



From Editor's Desk:

The recent suicide of Jiah Khan, a young indian actor, has thrown shocking waves into Bollywood and Indian Youngsters. We should be aware that while passing through a young age that is between 18 to 35 one faces many ups and downs and unexpected scenes of life. This is the time when one should handle one's self. Youths should have a conversation with their own self and finalize what they want in their life and how they will achieve it.

How will I handle pressures? How will I handle relations? It is important to know one's self, our own actions & reactions, our own thinking in various situations. If by all means anything goes out of the way, how am I going to handle? Because this is the age and the time when one is not clear about what one wants?

Be convinced about what is good and what is bad. If we understand the self, it will be easy to handle life. Almighty God Shiva says we are all souls filled with Peace, Happiness, Love, Purity, Knowledge and strength. These virtues and qualities are lying within ourselves. Don't ever think of taking any drastic step, that is not the solution. Take different aspects of thoughts like think equally then in the opposite way, then positively, then with the strength present in you. Share everything with the Almighty and keep working on that problem to get it solved. You will receive what you want.



“Learn to Handle The self “

*Best wishes,
BK Chandrikaben.*

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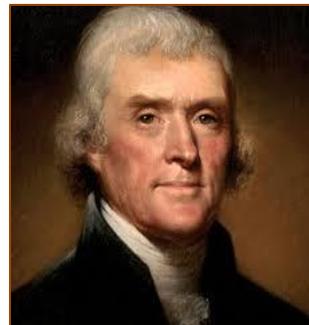
[War, Youth, strategy and disliking in life]

Intelligence is more powerful than weapons:
Ghiyas-ud-din Tughlaq Expedition on Dakshin Bharat

Ghiyas-ud-din Tughlaq was a great annexationist. He tried to bring the independent states to allegiance of Delhi. He sent his able son `Fakhr-ud-din Muhammad to Warangel to fight with king Prataprudra Deva to annexe, Dakshin territory.

At the initial phase, the king could able to besiege the territory easily and wanted the unconditional surrender of the king. Prataprudra Deva was quite intelligent and realized the difficulty to fight with the king with arms and weapons. So, he cut off all the communication and he spread the rumour about the death of the Ghiyas-ud-din.

On hearing such rumour and on the advice of Ubaid the poet, the greedy Fakhr-ud-din rushed towards Delhi to take possession of the throne of Delhi. On his way, he was harassed by the ruler and the people of Telengana. The expedition was a not a success because of communication failure. We can understand the importance of communication in spite of all the arrangements, resources, power and conviction.

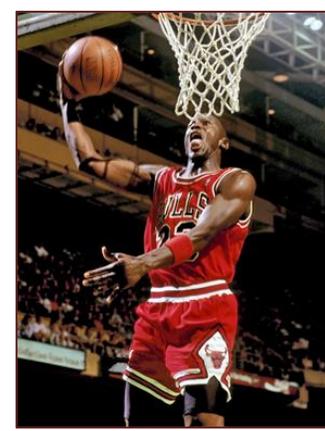


“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

Thomas Jefferson
An American Founding Father and 3rd President of the United States

“My attitude is that if you push me towards something that you think is a weakness, then I will turn that perceived weakness into a strength.”

Michael Jordan,
An American former professional basketball player



Accurate Knowledge, Understanding and Realization leads to Right Destiny

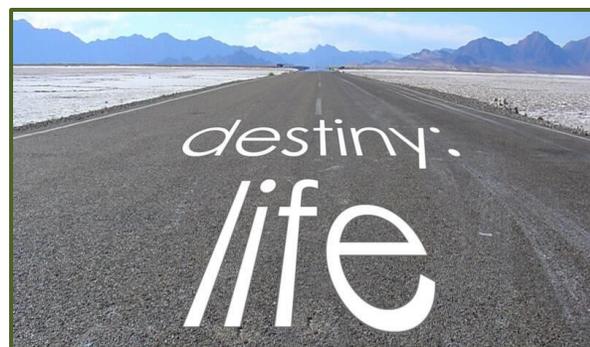


(Not all the paths are leading to the same Supreme Father. A scientific thinking to explore Life)

Aristotle assumed that the earth is at rest. The centre point of the universe and the whole universe is moving around the earth. Aristotle thought that when we drop two objects from the same distance on the surface of the earth, the heavier object will fall first than the lighter one. This was disapproved by Galileo by dropping two balls from the leaning tower of Pisa. Aristotle was thinking each and every theory of natural science can be confirmed or can be explored by thoughts; there was no need of observation or experimentation. But, Galileo proved and we can understand the importance of observation and experimentation because now, we have the proof that the earth is not static; it is moving around the Sun. Also, two bodies dropped from a certain height will touch the surface of the earth at an equal time, the weight of the bodies are immaterial.

Both Aristotle and Newton believed on absolute time. The time difference between two events is constant. Time is completely separate from and independent of space. This is what most people would view as common sense. We had to change our idea of space and time, at higher and higher speed, close to the speed of light, time is not independent of space. First time, Ole Christensen Roemer in 1679 discovered that light use to move with at finite speed even if at higher speed.

Similarly in the present world as common man, we think many things wrongly regarding the truth about the self, mystery of life and time and presume that all the paths are leading towards one goal. Truth of absolute perception can be different. For this reason, I am requesting you to pay visit to a nearby *Brahma Kumaris* Centre to learn about three mysteries of the world with accuracy of time, the identity of the self and meditation. You are advised to understand with experience, observation and experimentation.



In 1865, the British scientist James Clark Maxwell succeeded in unifying the theories of magnetism and electricity. Maxwell's theory on the speed of light, irrespective of the motion or speed of any object, light speed measured from different frame of reference is same. As per the relativity of time, each observer will measure time differently as they are in different frame of reference.

Maxwell equation proved that speed of light is same irrespective of the speed of source. This was used by the greatest physicists Einstein to formulate the theory of relativity. Learn the lesson of life with proper logic and test not just by assumption. Right knowledge and path leads to truth not all the paths.

War inside the Youth Mind: A strategy to dominate the disliking in life



Human relations are getting fragile and delicate, because of the interference of Medias, the new social network. People are finding it tough to maintain the faith, the firmness and the trust in relationship.

Youth who are too much sensible to relations are wasting most of their thoughts, energy, time and money in shaping, building and repairing relations. Youth who is confident to conquer the world, gets defeated by his own uncontrolled thoughts. In the past and even in the present, youths have been playing an important role in war.

During the Second World War, millions of youths lost their life deserting their mothers and wives. At present also, it is the responsibility of the youth to earn and to support the family.

War inside the mind is most dangerous and tactful then the outside. War outside is visible to certain extent. But each and every individual is susceptible to war from the subconscious mind.

Youth are fighting; meaning they are working hard in the present recession to maintain their income.



Fame, Fortune, Fallacy, Frustration and Fiasco (humiliated failure) *An unknown journey in the Life of a Sportsman*



Basically, it has been found that sports persons are simple, good at heart, adventurous and courageous. But in the name of courage and adventure, they can be misguided to venture into wrong domain of life without realizing the consequences.

Have any of us analysed that when there is a billion of Indians, still why there is only one individual who becomes gold medallist in the Olympics, Abhinav Bindra. When there are thousands of chartered accountants, doctors, engineers, etc. But, in the history of our nation there is only one Olympic gold medallist. The most easy and at the same time the most difficult task is sports and arts.

It seems to be that singing, dancing and playing is easy but to prove oneself on the national and international platform is far tougher than any professional exams like CAs, MBAs and engineering. A few gets the chance among the millions in the national and international media and more than that fewer sustain.

The feeble (weak) and fickle mind can be allured by the physical and sensual attractions to commit sin in life. The money and fame offered by the media through channels and the commercial companies can distract one from the path.

Cricket associations in India are earning billions by offering broadcasting rights to international sports channels, besides that the players are earning millions through the sponsorship and advertisements. The association of cine star with cricket has made the game more glamorous and fancy. Within all euphoria, it is getting tougher for players to control excitement and indulgence. A few players are liquor free. Good players like Edson Arantes Do Nascimento known as Pele, Muhammad Ali, Abhinav Bindra and Sunil Gavaskar are very strict and disciplined in their routine life.

Sport is having a number of challenges. It is not enough to be a talented sports person, the fun and the freedom can kill your life. Sport persons enjoy freedom and in the name of fun and fantasy, they lose their focus for the game.

Good sport persons have to move around. And being far from their family, they need tremendous self control and concentration. There is hundreds of distracting factor combination like: fashion, fun, fantasy, fame, friend and freedom.

Players who need to pay attention on their performance become overconfident to play with their fortune. Most fortunate souls become the victim of the fallacy, failure and frustration.

As a sport psychology trainer, I used to go to the Youth Commonwealth Stadium at Pune for mind and psychological training for national, state level and for some of the international players also and that is how I have seen some international players and actors in drug rehabilitation centres. Name, fame and overconfidence have pushed them to unknown zone of fantasy. Alcohol, fast food and narcotics push them into the well of frustration. Recently, the drug addiction issues with boxers and match fixing among the cricketers had kill the morale and ethos of sports.

It is really tough to be good within falsehoods. The temptations of achieving fast fortune than fast bowling can bolt out in the game of life. While doing wrong things, one may be overconfident not to be caught by the law, but truth cannot remain hidden.

Once I met and interacted with the Head of the Indian Coach for Shooters, Mr Sunny Thomas who has been training the Indian shooters for the last 19 years and for the last three Olympics. Though being an English language professor, he has been guiding the shooters successfully. Today, India is having numbers of medals in shooting. In Olympic, we have three medals in shooting.

As per him, he did not teach the shooting skill, he taught discipline among the shooters. Shooting is an expensive sports, he found that shooters used to be egoistic and arrogant as they are from rich families. Prof Sunny Thomas made them humble, disciplined and punctual. The values and virtues in the life of a sportsman is more important than skills and talents in order to be successful.

Within all the fortune, fame and fun, sport persons need focus and discipline. Discipline is not a matter of a day; it can be achieved through a healthy family life, lifestyle, determination and meditation. Yuvraj Singh mentioned that meditation helped him to regain his performance to get the "main of the series award" in the last Cricket World Cup.

I have closely observed that good sportsmen practice silence and solitude to have moral and mental strength in their life.

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Work conditions are getting tough, challenging and risky. Family relations are getting weak. Health is not supporting. Last but not the least, one is not satisfied with life and the job he has but he still has to work against the will. Dilemma, doubts, distraction and divisive personality are the furious enemy in the life of youth. Youth who are filled with physical strength are sometimes surrendering themselves to their own monkey mind. Solution stabilizes your mind with positive thoughts and stabilise your life with good lifestyle. Develop healthy habits, keep your mind silent for 2 minutes in an interval of two hours and ensure peace and stability of the mind before you start an assignment. Think twice before you talk, it needs good knowledge. Knowledge along with focused thoughts can enable you to translate good theories into practice. As far as possible stay connected to the self, have positive talk with the self and be relaxed. Cut down waste and negative relationships rather convert them to positive, maintain few quality relations that will bring happiness.

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.



1. Mayor of Ahmedabad addressing youth on Inauguration of Touch The Light training program. Other on dais BK Chandrikaben, National Coordinator, Youth Wing, RERF; Bro. Jaydev Sonagra, Principal, D.P.High School, Ahmedabad; BK Vivekbhai.
2. BK Prashantibehn, Faculty taking session during the training, Ahmedabad, Gujarat



“All things have their time. All things have their answers. All things have their right to be. Accepting this reality, all things come into harmony.”

Forgiveness:
When someone hurts you, you can either hold on to the anger and resentment or you can embrace forgiveness. Forgiveness doesn't mean minimizing or excusing the wrong. Forgiveness means releasing your feelings of hurt and anger, and developing empathy and compassion for the one who hurt you. Forgiveness brings a kind of peace that helps you move forward.



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