

## **BK Chandrika ben.**

Editor, Youth wing  
Newsletter,  
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First of all, I wish you all the readers a very Happy New Year 2020!

Secondly, 12<sup>th</sup> January is celebrated as National Youth Day in commemoration of Swami Vivekananda's birthday.

Let us remember our late President Dr. A P J Abdul Kalam who had the dream of making India by 2020, a developed country.

The development of a country is made and created by its people. And youth can play a very crucial role in making India a developed nation, a golden sparrow which it was once upon a time. Youth has the mental and physical powers to free the land from hatred, poverty, grudge, differences etc.

In today's teachings at the Brahma Kumaris, we got three golden 'words' – Balance, Blessing and Blissful life. By keeping balance in study, health, relations, work etc., we receive blessings and therefore our life becomes blissful. So, let us take a vow to practice these three golden words in our everyday life. I wish your youth life be a lighthouse, guiding so many youth. I would love to hear from you about the benefits you are having from the articles and the news of this e-Newsletter. Thanking you in advance.

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## **The National Youth Day, January 12:**

- Be inspired by the words of Swami Vivekananda:
- Stand up, be bold, be strong. Take the whole responsibility on your own shoulders and know that you are the creator of your own destiny
- Arise, awake and stop not till the goal is reached"
- The greatest sin is to think for yourself to be weak
- No action can give you freedom; only knowledge can make you free
- Never lose faith in yourself; you can do anything in the universe.



BIRTH ANNIVERSARY OF  
SWAMI VIVEKANANDA.

#NATIONAL YOUTH DAY

PUT YOUR  
HEART, MIND,  
AND SOUL  
INTO EVEN  
YOUR  
SMALLEST  
ACTS. THIS IS  
THE SECRET  
OF SUCCESS.



YOUTH WING  
BRAHMA KUMARIS

12th January, National youth Day of India birth anniversary of Swami Vivekananda, one of India's most revered spiritual leaders, was born in Kolkata on January 12, 1863, as Narendra Nath Datta. National Youth Day will be celebrated across the country with a different theme.

# Charm & Magnetism in **Youth** life

Youth life is a phase when youth is ready to experience new things that bring new thinking, dreams, opportunity, aspiration and creativity. The youth is attracted to learn for his career, for developing his skills, for his looks and appearance, for his possessions, for new relations and these may be positive as well as negative. Youth is puzzled on how much time and energy he needs to spend for career development, maintaining relationship, enjoyment etc.

Running after a desire is a mirage. Many times youth spend on luxurious things through personal borrowing or credit card even before they earn money. This may lead to trap.

There are so many development happening around in terms of infrastructure, shopping malls, sky rise building, charming road, material things etc. There are various goods & service which are designed to attract & allure youth community through mode of various commercial advertisement. Youth should be cautious and conscious about their needs and to what extent.

Things are becoming quicker and faster in all aspect due to internet, transportation, communication due to which youth life is more impulsive. Under the influence of looks, appearance, personality youth become spontaneous and expressive in building and breaking relationship. Now entry and exit barrier in relation has increased. Youth should show maturity in understanding this thrill, charm and excitement. Earlier there were lots of barriers before them. Be cautious when communicating with people.

Don't be carried away by the outer charm and magnetism. Youth should spend their energy and time towards activity that brings blissfulness, blessings, and happiness for a longer time. One should not be carried away by the mirage of the golden deer which may lead one to sadness, misery.



BRAHMA BABA (1876-1969)  
A PERSONALITY OF PURITY

## — AVYAKT DIVAS —

NIRAKARI, NIRVIKARI AND NIRAHANKARI

Love needs no language. It is the most elevated of all languages. Even if someone knew no language, he would know the language of love. Love makes difficulties easy. Love brings one very quickly into relationship and belonging.

YOUTH WING  
BRAHMA KUMARIS



## ***See only virtues and specialties***

An ant is tiny beside an elephant but as soon as an ant enters the ear of an elephant it goes crazy. The elephant's ears are so big, the elephant itself is so big and yet a tiny ant makes it go wild. In the same way, if I allow the slightest defamation of anyone go through my ears, I lose all my spirituality. I lose all my value because I start interacting with others on the basis of what I have heard about them. Pay attention to this! We have to be very, very selective in what we allow to enter our ears. Let me learn to see only virtues and specialties. Let me not concentrate on anyone's weaknesses.

Source : <https://www.thoughtfortoday.org.uk>





## Empathizing With Self

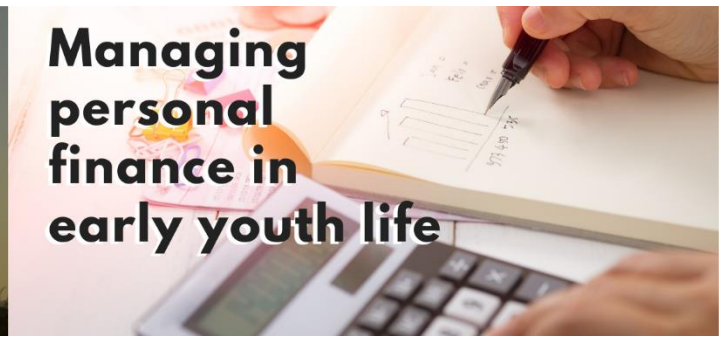
It is seen that the youth shows empathy to elders, friends, colleagues, to the society including to animals. But there are moments where one need to have empathy on one's self.

To have the knowledge of various situations and to know how to come out of them is also a kind of empathy on the self. Empathizing the self means developing positive habits.

There are moments of failure, losses, misfortune etc. in youth life. During these moments you may not be surrounded by your well-wishers, but this is the time when you should be merciful on yourself. It is like healing the self. Bandaging your own wounds. Support yourself, keep & cultivate good habits, maintain same pace of effort, enhance the self in order to come out of the situation. These may be moments when everyone has lost confidence on you, when no-one is there to lift you except yourself. And it is a saving for the future.

Empathizing the self is like self-transformation. Giving priority to the self. Not hurting the self in any form, rather to console and promise the self to be on the right track. Don't feel guilty repeatedly on one wrong doing, rather bounce back and do better which is 10 times bigger, better, brighter.

Empathy is one of the most prized possessions. Practice it on the self.



## Managing personal finance in early youth life

Having pocket money in youth life is always motivating. Money in the pocket helps youth to take decision and increase decision making ability. Where to spend and where not? What is my priority and what can be delayed?

Money takes care of so many basic needs, educational needs, entertainment needs etc. Youth has to take care of accommodation, food, fees, clothing, books and transport. It is necessary to have proper food and accommodation to be able to focus on studies. Make sure youth spend optimum amount of money on nutritious food and peaceful accommodation.

There are various methods that help youth to be economical, like staying in a paying guesthouse or sharing of an accommodation; cooking by yourself or in a team or through a maid; the use of public transport or shared transport or the use of a bicycle. Being youth there is always an urge for entertainment and recreation. There should be proper budget for this purpose. It is advisable not to cross 20% of your monthly budget in entertainment because in such activities, there is no limit, hence there should be self-control and restrain.

Youth should keep experimenting innovative methods for saving money. If possible get yourself financially empowered by personal tuition of 2-3 younger generation, or a part time job etc. One should also try for scholarship or work as an assistant to support their financial requirement. Youth should spend proper amount on skill development for achieving higher goal. But remember, whilst earning side income, one should not lose their aim for their principle goal.

It has been found that many students are not financially sound but they have strong determination and they do something outstanding in their academic career.

So, when there is a will, there is way!

Dear Readers,  
May this year bring  
new happiness, new  
goals, new  
achievements and a  
lot of new inspirations  
on your life.  
Youth Wing, Brahma  
Kumaris wishes you a  
very Happy and Great  
New Year.

*Youth Wing  
Brahma Kumaris*

2020

As we begin the New Year with powerful greetings and blessings for all our family and friends, Let us take a moment to greet ourselves. To promise ourselves a year full of

**Love, Peace & Happiness.**

Happy New Year



Youth Wing  
Brahma Kumaris



# 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.*



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1. Youth group of Bus Campaign with Youth group of Bus Campaign with the Governor of Madhya Pradesh 2. Mera Bharat Swarnim Bharat Bus campaign Yaatris, Chhatarpur, M.P. 3,4. Youth exhibition held at Govt Mahakaushal Arts and Commerce College Jabalpur, on National Youth Day. 5. Youth day session in Aadarsh School, Churu, Rajasthan. 6,7. Kothagudem , Youth Sessions by BK.Dr. E.V Swaminathan from Mumbai. 8. Vizianagaram, workshop on Inspiration was conducted in SDS Degree College.

Join us..



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For more information about youth activities, please visit [www.bkyouth.org](http://www.bkyouth.org)

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