



“End
determine
the mean”

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It is said: “All’s well than ends well”!

In the beginning of this year 2019, you may had a lot of plans, aspirations, enthusiasm on how you would like to spend this year. You may have made so many promises to yourself. And yet, it is very much possible that these tasks have remained incomplete or untouched.

Retrospectively, you should check and see up to what extent you have fulfilled your promises. There is no need to panic or to be guilty if these promises are not fulfilled fully, but looking to the speed of time, youth should expedite your efforts to finish the year end, well.

In order to be satisfied, let us make an all-out effort to make the best use of the remaining days before the end of this year and fulfill all the incomplete task.



EXPERIENCE

**Swarnim Bharat Exhibition
Bus Campaign**

I have participated 8 times in Swarnim Bharat Exhibition Bus Campaign.

I had an excellent experience. It was like doing crash course to become complete. In engineering and medical preparation exams, there is the whole course of one year and it is revised within a month, so I had the same experience in this Bus Campaign.

I learnt being independent and self-dependent; ever-ready; removed the fear of travelling; developed the powers of adjustment, of cooperation and of tolerance.

The daily routine was made in such a way that even after the hectic schedules of lecture, seminars, workshops, rallies and public programs, all became possible and we again stood up the next day with full energy. Many times it happened that we could not get rest for more than half an hour and within 15 minutes to half an hour, we were supposed to be ready for the next programs. So, I learnt that we can train our mind in a very positive way. So what I was doing is that before going to sleep, I used to say to my mind that "you are going to sleep for 4 hours today" and what I noticed is that even if I slept only for 15 minutes, I was feeling so fresh.

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Be Good

Do not try to be great, try to be good, for being good is great.

Keeping an eye
on yourself

Self-watching

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Are you
delicate ?

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KEEPING AN EYE ON YOURSELF

Watchful attitude is needed in youth life. Self-watching and self-analysis of your day, in your daily work, your actions are to be scrutinized. Do not overlook the threat. One need to be vigilant, watchful, alert on the self. With time, weakness should not creep into youth life.

With little success and achievement, do not become arrogant by thinking that you have reached your highest level. Humble attitude will help you keep going and growing towards your goal.

If from young age, youth adopts a vigilant and watchful attitude on himself regarding any harmful habits or any negative traits and activities, then there is a possibility to destroy it at the source. Because it is just a beginning, the things are small, so it is easy to eradicate. Once it becomes huge, the habit is formed then those small weaknesses can create a havoc in the future.

Again, it is not only to just keep an eye or to keep a positive watch on the self, but you should also be vigilant about the happenings in and around. Youth should not allow any kind of low self-esteem, unfavorable remarks which disturb their peace of mind. You should be able to sense such weakness and its consequences in future.

As we install an anti-virus in our laptop to protect it; likewise, to safeguard the self you should adopt a positive lifestyle and practice meditation.

The practice of meditation is like opening the third eye which is like a sixth sense which permits the self to detect anything wrong coming towards the self. Because it teaches introversion and concentration and therefore, be vigilant.



EXPERIENCE

Swarnim Bharat Exhibition Bus Campaign

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One important thing that I enjoyed the most is that all the voluntary servers of the bus campaign used to sit at night after dinner for reporting. In the meeting, we were discussing what were the things which happened today in terms of need, or if something went wrong. This helped in rectifying for the next day. And I experienced that the next day planning after the night before meeting used to made the journey very smooth. It also ensured blessings, safety and happiness by having this connection, communication and reporting system with seniors well in place.

Duties were distributed to each and every team member which made big things so easily manageable.



I saw many brothers and sisters who were very shy by nature initially but after their participation in this bus campaign, their qualities developed, their self-confidence improved and they started participating in all stage activities. I also became more active and fit. I got an inner sensation of satisfaction using my time properly, my mental powers positivity. Remembrance of God in every step became natural because I felt his help almost the whole day whilst travelling in traffic in the city from one place to another, going from one city to the other, for safety and success.

BK Vibhor



There is a plant named MIMOSA PUDICA (also called sensitive plant, touch-me-not, shame plant, or shy plant and 'Chui mui' in Hindi language) who has the characteristic of folding inward and droop when touched or shaken, defending themselves from harm and they re-open a few minutes later. This is a sign of being delicate.

The sign of delicacy in a person is that he/she is easily affected by any situation, any type of failure, someone's criticism, someone's misbehavior, by a scolding, a bad remark etc. Their mood gets off. He/she will withdraw himself from such situations, which will result in being far from their achievements, higher goals, maturity, success. They lose their emotional balance and motivation for their work, their task, their duties, in communication etc.. They feel that withdrawal is the best way to defend themselves. But their judgement here is false as they feel themselves being inferior. Delicate youth feel like being rejected, not being consulted, or asked, overlooked.

It is very difficult to manage relationship being delicate. It is good to be sensible and humble but it is wrong to be easily affected or emotionally hurt. A delicate person shows that he/she is helpless, weak. Sometimes, it is viewed as humbleness but it is not.

So, a delicate person has to learn on how to become strong and flexible against all the socks and he/she should strengthen from inside through self-affirmation & self-mentorship. The power of acceptance is a great tool which can help the youth to conquer his/her delicate nature. You should be steadfast, have the determined thought to overcome your sensitive nature and work on facing whichever situation that makes you delicate. Be fearless, straight forward in dealing with your delicate character.

Meditation teaches introvertness, which a good tool to explore the inner being. The ability to go inward give us the opportunity to find what changes are required. Our power of judgement gets stronger and we can discern what has to be changed in our delicate behavior.



Lighten Up

When someone lightens up your life just by their presence, you can be sure they are emitting a very positive energy. When someone puts a damper on the meeting or a conversation, you can be sure there is some hidden inner baggage which contains sorrow and darkness. Which do you bring to the party? A little light or a little dark? A lot of optimism or a little pessimism?

In olden days, before one switch could illuminate a whole city, one candle had to be lit by another. So if you are aware that you are carrying a little darkness, perhaps it may be useful to spend time with someone whose inner light is already lit, and stays lit in all circumstances. Eventually we may learn the art ourselves, and then serve as a candle to others.

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. Students observing Swarnim Bharat Bus campaign, Gwalior. 2,3,4. Swarnim Bharat bus campaign, various lectures and sessions organized for youth. 5. De-Addiction camp have been organized by Brahma Kumaris, Cuttak , Odisha. 6. "Drugs De-Addiction Awareness" for 200 students (11th &12th standard) of Municipal College, Rourkela. 7,8,9 "Drugs De-Addiction Awareness" for 150 students & Teachers of Saraswati Sishu/Vidya Mandir, Kuarmunda.

Join us..



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