



**From Editor's Desk:**

The youth have demonstrated courage, perseverance, tirelessness and service to humanity during 94 "Shantidoot Youth Cycle Yatra" organized during the months of September and October 2013 by the Youth Wing. There has been an overwhelming response and the society was served as per its Aim and Object.

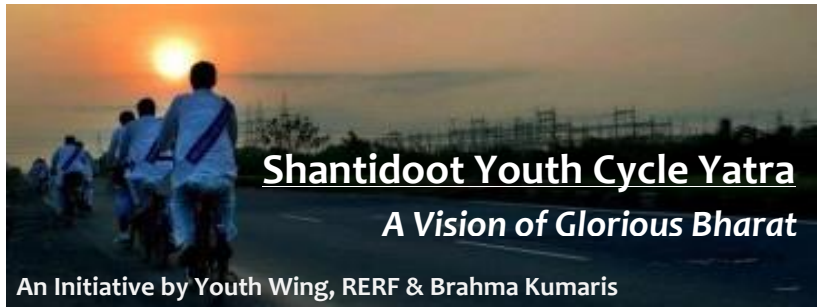
There were instances where people came forward in front of these Cycle Yatris with their negative habits, addictions and pledged to quit them. After hearing the news from all around the country, I felt and understood that the Youth of our Nation has immense potential, keenness to learn, ready to work hard and has clarity of what they want to do.

BK Chandrikaben.

Editor, Youth wing Newsletter, National Coordinator, Youth Wing-RERF



I congratulate those who participated in the "Shantidoot Youth Cycle Yatra" as "YATRI", as they have served through their talents, acts, deeds, specialties, time & money. At this point of time, I always get reminded of SOLDIERS, who never rest, battle over and move to conquer enemies. Each of us should always try and make effort to make our country – a Golden Sparrow.



Life is like riding a bicycle. To keep your balance you must keep moving.

~ Albert Einstein,

I thought of that while riding my bicycle.

~ Albert Einstein, In reference to the Theory of Relativity

The youth, today has all ingredients to be successful – hardworking ability, dedication, commitment. They are talented, wise and keen to do something not only for themselves but also for others. Our society is full of such sensible, dutiful & energetic youth. India has the largest youth population in the world today. The entire world is looking at Indian youth as source of talent.

Ancient Indian Culture has always been an inspirational lighthouse for value-based lifestyle. We have been developing fast in the various fields all around. But the missing dimension is attention towards shaping strong, emotionally balanced personalities to face the present day challenges successfully. Spirituality is the best tool for re-emerging the dormant powers and divinity within our true self.

Experiencing the miracles of these spiritual powers, a group of young dynamic youths have come forward to persuade other youths towards a vision of Glorious Bharat. They have decided to spread in all directions of our country to share their experiences and motivate youths towards value-based lifestyle.

[Read more](#)

[Route Details](#)



Cycling is a sport of the open road and spectators are lining that road.

# Experiences

## *Shantidoot Youth Cycle Yatra*

**Experience of BK Jigar Patel (Corporate Marketing Head, Sukhdham Properties, Ahmedabad)**  
**Cycle Yatra from Diu to Ahmedabad**

My name is B.K. Jigar and presently, I am working as a Corporate Marketing Head in a real estate company, based in Ahmedabad. For the first time, I had the fortune to surprise myself by joining an extraordinary 'Shantidoot Youth Cycle Yatra' organized by the Youth Wing from 18<sup>th</sup> September to 5<sup>th</sup> October 2013 route being Diu to Ahmedabad.



**“Which brought me Peace, Calmness, Confidence”**



20 graceful cyclists from different cities and states formed a strong collective energy of Peace, Purity and Togetherness, while riding in the remembrance of the Supreme from one village to the other, one district to the other and one city to the other. It touched me deeply when I saw eyes full of curiosity, hands doing hardship, faces full of innocence and hearts showering their unconditional love and care.

I also felt compassion when I saw how they were lost in a jungle of fear, hopelessness, immoral habits which has made them aimless and drug/alcohol addicted.

During our *Cycle Yatra*, we spread the awareness through inspiring sessions like 'Youth Upliftment', 'Drug Addiction', 'Yuva Shakti', 'We all are One & belong to One Supreme' to over 15000 youths of 150 places and also made them take an oath that they would never be dependant of any addiction. It really changed their traditional thinking and helped exploring their inner qualities.

This experience is my life's greatest moment which brought me peace, calmness, confidence and a strong urge to do something for my Yuva Brothers & Sisters.



**“A New Vision Of my Spirituality”**



**Experience of B.K. Bhuminarayan (Teacher - Zydus school for excellence, Ahmedabad), Cycle Yatra Porbandar to Ahmedabad**

It is a wonderful and precious moment of my life as it has given me a new vision of my spirituality. I had the opportunity to observe, to understand and to plan on how to empower the people of all age groups through spirituality. We could sleep daily only for 3 to 4 hrs and still we were able to work efficiently both physically and mentally for 13 consecutive days. It would not have been possible without the help of God.



**Experience by B.K. Abhishek (Lab incharge, Aromatrix Flora Pvt Ltd, Delhi) : Cycle Yatra from Delhi-Lodhi Road.**

I convinced my mind to join the "Shantidoot Youth Cycle Yatra" so that whenever history will speak of the glorious yatra I will stand- out proudly and say "I was part of it". It is well said that success is 1% inspiration and 100% perspiration. Today, whenever I recall the days spent in preparation of the yatra, sweet, extremely busy days and of course some nights immediately flashes in front of me. On the inauguration day at Tyagraj Stadium (Delhi) I looked up towards the sky

But, this was just the beginning. The days that followed were rich with overwhelming and new experience for all the yatra participants. We left home for a fifteen days spiritual expedition. When we were on the streets riding our colorfully decorated cycles with Baba's flag fluttering in front, people gazed astonishingly. Our joy had no limits, we felt as if we were an army all dressed in white and out to conquer the world. Our journey was so special, we did not conquer the world but certainly we conquered the hearts of so many people, who blessed us for this noble work. We went to schools, colleges, hospitals, police stations, old age homes, military camps, market places spreading the message of De-addiction, tension-free life, values-based life, national integration, cooperation and youth empowerment. We conveyed our message through speeches, interactive sessions, meditation sessions, value based skits and experience sharing sessions.



**“This was just the Beginning”**



**“The journey of life is like a man riding a bicycle. We know he got on the bicycle and started to move. We know that at some point he will stop and get off. We know that if he stops moving and does not get off he will fall off”.**

**-Sir William Gerald,  
(Nobel Prize in Literature laureate)**

### **Live Inside Hope:**

The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.





# Am I looking at Garbage?

## What type is my eye sight?

I have seen people using their handkerchief when they pass through dirt, garbage or foul smell area. Am I right? People are using room sprays, deodorants, perfumes, body sprays, etc. to make themselves comfortable within a room, in a group, at a party or anywhere else. Is it so? YES.

People say: 'Wow! Excellent! Gorgeous!' While looking at buckeyes, flowers, good master pieces, gifts, buildings, on hearing good news and at any other such occasions.

Now, go within. Am I looking at garbage? Meaning: Am I looking at the limitations, the short comings, at the undesired behaviours of others? Am I procrastinating things, going in the past and digging the unwanted? Am I the one who approach different people in order to collect their garbage and store them in my mind? Am I a warehouse of garbage or a dust bin where anyone can unload their garbage? No, not at all.

Let us form some simple and practical habits which are going to act like a disk cleaner or an anti-virus to keep away from dumping of waste:

1. Keep away from gossips; do not allow others to pollute your mind and character.
2. Be assertive; learn to say no to unwanted garbage that may spread diseases within.
3. Give directions to your mind and intellect; see only the positive side of each situation.
4. Show positive energy, approach & attitude in life that attracts only fragrance and repel the unwanted. Don't let anyone dare to approach you with garbage to dump in your head.
5. Be a lighthouse that give directions, you will become a role model for others.



Happy cleaning and Happy dusting.

### NEWS GLIMPSES

- According to McKinsey, the female labour participation rate in India is 35% - one of the lowest in the world. It is not surprising that women in India find it very challenging to rise to the top at the workplace, because of the gender discrimination they face.
- In a first of its kind initiative, Tamil Nadu government introduced GPS facility with 'panic button' system for the safety of passengers in all auto rickshaws plying in Chennai. GPS-enabled electronic digital printer will ensure that passengers have paid the right amount and they also received a receipt.
- According to a researcher from Stockholm's KTH Royal Institute of Technology, a new study has warned that too much time on social media may hit memory: Always online? Take a break. People who spend too much time browsing social media could be harming their memories, even losing important information. Contrary to common wisdom, an idle brain is in fact doing important work – and in the age of constant information overload, it's a good idea to go offline on a regular basis, (Source: Times of India, Ahmedabad 24.09.2013)
- Oil Minister M. Veerappa Moily would travel by public transport every Wednesday as part of the fuel conservation drive to save USD 5 billion in oil import bill. A circular is also being issued for asking officers in the ministry of petroleum and natural gas as well as 14 public sector firms under the ministry like ONGC and IOC to take public transport every Wednesday. (Source: Times of India, Ahmedabad 28.09.2013).



Delhi: Children participating in value based life style drama



Cycle Yatri of Naharlagun to Pasighati Yatra



Cycle Yatri of Karur to Trichy explaining de-addiction program to villagers



# 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.



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1. Ahmedabad: BK Chandrika, National Coordinator – Youth Wing along with Yatra Coordinators, giving media briefing in local channel during finale of Gujarat Zone Yatra

2. Pune: Guest giving green signal to Cycle Yatra – Pune to Solapur route during finale of Gujarat Zone Yatra



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## Shantidoot YOUTH CYCLE YATRA FOR GLORIOUS BHARAT

3. Delhi: Hon'ble Chief Minister of Delhi Smt Sheila Dixit during the national launching of "Shantidoot Youth Cycle Yatra" along with Dadi Ratan Mohini Ji, Chairperson – Youth Wing and others.

4. Porbandar: Cycle Yatra Participants at Kirti Mandir, Birth Place of Mahatma Gandhiji with BK Damyantididi, BK Chandrika, BK Kruti, BK Gita.

5. Delhi: Cycle Yatra zonal representative during national level launching of Shantidoot Youth Cycle Yatra along with BK Chandrika and others.



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Join us...



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For more information about Youth activities, please visit

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