

The world celebrated 12 August as the International Youth Day. The purpose of the day was to draw attention to a given set of cultural and legal issues surrounding the youth. This year, the theme is “*Youth Engagement for Global Action*”.

In India, youth are involved in various activities in schools, colleges and also in local communities. The participation leads to the Development of Decision Making Ability, Enhancement of Emotional Well-being, Social Development etc.

Youth can occupy themselves mentally in activities like reading, writing, learning things, taking up a project, meditating on developing a positive state of mind, practicing self-affirmation to enhance self-respect, spreading good wishes to the world for betterment, churning of spiritual, social, scientific and professional knowledge etc.

In physical engagement, one can go for sports and recreation, helping parents and domestic work, physical exercise and pranayam, be useful in social and spiritual work with physical labour.

I call upon youth to keep themselves engaged in constructive activities. This will lead them towards the betterment of the self. I would like to conclude by asking the readers of this eNewsletter: “Is there a connection between youth engagement and youth achievement?”

Youth Engagement



BK Chandrika ben.

Editor, Youth wing
Newsletter,
Vice chairperson,
Youth Wing, RERF.



Dear friends,

Om shanti. If you have a scary situation in front of you, do not let it frighten you. Always maintain a vision of love no matter what happens.

When we forgive, we are committing an act of charity. When the mind is engaged in having pure thoughts, everything will be good.

There is a huge benefit that comes from meditation. We meditate with our eyes open, but we are not distracted. When I am unshakable and immovable inside and I sit here looking at you, the vibrations come to you. I don't allow my mind to play mischief or to fluctuate. This can only happen when the heart is clean, when my heart doesn't harbor any mistakes or negative tendencies from me or from anyone else. It's important to remain still & stable inside instead of raising questions of “who and how?” Tell your mind to have patience, and keep your heart clean and strong, whether you are alone or with others. Then whatever you wish for becomes a reality.

With love,
BK Janki

Inside...

**Inner and Outer
Sustainability**

Page 2

Traffic Control
A tool to train the
mind.

Page 3

Youth Services
Online events
and classes

Page 4

Inner and outer sustainability

A close-up photograph of several vibrant pink flowers, possibly tulips, with soft, layered petals. The flowers are in sharp focus in the foreground, while the background is a blurred mix of green and blue, suggesting an outdoor setting. The lighting is bright and natural, highlighting the delicate textures of the petals.

from an individual's perspective

The whole world is going through very turbulent times with extreme weather events like drought, floods, forest fires, etc. all happening in the midst of a pandemic. Even the pandemic is caused because of unnatural eating habits which are encroaching and destroying the environment and wildlife. By now there is now enough scientific evidence that human beings are the root cause of climate change. We see that due to human activity, carbon dioxide is increasing in the atmosphere, there are plastics floating in the middle of the oceans and common animals such as elephants and gorillas are in the danger of going extinct due to deforestation. There are human led activities like cutting down trees which are mainly done for agriculture in order to produce food products that you see in the supermarket. Uncontrolled deforestation is one of the major causes of forest fires as we saw the Australian and Amazon rainforest on fire last year. Such events bring about substantial increase in the global temperature which in turn causes glaciers and polar ice caps to melt. Due to this melting, sea levels rise causing flooding and risking coastal zones to go under water. You see how all this is interconnected and affects one another?

Since we as human civilization are responsible for putting our ecosystem and societies in danger, it is now time to reverse the damage. Youths around the world have recognized the urgency and they are raising their voices for making the changes on stopping the destruction. You can see many climate grassroot movements especially led by youth working towards these issues. Youths really have the energy and enthusiasm to show the way to transformation.

But you may wonder, what can one do as an individual? Well, the first thing is to pay attention to our own actions. Everything we do in our everyday life from eating, shopping, travelling, even browsing the internet has an environmental footprint! So be mindful of that and simplify your life. Here are three areas that are important where you can take action.

Eating: Eat simple, vegetarian, local and wholesome foods. There are a lot of processed and imported food products available in the market. Many of them contain preservatives coming from animal sources and unnatural additives which are harmful to the body and affect our mind in the long run. As the food so will be the mind. You think what you eat. Eating simple food actually gives us a lot of energy since it is easy to digest.

Electronics: As youths, we are attracted to own many electronic gadgets. We might even tend to replace our older one with newer products as soon as they get released in the market. Such behaviours are causing a lot of environmental destruction as they contain precious metals like gold and platinum. Discarding your old but functional mobile and laptops is putting more pressure on the natural resources of our planet. It is also a source of great distraction and we lose total focus in life if it goes unchecked. From both a mental and environmental perspective, it is recommended to avoid unnecessary usage.

Waste: Avoid any sort of waste. Be it food, electronics, plastic, time, money and thoughts. All these tangible and intangible resources are very important. Whatever we are all going through at the present time is very sensitive and precious, any form of waste, in the future, will come back to us in the form of trouble. So it is better to become sensible and avoid any waste.

The solution to these problems is to simplify our lives. Then it will be very easy and natural to lead a stress free, low footprint life. Finally, it is very important to tune in to discover the wonders of the mind and unbox the happiness within. When you are content on the inside, external stimulants will not be attractive anymore. Let's make simple living a trending lifestyle choice.

Traffic Control

A Tool to Train the Mind to be with Positive Thoughts 

There is an inherent law in everything, what is happening around us. We have been studying physics and chemistry, the material Universe follows its own laws. Each and every action and reaction in this physical world are guided by certain law, principles and formulas. There is not a single evidence that nature has deviated from the law. When nature is in order it gives us calmness, peace and happiness and disorderliness creates havoc, calamities, pain and illness.

Similarly, an orderly human system gives happiness and peace and disorderliness makes the world hell. And it all erupts in the mind. A mind in proper order enjoys, keeps the self and the surrounding in order. A disturbed mind creates chaos and confusion, it disrupts the system in a negative direction. We need to regulate our thoughts, we need to give a pause to them to direct them in the proper direction. Meditation, introspection or mindfulness are the useful techniques to train and to tame the mind to think clearly and positively. There will be a rush of thoughts, the mind may be impulsive or impatient. We need to hold it and regulate it in the proper direction.

There are distracting factors such as hedonism and fantasy. Physical pleasure and fantasy may offer temporary relaxation to the mind but it will make the mind hazy and heavy. The polluted mind is the cause of negative actions, it becomes complex, confused and convicted. In the present time the mind needs agility and accuracy. As we follow the traffic rules like - one way driving, various turns, signals at crucial points and stoppages which help to prevent chaos on roads. Thinking too much, allowing our thoughts to go wild without any direction and restriction, leads to chaos. It needs conviction and self-restraints to keep the mind on track. It needs discipline and love to keep the mind on track. Mind is just like a small kid it needs care, love and direction to grow and enrich.

Perception plays an important role, the thought process can make things either simpler or complicated. So the practice of traffic control, keeping a pause and checking on the thoughts for one or two minutes every one hour is important. The process sharpens our thought process to make life more efficient and effective. These one or two minutes of pause saves a lot of time in terms of wastages and inefficiency.

There is a thought behind every action and some of the thoughts are impulsive, if one wants to correct the action and consequence one should correct one's thought. The mind keeps on switching from one thought to another consciously or unconsciously. As if the thoughts are the driver of the "car", the "life". The driver should be properly trained and incentivised. It is the vehicle of thought that leads your life to different destiny. Crux trains your thoughts through "Traffic Control". Start it today and start from one plan for it. If you face any problems, contact the teachers of Brahma Kumaris.

You can check mobile app : [Traffic Control](#), [BeeZone](#)



The Best Language for Communication

Silence is the best language for communication. It helps us understand and realise the eternal truths about the self, God and the world. In silence we are able to comprehend and express sincerely and powerfully the true values of the soul such as peace, love and joy. Silence is not the absence of thoughts but it is a state in which the mind is engaged in pure elevated thoughts that nurture these values within. The power of silence develops all mental and spiritual powers that are needed to tackle various situations successfully.

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.

e-Conference for YOUTH

COPING WITH TRANSITION

19 July 2020 | 11 AM Onwards

BK Shweta
Rajyoga Teacher

ORGANISERS
BRAHMA KUMARIS

YOUTH WING

e-Conference for YOUTH

EMERGING THE NEW ME

19 July 2020 | 6 PM Onwards

BK VEDANTI
Director, Brahma Kumaris, India

ORGANISERS
BRAHMA KUMARIS

YOUTH WING

INAUGURATION
e-Conference for YOUTH on

UNDERSTANDING THE TRANSITION

18 July 2020 | 6 PM Onwards

Rajyogi Osho Rajdevchandra
Additional Guru, Brahma Kumaris

ORGANISERS
BRAHMA KUMARIS

YOUTH WING

Om Shanti

Do you think that Freedom is something that others give to you?
Are you free to bring out the best in you?
"Freedom means that no one can stop you from doing what is right or persuade you to do what is wrong."

Welcome to a unique workshop on...

TRUE FREEDOM

Sunday, 9th August 2020
5:30 pm to 7:00 pm

Mrs. Thilagavathi IPS
Ret. Police Officer & Tamil Writer

Rajyogini BK Kruti ji
National Coordinator
Youth Wing of Brahma Kumaris

Prof. K. Kalirajan
Economist & Grand son of
Kappaditya Tamilan
V.O. Chidambaram

BK Kavitha
Rajyoga Teacher
Brahma Kumaris Publisher

Kalaimamani S.J. Janani
Singer & Music Director

Live @ <https://www.youtube.com/BrahmaKumarisTV/live>

Organizers
Youth Wing, Brahma Kumaris, Tamil Nadu.

International Youth Day!

special talk on

"YOUTH ENGAGEMENT FOR GLOBAL ACTION"

BK Aran Kaushik
Zonal Coordinator
Youth Wing, Punjab

Manjaree Pant
C4D Specialist
UNICEF, Rajasthan

BK Jitu
Youth Wing, RERF
Mount Abu

BK Ranjani
Zonal Coordinator
Radio Madhuban
90.4 FM, Mount Abu

RJ Ramesh
Radio Madhuban
90.4 FM, Mount Abu

12-08-2020
11.00AM IST

LIVE

RADIO MADHUBAN 90.4 FM

www.facebook.com/radiomadhuban

www.youtube.com/fmradiomadhuban

COME JOIN US FOR A SESSION

on

Sanitizing the Self

with

Dr. Girish Patel

International award winning psychotherapist &
Vice President, Medical Wing, RERF

for a webinar

Sunday, 12 July 2020
5:00-6:30 pm

1. Mount Abu: 2-day Online Conference on 'Understanding the Transition' hosted by the Brahma Kumaris Youth Wing at Mount Abu on 18th & 19th July 2020.

2. Tamil Nadu: A workshop was organised on 9th August with the theme of "True Freedom".

3. Abu Road: On international youth day Radio Madhuban 90.4 FM and Youth Wing organized talk on "Youth Engagement for Global Action".

4. A session on "Sanitizing the Self" with Dr. Girish Patel, MBBS (Mum.), Ph.D (Psy.Th., FRSH (London).

5. Bhubaneswar: E-Seminar on "Role of Youth: Choosing Peace over Panic" was organized on 12th August, 2020 (International Youth Day)

International Youth Day - 2020

1ST SESSION | 11:30 AM, 12.08.2020

B.K. Chandrika Didi ji
Keynote Speaker
Vice Chairperson,
Youth Wing

Tusharkanti Behera
Minister of Youth
Services, Odisha

Dr. Tejaswini
Miss Earth
India - 2019

Sarjita Mohapatra
IAS, AIR 10,
UPSC-2019

Dr. Sushabh Gupta
Michigan, USA
B. Tech. IT, KGP

Anushka Jena
Indian Wrestler

Swarnapra Nak
COVID Warrior
Staff Nurse, BBSR

BK Deepa
(Facilitator)
Rajyoga Teacher,
Sambalpur

2ND SESSION | 05:30 PM, 12.08.2020

B.K. Gopi Patel
(Keynote Speaker)
London

B.K. Manorama,
(Facilitator)
Rajyoga Teacher, BBSR

Aji Kumar Mishra
Collector,
Nabarangpur, Odisha

Dhruv Chand
Asian Games
Medallist

Dr. H.K. Roop Singh
IMA Best Doctor
Awarded

Nishita Bhatnagar
Co-founder & CEO
Nash Power

YouTube Gyan Khajana

Check for upcoming online events on below Facebook

[bkyouthwing](https://www.facebook.com/bkyouthwing)

[bkyoutheventdelhizone](https://www.facebook.com/bkyoutheventdelhizone)

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

Learn to meditate, for information about free Rajyoga meditation courses, Visit www.brahmakumaris.com

For more information about youth activities, please visit www.bkyouth.org

Join us on Facebook,
Write us at, newsletter@bkyouth.org