
AWGP NORTH AMERICA YOUTH NEWSLETTER

Harnessing the Power of Time

2023 (January to July)

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Introduction

As Summer comes to a close and the new school year begins, it is time to start refining strong habits to help you succeed. In an era filled with a lot of distractions, understanding the value of our time is an essential skill to stay focused. This edition will focus on the essential of time management by analyzing Gurudev's perspective on how to donate our time, providing practical tips to prioritizing tasks, and learning from Chinmayji's advice.



Excerpts from the Book "Donation of Time- The Supreme Charity"

The book "Donation of Time," written by Pandit Shriram Sharma Acharya, urges the human race to act in a timely manner as we are on the brink of a social revolution. The book emphasizes how time is our most important asset. Below are some quotes that highlight the book themes:

Preface: "Donation of money is only symbolic. It could as well be misused and create adverse reactions for the receiver. Real donation is that which one makes of one's talents, since out of talents only are generated wealth and resources...Donation of time is charity in real sense since time is a natural gift of God available to everyone in equal measure."

Page 26: "The sadhana of great saints of the past become possible only by the difficult process of structuring and properly harnessing their time. All those schemes which these superpersons had planned, programmed and implemented became successful only because of their meticulous utilization of time."

Page 26: "Among the various types of charities, Time is ranked next to money. It is easily available to everyone irrespective of status and opportunities, since proper utilization of time is possible even by persons with below- average intelligence. Guidance for appropriate utilization of time can easily be sought from experienced and wise persons. Time is one such valuable resource which cannot be exploited by others for long... The donation of time must be associated with profound faith in the objective for which it is being used."



Donation of Time

Time is one of the most under appreciated resources that we are bestowed with. According to Indian culture, there are various eras or “yugas” that each have a set of predominant characteristics, and attributes. It’s said that each of these yugas have certain essential duties (“Yug Dharma”) that are paramount during those times, in order to counter the negative forces that are at play. For example, during the “Treta Yug” the *Yug Dharma* was to unite to defeat Ravana. Similarly, during the “Dwapar Yug” it was essential to defeat the demonic forces known as the *Kauravas*.

According to Pujya Gurudev, the *Yug Dharma* during the current time is that of “*Samay Daan*”; to donate your time and talents towards social transformation. As humanity has witnessed, money, power, or political supremacy alone cannot provide sustainable solutions for global harmony. An effective solution can only emerge if we selflessly contribute time for the society. As alluded to in the book mentioned on Page 2, donation of time is a supreme form of charity due to the following:

- **Equality** - time is the only resource that everyone has in equal proportion and without any discrimination
- **Fully our Own** - most forms of donation are built on the foundation of support that we’ve received from others. For example, donating money we earn is to the credit of our leaders at work, our friends and family that supported us during our professional struggles, etc. Donating our knowledge is due to the hard work of our teachers and the pioneers of knowledge that created the content we learned through our textbooks. Therefore the money/knowledge we donate is not entirely ours alone, it’s based on support from countless others. However, time often is a resource that is fully in our control and one that is at our full disposal.
- **Time Value of Money** - if we adopt the lens of an economist we would learn that the value of money changes over time. For example \$100 received today is much more valuable than \$100 received in 5 years. The latter in economics is “discounted” to calculate the “present value”. This indicates that time is the more precious attribute than money and can affect its value too

Three Essential Questions

Enlightened individuals having such dignified objectives in life never lose sight of the following three essential aspects of human existence and endeavor to seek answers to related queries.

Q1

Man, who is an artistic creation of nature, unparalleled in the animal kingdom, has been gifted by God with unique advantages. Why has the creator bestowed on man these exclusive characteristics?

Q2

How can one make the best use of one's resources and status in the existing environment?

Q3

Since death is as much a certainty as birth for man and at any moment of life one is likely to die, how is one going to justify to the creator, the values of life chosen for [your]self?

Those who on self-examination are prepared to answer these questions satisfactorily for one’s own-self, are the person who has truly understood the sanctity of human existence and has made proper utilization of opportunity and activities in life. – *Donation of Time* pg. 14-15



Advice by Dr. Chinmay Pandya

What is a practical tip we can implement in our everyday lives to better manage our daily tasks?



One practical approach for those that are looking for time management is to wake up early. When someone wakes up late they are fighting against the remaining time in the day. Because they have so many things to do and just little time left. If someone is waking up at 7:30 or 8am if they wanted to exercise, go on a walk or meditate, they would not be able to do it because they first would have to go to work or school. And when they come back they have to do homework and other tasks. By that time, it is already 9:30pm or 10pm and that's not the time that anyone would have a comfortable mindset to do meditation. In the other case if you wake up early, then by 7am or 8am you have already finished what you wanted to do with the day and now you cherish the rest of the day.

What should one do to find meaning and purpose in their lives in the current times that we are living in?

There are three things that are important to keep in mind: to recognize the value of time, where the "tides" of the current times are leading to, and the indications of the current times. 1) If you think about it, we rarely recognize the value of time. There is no dimension of our lives where we can do anything without recognizing the implicit value of time. If you go to a doctor with a minor flu it can be cured easily. If you delay it then that same flu may turn into pneumonia require you to be admitted to a hospital. A small tumor can be treated relatively quicker than if left untreated and the cancer cells spread throughout the body. Farmers can only plant certain crops during certain seasons. The key lies in recognizing the value of time and its criticality. 2) After recognizing this value, it's essential know "where the tides of the times are leading". The tides of the current times are flowing to transform the mindsets and thought processes of the masses. Whether one believes this or not, does not change the fact the current era is transitioning to a future that is filled with noble values, civility, positivity, and a brighter future. 3) The third thing to remember are the indications and the "messages" of the current times. What indications is divinity or nature giving to us. We should be re-aligning our lives in accordance with these indications. The current era is demanding for us to refine our lives and lifestyles in accordance with divine principles or the teachings that Pujya Gurudev gave to humanity, so that we can foster a brighter and more sustainable future.



The Essential Elements of Time Management

When approaching a new situation, there are 3 key elements that are essential to mastering successful time management. While competency in all 3 are hard to achieve, conceptualizing how these elements interconnect can allow us to take the first step towards improving our overall workflow.

AWARENESS:

Understanding your time is a limited resource

ARRANGEMENT:

Organizing your goals, plans and tasks into schedules that most effectively use your time

ADAPTATION:

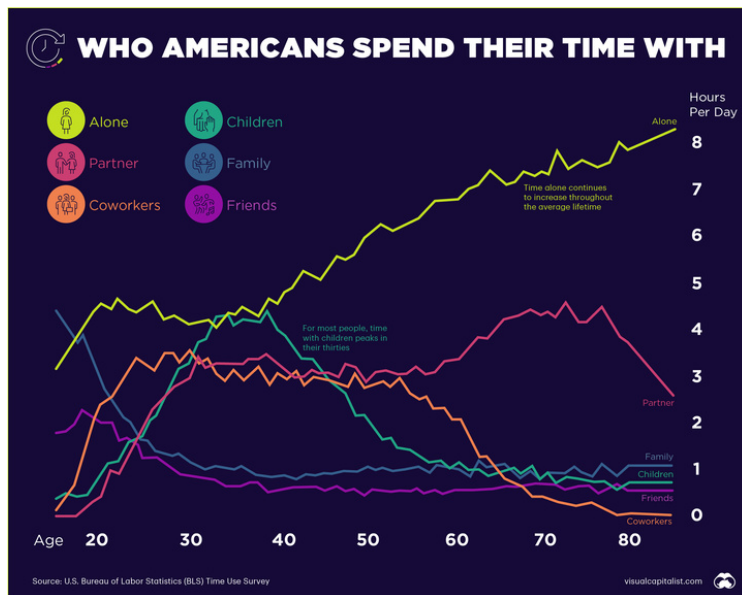
Evaluating and adjusting your schedules to reflect changing priorities and necessities

Read more about time management tips in this Harvard Business Review [post](#).

The Value of Our Time

The concept of time management is not only important in our professional and academic lives, but also in our personal ones. The quality of the company you keep has a large influence on the characteristics and values you develop. As we evolve through life's different seasons, so do our social circles. When thinking about the value of our time, it is also imperative to think about who we choose to spend it with.

The graphic shows that in adolescence, we spend the most time with our families, while as we age we increasingly spend more time alone.



[Article link](#)

This is your life



79 YEARS
28,835 DAYS

The one activity you spend most of your life doing is sleep. But how does it compare to work, socialising and laughing? The average human spends roughly 79 years, or 28,835 days on Earth. Each bead in this jar represents one year.

- IN BED
- WORK
- SCREEN TIME
- EATING
- HOLIDAYS
- ROMANCE
- SOCIALISING
- EXERCISE
- SCHOOL
- THE REST

[Article Link](#)



This graphic breaks down how humans spend their lifetime. Over the course of an average of 80 year lifespan, we spend the largest amount of time sleeping. Between all of the necessities, there are only an average of 9 years of our live we can use to our discretion.



Self Care Corner

Practical Tips

Most people know the importance of time management, however putting it into practice can be difficult. Implementing tangible time management techniques can make it easier to manage your time more effectively.

Eisenhower Prioritization Matrix



Utilizing this matrix can allow you to group your to-dos in different boxes. The upper left quadrant are tasks that are important and time-sensitive and require you to complete this urgently. These should ideally be the highest on your daily list. The upper right quadrant are tasks that are important and should be done but aren't the highest priority and can be scheduled to be done at a later time. Tasks that are not important but urgent should ideally be delegated to another party, as outlined in the lower left quadrant. And lastly, the lower right box are tasks that are neither important or valuable; they only distract you from your mental capacity and should be deleted altogether.

Rapid Planning Method (RPM)

Rapid Planning Method, also known as Result, Purpose and Massive Action plan was initially developed as a way to train your brain to visualize and achieve your goals. It is broken down into 3 different steps:

- 1) **Capture:** Write down your goals for the week
- 2) **Chuck it down:** Group your goals by commonalities, such as school related, work related, personal life related.
- 3) **Plan:** Decide what tangible actions must be taken to achieve these goals. Create 3 columns, the result you want to accomplish, the purpose for completing them and the actions you must take to achieve it.

RAPID PLANNING METHOD



Results-Oriented:

What Do I Really Want?



Purpose-Driven:

Why Does It Matter To Me?



Massive Action Plan:

How Will I Achieve It?

[Article link](#)



Special Highlights & Events

North East Coast Events

This year saw the resurgence of North America wide Gayatri Pariwar, after a long period of upheaval due to the pandemic. The first was a Northeast Coast trip that Resp. Dr. Chinmay Pandya took, which featured a series of events where the youth played pivotal roles in successfully planning, organizing, and conducting.

The schedule and some of the key highlights are reflected below:

- **June 22nd - Toronto:** this was the first day of the trip where Resp. Dr. Chinmay Pandya arrived in Toronto. During the day he visited various Gayatri Pariwar members across Ontario and also had a meeting with H.H. Mahant Swami from BAPS Swaminarayan, as well as an address to all the Gayatri Pariwar members in the evening
- **June 23rd to 24th - Montreal:** one of the core highlights was the 25th anniversary celebrations of the Montreal Ashwamedh Yagya. This featured a Deep Yagya and Kalash Yatra on the 23rd, and a 108 kundiya Gayatri Yagya on the 24th.
- **June 25th to 30th - New Jersey, Chicago, Long Island, Atlantic City, and Pennsylvania:** the remainder of the itinerary included a series of events across the aforesaid cities/states in the Northeast. More specifically, this segment included:
 - 251 Kundiya Gayatri Mahayagya (New Jersey)
 - A Guru Purnima Evening event in Chicago that was hosted by the hosted and hosted VHPA and RSS leaders
 - A BSS evening address hosted by the Long Island Gyan Kendra (GGKLI)
 - A series of house visits for parijans in PA, Atlantic City, New Jersey, and Long Island where the youth took time off from school/work and travelled with Resp. Chinmayji



Youth Certification Program

It was in Montreal that Resp. Dr. Chinmay Pandya provided a new project to the youth, which can prove to be fruitful in engaging and re-engaging young adults within the community. The purpose of this initiative is to develop a professional certification program for the youth of the Mission as well as for those from different communities. The rationale was that it would provide two key benefits:

1) Tangible skills/learnings that can be useful for young adults in their day-to-day life (i.e. financial literacy, learning a new language, etc).

2) It would re-motivate the facilitators that would conduct these learning sessions to volunteer their time more actively.



Special Highlights & Events

AWGP Youth & Family Retreat 2023 - Bay Area

After a long wait of four years due to the pandemic, we finally resumed our annual Youth & Family Retreat! This year's annual Youth & Family Retreat was held at the University of Merced near Bay Area / San Francisco, California, and was graced by the presence of Resp. Dr. Chinmay Pandya and Resp. Mrs. Shefali Pandya, along with the "toli" of saints from Shantikunj. Participants included people from all over the US as well as Canada.

As is everytime, there was a theme to this year's retreat, which was **"Scientific Spirituality and Holistic Wellness: A New Horizon for Health Science"**. The central objective was the realize the advantages posed by blending the best of science and spirituality, and also to realize the wealth of power that not only modern health science, but also the benefits that are posed by blending it with alternative and spiritual health therapies.



California Trip & Events

In addition to the Youth & Family Retreat, there were a series of events that were organized during and after. Some highlights include:

- "Pran Prathistha" of Prakhar Pragya and Srajal Shradda at SONA (Shantikunj of North America) and the Livermore Gayatri Consciousness Centre
- House visits to Bay Area parijan houses
- Evening talk at Bakersfield, CA
- Gayatri Mata "Pran Prathistha" at Om Centre in Hamet, CA
- Q&A session and talk with youth and family members at the Gayatri Consciousness Center in Anaheim, CA



Regional Pariwar Updates

Toronto Pariwar

Events: the youth from Toronto are now the key facilitators of all of our major yagyas. During the period the youth helped conduct the yagyas for the Jan 1 event, Vasant Panchami, Gayatri Jayanti, and Guru Purnima. Not only that, the youth also teach others as well as adults in performing yagya ceremonies. **108 Kundiya Yagya:** this summer, we had a grand 108 kundiya yagya performed by the distinguished saints from Shantikunj. Our youth played a pivotal role in organizing and running the event (from supporting on stage, to emceeing, to escorting guests, etc.)

Social Event: the youth have formed an organized group for communicating and staying connected. They are currently planning for a social event in the fall where they will get together to do an "escape room night" and have dinner.

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Long Island Pariwar

Vasant Panchami: Throughout the Vasant Panchami celebration, kids were able to share their love for their culture and home country through various performances like a skit, songs, Indian dances, presentations on Gurudev's life, and Kabirji's dohas etc. **Annual Day:** We also had our Annual Day Program in June to celebrate the lessons learned throughout the year in various classes at GGKLI. There were more than 20 creative and inspirational items performed by the students.

Special Talk: After concluding the school year at GGKLI, the students, parents and grandparents were invited to meet and be inspired by Adarniya Dr. Chinmay Pandya Ji's life changing inspirational message. In his message, he emphasized the importance of working hard and trying your best in order to let the light of your soul shine through in your daily actions. His stories and ideas touched and inspired all the students fortunate enough to listen to him, and his profound message will stay with them for the rest of their lives. The students also got the chance to meet him in a one-on-one setting and discuss some of their experiences. He was especially happy to know that at GGKLI, 20 high school students are volunteering their time and talents to teach various lifelong skills to the younger students at GGKLI before and after the BSS. He offered his advice to the group and asked questions regarding the individual skills that they were teaching.

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Regional Pariwar Updates

Bay Area Pariwar



Annual Youth Camp: The Bay Area youth had an eventful first half of the year, which was a period that was filled with enthusiasm and excitement. This enthusiasm and excitement was due to the AWGP Annual Youth Camp 2023 that was to be held in July of this year. It was the first annual youth camp after a long period of pause that was caused by the pandemic. Youth from the Bay Area were pivotal in helping plan the curriculum and associated activities for the youth camp. The younger kids practiced diligently and performed at the cultural night during camp. This included dances, plays, and the national anthem of India. The older youth also practiced and performed wonderful devotional songs at the event. **Livermore Centre:** there was also a *pran prathishta* of Prakhara Pragma and Srajal Shradda at the Livermore Centre, where the youth played a key role in organizing/logistics.

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Austin Pariwar

Vasant Panchami: The Vasant Panchami event was celebrated in Feb 2023 and was entirely directed and driven by the students of BSS (9-10 years old). The event started with Saraswati Pujan followed by talent performances, and ended with a Deep Yagya. **Ayurveda Exhibition:** BSS teamworked on setting up an Ayurveda exhibition where students and youth were introduced to the medical aspects of food. Stalls were set up in order of different ailments with live specimens of herbs and home made products available for use. The popular "Pragma Peya" tea was available also as a sample to taste and drink which definitely sparked interest in many local families to make it their regular drink. **Sandhya Vandan Demo:** On the last day of BSS, students performed a live demo of "Sandhya Vandan" in front of their parents followed by a collective offering of water to Sun, thus demonstrating a disciplined prayer routine to be followed in their daily life. **Field Trip & Tree Plantation:** group visited a local Sikh Gurudwara as their field trip. The gurdwara volunteers arranged for a beautiful guided tour for the students and parents allowing them to learn and observe the Sikh Dharma and their prayer practices. While the BSS students and parents enjoyed the Ardas and Langar, the team did a massive tree plantation drive at the Gurudwara planting ornamental, flower, herbal and vegetable saplings.



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Other Updates and Initiatives

- **Calling All Readers:** Please join us on Wednesdays from 9-10 PM EST as we continue reading the book "Sleep, Dreams and Spiritual Reflections". There is no compulsion to have read every week, and participants can join to listen in as well. Please email us for the call link if you are interested in joining.
- **Feedback and Q&A:** Please fill out this [Google form](#) in order to anonymously ask questions to Respected Dr. Chinmay Pandya for the next newsletter, give feedback on Newsletter improvement, or submit pictures/stories or other original work.

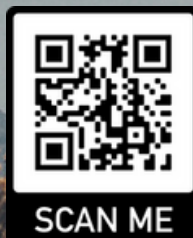
"Time and tide do not wait for anyone. All great persons in the course of history owed their success to timely decisions of action for the right cause.

-Donation of Time, pg. 18

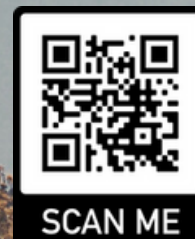
"Time donation becomes fruitful only when it appropriately coordinates time, activity, pledge and dedication. With such a practice of time donation, man is undoubtedly capable of bringing the formidable task of establishing a new world order (Yug Parivartan) to successful completion."

- Donation of Time, pg. 49

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