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## “From the year of Corona & Quarantine to the year of Hope and Happiness”

All of us are looking forward to the year 2021 as the year of hope, health, and happiness. In 2020 all of us got a good time to introspect to empower and to transform the self to face challenges. Many youths perceive 2020 as one of the worst times of history. A dream, a vision of APJ Abdul Kalam for India to be a superpower this year was there. However, the pandemic has made all of us rethink each of our aspects against which we were running blindly. There are many things to learn from 2020.

In the year 2021, the youth will have to be sincere with their passion and preparation. There is a famous saying “Luck favours the prepared mind”. In the world of digitalisation, many unprecedented new opportunities are emerging. The youth need to prepare themselves with new courses, training, and education to face the competitions. Never be a fatalist, don't surrender the self to time and destiny.

The fulfilment of hope depends on your health also. Youth should be an icon of health and hope for the society.

**Happy New Year 2021! Wishing you a wonderful time ahead. All the best!**

## HOPE AND DREAM FOR 2021

Hope and dream for 2021 are many. New India, a safe and prosperous India. The major focus is in regaining the speed of growth and development. With a lot of hope, the mass vaccination will protect humankind and ensure stability, health and certainty.

All accumulated promises of 2020 are to be implemented in 2021. The pending files of commitment with God, the self and the society are to be realized. Optimism at workplace will be safe and normal. Students will again meet their friends in school and colleges. Children will start wandering and play with fun and freedom.

2021 is the year of hope to realize dreams. Can I take this year as a year of instant implementation of promises? Procrastination is the enemy, many good things remain pending or unfulfilled because of this. Can I utilize my energy and physical strength to reach my goals? With time we are losing our vitality and motivation. Constantly we need to refuel and refill our hope and courage. We had missed a lot of opportunities. We have taken time for granted. Time can be so precious, we are realizing it. We cannot ignore the challenges in 2021, in spite of all odds my determination will enable me to fulfil the dreams of million.

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# DECISION DEPENDENCY YOUTH



**What is Decision Dependency?** There are various forms of dependency, one of them is decision dependency. That is in a situation where one relies too much on others to make decisions. Respecting the ideas and opinions of elders or taking their guidance to make decisions is advisable, but decision dependency makes one incapable to making independent decisions. One needs to be bold and wise to face the adversities and uncertainties. During the time of emergency because of several reasons one may not get a chance to contact friends and family members to choose the right path.

**Build Confidence through taking Decisions:** Most of the time, parents influence the decision of their children. Even in many cases parents make decisions for their grown up child. Obedience to parental advice is a virtue, but in the process parents should empower their children to make the right decision. Of course, youth cannot get out of decision dependency overnight, they need to prove themselves through results, through systematic effort and practical proof.

People will develop confidence on you if you take sensible decision.

**Am I capable of taking my own decision?** Youth should take proper decisions balancing mind and heart so that the career and relations can be fruitful in the long run. Taking our own decision out of overconfidence and arrogance is not a big thing, but taking wise and sensible decisions to satisfy all is a great thing and for that a sense of maturity, knowledge, wisdom, confidence and concentration is needed. Spiritual knowledge is all about empowering one to make a decision, not just a decision but a correct and wise decision. It is advisable to take the consent of the team or the group or family members before taking a decision, if your decision is going to affect them.

**Decision Dependencies and Monetary Support:** If supported monetarily, for example in student life then one has to obey or to listen to the suggestion or guidance of the funding person. Parents take care of the expenses of their children till they become independent to earn their own livelihood. As soon as one becomes financially free slowly steadily one learn to take their own decision, there may be the influence of parents but at the end financial freedom empowers one to take their own decision. So one should not be impatient to be free, impatience takes away the freedom of a person.

**Be virtuous to enjoy the freedom of Decision Making:** Financial freedom alone does not ensure freedom from dependency, along with it, the need of freedom from addiction and vices are necessary. Under the influences of addiction and vices, the decision of a person becomes biased, wrong, and misleading. Unconsciously, the subconscious mind makes wrong decisions. Though people feel wrong but yet act as right. We witnessed in Mahabharat, Duryodhana was perceiving the wrong as the right act under the influence of jealousy, hatred, greediness and lust. People commits blunder under addictions and vices and are overconfident on their decisions and then suffers unending pain.

**Decision shapes life:** What you eat shape your body, likewise your decisions on education, relations, entertainment, etc shape your life. All of us understand the importance of decision in the sphere of politics, war, business, economy, sports, and personal life. People are paid on the basis of decision-making abilities. In most of the cases, the youth who are good in taking fast and right decisions have a high paid job. Keep a track on “is my life taking shape as per my wish and vision?” If not, then change the track and correct your decisions. The experiences and the incidents that comes in our life are the greatest treasure in learning and taking the right decisions. Freedom of decision making is the ultimate goal and the highest achievement in one’s life.





Do you find your mind telling you these 2 words on multiple occasions? This usually happens when you are faced with uncomfortable situations or during things which you haven't done before. Now let's look at a few questions and what's your response to that.

- Did you brush for the first time?
- Did you take a bath for the first time?
- Did you drive for the first time?
- Did you take the train for the first time?

If you answered a Yes to all of the above, then I am sure you didn't get it right 100% or you struggled to get it right until you kept going at it all the time. Yes, it was tough at the start because you had not done it before but it was essential and so you decided to do it anyways. Now brushing, bathing, driving and taking the train are 4 things we saw but there are many other things you did for the first time. There will always be a challenge in everything you do, and you will also be judged but that is ok. Your brushing well can be judged by the dentist, your taking bath can be judged by the skin doctor, your taking a train can be judged by people travelling and your driving can be judged by people walking on the road. The reasons, the mind says I Can't is just 2

- Fear of unknown
- Fear of being judged

The very acceptance and understanding that you are unique and different is the only way to get rid of the word "Can't". Ok fine, even if you love the word I Can't and it makes you comfortable, stay with it but can you do a small favor to yourself by adding 2 more letters to the word "I Can't". Let's read it as below when you are faced with any situation or things not done before.

### I Can' Try

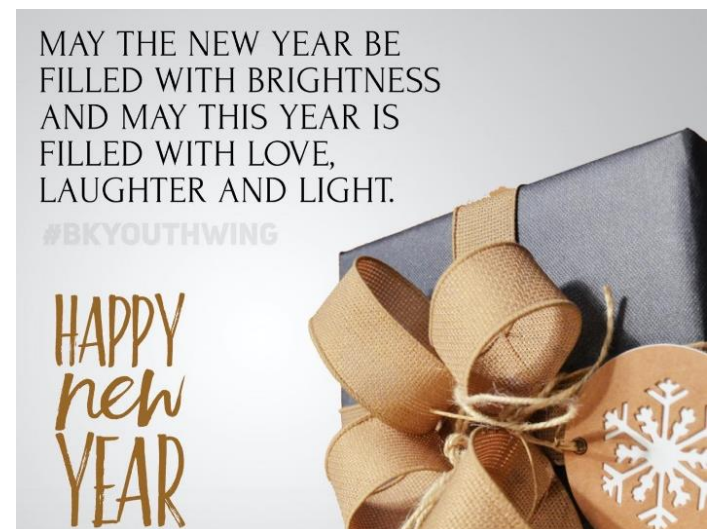
Before you say I Can't can you say I Can Try and do it a few times before giving up. You know it's just the lack of knowing that there is nothing you can't do. I am sure if you TRY and TRY and TRY you will always do things before giving up. Isn't that a nicer place to be than "I Can't"? TRY means **To Rediscover Yourself** I have been in this place as well, but the practice of Rajyoga Meditation has helped me immensely change my mind in my youth life which would become tougher to change at an older age.

**Rohit Gehani**  
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Hey youth! Whom are you waiting for? Friends, partners, lover or time. All are yours, but none are forever. All is about time and tide. Delaying the good things, in anticipation of friends or partners is foolishness. Youth life is important at every moment and at every second. As a sensible youth, one should accept the transition in situations and relations. Many are disturbing their valuable emotional well-being in the anticipation of support from partners. Partner in life has their own constraints, limitations and restrictions. Many times in spite of his or her willingness, he or she cannot be part of your journey. Learn to live with the self, with God and with nature. The whole world is your friend.

Do not surrender your heart and soul to someone. Learn to lead the journey of life on your own and alone to enjoy it. Be the lighthouse in guiding and assisting others. Do not stop your endeavours to assist someone. Be confident of your decision and action, something may get delayed. It is better to be late than never. In expectations of cooperation from others do not be desperate or unrest, you haven't discovered the self yet. Analyse life, accept it as it is, without much questioning. Questions waste a lot of time. Gathering, meeting, celebration and separation are a part of the journey. Hey traveller! keep on moving. Maybe with time, millions will follow your path and join with you. The world is yours, time is yours, enjoy every tiny moment. You are the best friend of yourself. Be your own companion, teacher, guide and lover. Have curiosity to know, learn and to do good things for others and the self. Don't wait.



# Either Control your Mind or it will Control You

Mind is the beautiful servant and the dangerous master



**You are your own king:** One shouldn't be misdirected under any influences. It is observed "the mind creates a variety of thoughts, the intellect takes the judgement of what to accept for action or what to reject. Repetitions in behaviour and actions affirm the Sanskar or resolve. But it is seen sometimes, particular thoughts dominate and drive our mind, forcing us to take certain decisions, actions against our desire or willingness.

The mind and the intellect are your powers, you should control them, use them and guide them as per the best practices and deeds. The mind can be a good servant but it can be the worst master. One should mold, manage the mind in the right direction rather to force or to suppress it. The mind is just like a child, which needs love, nourishment and attention. The mind suffers from fickle and restlessness.

People who become great, renowned and successful are the ones who understand and guide the mind in the right direction. Mind is the energy and the faculty of the soul.

**Synergy between the mind, the body and the intellect:** Coordination between the mind and the body is important. A beautiful mind in a healthy body is worth worshipping. The mind needs to be engaged and motivated. Healing comes when one nurtures the mind, the body and the soul.

**Molding the mind:** Vigorous thoughts for a particular thing drives the self to make certain decisions. If these forces of thoughts are not in proper direction or they are negative then one needs to understand and mold them. The Government channelizes water of the river through a canal, with the help of a dam, similarly a reservoir of positive thought can be utilised in different purposes. Through self-talk, self-negotiations, self-analysis or self-discussion can tame and train the mind to do something good. Decisions should not be under the influence of the mind but it should be through wisdom.

**Managing the mind:** The mind is the factory of thoughts, thoughts emerge spontaneously from the mind, many of them are excellent, useful and many of them are wild, irrelevant. It is the role of the intellect to filter the useful, positive and relevant ones in order to do extraordinary things in life. Rule your mind otherwise it will rule you. Instead of forcing or compelling your mind, convince it. Be vigilant to safeguard your mind from negativity.

Do not waste your precious thoughts by thinking of the past misery or the future uncertainty, keep it in the present and make the best use of it. The more you will utilise your mind, the more it will be agile, flexible and valuable.



***"Don't be the victim of your own mind"***

The Youth Wing has created a project for 2021 called - "Youth for Global Peace". **To empower the youth physically, mentally, socially, spiritually to face the current challenges.** You can check the [website](#) for more details ... [click here to read more](#)

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