

Welcome to the Youth Wing Newsletter. As the month of March is a future deciding month for the Youth, in this issue, we have tried to cover exams related points, few suggestions and tips for youths to perform better in their examinations. If you would like to comment on anything regarding this newsletter, please write to: newsletter@bkyouth.org.

"Exams are Stepping stone "

BK Chandrikaben,
National Coordinator
Youth Wing (RERF)



Dear young friends,

I have a deep passion to serve the young generation of India. Through this e-newsletter, we will try to serve all of you in the best possible manner and as per your need. This is the time of exam for most of you.

It is also a trying time for your parents, your teachers as they are also playing an important role in the preparation of these exams.

I have personally experienced that exams are stepping stones towards the onward journey of our lives. Your firm steps towards your goal will make these stones soft, small and achievable. A secret I want to share with you is that, along with your efforts, your determinations, your hard work, do keep the Almighty God as your companion during this period. When one feels confident, fearless and with the "to do attitude", then it brings desirable results. If we don't pass exams, how can we move forward to another class? Similarly, if we don't cross problems, hurdles, how can we shape our life? So, embrace these exams with all your might and divine insight. The Supreme Soul, the Supreme Father, Shiva says "Success is your birthright". "All the powers are lying within you".

Best of Luck!



Overcoming tension and fear during examination

- * Prepare on a probable important questionnaire so that it may become easy. You can select 10 probable questions looking into the past trends and in accordance of the guidance of teacher.
- * Start preparing for your examination before hand, and study every day, for a good student minimum 8 hrs of study a day is essential as each and every minute is important.
- * Complete the questions given in the book after each topic as class assignments along with some more important questions.
- * Prepare a proper daily planning to complete the task and revise thrice before appearing for the final exam.
- * One can take help of the other good students of the class; find out how they are writing the answers.
- * It was noticed that sometimes it is the students that are more tensed than their friends as they thing that they will do well, a kind of feeling of threats from their friends, but a student should focus on its own performance.
- * Do not try to be 100% accurate but try your level best. One should worry or stress, when in spite of the best effort done one has still scored little. Life is a long race and with time and practice, one can be closer to perfection.

[Continued on page 4](#)

Inside ...

Diet for Students
Preparing Exam

"Students appearing for examination should do and should not do certain things"

Tips to increase
Self-Confidence
during the preparation
of examination

What I did during my
exams:

"Experience Sharing"

Diet for Students Preparing Exam



“Students appearing for examination should do and should not do certain things”



SHOULD DO

* **A** student should wake up early in the morning and start to study, because in the early morning hours, one's mind and intellect are fresh.

- * Those students who have the habit of taking tea, they may take some otherwise if possible, it should be avoided.
- * In replacement of tea, one should take milk with sugar because it activates the brain.
- * If one is feeling sleepy in the early morning hours they should brush their teeth that will make one feel fresh and active.
- * In the morning, if you feel hungry, you should take fresh fruits or biscuits.
- * In the morning, you should take at least five almonds (Badam) soaked overnight in water.
- * At breakfast, you should take *Poha, Upma, Idli, Vada, Subji-Roti, and Fruits (Apple, Banana etc),* fruit juices.
- * One should take more glucose and moderate protein diet.
- * One should take proper sleep and not become anxious and tense.
- * One should sleep on time because the pace of learning is faster in the morning compared to late night.
- * As far as possible take your dinner early by 7.30 PM, so that it gets digested properly before you go to sleep.
- * Take sufficient food during breakfast and lunch but beware of not to feeling sleepy after the food and at night eat less.
- * As far as possible do not eat fast food throughout the day and specially before going to sleep, it may lead to digestive disorder and acidity which may disturb the mental concentration.
- * Sometimes during exam, students stop or reduce the intake of food. Food provides energy to the mind and the body, so a balanced diet is very essential.



SHOULD NOT DO

* **O**ne should not study late at night; it decreases the concentration and the memory which leads to health

- * One should not take an oily diet because it makes a person lazy.
- * One should not study immediately after taking lunch. Instead take at least 15 minutes of rest.
- * One should not go for examination hungry because the memory creates difficulty to recall the revision due to lack of energy supply in the brain.
- * At night, one should not take any heavy meals because it will create difficulty to wake-up early in the morning.
- * Try to limit the access of emails, mobile and other social networking sites. If you will limit yourself from the social sites, from your friends for few weeks, it won't mean that your friendship will end, but if you misuse or excessively use these you may have less score in exam due to not having sufficient time to study, and that may end up the whole of your career.

WHEN IN THE EXAMINATION HALL

- * In any exam, write the answer with proper headings and points.
- * Keep your mind free. Do not fill any trivial or unnecessary matters in your mind.
- * With a calm mind, go through the question paper and plan how you will write it.
- * First of all, focus on the questions of your awareness, prioritize them, and answer. Do not get disturbed with the questions you may not know properly.
- * Keep pace with time, amount of questions left; see the requirement of the questions asked.
- * Your presentation matters. Neat handwriting, diagrams, proper headings, answers what is asked will be your handy tools for high scoring.

Self-Confident

I accept myself, feeling capable and confident in all situations.

"Tips to increase Self-Confidence during the preparation of examination"

Facing exam is always a challenging task for most of us. Here are some of the tips:

- * Think of what you have done, prepared and worked for, rather than worrying yourself about what you have not done. Stop being nervous, start preparing with a positive attitude, telling yourself that, 'past is past, I am learning from the mistakes of the past' and look forward with a lot of inspiration and hope.
- * In the past, you may have faced similar types of exams a number of times, there is nothing new about that, so now with a strong feeling of 'success is my birthright, and I am going to perform the best at any cost', just attempt.
- * I am a unique and a precious human being. At this point of time, I am not here to compare my efforts, my work with any other fellow being. I have done my own efforts, I have my own understanding about the subjects, and I know the ways for facing these exams.
- * I have full confidence about my strength, my capacity, and my ability. I can do it.
- * Do not create any doubts about the capacity of your memory and your intelligence, everyone has tremendous strength and intellectual capacity, just the requirement to explore and apply them confidently with concentration is needed.
- * Keep the Almighty Authority God as your invisible friend; it will derive tremendous moral courage, strength and inspiration to do the impossible task possible. Think: 'He is with me, He is supporting me. There should be no doubt, no fear within me. Success is my birthright.



Confidence

It is having faith in something, someone or in own self. It means you trust that you have what it takes to handle whatever happens. It brings the strength to try new things.

When you can apply confidence:

The application

Practice Confidence when you...

- ✦ Learn from your own strengths and weaknesses.
- ✦ Practice until you master something.
- ✦ Aim, willing to try new things.

Affirmation

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

Thought by great personality

You can't connect the dots looking forward you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something: your gut, destiny, life, karma, whatever. Because believing that the dots will connect down the road will give you the confidence to follow your heart, even when it leads you off the well worn path.

Steve Jobs (1955 - 2011),

Stanford Commencement Address, 2005

Opportunity knocks

Mr. Narayana Murthy



Making the best of an opportunity is all about taking a risk. Narayana Murthy was a mere research assistant who dreamt of becoming a politician and opening an orphanage.

He was always broke. In 1981, with just a dream and 10,000 that he borrowed from his wife, he started Infosys with six friends. Today, Infosys is one of the largest IT companies in India.

What I did during my exams (Experience Sharing)



- * I stayed away from the last minute revision; this helped me to evade from confusion and nervousness.
- * I took at least 6 to 8 hours of sleep during the days of examination.
- * Whatever I did, I did it with full concentration. This saved my time for the next revision. I never used to keep anything pending. The right time is now, I must learn it.
- * I compete with myself to excel in preparation and performance.
- * I used to write small, important sentences, words, draw diagrams while reading/learning for my exams. This kept me alert and more reproducible during writing exam paper.
- * I didn't allow little things to disturb my peace of mind.
- * I used to keep a highlighter to emphasize the important portion of the book I was reading so that the attention was drawn.

Cont. from Page 1



Overcoming tension and fear during examination

- * Have patience; do not try to complete everything overnight. Progress slowly, everyday a little and you will feel happy.

- * Do not upset your life, your intake of food and your daily routine; this will disturb your mind, therefore your concentration.
- * Start preparing some easy portion of a subject, and quite often it is much easy to start from a regular question and as one gets involved, the interest awakes for completing more complicated and difficult topics.
- * Do not hide your doubts; clarify them without hesitation as early as possible. Sometimes out of hesitation, ego, fear or negligence, we do not ask a friend or a teacher and then these doubts create tension and they become dangerous afterwards.
- * There is an advantage or a disadvantage in a group study so take care.
- * If you need extra support, if you feel you cannot complete certain portion then take help of tuitions.
- * Go through model test as many as can help, but do not be overconfident about the scores of the model test as sometimes the final questions could be absolutely different.

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.



Mr. Shikhar Dhawan - IPL Cricketer, addressing Youth Program" at Delhi



Participants of the Life Skill Education Camp and Dignitaries on the dias. at Guwahati,



The A-Z of Spiritual Living

A is for Acceptance

Getting on with people is tough, especially when they don't fulfill your expectations! Instead, if you accept people the way they are without expecting them to be something they're not, you end up less disappointed and frustrated.



On Godly service,

B. K. Dadi Janki
*Administrative Head of the
Brahma Kumaris*

BLESSINGS

Our sweet loving youth brothers and sisters, when looking at you it reminds us of India's heroes like Hanuman, Angad, Bhakt Prahlad, Shravan Kumar, Queen of Jhansi, Bhagat Singh, etc... In fact, you too have immense mental and physical capacity. These are my good wishes coming out from my heart that, "May you achieve such spiritual divine realms of powers through which your personality becomes ideal and modest.

According to time, you all are utilizing various resources of science, especially the internet from which one educates itself and learns a lot.

The Youth Wing of the Brahma Kumaris is starting a newsletter to reach up to you to serve you with many inspirational things related to youth age.

We have great pleasure and we are confident that you will get proper guidance through this e-Newsletter which will prove to be very fruitful in the progress of your future life.

GOOD WISHES

To give a new dimension to the services of the youth, the Youth Wing is releasing an e-Newsletter which is an admirable step.

The desire for innovation, the enthusiasm of being initiative, the awareness towards renewed techniques, the ardor for new knowledge and the pleasure to progress towards constant innovation, these are the things creating the hope that a new era, Golden Age is not far anymore.

Nowadays, it seems that BK youths are moving forward in the path of welfare of the self and the world by binding modernity with spirituality simultaneously.

This e-Newsletter will be helpful in uniting the large assembly of youth as one, in bringing forward their veiled creativity and in their all-round development.

The expectations that Baapdada has, the unbreakable faith that the Dadis have, the vision that the divine family has, will definitely be fulfilled by the youths.



On Godly service,

B. K. Dadi Hirday Mohini
*Additional Administrative
Head of the Brahma Kumaris*

BEST WISHES

In every field, the Youth provide special contributions. Your parents, your brothers, your friends, your teachers are often worried for your lives because youths pass through many things. At such a juncture, reckoning them as worthy, they must be given proper direction.

Taking your problems, your necessities and your feelings into consideration, through this e-Newsletter, we are trying to reach up to you to provide you God's powers and divine inspirations.

It is my special request to all the directors of schools, colleges, youth institutes and companies to take full advantage of this service and to cooperate by filling the lives of the youths with happiness and bliss.

We are invoking the youths to learn the art of living through this e-newsletter and then give your feedback. My heartfelt best wishes are, "May your lives become samples and examples for others.



On Godly service,

B. K. Dadi Ratan Mohini
Chairperson - Youth Wing

Join us...



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