

Om Shanti

Introduction

“Youth is the season of hope, enterprise and energy to a nation as well as an individual.”

- W.R. Williams

“If you could influence the young it would turn Earth into Heaven.”

- Katherine T. Hinkson

If youth is channelised in a positive direction he will be a great asset to the family, society, nation and the whole world. Every sane person on earth would like the present world conditions to improve substantially. And this fundamental transformation can only be accomplished by the youth. In this dark slumber, except the youth who else can raise the voice? Who else can guide people back to the righteous path? Youth and only youth can do this.

Youth have high spirits. They accept responsibilities and challenging works, which can bring their dreams into reality through their innovative mind, sharp intellect and abundant physical energy. These need to be combined with virtues and moral values. While assessing the viewers' opinion on the performance of one of the renowned T.V. channels, a girl interviewed had shown her strong disapproval on the display of anger, violence and sex. There are many similar to her youth age who crave for what is good and positive in life.

But it is sad that youth today is under many pressures and demands on him on one hand and many imposing influences of family, friends, teachers, political parties, elders and every segment of society, who wants youth to meet their expectations on the other hand. At this stage of despair, depression, frustration of broken dreams, they even take to drugs or evil ways of life like indulging in violence, crime, erratic behaviour towards elders and use their energy in negative aspects.

Therefore what is required at this juncture, is to guide the youth and channelise them towards positive all round development by :-

- inculcating moral values.
- setting correct objectives and goals in life.
- practice of meditation

We the youth of Brahma Kumaris Ishwariya Vishwa Vidyalaya hope that this publication titled “Youth development” will be able to guide the young readers into a journey inside as deeply and honestly as he or she wishes to achieve a higher purpose in life.

Powers of Youth

Youth is the most energetic and dynamic period of one's life. During this phase a person is full of enthusiasm and hope. Nature has endowed him with various special qualities and powers during this time.

Muscle power and physical strength are at its peak now. A person also remains flexible physically as well as mentally. Therefore, he is able to mould his body and mind and can acquire many mental skills.

Concentration power and working efficiency are enormous in him. Hence he is able to learn new subjects and progress academically.

Every cell in his body has the tremendous power to multiply and repair itself when damaged. The brain power as well as the capacity to learn and remember is at its peak. Due to this unique ability youth are able to recover much faster from illness and accidents. Even during brain damage, other parts are able to take up the functioning of the damaged part easily. Similarly, heart and other organs have much more capacity than minimum required for healthy functioning.

In all fields of life, be it a space, race or business, youth is quite capable of taking a lead and can tackle any issue.

Youth is the guide and hope for the future generation. Although they possess all the above mentioned powers yet we see in the present world, their energy is being mostly diverted to destructive purposes. During the events of communal riots, ethnic violence, undesirable strikes in various cities etc. the power of youth is misused.

Without the knowledge of long-term consequences of their actions, most of the youth waste their energy and then repent throughout their lives.

We appeal to the entire multitude of youth to recognise their great potential - physical, mental, intellectual as well as spiritual. These are the powers which can be utilised for their personal development as well as for the betterment of the society.

Today's Youth

The youth of today is at the crossroads. The present day youth is confused and frustrated, without clear objectives of life before him. As Swami Vivekanand has said that every soul is potentially divine, every youth is basically virtuous, positive, creative and no less innovative.

Unfortunately this bright face of the youth is being destroyed by the serpent of the present day trends. The root cause of all of these negativities is that his focus of control has become external.

Instead of fulfilling one's inner needs by positive thinking and enhancing the creativity he has become the puppet of external forces. Environment, relatives, friends, circumstances etc control his state of mind. His mental equilibrium continuously fluctuates because of these external factors which are not in his control.

Instead of experiencing perpetual peace, happiness, bliss, power and so on, he takes refuge in short term, short lived pleasures which are detrimental to one's being. Quite substantial time is spent in watching T.V., Films, Videos etc. Present day films are full of violence, terror, war and sex.

There is also lack of interest in studies and the youth today has absorbed himself in reading novels causing him to daydream and engulf in wishful fantasies.

Addiction to tobacco, alcohol and drugs such as morphine, pethidine, brown sugar, cocaine and so on is a burning problem of present day youth.

This is the present scenario. Due to all these, various senses and desires, have become like wild horses leading to destructive tendencies. As a result, perversion of values take place.

The positive aspects of virtues are turned into vices. For example:

Firstly : Self esteem turns into ego i.e. self centeredness and false pride, depicted in the form of nuclear war head.

Secondly : Contentment is replaced with greed, which results in many crimes like adulteration etc.

Thirdly : Inner strength is overcome by anger, resulting in insane behaviour and exhibiting animal instinct also.

Fourthly : Love is perverted. Love drives into sex lust, resulting in AIDS etc. which hangs like a sword over the heads of youth.

Fifthly : Inner purity turns into attachment which brings about possessiveness and jealousy resulting in sticking to one's position.

As a word of cheer, the original and divine treasures hidden in the youth can once again be brought into action.

Original Qualities of Soul

Qualities that are natural, make one feel comfortable in life.

When you experience Peace, Happiness and Love in your life, then you feel easy and light.

If anger, unhappiness and hatred enter your life then immediately you feel uncomfortable because, these qualities are unnatural to oneself.

Therefore you start to feel heavy and exhausted.

To experience yourself as you really are in your original state you need to be aware of not just body but the conscient being who is making this body perform action. The consciousness (soul) cannot be seen but the thoughts can be experienced in the form of vibrations which produce feelings and then leads to actions.

In this practice of Raja Yoga we create thoughts of our original nature and automatically it changes the way we communicate and perform actions.

Sometimes people have a glimpse of such existence or experience prior to present life which is also known as an out of body experience.

When a ray of light passes through a prism it gets scattered in the form of seven colours. This means that these seven colours are dormant within the ray of light, they become apparent when it passes through the prism. Similarly there our seven qualities dormant within the soul. One experiences these seven qualities during the practice of self realisation.

In the illustration, Rose represents love, Electric spark - the power, Sun - the knowledge, Tree with fruits - the happiness, Dove - the peace, Swan - the purity and the butterfly on the flower represent bliss.

Setting the Goals of Life

To be successful in the present era of jet race and competition, it is essential to set right and clear goal at an early stage in one's life. The one who has set his goal and ponder frequently and deeply over these objectives, is in all likelihood achieve these. It is essential to set much higher goals in one's life, as it is said that

- *“Not failure, but low aim is crime”.* **- J. R. Lowell**
- *You will become as small as your controlling desire or as great as your dominant aspiration”.* **- James Lane Allen**
- *High aim and great objectives brings out great mind.”* **- Tyron Edwards**

In order to attain long term objectives which are set for your life, plan short term strategy, which are stepping stone in fulfilling the ultimate purpose of your life, ie. think and plan what you are going to do precisely within short period of time of one year, one month or one week. Implementing these small steps practically, are very important in order to attain the desired goals.

Generally a person aims at four aspects, namely-

- a) Academic qualifications
- b) Financial gains
- c) Post and position
- d) Popularity in their respective fields

While setting and finalising the goal, following four points are also to be considered, which are equally significant :

1. To see whether these objectives or goals will bring perpetual peace and happiness in my life.
2. Whether these objectives or goals will bring stability and satisfaction in my life.
3. If so, whether these objectives will help me in fulfilling my responsibility towards my family and the society.
4. Whether these objectives or goals help me in all round development of my personality.

What is Spirituality

Spirituality is awareness of one's true identity as a metaphysical entity a 'soul' which is an immortal and eternal being.

It is not a system of worship or rituals but just positive attitudes towards self and others resulting in joy rather than struggle. Spirituality is discovering one's true self and the self worth which are concealed deep down within, by detaching the mind from the physical body and bodily objects.

In short Spirituality means:-

1. To gain insights into the self, God, relationships and life.
2. To understand the laws of life and their applications.
3. To give meaning to life.
4. To change ourself through conscious choice.

The illustration shows to :-

Raise beyond the Consciousness of :-

1. Gender
2. Age
3. Caste or creed
4. Race and colour
5. Post and position.

Being in a spiritual awareness brings fundamental transformation which is a triggering factor in the all round development of youth.

Above all spiritual awareness is the inner journey which transcends human physiology and psychology to bring perpetual peace, bliss and purity to the aspirant.

Values - The Foundation to Success-I

When you study the biographies of most successful as well as great people, you would find that, they had adopted good qualities and high values in their life, since their very young age. Those qualities and values become the foundation and the governing force to fulfill the objectives of their lives and enable them to get inner strength. Unless you work hard to adopt values at young age, it would just remain a dream of becoming a great personality in adulthood.

Here are a few examples of values:-

- a) Columbus in his very young age had a firm determination to have a unique adventure. When he decided to travel by boat to America, everyone discouraged him, telling that his adventure would be foolish and senseless. In spite of this, Columbus was more determined to achieve his objective. It was "firm determination" which brought him success.
- b) Laxmibai, the queen of Jhansi, made history during the British regime, preferred and rose to fame due to her "Courage" which she had developed at young age. She preferred to fight against the mighty rule of British and die at the battle field, rather than surrender to them.
- c) Sir Albert Einstein, renowned scientist of 20th century, worked single mindedly with persistence on any project in hand. The famous theory of relativity was a result of this value of "Concentration".

Four qualities are also shown in the picture :-

- 1. Clarity of thought :-** Just like one can see one's image clearly in still and crystal clear water; he can similarly attain success if his thoughts are pure and clear with positivity, as it helps him to assess any situation accurately with precision and clarity.
- 2. Foresightedness :-** With the help of a telescope, one can see the distant objects clearly. Similarly one who is foresighted will be successful, as he can foresee things and be prepared for them.
- 3. Solidarity :-** The mountain is solid and unshakeable. With the similar quality one can attain success in life.
- 4. Self-confidence :-** To have faith and confidence in one's abilities and skill constantly under all situations. Mr. David Hemery a gold medalist in Olympic games, while sharing his experiences said he won the gold medal in Olympic games in 400 mts. race due to full confidence in himself but when he developed doubt in self he bagged the bronze in subsequent game. "Self confidence really matters much in achieving the success" Mr. David said.
- 5. Tireless efforts :-** Practical example is that of a tiny ant which drags the grain of wheat which is heavier than its own weight to its marked destination.

Values - the Foundation to success - II

A few more values for fulfilling the high aims of life are illustrated.

Let us first discuss few examples :

- (i) Swami Vivekananda carried the basic Vedic culture of India to the corners of the world. He could do this because of the quality of self discipline he had inculcated in him.
- (ii) Nobel laureate Rabindranath Tagore had the exemplary quality of sweetness by which he could attract vast audience towards him.
- (iii) Dr. Annie Besant was a shining example of sincerity and also of simple living with high thinking.

Having known the qualities :

1. **Patience :-** The ferryman remains in patience in likely turbulent conditions which can suddenly occur in the sea. Similarly tackle various problems that may encounter with patience to reach the final destination of life.
2. **Stability (Balance and Equilibrium) :-** A flame is shown which maintain its stability or balance during wind current of storm.
3. **Tolerance :-** An idol is best example that attracts one's attention, it has to tolerate thousands of hammer strokes by the sculptor without a word of protest.

Definition of Raja Yoga

The word yoga comes from the Sanskrit root "yuj" which means link, connection or communion. In that sense, if I remember something or someone, it can be said that I am having yoga with that object or person. The word "raja" means sovereign or king.

Of all the possible things I can remember or think about the most elevated or sovereign would definitely be God. Thus, Raja Yoga refers to the mental link between the human soul and the Supreme Being or God, which generates sovereignty or mastery over the physical senses and over our thoughts, words and actions.

In other words, Raja Yoga meditation is a two-step process :

To join the scattered forces of my thoughts and fix them on my true self. Having stabilised them, it is then possible to make the connection with the Supreme and begin to absorb the unlimited spiritual energy emanating from that One.

As illustrated in the picture :

It is a known fact that when the non-Vibrating Tuning fork is brought nearer to the vibrating tuning fork, the former picks up the vibrations of the latter.

Similarly God the Supreme is compared to a vibrating tuning fork, vibrating with frequencies of peace, love, purity, powers, bliss, mercy and so on. And the human soul is compared to non-vibrating or vibrating unwanted, negative, disturbing frequencies such as worry, fear, inferiority complex, jealousy, hatred, anxiety and so on.

During the process of Raja Yoga meditation, the human soul withdraws himself from these disturbing frequencies, by detaching himself from the body. As soon as he gets resonance with the Almighty, his mind picks up the same vibration with same frequencies of God.

Raja Yoga meditation exercise :

Turn your thoughts within you.....consider yourself a soul.....weightless and light....let the intellect see deeper into the self and emerge the memory of the stillness of the original state.....let the outside world continue on its way, but for a few moments be detached from it....turn within, and enjoy the inner treasures....of calmness, of peace, a very pure experience....the peaceful soul can more easily gather together its store of inner powers...Peace itself is a rare power....just sitting and feeling still, experience the refreshment and restoration of strength to the intellect....the cleansing of the mind.

Basis and Benefits of Raja Yoga

The aim of Raja Yoga meditation is to provide a complete and stable life to an individual and in this study the basis is to:-

- Understand oneself as a soul.
- Have an introduction with Supreme Soul, the God.
- Develop love and faith in Him.
- Experience all attainments from The Supreme Soul.

Once the basis is established then life starts moving in a positive direction. Powerful qualities such as Self respect, Determination, Concentration and Stability keep up the momentum.

When meditation is practised, it enables a person to penetrate deeply and progressively into deeper levels of the mind.

Raja Yoga is not the practice of positive thinking and the relaxation alone. It is a complete life style which promotes the all round personality development of an individual. Raja Yoga is a catalyst which triggers physical, mental and intellectual transformation. It also helps in eradicating the weaknesses and negativity in a soul.

In fact, Meditation gives the aspirant many benefits - some direct and others indirect. Meditation not only enables a person to rise to the highest level of spiritual experience but it helps man to discharge his professional, household and other social duties more efficiently and with equanimity and better judgement.

In other words, it enables one to become a new person - wiser, more loving, more concerned about and more responsible towards the well-being of others. One now acts meaningfully in regard to self and in relation to others.

When a person has feeling of being internally strong then any achievement is possible. Integrity becomes the tool to move forward in life and humility - the anchor to keep the balance. The result is contentment.

The Clarion Call

Today, the situation around the globe spells hope, aspirations, peace, harmony etc. Present day youth finds a gloomy picture around him and indeed is grooping in the dark. Many people have put in efforts to halt further deterioration in values of life. But alas! The response is pathetic as one has not gone deep into the root cause. Secondly, the youth of the globe are not tuned to work in unison. Brahma Kumaris Organisation has emphasised the need that youth of the world should come together to enhance the values in life. More than 75,000 youths who have adopted Raja Yoga as a way of life and as a result of regular practice of Raja Yoga have imbibed good character and total freedom from addictive substances like tobacco, alcohol and psychotropic drugs. Spiritually charged non-violent soldiers with divine qualities are engaged in striking at the root of destructive forces and vicious tendencies which have taken shelter within oneself.

It is very small effort in comparison to gigantic efforts needed to change the global scenario.

The Supreme Father of all the souls who is the guiding force behind the Youth Wing of Raja Yoga Education and Research Foundation is giving clarion call to the youth across the globe :

"My Dearest Children, awake from the slumber of ignorance. Recognise your true identity of being a pure and powerful soul.

1. You are the one with the enormous power to serve the whole world.
2. You are the one who can become the torch bearer to uplift the down trodden.
3. You are the one who can revolutionise the present world into a better world.

I invite you to come together, to work together in unity, and remove the ignorance with the torch of knowledge, spread the fragrance of noble virtues and become a peace messenger".

While the whole world is watching the youth and when the youth is the hope of mankind, it is imperative that the youth will respond to the call of the Supreme.

To bring these guidelines into reality :

1. One need to fully understand the highest spiritual knowledge given by the Almighty.
2. Thoroughly analyse oneself with several sessions of insight and introspection.
3. Regular practice of Raja Yoga meditation to imbibe the spiritual powers from the Supreme.
4. Eradicate the weaknesses and negative tendencies of the soul.
5. Inspire family members, friends and fellow human beings to bring similar transformation in their life.
6. Remain persistent in the all round spiritual efforts.

Message

*Chief Administrative Head
Dadi Prakash Mani*

In this mad race of man, machine and materialism, we come across innumerable experts and professionals; but real man is, lost somewhere in information explosion of imperial sciences, technology, management, law etc. He lacks spiritual breath, background, aspiration and inculcation and development of virtues and values without which successful, happy and peaceful life is next to impossible.

It is not possible to kill two birds with a single stone? Youth is the decisive stage of life, a very crucial stage, a stage of realising many hidden potential and a source of creativity and construction. To be a perfect ideal man, one should keep balance in the midst of forces - wordly affairs and responsibilities on one hand and personal gain on the other. It is my personal experience that spiritual knowledge and practice of Rajyoga meditation enables a person to reach any height. For progress and perfection, one has to practise and establish happy balance and harmony between the wordly duties and spiritual efforts and attainment.

Rajyoga meditation is the science with scientific, psychological, intellectual and spiritual process which enables to emerge invisible latent powers and capabilities from the inner recesses of heart and mind. It aims at establishing balance in head, heart and hand; and his resources find the form of centrifugal forces which lead to self controlled and disciplined life; and his energy is at his budget - reserve, so that his precious asset of time is not swept away in uncertainty, absence of clarity, brooding and to do or not to do or Hamlet Mind.

It is my sincere and long cherished wish and aspiration that the youth may awaken the new spirit of life and explore their diamond like wonderful potential of mind, speech and intellect and new heights and frontiers of spirit; and apply them in various challenging situations in personal and public life and enjoy the unseen fruits of blessing in disguise from one and all; and restore the credit of changing this globe into a worthy place to live and let others live in.

Om Shanti !

- Dadi Prakashmani

A Brief Introduction of the Youth Wing and Rajyoga Education & Research foundation.

The Rajyoga Education & Research Foundation is a registered institution under the Societies Registration Act XXI of 1860. The main object of the foundation is to re-establish moral and human values in the society, to eradicate ignorance, superstitions and social evils as well as to impart education in spiritual knowledge and Rajyoga in order to build a new society, based on divine virtues and full of peace and happiness. The foundation has many wings or committees for the service of the various segments of society, such as the educationists, Jurists, doctors, women, scientists, engineers, etc. It has also formed a very active and wide spread Youth Wing known as "Youth for a Creativity".

The foundation has been created by the Prajapita Brahma Kumari Ishvariya Vishwa Vidyalaya , which has about 4,500 centres and subcentres in 66 countries. It is affiliated as a Non-Governmental Organisation to the Economic and Social Council of the United Nations as a Consultative Member. It is also affiliated to UNICEF. It was awarded a Peace-Medal, as well as one international & five national Peace Messenger Awards by the United Nations.

Aims and Objects of the Youth Wing

1. To conduct programmes that enhance the abilities of judgement, mental concentration and self confidence so that the youth can work to achieve an ideal through mental concentration and self control.
2. To achieve an integrated and developed personality.
3. To make sincere efforts for achieving a high level of purity of thought, word and deed, voluntary discipline and to lead a life-style, characterised by simplicity, self-reliance and satwic qualities combined with divine virtues.
4. To impart education in Rajyoga Meditation to warrant a tension free life and the experience of deep peace and bliss.
5. To motivate and inspire youngsters to follow moral and human values.
6. To enable them to be free from drugs, alcohol, smoking and violent/destructive tendencies.
7. To strengthen their will power to national integration and communal harmony.

Activities of the Youth Wing

For achieving its goals, the Wing has been conducting many programmes. There follows a selection of general activities:

- * Organising conferences, seminars, get-togethers, etc.
- * Arranging lectures, workshops and creative study groups in schools, colleges & universities.
- * Conducting cultural programmes to create moral awareness in an entertaining manner.
- * Conducting Rajyoga Meditation Camps, Personality Development Camps.
- * Organising counselling camps with doctors for quitting intoxicating drugs, alcohol, smoking, etc.
- * Organising group tours on foot (pad-yatra) or in vehicles to villages, small cities and towns to conduct various types of campaigns.
- * Setting up exhibitions on relevant topics.
- * Organising lecture contests, competitions in essay-writing, poetry, drama, songs etc.

Youth Charter for Peace

Whereas we recognise that our main purpose, interest or ideal is to have our all-round growth and development, which includes physical, intellectual, moral, spiritual and social enrichment and lasting peace and happiness, and

Whereas we understand that emphasis on anyone of these aspects to the exclusion of all the others would be undesirable, yet we recognise that our primary obligation would be not to give up or deviate from moral principles for any other growth and development because the observance of moral principles is conducive to the maintenance of peace and to overall growth and development of ourselves and our society, and

Whereas we consider physical vigour, youth and social organisation as of great value, we recognise that it is the first principle of the youth to use these for creative and not for destructive purposes, and

Whereas we recognise that the acts of destroying school or college property result in obstructing our own growth and development, and whereas we consider the deliberate destruction of national property as the destruction of our own property and as harming the welfare and development of society as a whole and as injuring our own social fabric, and

Whereas we recognise that due love and regard for elderly people is conducive to our own growth and development and that love from them can be had by our own love and regard for them, and

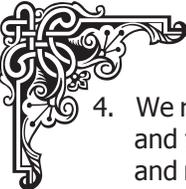
Whereas we realize that youth can play a very useful and constructive role in the task of reestablishment of peace and in the work of moral reconstruction and social transformation by self-transformation, positive thinking, co-operation and active participation;

Now therefore

We, the participants in the Youth Chapter of the Universal Peace conference—1984 declare that

For our own welfare and for the welfare of and peace in society, we adopt the following code of conduct as Universal Peace Charter for the Youth and will adhere to it in letter and in spirit and that we will persuade and encourage others also to adopt and adhere to it:

1. Though we believe and will continue to believe in the dignity of each human individual, and in our own self-respect yet we will always see that our notion of self-respect stands in harmony with the notion of respect for other individuals or groups, and therefore,
 - (a) We will consider humility, tolerance, decorum and peacefulness as a part of this human dignity and self-respect and will, therefore, shun individually and collectively, all forms of speech and action that are indicative of impoliteness, lack of civility, dignity or respect for others, and
 - (b) We will not adopt such methods of campaigning, electioneering, protesting, ragging, etc., as militate against this spirit of being dignified in our treatment of all, and
 - (c) We will not see films or read books or periodicals containing a lot of violence and/or obscenity.
2. We realise the purpose and usefulness of rules and regulations, law and orders, and codes of conduct, and we will not obstruct or cause any hindrance in their enforcement nor will we force or encourage laxity in or violation of them but will rather co-operate by our own observance of them, and
 - (a) If a rule, law, order or code of conduct is unwise, unjust, or not in public interest, or not of sufficient importance, we will study and assess its effects and consequences and present relevant facts and views to the concerned authorities rather than violate it without first persuading the concerned authorities and giving them time and chance to effect its amendment, withdrawal, repeal, annulment or replacement.
3. We will be honest and fair in all our work and dealings including our tests or examinations, and games or sports, and comments, criticism or appreciation we make of someone else's work, views or personality, and
 - (a) The terms 'honest' and 'fair' here will include the sense of our being sincere, active, efficient and diligent in our work and employment, and our sincere devotion to our studies and our scholastic or professional pursuits or any other of our activities whatsoever.

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4. We recognise the importance and benefit of respecting elders including our parents and teachers and therefore, we will not talk of them disparagingly or insultingly but will instead be courteous and respectful to them, and
 - (a) Though we will have the right to disagree with their views and to express our disagreement and to have discussion with them, yet we will not give up politeness, peace and patience in our relations with them, and
 - (b) If we have any real or genuine grievances, disagreement or disinclinations, we will discuss these calmly with them and, if the discussions fail to remedy the situation, we will take appropriate constructive measures such as are not destructive of a peaceful environment, for we consider a peaceful atmosphere as essential to our growth and development.
 - (c) We will not resort to force or violence or destruction of any property of the government or of any person, or any institution, such as a school, college or university, in order to give vent to our dissatisfaction with or disapproval of any idea, act or word of our teachers, faculty members, staff-members or government-functionaries or anyone else, and
 5. We will not judge other youth or anyone else, on the basis of class, costume, caste, sub-caste, nationality, etc. and will not have discriminatory behaviour on this basis nor will we discriminate between one person and another on the basis of his or her being a member, or not being a member, of a group, an organisation, cult, culture, or religion to which we belong.
 6. We consider the system of dowry or any other system akin to it as a great evil of our times and will, therefore, consider one's acts of insistence on, or persuasion for, or promotion of the custom of dowry as inimical to the idea of self-respect and of the dignity of women as individuals and as insult to women as a class.
 7. We will not use intoxicating drugs or drugs altering states of consciousness, except in the case of emergency and as medicine only when a doctor advises these to be taken.
 - (a) We will not take tobacco, alcoholic drinks or marijuana etc.
 8. We will consider war as an evil and will, therefore, not have any military weapons or training except in an emergency and for the mere defence of our country, and
 - (a) We will not take part in research, training or any other activity connected with the nuclear war.
 - (b) We will not use our learning, education, knowledge and accomplishments deliberately for preparing weapons of war or the means and methods of adulteration of edibles, for establishing business or industry which disturbs the ecology or destroys the character or health of others.
 - (c) We will use our knowledge and learning for growth and development and for peace and happiness of society and for the eradication of superstition, blind faith, hatred and enmity and for bringing about better understanding and amity, and
 9. We will not play an active role in politics or be a part of group politics in a college or university campus nor will we indulge in political activities in a way that leads to or is likely to lead to animosity, violence or communal bitterness, etc.

The above, however, does not debar us from discussion of political issues in our class room or campus in a constructive way and for the sake of comparative study as a part of our subject but we will not allow it to lead to personal or group bickerings or to take the form of a law and order problem or a hot controversy which vitiates, or is likely to vitiate, the atmosphere.

10. We believe that sublime humanism, springing from spiritual consciousness is the source and strength of both individual and collective transformation whereby body-consciousness and vices will wither away. Our basic creed and our fighting faith outlined above proceed from the realisation that the material advancement of humankind will take place by the spiritual ascent of man.

We will, therefore, consider moral and spiritual education as an essential part of our education and will make efforts to adopt moral and human values and positive thinking for our peace, progress, growth and development.

(Adopted at Universal Peace Conference - 1984 at Mt. Abu)

Brain	Soul	Responsibility towards family
Blood Circulation	Self-Realisation	Positive Attitudes
Anabolic	Love	Self Awareness
Muscle Power	Power	Detachment
Flexibility	Knowledge	Position
Race	Happiness	Colour
	Purity	Race
	Peace	Caste
	Bliss	Age
Business		Gender
Courageous		
Space	Financial	
Ego	Gains	Firm determination Courage
Anger	Academic	
Sex-lust	Qualification	Concentration
Greed	Popularity	Tireless
Attachment	Post & Position	Efforts
T.V.	Perpetual	Self-confidence
Novels	Peace and Bliss	Solidarity
Drugs	Stability & Satisfaction	Foresightedness
Negativity		Clarity of Thoughts

All-round development

Self-discipline

Peace

Introvertness

Purity

Sincerity

Love

Patience

Power

Stability

Bliss

Tolerance

Mercy

Harmony

Sweetness

Physical

Mental

Spiritual

God -- The Supreme Tuning Fork

All-round Personality

Soul -- The Tuning Fork

Supreme Soul

YOUTH DEVELOPMENT