition

Chief guest:-

Mr. Rajendra Indalkar (President of Veervidya (Radio Madhuban) foundation)

R. Ramesh Ji (Founder of Rejuvenation of River Mutha)

Mr. Vikrant Singh (Founder of Rejuvenation of River Mutha)

Mr. Piyush Shah (Founder of Love Care Share Foundation)

Mr. Shubham Vedpathak (Yoga Therapist)

Organiser:-

Bk. Sulbha Didi (Senior Rajyoga Teacher)

**OVER COMING SUDDEN CHANGES**

12th Jan 2022 Timing :- 4 - 6 pm

Venue :- Vishwa Parivartan Bhawan, Sr. No 7, Plot no. 1, Talajal pathar, Dhankhawa

Contact us on. 954555200

**9**

@youth4meditation

SHIVANGI BHAYANA (Psychologist & Counselor)

BK DONIKA (Rajyoga Teacher, NCTE)

HIMADRISH SUWAN (Chairman, Confederation of Young Leaders)

Instagram Live

### Youth & Inner Resilience

Jan 12, 2022 | 7:30 pm

National Youth Day 2022

**1.** Nadiad (Gujarat): Group photo of the Youth Wing Committee members during the Annual Meeting held in November 2021. **2-10** National Youth Day was celebrated by Youth Wing of Brahma Kumaris on principal theme "Creating Future of My Choice". Various kind of programs were arranged all over India to celebrate the Birthday of Swami Vivekananda.

राष्ट्रीय युवा दिवस

## YOUTH THE CREATOR

12 जनवरी बुधवार सुबह 11 से 12

बी के सुनीता पानीपत

बी के रुपेश मजुंदर आबु

Zoom id 5265856980

bkhudapanipat

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