

HARIDWAR YOUTH CONFERENCE

07 - 10 April, 2022

Gurukul Kangri Vishwavidyalaya, Haridwar

Background

A living based on inner listening and moral code of conduct is what IofC-LMAD propagates. The values of honesty, purity, unselfishness and love constitute the very heart and soul of LMAD. With the aim of proliferating this message to the roots of India, Let's Make A Difference put together a 4-day regional conference from April 7, 2022 to April 10, 2022 at the Aspirational District of Haridwar. The sessions took place at one of the oldest and the most prestigious institutes - Gurukula Kangri Vishwavidyalaya. It carries an esteemed legacy of 120 years, witnessing the presence of eminent personalities like Mahatma Gandhi and Pandit Jawaharlal Nehru. LMAD associated with the department of Pharmaceutical Sciences of Gurukula Kangri Vishwavidyalaya to organize the Haridwar Youth Conference.



T : (02168) 240241/2 | E : IOFC.LMAD@GMAIL.COM | W : WWW.LMAD.IN / WWW.IN.IOFC.ORG

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The LMAD team had volunteers coming from Rishikesh, Haridwar, Nagpur and Dehradun. The fellows addressed 24 departments of the university. The conference received an overwhelming response, as it had the footfall of 281 participants coming from 14 states and 51 cities, who were currently studying at the university. It was an all-boys conference incorporating the age group of 18-40 years.

An event like this can never take place overnight. The wheel started rolling weeks ago. It takes forethought and a keen eye for detail. LMAD has a great fortune of being backed by a highly motivated and dedicated team who do their job with utmost perfection.

DAY 1

With the sunrise of 7th April, the first day of the conference, registrations began, followed by a quick survey, which was aimed at knowing each participant better. The questions in the survey revolved around their experiences during COVID, and how the pandemic period changed them as a person.

With the kindling of the divine lamp, the convenor and the participants embarked on the inaugural ceremony of the Haridwar Youth Conference. The Fellows presented a melodious welcome song, 'Hai Re Mai'. Everyone then lent their ears to Dr. S.K Rajput, (HOD Pharmaceutical department) who applauded LMAD and IOFC for their work towards the society, and encouraged the youth to be devoted citizens towards the nation. Then, Aman Saklani, who had been a part of LMAD, expressed his thoughts and experiences, and his subsequent takeaways from the organization. The ceremony went ahead with Team Introduction and then laid the ground rules for the upcoming 3 days. The participants were segmented into small groups for a group discussion and introductory session with the respective group leaders and fellow participants.

DAY 2

The second day began with a devotional prayer. Then, the participants were keen to set their feet on the most significant aspects of the conference- the Quiet Time and the diary. The convenor elucidated the importance of self reflection and introspection in the form of quiet time. Also the diary was not something to scribble upon, but a reflection of the soul. It is a source of inspiration that one draws from his

past self. After almost 25-30 minutes of soul-searching, it was time for sharing by the participants. It was incredible hearing diverse experiences by different people. Next on the list was the ABC of Moral Re-Armament- the four core principles of Honesty, Purity, Unselfishness and Love. The convenor unfolded the significance of these values and how they form the basis of human existence, by citing examples from his own life.

Further, the convenor made the participants aware about how laziness in our thoughts and actions, social media, netflix and other distractions act as a huge hindrance in our growth by wasting our precious time. This aspect was made more clear by the activity 'Daylight Saving Time'.

One of the participants shared his experience of how he was addicted to an online game called 'BGMI' and played it for a minimum 8 hours a day regularly. His addiction knew no limit, as it could go on till indefinite duration. He deleted it out of his phone in front of the entire gathering, after the Daylight Saving Time session.

DAY 3

On the third day, the participants explored the most important segment of the conference - the Jar Exercise. The convenor wonderfully explained how the jars of our lives accumulate dirt and negativity in the form of sour relations, bad habits, and negative values like selfishness, jealousy and greed. The jar exercise is a way of cleansing our jars by consistently practicing quiet time. The participants once again reflected and put together their thoughts and subsequently came forward for sharing.

Day 3 was special, for it was 'Family Day'. The students were made to realize the value of their families, especially when they live apart from them due to academic reasons. Participants spoke about the bonds they shared with their families and the issues which they faced. They were clearly overwhelmed with emotions as they spoke.

The day ended with group discussions and sharing.

DAY 4

It was the occasion of Ramnavmi on April 10, 2022, which was also the final day of the Haridwar Youth Conference. A holy yajna performed by the HODs of the Sanskrit and Ved Departments, took place to commemorate the auspicious day.



The convenor started off by giving some valuable inputs on ego. He also went on explaining the difference between self respect and ego, and how the latter slowly becomes a reason for the deterioration of an individual's personality. The participants, after a period of self absorption, again came forward to share their thoughts with everyone.



LMAD has always been a strong advocate of environmental conservation and sustainable living. Taking this into account, an NGO named 'Saahas Foundation' was invited. It shared their idea about 'Project Aviral' which focuses primarily on waste management and creating awareness around it. The main objective of this project is to clean the river Ganga.

They also organized a clean up drive for the participants of the conference. The enthusiasm shown by the students was worth noting. The last session was taken up

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by the fellows in which they addressed the current environmental concerns and took a pledge along with the participants about preserving the environment and not wasting the existing resources like water, food, electricity and food.

Next, the participants were asked to write letters to themselves, which would be posted to them after a period of 6 months, so as to refresh their memories of the conference and help them ponder as well as analyze themselves. The letters incorporate the takeaways of the participants from the conference, their experiences and what areas of their personalities they wish to work upon.

All the participants performed exceptionally well in the conference. Those who were a shade better than the rest, were shortlisted and invited for the National Youth Conference in Panchgani.

The conference finally ended with the singing of the National Anthem and distribution of the participation certificates to all the participants.



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ANNEXURE 1

SURVEY DATA

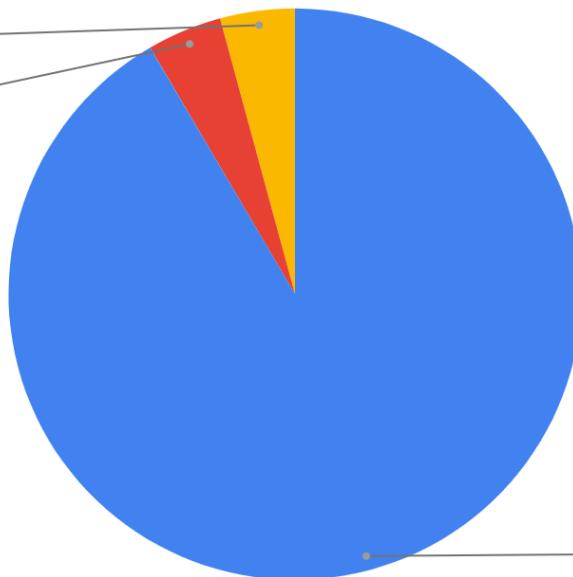
महामारी शुरू होने के बाद, मेरे परिवार के साथ मेरे संबंध कैसे रहे हैं?

उनके साथ समय नहीं बिल्कुल...

4.2%

उनके साथ बार-बार

4.2%



उनके साथ कालिटी टाइम
91.6%

महामारी शुरू होने के बाद निम्नलिखित में से कौन सा सत्य है?

मैं नेटफिलक्स और वेबसी...

7.2%

मैंने एक या अधिक मित्रों से

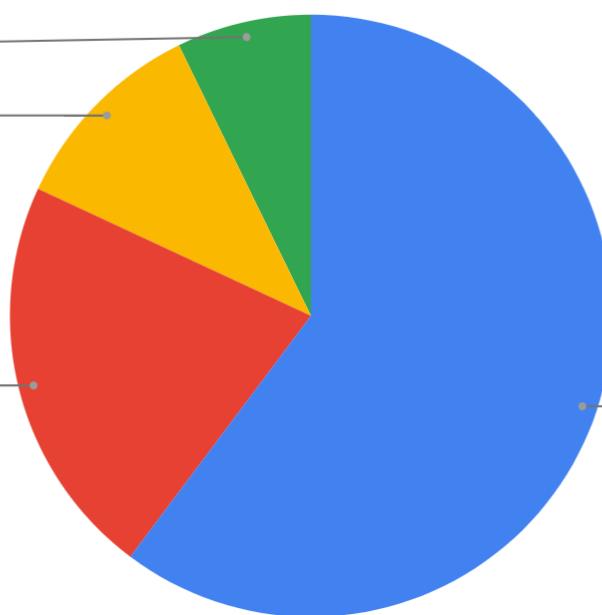
10.8%

मेरा परिवार आर्थिक रूप...

21.7%

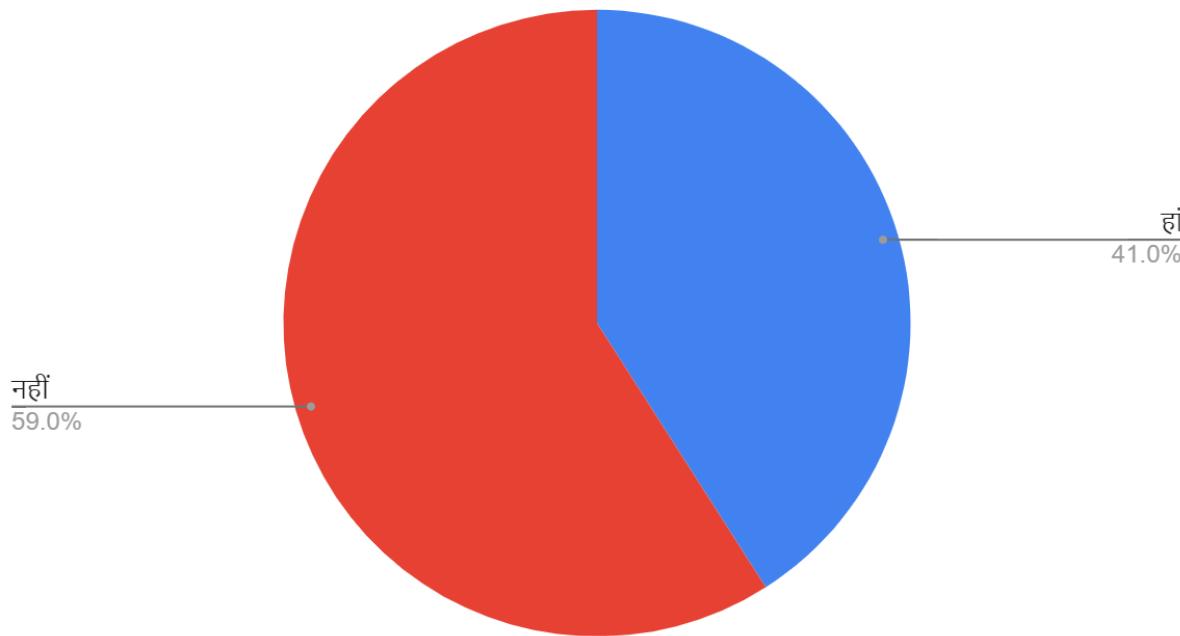
फोन का ज्यादा इस्तेमाल...

60.2%

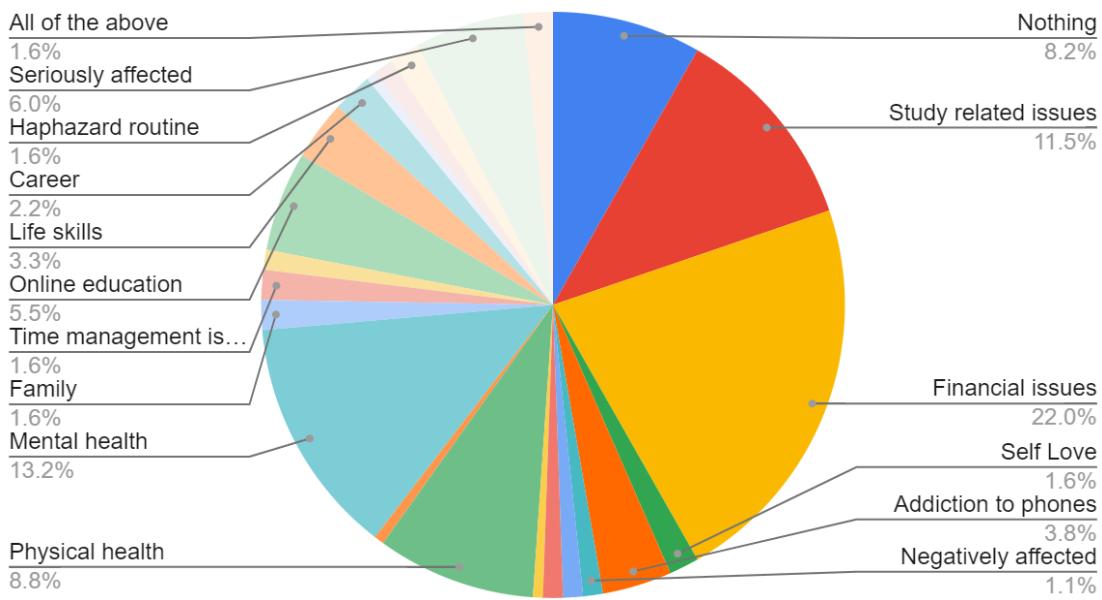




क्या मैं ऑनलाइन कक्षाओं के माध्यम से प्रभावी ढंग से सीखने में सक्षम हूं ?

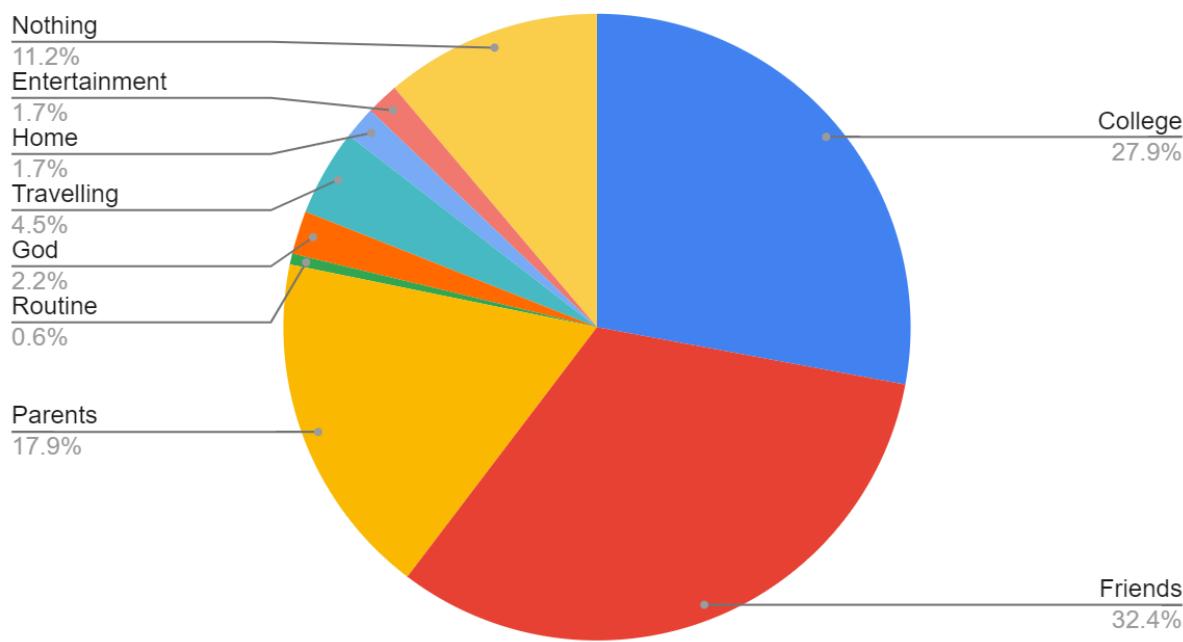


महामारी ने मुझे और किन तरीकों से प्रभावित किया?

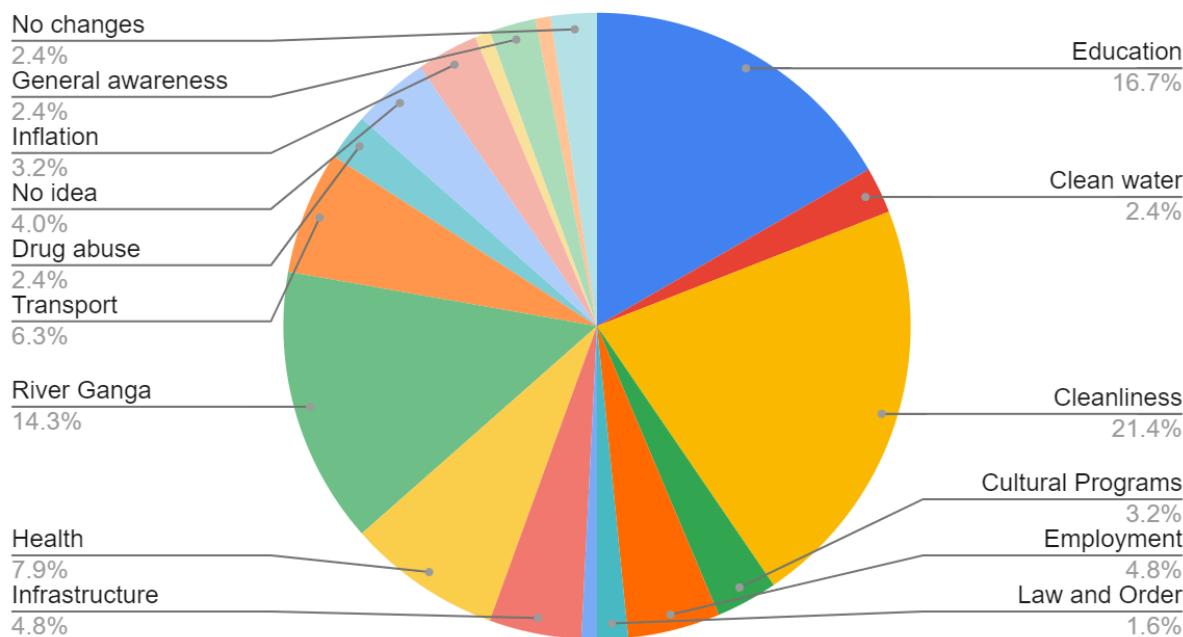




मुझे सबसे ज्यादा किसकी याद आई?



कौन सा एक पहलू है जहां हरिद्वार में सुधार की जरूरत है?



ANNEXURE 2

Sharing by the participants

"परिवार का महत्व क्या होता है, ये मुझे तब पता चला, जब मेरे घर पर संकट के बादल छाये। मैं एक मध्यम-वर्गीय परिवार से हूँ। हमारे घर पर काफी अधिक वित्तीय समस्याएं थीं। दादाजी की तबियत खराब रहती थी, उनकी दवा का खर्चा, और अन्य खर्च संभालना कठिन था। दादाजी का गुजर जाना एक सदमा था। हम मजबूर थे, परन्तु स्वाभिमानी भी। इस कठिनाई के दौर में हम सब ने एक दूसरे को संभाला, और आगे बढ़े। परिवार में नोक - झोक चलती रहती है, पर रिश्तों में स्नेह और सेवा भाव हमेशा बना रहना चाहिए।"

-Roshan Yadav

"कॉनफेरेन्स के पहले दिन जब मुझे अपनी कमजोरियों के बारे में लिखना था, तब सोचा की अगर और वक्त होता, तो शायद ज्यादा लिख पाता। दूसरे दिन अपने परिवार के बारे में लिखने के लिए भी शब्द कम पड़ गए थे। पर तीसरे दिन, मैं ज्यादा लिख नहीं पाया। मैंने चिंतन किया की जितना कुछ मैंने आज तक खोया है, वो सब मैंने अपने अहंकार और आलस की वजह से खोया। अहंकार मेरे अंदर छिपा ज़रूर है, पर शायद पन्नो पर नहीं उत्तर पा रहा है। मुझे थोड़ा और गहराई से सोचने की ज़रूरत है।"

-Utkarsh Tiwari

"मैंने आखिरी बार डायरी एंट्री अपनी 11वीं कक्षा की परीक्षा में लिखी थी। मैं डायरी को अपनी दिनचर्या और अनुसूची लिखने का एक माध्यम ही समझता आया था। कभी नहीं सोचा था की अपनी पहली डायरी में मैं अपनी कमियाँ लिखूँगा। जीवन में एक बार पंचगनी आने की इच्छा रखता हूँ।"

-A fellow participant

"मेरे स्वभाव की एक बड़ी कमी है - दिखावा। मैं सुनने और समझने का दिखावा करता था, पर हकीकत कुछ और थी। अपने दिखावटी स्वभाव के कारण अक्सर झूठ भी बोलता था। मैं अपने अंदर ही खोया रहता था, इस भ्रम में की मैं सबसे बेहतर हूँ। इस कॉनफेरेन्स ने मुझे ये बताया, की हम समझने का दिखावा करते हैं, प्रयास नहीं।"

-Paras Tyagi

“My most important takeaway from this conference was that I came closer to my family, especially my dad, with whom I had troubled relations earlier. We hardly spoke to each other, but now we talk frequently and also have meals together. The warmth in our bonds has been restored and it promises to get better.”

-Katyayan Gauniyal
(A written testimonial)



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