



We used to always complain about not devoting enough time for the essential and favorite. We used to be so busy in the menial day-to-day work of our job, duties and responsibilities of the livelihood. Hardly, we are getting time to do something special and spiritual. Now, we can focus on our liking and pending task like reading books, fulfilling hobbies, sharing and caring our family members etc. The present situation has given no scope for such complains. Now, we have all time we need to realise our wishes.

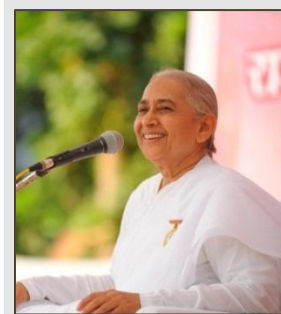
People are preferring and enjoying their homemade tasty and hygienic food. They have started preferring vegetarian to non-vegetarian food. Alcohol, cigarette, tobacco consumptions have decreased drastically. Everyone is under self-cure; medical treatment is at halt except related to Coronavirus and if emergency. Servant dependency has gone. I also find that when we are facing bigger problems, so smaller ones do not give us any pain. As we are conscious about Coronavirus, the rest, the smaller diseases are set aside.

Individual is getting philosophical and spiritual, they started exploring the self and God. What is God's planning? What is the situation wanting to convey?

It is important to keep motivating the self in such situation. I would suggest to youth to utilize this time for self-development and learn new skills offline or through online. Spend time with your parents, brother and sisters.

I feel time has become a teacher, who is teaching us so many things. But after this deadlock, the practice and the inculcation of good habits will have to continued.

**Wish a safe, happy, useful and blissful homestay!**



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



## Solution to Strong Immune System.

### What are Viruses?

Viruses are living organisms that cannot replicate without a host cell. Diseases caused by viruses include rabies, herpes, Ebola and the recent one is Corona Virus.. There is no cure for a virus, but vaccination can prevent them from spreading.

### What kills a virus?

A special hormone called interferon is produced by the body when viruses are present, and this stops the viruses from reproducing by killing the infected cell and its close neighbours. Inside cells, there are enzymes that destroy the RNA of viruses. Some blood cells engulf and destroy other virus infected cells.

Need to have proper generation of

1. Interferon.
2. Enzymes inside cell that destroy RNA of virus.
3. WBC or lymphocytes.

### How do you increase enzyme activity?

Factors affecting Enzyme Activity:  
Increasing temperature increases the Kinetic Energy that molecules possess.  
Since enzymes catalyse reactions by randomly colliding with Substrate molecules, increasing temperature increases the rate of reaction, forming more product.

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# Lockdown experiences

Ravindra Pai,  
(SDE, PTCC, BSNL, Bangalore)

I find everyone is putting efforts it can be either on an individual level or on a national level. People are getting united going beyond all castes, creeds, religions and regions to fight against this deadly virus.

This epidemic has made government hospitals active in India. Police have their respect back. The capacity of doctors & nursing staff have increased. There is development of new infrastructure in the medical field and new invention in creating medical equipment. The role of defense personal, self-help group, NCC, suppliers of essential commodities were applauded. Local administration has done an excellent job, which was mostly cursed in the past.

Pollution has reduced drastically, and one can watch the clear sky. Devotion, faith and beliefs on the Almighty and the supernatural power have increased. People are believing this is the phase of human transformation. Online education, online work and digitalisation is going to reduce unnecessary travels and consumption of paper. The burden on the earth in terms of pollution and exploitation has reduced. Nature, birds, trees, rivers, sky etc are rejuvenating, getting youthful and they are singing with all happiness. Corruption, rapes, murder, theft also have reduced. Under adversity all rich and poor, powerful and pauper, pure and impure all are on the same platform.

The lethargic person, driven by others desires and pleasure may be wasting time, energy and resources in waste, unorganised, aimless and negative activities. This is the time to develop positivity, but many may be trapped in negativity, in search of pleasure, different experiences, gambling in the name of knowledge and exposure. This is the testing time for self-restraints, patience, tolerance and adjustment. The person driven by motivation, self-driven attitude and inspiration will value time and resources for the higher cause, self-development and growth.

So, in conclusion, we can realise that though we are facing coronavirus, but it has also many advantages.

We can experience lockdown to be a good sign, in fact a God sent gift. A gift to bring the best out of the self and enable others to bring the best out of them.

This lockdown has permitted me to reconsider my life. Nowadays I am finding time for things I always wanted to:

1. Practicing Meditation with new topics (peace, happiness, compassion, spiritual love, good wishes, healing nature etc.). Experimented both with or without music.
2. Reflecting on various points of knowledge and understanding their meaning.
3. Joining meditation sessions which are held simultaneously over social media.
4. Cherishing the valuable time available for experiencing solitude.
5. Letting go of the past, becoming easy and light.
6. Appreciating mother nature and her greenery.
7. Spending time in doing something creative, something not done earlier.
8. Cooking something simple yet new.
9. Making phone calls and sharing pleasantries with friends, colleagues and relatives.
10. Helping others in whatever way possible - counselling, guiding, encouraging, caring, sharing etc.
11. Also, by donating through cash and kind to help the needy.

Learnings: We need variety in our daily life. Variety adds spice to our daily life and helps overcome boredom due to routine activities. If we get stuck in the routine, lockdown time becomes tough. If there is variety, it helps break the routine.

We may be physically confined in our living spaces, but we are not mentally or spiritually confined. We are free to express ourselves through all possible ways. We need to just connect to our clean and pure inner spiritual core, and have Love for God and we will feel that we are lucky.

In fact, we will feel that luck is smiling during lockdown when we have pure thoughts, attitude and vision.

Ravindra Pai  
(SDE, PTCC, BSNL, Bangalore)

# Positive impact of the Present Time, Youth to Rediscover Life

Lockdown has made people introspect their life beyond commerce and profit. The world was going mad about target and profit. Irrational infatuation about innovation, production and marketing have come to a standstill. Do we really need so many cars, garments, mobile phones, etc. ? Aggrandizement and accumulation and exploitation of nature beyond its limit to fulfil our personal need. Personal profit and pleasure at the cost of society and nature. Human needs relaxation, nature needs relation to rebalance. Today the nature or the environment is so happy, and nature is reciprocating. Normally in India by the mid of march climate become intolerable, today even in the mid of April there is no need of air condition.

There is nothing to prove! The standstill of the industries have started cooling down the earth, revitalising the resources, cleansing the rivers and ponds. It seems it is essential to shut down everything to realize our beautiful world beyond this materialistic and mechanic. Because of unending works and targets, people were exhausted. Live was almost taking a turn as if “we are living to work” not “to work for living”. As if we became slave in satisfying our wild and irrational dream. We have developed so much need and we are getting trapped in it. Many have taken so much loan, now they have to work to repay the loans. They are trapped, they have to work against their will and energy. Perhaps because of the present situation, skyrocketing prices will also stabilize.

## Points to focus upon for the Youth:

- This is the time to meditate, remembering God, sending vibrations of peace and calmness to mankind and nature.
- This is the time to complete the personal pending works in term of personal study, learning, skill development. This is the time to think and innovate.
- This is the best time to connect and reconnect with the childhood invaluable friendship. In wild pursuits of commercial gain, one has overlooked the relations and friendship.
- Rediscover friendship through phone call, remind and remember the freedom and happiness of the olden.
- Rediscover some of the jewels of experience and learnings from the past and enjoy time. Do not just waste time watching TV or browsing through the medias.
- Meditate, contemplate, and calm down the thought process, mental social distancing and be pure. Purity is the mother of peace and happiness.



*from page 1...*

**Lymphocytes:** These small white blood cells play a large role in defending the body against disease. The two types of lymphocytes are B-cells, which make antibodies that attack bacteria and toxins, and T-cells, which help destroy infected or cancerous cells.

*How can I increase my white blood cells naturally?*

Eating Vitamin C will help regulate the levels of white blood cells in your body. Fruits like lemons, oranges, and lime are rich in vitamin C, and so are papayas, berries, guavas, and pineapples. You can also get vitamin C from vegetables such as cauliflower, broccoli, carrots, and bell peppers.

### What cures a virus?

For most viral infections, treatments can only help with symptoms while you wait for your immune system to fight off the virus. Antibiotics do not work for viral infections. There are antiviral medicines to treat some viral infections. Vaccines can help prevent you from getting many viral diseases.

### What is the purpose of a vaccine?

The purpose of vaccination is to produce immunity. Immunity means the presence in a person's body of cells and substances known as antibodies that can produce a protective immune response.

### What stimulates the production of interferons? What cell produces interferons?

Type I interferon (IFN-alpha and IFN-beta) is secreted by virus-infected cells while type II, immune or gamma interferon (IFN-gamma) is mainly secreted by T cells, natural killer (NK) cells and macrophages.

### How do you activate T cells naturally? Or Healthy ways to strengthen your immune system

Your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system strong and healthy.

Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as these:

1. Try to minimize stress.
2. Don't smoke.
3. Eat a diet high in fruits and vegetables.
4. Exercise regularly.
5. Maintain a healthy weight.
6. Get adequate sleep.
7. Take steps to avoid infection, such as washing your hands frequently and cooking in hygiene.

### How to reduce your stress levels?

1. Try Relaxation Techniques.
2. Avoid Caffeine, Alcohol, and Nicotine.
3. Indulge in Physical Activity like dance, walk and exercise.
4. Get More Sleep.
5. Talk to Someone intelligent ( God is the most intelligent. ) to reduce stress.
6. Keep a Stress Diary.
7. Take Control of your mind, practice celibacy physical and mental on Godly guidance.
8. Manage Your Time so that stress do not take chance.

### Relaxation Techniques

Meditation for stress management.

### How do you do Raja Yoga meditation?

Part 1: Practicing Raja Yoga Meditation

1. Find a quiet place.
2. Sit comfortably.
3. Bring your attention into the present.
4. Withdraw your attention from sounds and everything that is around you.
5. Create a peaceful thought. "I am a peaceful being of Light, eternal child of God, my Supreme Father, who is the Sun of Light and Ocean of Love."
6. Visualise these thoughts.
7. Continue to create and experience being peaceful
8. Carry that peace with you.

Yoga means connection. Connection with the Almighty God with the intellect and the mind. The Greatest connection tool is "Relationship".

The most problem proof and protective relationship is of Grand Father and grandchild (i.e.) the child and Father. The best relationship with God is this. I am a child and He, the light, is the Father (Baba).

Make Baba mine ("My Baba"). "My" word attaches the soul strongly with Baba, the Supreme Divine Light. Getting attached with the Almighty God makes a soul stress-free as He takes care of all responsibility making the soul only an instrument.

Thus repeating "My" in the intellect and visualising God as the Sun of Light in the mind is the \*Solution to build STRONG IMMUNE system\*.

And a Strong immune system is the only solution to Corona Virus:

My Baba + Visualising God as the Sun + Emotionally Healthy Diet + Exercise + Hygiene = Strong Immune System

B K Vibhor



Though the mind often asks for what is visible or material, its needs are deeper and cannot be met by anything superficial or short term.

Meditation leads to a meeting point with all that is true and eternal.

Join us..



Youth wing, Rajyoga Education & Research Foundation

C/o Brahma Kumaris

6 & 7, Mahadevnagar Society,

Opp. Aakar Complex, S. P. Stadium Road,

Navjivan, Ahmedabad - 380 014.

Mobile: +91-9427313773, Tel: +91-79-26460944, 26444415

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