



Vacation and youth engagement!

It is said that time is money. Time once gone never come back. Time is one of the main resource youth have. And in youth age, time is at the higher side than money or any other resources.

The months of May and June in India are vacation time. It is the time wherein a lot can be experienced and can be changed in sailing in the life boat of youth age.

Youth can plan for their physical development like nutrition and fitness; their career development like capacity building, enriching their resume, take trainings, skill development, an online course; their social development like meeting their old friends, relatives, family members, plan a trip, collaborate with others, partner with groups, engage for social interactions; their spiritual development like practicing meditation, read spiritual books, increasing their potentials in values.

Think about how you want to see yourself in 2-3 years and make your strategy. This will enhance your strength leading towards positive outcome. Thus, make your vacation time memorable.



BK Chandrika ben.
Editor, Youth wing
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When I was young, I had once asked my father what is India best known for in the world? He told me that although India is a poor country, yet it is known for being a happy country. I wondered how that was possible. My father told me that even though people are not very rich, they are content with what they have. They believe in doing their karma and strive to not fret too much about the results.

Born in a middle-class family, I was raised with similar values. I performed exceptionally well in my academics and created a fortune for myself.

Today, I see a different India. People around me dream very big. They set big goals for themselves and then chase them. There is no rest nor peace till the goals are achieved. Some also associate contentment with laziness and believe that one should never be satisfied else our growth will be stopped. There is therefore no stopping. One goal replaces the other and life goes on. But what about happiness?

Considering happiness is my priority, this was a very important question for me. Reflecting upon my own life I realised how temporary happiness is. This made me very curious about what contentment is. Being a spiritual person, I started referring to spiritual wisdom and observing Rajyogis around. Here are few things I realised:

Cont. on page 3



15th May of every year is observed as The International Day of Families around the globe as decided by the UN General Assembly in 1993. This day provides an opportunity to promote awareness of issues relating to families and to increase the knowledge of the social, economic and demographic processes affecting families.

Family policies work as a pivot for national public policies, and the most meaningful vehicle for governments to influence the living standards of upcoming generations. As part of achieving the global ambitions of the Sustainable Development Goals (SDGs), family policies play an important part in meeting targets across many of the goals.

The foundation of all success we see around us is family.

What is a family?

A family is a group of people who are very closely connected. It is not necessary but most common form of connection is blood connection. There is always a head of the family. Father, mother and children are the basic units of a family.

Why is family important?

Family plays a pivotal role in the life of an individual. The very existence of a person is from a family. The three-dimensional support system (Physical, Mental and Financial) to a person is provided by the family. A person is like a seed and family is soil, water and air.

"When we analysed the backgrounds of young criminals, the family background played a major role in shaping them as criminals," said V U Kuriakose, Ernakulam DCP. "After a random check, we found that a majority of the children who have turned to drugs and are involved in criminal activities come from broken homes."

What are the core values sustained and imparted by family system?

All virtues are grounded in the family system. Family makes a person a good social being. The various virtues we get from a family are security, process of improvement, support, happiness, responsibility, care, sustenance, goal achievement, sincerity, tirelessness, dedication and many more.

Why are organisations supposed to be a family?

Many problems get resolved merely by keeping this belief that we are a family. All the virtues of family system get inherited automatically when we start believing that we are a family.

What are some good practices of a family? At least one meal must be eaten together in a family.

One must have family time where all must sit together and share their daily experiences and talk about their needs. Family dos and don'ts must be set. Without rules no family can run smoothly. Rules are like a safety guard of the individuals of the family. Hierarchy must be set in a family. When all start regarding themselves equal, ego takes the seat. No one listens to anyone. Generally, the father is at the top of the hierarchical system, then comes the mother and then children as per their age.

Confess if some mistake is done. No hiding. Habit of saying the truth must be developed whatever the mistake be. Everyone should do his work by himself. History says that the family whose children respect the value of doing house chores always remain successful. Money earning person and money handling person must be separate in a family. There must be a guide for a family who must not be a family member but a detached person who can help in unbiased decision making.

What is the role of God in the family? Why is the world called a family?

We call the world a family because God is the Father of all the souls of the world. God is the foundation of paradise on earth. Paradise is a world where everyone has a feeling of oneness, a feeling of a family. Every small family is a unit of this world family. If we remember that there is one and only one God, all conflicts that inflict the world would extinct.

What is the objective of a family?

The objective is to achieve perfection in human life where all virtues get visible. Family helps us come very close to God. If a single person makes effort, it is difficult to achieve the target but when we use our endeavour unitedly as a team it becomes easy to fulfil all sorts of responsibilities. Desmond Tutu has rightly said "You don't choose your family. They are God's gift to you, as you are to them."

- Vibhor

A life full of Contentment



I saw that all Rajyogis are working diligently towards the aim of world renewal. They see many successes and face a lot of setbacks in this journey. They celebrate success, learn from challenges and stay focused on their aim. They believe that whatever happens, happens for the best.

Lesson 1: Being content does not mean not having an aim. It just means that we accept our highs and lows and strive towards a better future.

In the materialistic world I see that conscientious people set goals and focus on them. Sometimes their focus is so deep that they neglect community needs, nature and even their family. When their one goal is achieved, they set another goal and life goes on. They enjoy their achievements but they are often stressed out and not able to enjoy the small pleasures of life. I observed that unlike other people I saw around me, Rajyogis are not very worried about the future. They are able to focus on the present as they see qualities, look for potential in people and enjoy learning. More importantly, their goal energises them and they know they will create a better future.

Lesson 2: A positive person who enjoys learning can be content in life.

In the materialistic world I see that people are very insecure and they act out of fear or to avoid losses. In the world of Rajyogis I was intrigued to see how God is able to love all of them together and has become their No. 1 relative. This is so different from how people behave in a world of scarcity. Alas the goal of Rajyogis is so big that no one alone can accomplish it and everyone has an important role to play.

Lesson 3: Manage yourself, energise others.

In the materialistic world the focus is on influencing and changing others. In the world of Rajyogis the focus is on changing yourself and others get influenced automatically by your change. Also, it is important to remember that to achieve our aims in life, we need the support of others. Whether the support would come or not is dependent on the other person and their sanskars. We can only control our behaviour.

Lesson 4: The bigger we aim the more content we can be.

In the materialistic world people are busy solving their own problems and realising their dreams. If we only aim for our personal growth, we will always be stressed about the result. Rajyogis aim for world renewal by changing their own sanskars and sharing the knowledge they have received with others. The bigger our aim is in terms of how many people it will impact the more will our satisfaction be and the less materialistic we will be.

These lessons have been extremely useful for me, and I go back to them every time I find myself caught in a race.

- **Neeti Kumar**



Many believe that happiness is achieved through material wealth. It is true that gives a temporary sense of well-being. A rich person is not someone who has more but someone who desires less. Happiness is the result of total appreciation of all that life gives you at every moment.

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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. Mumbai - Boisar: Brahma Kumaris conducted youth development programs in 8 nearby schools named Pariksha Mitra.
2. Delhi: Group photo with Hon'ble President of India Droupadi Murmu with the Youth Wing Committee Members.
3. Delhi: BK Chandrika (Vice Chairperson of the Youth Wing) welcoming the Hon'ble President of India Droupadi Murmu.
4. Delhi: BK Chandrika, BK Kruti (National coordinator of the Youth Wing) presenting memento to the Hon'ble President of India Droupadi Murmu.
5. Delhi: Youth Wing Committee Members at Rashtrapati Bhawan
6. Delhi: Group photo with Shri Anurag Thakur (Minister of Youth Affairs and Sports, Govt of India) with the Youth Wing Committee Members.
7. Delhi: BK Chandrika, BK Ansuya welcoming Shri Anurag Thakur.

8. Delhi: BK Chandrika, BK Atam Prakashbhai (Headquarter Coordinator of the Youth Wing) presenting Memento to the Hon'ble President of India Droupadi Murmu

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