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SPORTS WING NEWSLETTER

BRAHMA KUMARIS, MOUNT ABU

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SPECIAL POINTS OF INTEREST:

- Violence related Virtual Game killing Children Innocence
- Disability is not a Barrier to make Olympic Record
- Sachin Tendulkar a Living Example
- Secret of everlasting happy sports career

APPLYING POWER OF MIND AND ADDING VALUE IN SPORTS

VIOLENCE TO REAL WORLD APPLICATION : SAVE CHILDREN FROM VIRTUAL GAMES

A section of society is manufacturing 'rape' and 'abuse' games and are introducing them to teenagers and youths, who are lapping up these games. It may come as surprise to many, but such games where women are maimed, beaten, sexually assaulted and violently raped and murdered are fast selling in the gaming market. They are highly illustrated and detailed gruesome description Still dealers are selling these for their routine customers.

Such kind of products are sold to selective customers secretly and delivered at home or or handed over to individualist. A very sought- after game deals with the brutal rape of a mother, following the success Most of the customers belong to the teenage .

Now- a- days kids have a lot of money. Parent indulge or pamper them with fat pocket money to compensate for their time . Kids who buys such games are unaware of ethics . The games have long lasting effect on their psyche. They see such games and later they try to indulge in reality. They do not realize that it is completely wrong and inhuman.

Parent tend to go overboard in their affection . Any college going kid today earn pocket money of Rs5000 or more, moreover there is no supervision . Students at tender age misuse their laptops for watching bad movies, cultivate negative habits in their

life. Children should be in-



spired to play some physical game rather virtual game for mental and physical development.



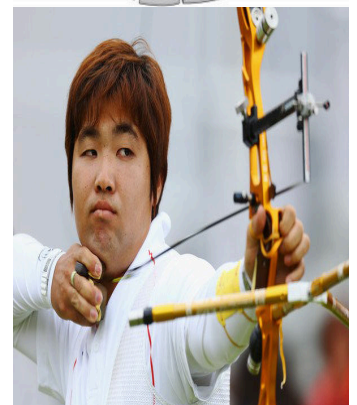
LEGALLY BLIND S KOREAN ARCHER SHOOTS WORLD RECORD AT GAMES:

DISABILITY AND SPORTS

London Summer Olympics:

Dong-Hyun, the South Korean Archer has a vision of 20/200 in his left eye and 20/100 in his right meaning that he is legally blind. Despite having such a faulty vision in a sport where vision is very vital, Dong-Hyun has

always been a master at his art. In the 2004 Athens Olympics, Dong-Hyun won gold in the team event. Later in 2006, at the Asian games, he won golds in both the individual as well as the team events. In 2008, he once again won gold in the team event at Beijing. Determination and patience can do impossible.



SPORTS WING OFFICE DESK:

Each sportsperson of the the moment,, may be world deserves happiness for a few hours or day and peace. Peace is more but that peace is not important than happiness. everlasting, I have to Till I am not at peace, exter- come back to my game nal prosperity and happi- and practice point, ness is having no meaning. friends and family. Means I am dissatisfied Within all the daily prac- within. My effort to get tice, events, responsi- peace from external world is bilities and relationship, absolutely futile, I may go if I can sense, visualize remotest part of the world, and experience silence and I can enjoy peace for that will be everlasting.

And time to time that silence can be strengthened through silence, peace and con- centration.

This Newsletter is an initiative to bring Cheer and Happiness among Sports Personalities

Before a *Dream* is realized, the Soul of the World tests everything that was learned along the way.

SPORTS WING CHAIRPERSON AND CO-ORDINATORS



B. K. Basavraj, Hubli, **Chairperson**



B. K. Shashi, Mount Abu **National Co-ordinator**



B. K. Kuldeep, Hyderabad **National Co-ordinator**



B. K. Jagbir, Mount Abu **Madhuban Co-ordinator**

FAMOUS QUOTES ON SPORTS

Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision., Muhammad Ali
American Boxer and three times World Heavyweight Champion.

My thoughts before a big race are usually pretty simple. I tell myself: Get out of the blocks, run your race, stay relaxed. If you run your race, you'll win....Channel your energy. Focus., Carl Lewis
American athlete and winner 9 Olympic gold medals.

The more I practice, the luckier I get.
Gary Player
South African golfer, generally regarded as one of the greatest players.



SACHIN TENDULKER: LIVING EXAMPLE

Sachin has deep respect and faith in God, after completion of 100th century he returned from Dhaka to offer his devotion and respect to

Ashtavinayak. He pleaded “God, why did it take so long”?

He also revealed that he pays a deaf year to people expressing themselves in the media and all kind of negativity.

We can understand the greatness, humility and devotion of a player. If you want to be efficient and suc-

cessful in your life , be sincere and stick to your principle and be careless to criticism of the crowd.

Points to learn:

1-Believe on self and shows deaf year to people remarks.

2-God Believing



A living Book to read and learn

STRATEGY: EVERLASTING HAPPY CAREER

Success in sports depends upon three factors physical strength, tolerance and will power. It is not easy to be a successful sport person or an athlete. One in million , a few blessed soul use to be successful sport personality. Invariably I have seen great sports person use to have great heart and a clean mind. Sports person needs blessing, in addition to physi-

cal strength and talent to be successful,. Blessing removes the obstacles in one's life.

Sports person with talent may die away with time , but sports person with discipline and egoless life can rise within turbulent and problems. The most dangerous competitors and enemies of a sport

person are his ego and complacency. If a sports person feels I know everything, then sports career wither with time. Sportsman needs patience, practice and discipline life . Sports gives physical fitness, success , reputation and freedom , but it needs one's constant attention and dedication.



One should have control over aggression and anger should be calm, peaceful and stable to be a successful sports person. Anger and aggression invites enmity with referee, coach and players . Cool, calm and stability makes one successful.

Saina 's STATEMENT “I do not have talent it is just my hard work”

A player is never perfect. You need to keep improving. As per her before Olympics she was suffering from viral fever for six seven days. She was wondering she could play the game at all..

and she said God has been kind , he gave Bronze medal. ***As per her she takes time to relaxe her mind and to be calm at court. She states she is mentally strong since childhood.*** Her moth-

er shown the videos of champion at age of eight and nine .She made her to think like champion.



Be Pure Be Sure

FOR ANY QUERIES
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Sports Wing

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Avoid :

Critics

Criticism

Conflicts

Complexity

Confrontation

Maintain :

Clean Heart

Confidence

Consistency

Clean Mind



Above: Inauguration of Marathon at Mt Abu by Sister B.K. Shashi and B.K. Jayanti



Above: Sister Triveni, Baner, with Honorable Sports and Youth Minister of Goa Bro. Ramesh Tawadker Inaugurating Meditation Center at Chhatrapati Krida Sankul, Balewadi Pune

