



## “Bring Change”

People look at Youth as Agents of Change in the society. Youth have the capacity to bring change around and inside them because they embrace change more easily. Many youths are working in the society for a better cause in various fields apart from their study, job or business.

Through this e-newsletter, we have thought to share some of the fields, specific issues which are unattended and need attention. You can look at these issues, form a group at your place and bring necessary change for the better. We also call upon you to share or write by sending to us through email what you or your group implemented for a better change in the society which we will share with others. It can be example for others.

*BK Chandrikaben, National Coordinator, Youth Wing*

## Flexi-attitude: New-age firms bend to keep women staff

In her first year at Cadbury India, *Nikhila Rangaswamy* was expecting a baby. She took maternity leave and benefited also from the flexible working hours the company offered her. Later, when *Rangaswamy's* husband was relocated to another city, Cadbury offered her a unique proposal: 'work from home'. She did so for two years until she returned to Mumbai and rejoined the head office. Hers is a classic example of a bright employee who did not have to leave her job during those crucial stages of a woman's life — thanks to the firms who have introduced such flexi-work policies to make such transitions easier.

You must be the change you wish to see in the world.

— Mahatma Gandhi



Education is the most powerful weapon which you can use to change the world.

— Nelson Mandela



“The happiness within you changes even hopeless situations into hopeful ones.”

### Contemplation:

There is so much power in being happy that even in the most hopeless situations you can keep yourself peaceful and happy. When you are able to maintain this stage you will find that things change for the better too. Your hope will work to change the situation.

### Application:

Think of one situation that you are not happy with. Make sure you accept the situation as it is without expecting it to change. This acceptance will give you the faith that things are happening for the best. With this faith even the most hopeless situation will turn positive.

## Combined with God A Meditation

When the mind is still, silent, detached

Then thought becomes a thread

That stitches itself to God.

To be combined with God brings a consciousness beyond matter, time, even thoughts.

This is enlightenment.

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Abbreviation	Meaning
NEWS	North East West South
CHES	Chariot, Horse, Elephant, Soldiers
AIM	Ambition In Mind
EAT	Energy And Taste

# Exam Time



## Examiner & RESULT

### What Examiners Check in your Paper

**Knowledge, time management, cleanliness, proper presentation through diagrams, pictures and graphs:**

While writing prepare a draft, a small plan on how you are going to answer.

It helps to write the answer of lengthy questions in a proper way. Find out the points you want to cover, the examples or the pictures and diagrams you want to draw, the statistical data and the definition you want to write.

#### **Lengthy paragraphs**

Break the answers into small part so that the examiner does not have to read lengthy paragraphs.

1. Start with a definition and a small explanation.
2. Write bulletin points before expanding them. Underline the important points.
3. Write down the examples, current application that enriches your answer.
4. Draw appropriate picture, diagram, flow chart and graph with proper headings as they can be self-explanatory.

Compose a suitable conclusion, in case the examiner does not have time to read all.

Along with these physical preparations, have mental preparation with a clean, calm, focused and stable mind.

- **Conditions apply:** Keep your Invisible friend, the Ocean of Knowledge with you before, during and after the exam to have a wonderful experience and result.

Follow the above steps for a successful paper.

**GOOD LUCK.**

### Points to be taken care of during exam

#### **1. Do not forget to take a wrist watch, matter is small but reason is big:**

Examination is testing **our time management ability**. Therefore, purchase or arrange for a proper wrist watch, do not do the mistake of relying on mobiles for time as they are not allowed in examination hall. It is a small thing but it can destroy your confidence, your concentration and can make you confused as you have to allocate proper time limit while answering each and every answer.

#### **2. Take care of exam accessories (Extra pens, pencils, eraser, sharpener, ruler, exam board, geometric instruments):**

**Little expenses cause big difference.** It helps you to write with proper margin, to make graphs, to draw pictures, flow charts, diagrams and to highlight. A small mistake causes a big difference in marks. Do not disturb your friends and exam invigilator for these small things as it creates bad impression. Exams are testing how well prepared, self-reliant and organized you are. **Without the above exam tools, It is just like a warrior without proper weapons.** Both physical and mental preparations are essential.

#### **3. Do not forget to take a good calculator (If allowed):**

There are exams where they allow a calculator for complicated calculations. So, try the calculator you buy many duplicates are available in the market.

#### **4. Carry your own water with glucose:**

It keeps one fresh and alert. Do not depend on others for water, the facility may or may not be available.



Read , Record and Revise = 100% SUCCESS

#### **Affirmation**

I am confident. I discover my talents and then give them my best efforts, I Wel-come new possibilities. Now I am free from worries.

### **'Facebook, mobiles corrupt adolescents'**

One of the strange recommendations suggested by the Dharmadhikari Committee in its third interim report to the government is to place restrictions on networking, Facebook, mobile phones through which vulgar and indecent conversations and exchange of pictures are made as they are corrupting adolescents.

On Thursday January 17, 2013, a report with 31 recommendations was submitted to a Bombay high court division on the bench of Chief Justice Mohit Shah and Justice Anoop Mohta. The committee, headed by retired HC judge Chandrashekhar Dharmadhikari, was constituted by the government to recommend measures to curb atrocities against women.

**ONE IMPORTANT KEY TO SUCCESS IS SELF-CONFIDENCE.**

**AN IMPORTANT KEY TO SELF-CONFIDENCE IS PREPARATION**



# HOME WORK

AN ECHO FROM LIFE

The home work is (Write it down & think over. This will enhance your own self understanding and increase your ability to deal with situation):

- Think of a personal failure. What was your underlying behavior or attitude at that time?
- Think of a personal achievement. What factors contributed to your success?

## 'Disposal of captured/surrender vehicles/bikes at police station'.

You must have seen that more than 50% of the police station area is occupied by the goods/vehicles seized during various operations. They occupy a lot of space. The employee of the police station also doesn't feel secure with these goods. They need to be disposed. How, when, who is authorized? At what stage they can be disposed? This is the questions that need to be answered, learnt and brought about change. One can take help of retired police officer.



### virtuescope :

Everyday Spin the wheel and enjoy the magic, keeping in mind that quality see how it colours your thoughts your environment, your world

<http://www.bkwsu.org/virtuescope>

## The A-Z of Spiritual Living

### C is for Change

The power of blessings changes the fire of adverse situations into water.

Progress is impossible without change, and those who cannot change their minds cannot change anything.

George Bernard Shaw  
Nobel Prize in Literature (1925)



## EASY CRAZY & LAZY

enjoy  
your  
life

Some of us are taking all the things easily. But the meaning of being easy is to take a little time to reflect on the unexpected situation, to take time before speaking, acting and reacting and not to take hasty decisions. Don't ever take easy, the alarming call of exams, the intuition of breaking relations, the opportunity standing at your door and the improvement of your skills and qualities whenever needed. Never be tagged with the adjectives of 'dumb', 'bored', 'sick', 'inefficient' and so on.

Crazy is one of the most liked and spoken word among youth. It is seen that youths are crazy about job, business, career, food, persons, clothes, vehicles, mobiles and so on. Dr. Seuss says "Being Crazy isn't enough". We need to add hard work, sincerity, perseverance, passion to our craziness. Sometimes people may call it 'madness' but we need to bring our craziness in a more refined form as to use it towards the betterment of the society, the family and not just keep it for the self.

Laziness is hazardous. Not updating yourself, not polishing your ability, not improving your personality as per the need of the time and the surroundings is also laziness. Youth has bubbling energy, zeal & enthusiasm, passion to work & act. Your alertness will be a role model for others. So enjoy your life.



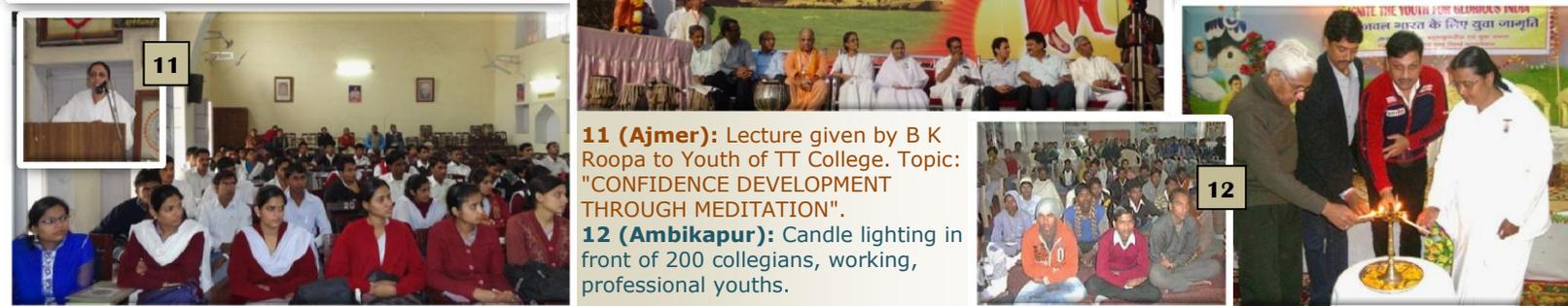
### Change

- It is better to make use of a chance to change rather than to change your chances.
- I will put a full stop' as soon as I see myself complaining and blaming. These two habits destroy my inner power completely, because they show I am still expecting solutions and changes from others.



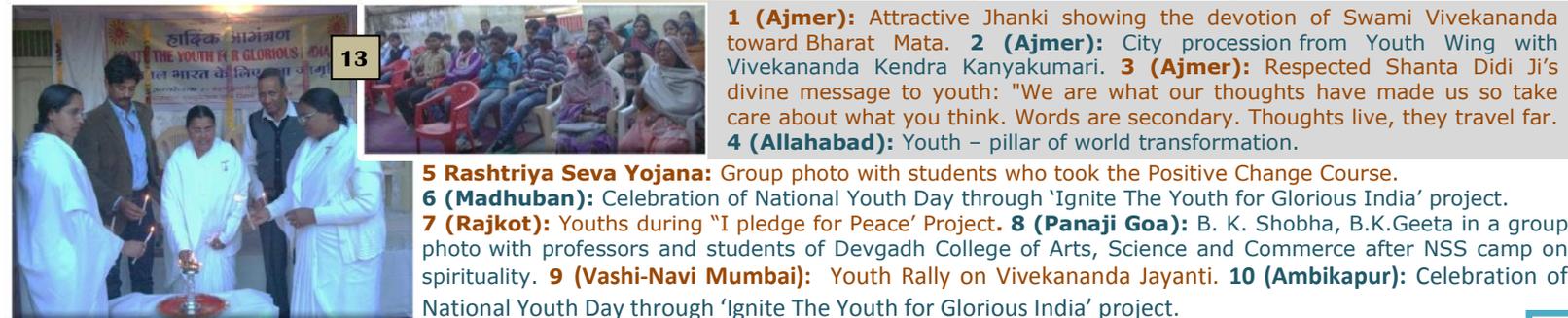
# Youth Services

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.



**11 (Ajmer):** Lecture given by B K Roopa to Youth of TT College. Topic: "CONFIDENCE DEVELOPMENT THROUGH MEDITATION".

**12 (Ambikapur):** Candle lighting in front of 200 collegians, working, professional youths.



**1 (Ajmer):** Attractive Jhanki showing the devotion of Swami Vivekananda toward Bharat Mata. **2 (Ajmer):** City procession from Youth Wing with Vivekananda Kendra Kanyakumari. **3 (Ajmer):** Respected Shanta Didi Ji's divine message to youth: "We are what our thoughts have made us so take care about what you think. Words are secondary. Thoughts live, they travel far." **4 (Allahabad):** Youth – pillar of world transformation.

**5 Rashtriya Seva Yojana:** Group photo with students who took the Positive Change Course. **6 (Madhuban):** Celebration of National Youth Day through 'Ignite The Youth for Glorious India' project. **7 (Rajkot):** Youths during "I pledge for Peace" Project. **8 (Panaji Goa):** B. K. Shobha, B.K.Geeta in a group photo with professors and students of Devgad College of Arts, Science and Commerce after NSS camp on spirituality. **9 (Vashi-Navi Mumbai):** Youth Rally on Vivekananda Jayanti. **10 (Ambikapur):** Celebration of National Youth Day through 'Ignite The Youth for Glorious India' project.

**13. (Surajpur):** Launching of 'Ignite The Youth for Glorious India' project at Aggarwal Dharmshala. 4

Join us...

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For more information about Youth activities, please visit [www.bkyouth.org](http://www.bkyouth.org)

If you would like to comment on anything you read in this newsletter, please write to [newsletter@bkyouth.org](mailto:newsletter@bkyouth.org)

