

ISSUE  
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# AWGPUK

YOUTH NEWSLETTER

WELCOME

AN INITIATIVE BY AWGPUK YOUTH GROUP

ADVICE FROM  
DR CHINMAY PANDYA

SWADYAYA  
SNIPPETS

NATIONAL  
YOUTH NEWS

# Gurudev & Vandaniya Mataji

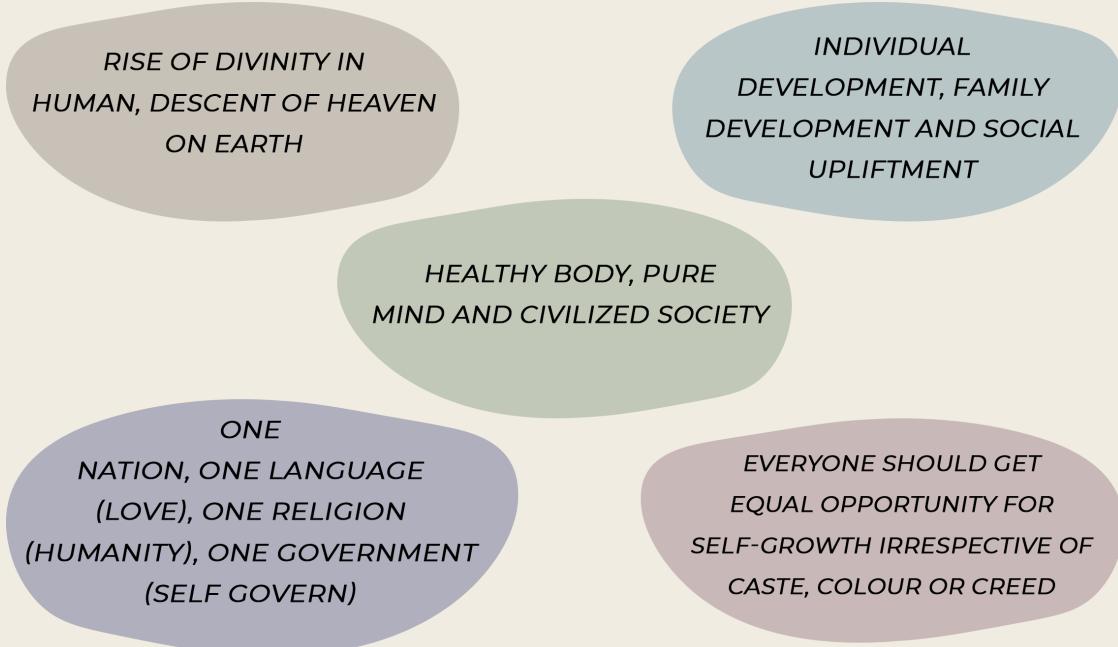


With blessings from Gurudev and Vandaniya Mataji, the Youth of All World Gayatri Pariwar United Kingdom (AWGPUK), warmly welcomes you to our first issue of our quarterly Newsletter.

It's been a long time coming and we are really excited to get the first issue out. We would like to thank Chinmayji for his selfless guidance and we would also like to extend our appreciation to our brothers & sisters across the pond for giving us inspiration from their North America Newsletter.

We hope to provide our readers with updates of Youth activities taking place across the country, and as we grow our team, we hope to include more personally written articles in addition to the priceless treasures of knowledge given to us by our Yugrishi, which we are eternally grateful for.

## Aims & Objectives



# Dr Chinmay Pandya



**Q: You have given many talks and participated in many conferences. What advice would you give to youth and youth leaders and people wishing to prepare talks? How best can we overcome our nerves?**

There are 3 things to keep in mind;

- 1** The first thing is that if we are trying to convey and deliver the message of Pujya Gurudev in the righteous manner we should have an absolute belief in our heart in what we are trying to say.
  
  
  
- 2** The second thing is that we should all read Gurudev's literature as best and as thoroughly as possible so that we can convey the right message to the right audience in the right manner. The language of Akhand Jyoti is so pure, pristine, beautiful and immaculate. When you write it it's so pristine, and when you speak it it's so simple. Gurudev had the kind of versatility that he could speak to someone sitting in the village with equal competence as he talked to a scholar sitting in the university library. To convey the message of Gurudev, versatility is required.
  
  
  
- 3** The third thing is try to speak from your heart. We don't have to give too much importance to speeches, but more importance to what we become.

**"Never say NO, Never say, 'I cannot', for you are INFINITE.  
All the power is WITHIN you. You can do anything"**  
- Swami Vivekananda

# Hassan Al Khalaf

At just 11 years old, Hassan Al-Khalaf travelled 1200km by train from eastern Ukraine to Slovakia by himself to escape the Russia-Ukraine war. All he had was two small bags, his passport and the phone number of his relatives. His mother couldn't leave his grandmother, who is unable to move alone, so he made the enormous journey all by himself.

\*Courtesy of BBC

CHECK  
OUT THIS  
INSPIRING  
STORY



(Slovakia Police via ABC News)

## Akhand Jyoti

This demonstrates that one can survive in any situation with wisdom, confidence and courage. For determined people, nothing is impossible.

(Akhand Jyoti, Mar-April 2019 - Amazing Facts of polar regions)

The learned people say that the road to heaven passes through hell. This is precisely why most people cannot enter the door to their inner consciousness since it involves crossing the barriers that they have created owing to their past actions. This is what is depicted as the river of citta that one needs to cross. Only the courageous, fearless, those of strong resolve and undaunted by difficult sadhanas can proceed on this path.

(Akhand Jyoti, Mar-April 2019 - The secret of overcoming loneliness)

**"If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."**  
- Mahatma Gandhi

# Greta Thunberg

The Swedish environmental activist first became well known when she began missing school to protest outside the Swedish Parliament for action against climate change when she was just 15 years old. Since then, many young people around the world have joined the “Fridays for future” movement. She continues to challenge world leaders in the effort to stop climate change.

\*Courtesy of BBC



(Photo by Christopher Furlong/Getty Images)

## Akhand Jyoti

We are well aware of the terrible consequences of exploiting the Earth. In a book titled ‘The Revenge of Gaia’, Dr. Lovelock argues that the lack of respect humans have had for Gaia (Mother Earth), through the damage done to rainforests and the reduction in planetary biodiversity, is testing Gaia’s capacity to minimize the effects of the addition of greenhouse gases in the atmosphere. This is leading to runaway global warming.

Therefore, we need to behave like responsible children of Mother Earth and stop exploiting it by keeping a restraint on our so-called ‘daily needs’. We should adopt a holistic approach of simple living and high thinking, caring and sharing not only with human beings but also the nature around us.

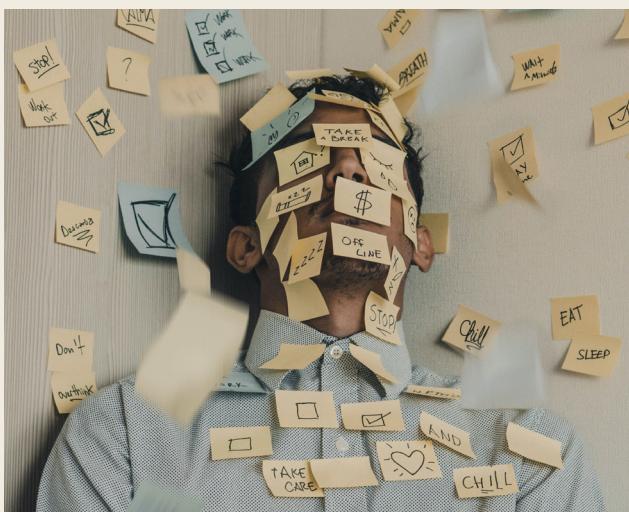
(Akhand Jyoti Mar-April 2018 - Earth is indeed our mother)

**“All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark.”**  
- Swami Vivekananda

# A Noble Art Of Living

## PROBLEM

Stress is the name of the challenges that are being continually thrown at our body and mind by the circumstances and situations. Haphazard life-style, declining culture of cooperation and camaraderie, cut-throat competitiveness and unbridled ambition. All these have combined to aggravate the intensity of stress. Incidentally, stress in it self is not a disease, but if left unmanaged, it becomes the source of all psychosomatic maladies. Continuous and prolonged stress shatters the immune system of the body which, in turn, falls an easy prey to an unending series of diseases of the heart, stomach, respiratory system, skin and what not. And the poor mind? The less said about its plight, the better. It is the mind which is its first victim. Passing through the stages of fear complex, anxiety and depression the condition occasionally deteriorates to the extreme of mental breakdown.



## SOLUTION



Regular practice of prāṇāyāma (yogic breath control), dhyān (meditation) and Gayatri Mantra Jap in daily life fulfill this need. Only a few minutes of prāṇāyāma augments our body's immune system and "keeps the doctor away". Similarly, dhyān is a unique method to achieve physical and mental equipoise. Practitioners of dhyān are already fully cognizant of its benefits; others too, must partake of its gifts. A daily recitation of Gayatri Mahamantra inculcates a vision of life which empowers us to break the stranglehold of stress and make it subservient to our will. Thus, if the potent triad of prāṇāyāma, dhyān and Gayatri Mantra Jap could become an integral part of our daily schedule, stress will be transformed from a bane into a boon.

All Swadhyaya literature can be found at: [vicharkrantibooks.org](http://vicharkrantibooks.org)

# Youth Group Activities

Our session starts with reading the Satsankalpa and reciting the Gayatri mantra. Then we start our activities, which can range from arts and crafts, discussions, cooking and more.

## Leicester

So far this year, the youth have participated in activities about Hindu festivals such as Makar Sankranti, Maha Shivratri and Holi. We have also covered celebrations like World Book Day and International Women's Day. The children have enjoyed getting practical with baking, arts & crafts and many other projects.



## Crawley

Since coronavirus started, we have carried out online classes for the children in Crawley every Sunday morning. We recite many mantras and slokas: Gayatri mantra, Maha-Mrityunjaya mantra, Surya Gayatri mantra, Guru Vandana, Bhagavad Gita Slokas and Shantipath. Our other regular activities include reading Bal Varta (children's stories), yoga (Surya Namaskar) and discussions about our festivals.

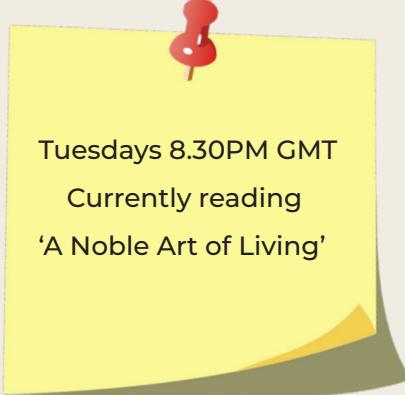
## Coventry

Coventry BSS run a session every Saturday afternoon. We spend 5-10 minutes on different breathing and yoga exercises and encourage the youth to practice them daily to boost their immunity. We have not only covered important Hindu festivals like Vasant Panchmi and Swami Vivekanand Jayanti, but also international festivals such as World Earth Day and International Women's Day.



**"The teachings of the Youth Group are very helpful in their upbringing".**  
- Parent Feedback

# Join Us For Swadhyaya



## Podcast

Our podcast channel 'Pragya Podcast' was launched on Vasant Panchmi; January 2020. The podcasts comprise of recordings of articles from the bi-monthly Akhand Jyoti (English) magazine. Topics covered include Personality Development, Health and Well-being and Science and Spirituality.

72 podcasts have been released since the launch 2 years ago and they are being listened to by people across the world.

Our latest podcasts are:

- **Eight Common Traits of Remarkably Successful People**
- **Basis of Attaining Excellence - Strong Willpower**
- **How to Become an Expert Speaker**
- **How to Make Yourself Dynamic and Effective**



The podcasts are available to listen via the Anchor.fm app or website:  
<https://anchor.fm/pragyapodcast>



AWGP.ORG

We hope you enjoyed reading our first newsletter.

Please share with your friends and family

Feedback and Q&A: If you would like to ask Dr Chinmayji Pandya a question, or give us feedback. Email [youth@awgpuk.org](mailto:youth@awgpuk.org)