

Jamshedpur Youth Conference

01 - 04 December, 2022
Kerala Public School, Kadma

The Jamshedpur Youth Conference was conducted in Kerala Public School (KPS), Kadma from 1 - 4 December 2022. 299 participants attended the conference which included 13 teachers and 24 volunteers. The conference had participation from KPS group and Motilal Nehru Public School.

December 1 | Inauguration Day

The conference officially commenced at 1:30 pm with a formal program held by the KPS Group of schools. The chief guest for the event was Smt. Nirmala Kumari, the District Education Officer of Jamshedpur. The other dignitaries were the press and faculty members of the KPS chain. Zahra was the MC for the event. The program started with the lighting of the lamp followed by a prayer and an invocation dance performed by the KPS Gamharia students. A melodious choir was also an integral part of the ceremony.

Today's generation is engrossed in mobile phones. Let's Make A Difference gave a powerful message on overuse of technology through a skit. Furthermore, the stage was held by various volunteers who gave a brief about Initiatives of Change, Let's Make A Difference, and the wide array of activities of Let's Make A Difference. Mr Rajiv Agarwal shared the journey of the Jamshedpur Youth Conferences and how they are a significant part of our work.

The stage was then graced by honoraries like Principal Sharmila Mukherjee, DEO Nirmala Kumari, and from the Let's Make A Difference Team – Yash, Sumit, Mr Rajiv Ji, and Sayok.

After a short break and parting of the dignitaries, Shivani briefed the audience about the do's and don'ts of the conference. The ceremony ended with Mrs Shraddha Ji introducing the Let's Make A Difference volunteer team to the participants in her own playful way!

December 2 | Ball Rolling...!

The day began early with all the students seated in the auditorium as the volunteer team commenced with a prayer- 'Ae Malik Tere Bande Hum'. The participants were introduced to the idea of quiet time and the importance it holds. They had to introspect on the four values during the morning quiet time. Here, the Let's Make A Difference diary was given to each individual.

The participants experienced their first quiet time and self-introspection. Surprisingly, quite a few students came up to share.

After the breakfast the fellows sang 'Kaun Hai Zimmedar'. An inspirational video was played for the participants. Further, the course convener took the participants into a deep dive about the four values.

The volunteers also shared their stories regarding the four values.

After lunch the participants proceeded for their group discussion. An activity session on Day Light Saving Time was taken by the 2nd batch of fellows.

The day came to an end with a session on concentration that was held by the course convener where participants were taught how to be present while performing a task. A booklet of concentration was distributed to the participants in which they performed the concentration exercise.

December 3 | Cleansing and Polishing

Humko man ki shakti dena,

Man vijay kare...!

The participants were given a deeper understanding about quiet time. The topic for this introspective session was the demonstration of the Jar Exercise.

After breakfast, the students returned to the auditorium for Bhisham Mansukhani's Power of Vision session. It was a very interactive session where the participants learnt how they can link their skills and talents and choose a career that will not only help them but also the community. Furthermore, a chit was distributed to the participants in which they had to write a positive commitment that they will follow from then onwards and bring a change in their lives.

An activity was then conducted in which the participants had to write down one or many of their own negative qualities. The volunteers set up three steel bins, all lit with fire. The participants, symbolically, burned those qualities of theirs.

Post lunch, the students gathered at their GD spots to share their quiet time thoughts and ideas. The day ended with The Pyramid of Life session. This exercise was aimed at helping the children think and gain clarity on their short-term goals and long-term vision. The volunteer team, also, shared about their own pathways which helped in providing more clarity to the students.

A takeaway chit was distributed to everyone which had a message 'Am I happy the way I am?'

December 4 | Last But Not the Least...!

The morning started with multi-faith prayer by the Let's Make A Difference Team.

A session on anger was taken by the course convener where they had a question based quiet time:

Why do I get angry?
What makes me angry?
What do I do when I get angry?
Have I closely observed myself when I get angry?
Is my behaviour the same each time I get angry?

The session ended with powerful sharing by the participants. It provided the team with a glimpse into the personal challenges of students.

After breakfast, an eye-opening session about families, relations, bonds and ties was conducted. The kind of sharing that came from the participants was insightful into the familial conditions of the children of the city. With this the participants commenced for their respective group discussion spots. After this, the participants returned to the auditorium. They were briefed about the pledge and sustainable living.

The closing ceremony began with lighting of the lamp followed by welcoming of the Chief Guest Mr Achintya Singh who is the deputy general manager of TATA CSR department. The course convener was invited to talk about Let's Make A Difference and its journey of 29 years along with the different activities and programs that take place. The teachers and Let's Make A Difference team were given a vote of thanks. Students from every group shared their experience of the conference. Tanishk Patil and Sayok Sarkar gave a brief on the fellowship program.

The conference concluded with the distribution of certificates to the deserving participants and marked the end of yet another Jamshedpur Youth Conference.

Positive Commitments

- I want to control my overreaction in small things.
- I want to confront my mother, and build a beautiful bond with her. Just like the other people.
- I want to have proper communication with my family.
- I want to be fully honest with my parents and teacher.
- I want to change my behaviour of exploding in anger.
- I will never smoke again.
- I will always respect my parents and elders.
- I will not lie.
- I will never cheat in my exams, I will give my exams honestly.
- I will not fight with anyone.
- I would like to lower my anger at silly things as I usually get angry.

- To be calm
- I would like to change my attitude, control my anger, respect my family and spend time with my family.
- I will love and care for others.
- I will do good things for my parents and friends.
- If I have promised someone to do what I have promised, I will definitely do that.
- Never disrespect my parents and the girl whom I love.
- Always be honest.
- Always be respectful.
- Always be a good person.
- I will not be selfish.
- Always be truthful.
- Do everything which you like to do for yourself and others.
- I will talk with my parents in a good manner.
- Remove anger.
- Concentrate on studies.
- Will always remember the four values.
- I will make my family and nation proud.
- I will do what I want to do which makes everybody happy.
- I will not lie and use slang.
- I will overthink less.
- Whatever I will do in my life from today onwards will be emphasized on ethics and moral values.
- In every aspect of my life, I will think and introspect first and then do things.
- To be a good counselor.
- I want to change my behavior.
- I will not abuse and be an honest person.
- I want to reduce my phone time.
- I will never misbehave with anyone.
- I will try to obey these values.
- To be the best version of myself.
- I have a good mindset and control my tongue.
- To say sorry.
- Do not use your mobile for a long time.
- I will stop procrastinating.
- I will always give more effort to understand people of otherside.
- I will never lose control from myself.
- I will be a helpful person.
- I want to gain knowledge about humanity.

- I want to stop making excuses and focus on my goals rather than wasting time on screen.
- I wish to bring patience to listen to my parents.
- I want to focus, concentrate and keep working on my goals, until and unless I get success in it.
- I will try to sleep less as I sleep 10 hours a day.
- Not to bunk tuition.
- I will use my knowledge to correctly motivate people and help them when they need me, that is the one good thing I can do for others.
- I want to become something great for my parents.
- Manage my daily routines and time.
- Be more empathetic.
- Be polite.
- Be humble.
- I will always follow quiet time.
- I will make my mother proud.
- I will try to socialize with more people and try to get out of my comfort zone and experience.
- I will try to be a good advisor and try to advise more people.
- I want to avoid pornography.
- To get good marks in exams.
- I will try to find good in those situations which are going to be against me, and will wait for the almighty to make a decision.
- I will stop finding negativity in others, as negativity leads to damage to others.
- I will stop doing sins.
- I will accept my mistakes and say sorry.
- Get less angry at everyone including my kids.
- Not to beat anyone.
- To control anger.
- I will love my mom unconditionally.
- I will change my attitude towards elders.
- A positive thinking, seriousness and action towards my goals.
- I will study daily.
- I want to become the first millionaire in my family so that I can fulfill my mother's dream.
- I will never let my joint family of 16 members break.
- I want to remove my ego.
- Do not break the trust of anyone.
- Before thinking about others' expectations and fulfilling them, I want to make myself proud and do what will make me happy?

- Want to stop making excuses and stop delaying things.
- Value the time and love yourself.
- Instagram chalana kam karenge.
- I would take the art of time management.
- I will always take actions that will benefit the whole nation and gradually the whole world.
- Always help my mother.
- I will prioritize my parents and myself over others.
- I want to improve my personality and concentration.
- Be more productive and efficient in my work.
- Meditate daily.
- Not to argue with my mother.
- To stop overthinking.
- To live in the present instead of past and future.
- Believe in myself.
- I will convince my parents and neighbours to do quiet time so we can remember our mistakes.
- I want to become a computer engineer in the future.
- I would like to change my inner self emotions.
- Want to study hard and score good marks in exams.
- From now onwards I will only do things which my morals and ethics will allow me to do.
- To become a successful man in the world.
- I will not expect anything from anyone.
- I would change the way of speaking rudely to my parents.
- Build up next level concentration power.
- To become a respectful person in the social society.
- I will try to plant trees.
- To protect the environment by reducing the usage of plastic.
- I will never fight with my siblings.
- Prioritize myself and my studies more than anything else.
- I will not be selfish to anyone from today.
- To be a good listener.
- Don't keep any expectations from anybody.
- I want to improve my short temper issue.
- I will be focused on my career.
- Not to trust every single person blindly.
- I am now a city level player and want to be a state level player of Jharkhand.

Annexure 1 - Press Reports

सिटी बाइट्स



**नृत्य कर सभी
का मन मोहा**

केपीएस कदमा में चार दिवसीय शिविर का आयोजन किया। इस सम्मेलन का समापन 4 दिसंबर को होगा। कार्यक्रम में सांस्कृतिक कार्यक्रमों की प्रस्तुति दी गयी।

छात्रों में चरित्र निर्माण को लेकर केपीएस में चार दिवसीय सम्मेलन शुरू



जमशेदपुर: परिवर्तन की पहल के तत्वावधान में जमशेदपुर युवा सम्मेलन द्वारा केपीएस कदमा में चार दिवसीय शिविर का आयोजन किया गया। सम्मेलन के अंतर्गत सार्थक युवा भागीदारी एवं विद्यार्थियों में शैक्षणिक स्तर को सीधाने की क्षमता में बढ़ा देने का सार्थक समन्वय प्रयास किया गया। इसके पारंपराग अभियान विद्यार्थियों के चरित्र निर्माण से था, जिसमें ईमानदारी, प्रेम, शुद्धता एवं संसार में स्वाधीनिहीन सेवा वैशिष्ट्य मूल्यों पर आधारित था। युवा सम्मेलन मुख्य रूप से उन छात्रों के लिए है, जो अपनी परिवर्तन परीक्षा में शामिल होंगे। इसका मकसद दुनिया भर में ईमानदारी, प्रेम, पवित्रता एवं निष्ठार्थ सेवा के सार्वभौमिक मूल्यों के साथ छात्रों के चरित्र को आवारा देना है। एक दिसंबर तक चलने वाले इस कार्यक्रम में विभिन्न विद्यालयों से आगे 300 विद्यार्थी शामिल हो रहे हैं। कार्यक्रम का उद्घाटन डॉ ईंड्रियो निर्मल कुमारी ने दीप प्रज्वलित कर किया। इस मौके पर विद्यालय के निदेशक श्री शरत चन्द्रन, शैक्षणिक निदेशक लक्ष्मी शरत, प्रिसिपल श्रीमती शर्मिला मुखर्जी, उन निदेशक शांता वैद्यनाथन, राजीव अग्रवाल, विरल मजूमदार एवं अन्य उपस्थित थे। मौके पर एलएसडी की टीम ने एक नाट्य की प्रस्तुति दी। कार्यक्रम के अंत में शरत चन्द्रन ने धन्यवाद ज्ञापन किया।

Educators must create student friendly environment in class: DEO
Jamshedpur Youth Conference begins at KPS Kadma

Mail News Service

Jamshedpur, Dec 1: Annual Youth Conference- Lets Make A Difference (LMAD) at Kerala Public School, Kadma kicked off on Thursday. 300 young and passionate students are participating in the four-day conference. District Education Officer (DEO) Nirmala Kumari was present as the chief guest during the inaugural ceremony. Resource person for LMAD Youth Conference is Viral Mazumdar. Chief Guest Nirmala Kumari addressed the gathering by stressing on the importance of quiet time and inner peace. She enlightened the educators to create a student friendly environment in the classroom and arouse interest in the minds of the learners.

Later, the spectacular skit performed by the volunteer team of LMAD left the students and teachers spellbound. Sharat Chandran, Director, Kerala Public Schools inspired the lively audience to be mindful and make a difference by channelizing their strength to the direction that would lead them to reach their ultimate goal. The Conference provided the children with an ideal opportunity to rejuvenate their young minds, enhance leadership skills, improve communication skills and develop concentration power. Also present at the

inaugural ceremony were Academic Directors, Kerala Public Schools Lakshmi R, Dr. Rachana Nair, Founder Principal, Shanta Vaidyanathan, Principal KPS Kadma Sharmila Mukherjee and LMAD Coordinator Jamshedpur Rajiv Agarwal. Let's Make a Difference- Jamshedpur Youth Conference is being held under the aegis of Initiative of Change, supported by Kerala Public School. The Conference focuses on making a stronger coordination effort for meaningful youth participation and application learning to improve the students' academic grade. An Annual event that has been going on for the last 15 years aims to help school children harness their restless self through intense introspection, quiet time role-plays and extreme catharsis sessions. Thus enabling children to walk out "rewired" with a firm purpose and vision. (W-mb)



कैपीएस कदमा में चार दिवसीय युवा सम्मेलन शुरू



जमशेदपुर, 1 दिसंबर (रिपोर्टर) : केरला पब्लिक विद्यालय कदमा में चार दिवसीय युवा सम्मेलन का आयोजन किया गया। सम्मेलन के अंतर्गत सार्थक युवा भागीदारी एवं विद्यार्थियों में शैक्षणिक स्तर को सीखने की क्षमता में बढ़ावा देने का सार्थक सम्बन्ध प्रयास किया गया।

युवा सम्मेलन मुख्य रूप से उन छात्रों के लिए है, जो अपनी परिषद परीक्षा में शामिल होंगे, छात्रों के शैक्षणिक स्तर में सुधार करने के लिए एप्लिकेशन की सीख प्रदान करने में विश्वास रखता है। दुनिया भर में ईमानदारी, प्रेम,

पवित्रता और निष्वार्थ सेवा के सार्वभौमिक मूल्यों के साथ छात्रों के चरित्र को आकार देने का गुप्त मक्कसद है। यह वार्षिक कार्यक्रम बहुत उत्साह और जोश के साथ आयोजित किया गया, जिसका उद्देश्य स्कूली बच्चों को आत्मनिरीक्षण, शांतिमय वातावरण, भूमिका और चरम कैथरिसिस सत्रों के माध्यम से अपने व्याकुल स्वभाव को दूर करने में मदद करना है। सम्मेलन में 300 युवाओं ने भाग लिया। मुख्य अतिथि के रूप में निर्मला कुमारी (डिस्ट्रिक्ट एडुकेशन ऑफिसर) ने कार्यक्रम की शोभा बढ़ाई।

इस कार्यक्रम की शुरूआत विद्यालय के निदेशक श्री शरत चन्द्रन, शैक्षणिक निदेशिका लक्ष्मी शरत, प्रिंसिपल शर्मिला मुखर्जी, उप निर्देशिका शांता वैद्यनाथन, राजीव अग्रवाल, विरल मजूमदार एवं अन्य गणमान्य व्यक्तियों ने दोप प्रज्वलित कर किया।

मुख्य अतिथि डीईओ निर्मला कुमारी ने सभा को सम्बोधित करते हुए युवा वर्ग को इस दिशा में प्रेरित किया। स्वैच्छिक कार्य करनेवाले समूह ने एक नाट्य प्रदर्शन किया। पहले दिन के कार्यक्रम का समापन दर्शकों द्वारा उत्साहपूर्वक गाए गए राष्ट्रगान के साथ हुआ।

कैपीएस कदमा में चार दिवसीय युवा सम्मेलन शुरू

जमशेदपुर, 1 दिसंबर (रिपोर्टर) : केरला पब्लिक विद्यालय कदमा में चार दिवसीय युवा सम्मेलन का आयोजन किया गया। सम्मेलन के अंतर्गत सार्थक युवा भागीदारी एवं विद्यार्थियों में शैक्षणिक स्तर को सीखने की क्षमता में बढ़ावा देने का सार्थक सम्बन्ध प्रयास किया गया।

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वातावरण, भूमिका और चरम कैथरिसिस सत्रों के माध्यम से अपने व्याकुल स्वभाव को दूर करने में मदद करना है। सम्मेलन में 300 युवाओं ने भाग लिया। मुख्य अतिथि डीईओ निर्मला कुमारी ने सभा को सम्बोधित करते हुए युवा वर्ग को इस दिशा में प्रेरित किया। स्वैच्छिक कार्य करनेवाले समूह ने एक नाट्य प्रदर्शन किया। पहले दिन के कार्यक्रम का समापन दर्शकों द्वारा उत्साहपूर्वक गाए गए राष्ट्रगान के साथ हुआ।

केपीएस कदमा में युवा सम्मेलन शुरू, 300 विद्यार्थी हुए शामिल



जमशेदपुर | केरला पब्लिक स्कूल (केपीएस) कदमा में गुरुवार को संस्था परिवर्तन की पहल के तत्वावधान में चार दिवसीय युवा सम्मेलन की शुरुआत की गई। सम्मेलन में विभिन्न विद्यालयों से कुल 300 विद्यार्थियों ने भाग लिया। मुख्य अतिथि डीईओ निर्मला कुमारी, विद्यालय के निदेशक शरत चंद्रन, शैक्षणिक निदेशक लक्ष्मी शस्त्र, प्राचार्या शर्मिला मुखर्जी ने सम्मेलन का शुभारंभ किया। इस दौरान कई सांस्कृतिक कार्यक्रम का आयोजन किया गया। सम्मेलन का उद्देश्य युवा भागीदारी और विद्यार्थियों में शैक्षणिक स्तर को सीखने की क्षमता को बढ़ावा देना है।

शिक्षा
ले में
विकास
से
टरी

बीपीएल बच्चों की आरक्षित टीट पर सामान्य श्रेणी के बच्चों का नहीं ले सकेंगे एडमिशन। शहर के प्राइवेट स्कूलों में गरीब एवं आरक्षित वर्ग के बच्चों के लिए आरक्षित सीटें नहीं भरती हैं, हर साल करीब 40 से 50 पांचवां
सीटों पर ही भर पाती है, यही कारण है कि लगातार प्राइवेट स्कूल प्रबंधकों पर यह आरोप लगता रहा है कि बीपीएल बच्चों के लिए आरक्षित
सीटों पर बाद में बैक डोर से सामान्य श्रेणी के बच्चों का एडमिशन ले लिया जाता है, इस बार ऐसा होगा तो कार्रवाई की जायेगी।

फॉर्म की स्कूटनी शुरू हो गयी, हालांकि इस बार प्राइवेट स्कूल प्रबंधकों ने तय उम्र में एक माह की रियायत दी जायेगी, साथ ही स्कूटनी में वैसे बच्चे जिन्होंने पिछले साल एडमिशन के लिए आवेदन दिया था, लेकिन इस बार भी अगर

केपीएस कदमा में चल रहे एमआरए कैंप का समापन मस्तिष्क की एकाग्रता पर हुआ मंथन



कदमा केरला पब्लिक स्कूल में रविवार को जमशेदपुर यूथ कॉन्फ्रेंस को संबोधित करते छात्र एवं उपस्थित अन्य.

जमशेदपुर. केरला पब्लिक स्कूल, कदमा में चल रहे चार दिवसीय एमआरए शिविर का समापन रविवार को हुआ, समारोह में मुख्य अतिथि के रूप में अचिन्त्य सिंह (टाटा मोटर्स के डिप्टी मैनेजर, सीएसआर) उपस्थित थे, कार्यक्रम में केरला पब्लिक स्कूल के निदेशक शरत चंद्रन, शैक्षणिक निदेशिका लक्ष्मी आर, संस्थापक प्रिंसिपल शांथा विद्यानाथन, प्रिंसिपल शर्मिला मुखर्जी, रिसोर्स पर्सन एलएमएडी वेरल मजूमदार, को-ऑर्डिनेटर

राजीव अग्रवाल, अन्य स्कूल के प्रिंसिपल, टीचर व स्टूडेंट मौजूद रहे, सर्वप्रथम शिविर में छात्रों को शांतिमय क्षण के लिए विचार पेश किया गया, ताकि वे अपने मस्तिष्क को बेहतर तरीके से नवीनीकृत करने और समझने का अवसर दे सकें, इन क्षणों में छात्रों ने कुछ प्रभावी अभ्यासों को सीखा जो कि एकाग्रता हासिल करने और अपने मस्तिष्क को भटकने से रोकने में मदद करेगा, युवा शिक्षार्थियों को स्व-पत्र लिखने की अवधारणा से परिचित कराया गया, ताकि वे

भविष्य में खुद को बेहतर संस्करण के लिए तैयार कर सकें, एक समूह चर्चा के साथ इस सम्मेलन की समाप्ति हुई, इसमें छात्रों को उनके जीवन के लक्ष्यों और उद्देश्यों को गहराई से समझाया गया, अंतिम दिन में जमशेदपुर यूथ कॉन्फ्रेंस (जेवाइसी) ने गहरा व्यक्तिगत सत्र प्रदर्शित किया, इसमें वक्ता एवं भागीदारी लेने वालों ने अपने परिवार, रिश्ते एवं संघर्ष वे विषय में वक्तव्य प्रस्तुत किया, दूसरे सत्र में भागीदारियों के रिश्ते की ओर ध्यान केंद्रित किया गया।

An interview with Mr. Sharat Chandran:

A series of questions pertaining to the association of the Kerala Public Schools, Eklavya Model Residential School (EMRS), Tamar and Let's Make A Difference were asked, here is the link to the interview - https://drive.google.com/file/d/1Y-TMa09hEumWOr_zAQJjf3UJgl7spXx/view?usp=share_link

Here is a synopsis:

When asked why KPS needs Let's Make A Difference in educating the students about moral values. He said, just as a father tells his child to behave in a certain way and the same thing the mother reiterates, it seeps down well in the child. Similarly, when the school instructs teachers and students to present in a certain way, and follow things ethically, it is taken as a matter of fact. Let's Make A Difference in the role of a mother, when reiterating the same thing with conviction, intent and examples, things are not just taken as instruction but thought of as true and that is how things are. Students these days are extremely intelligent. The fact that they are restless shows they are intelligent but dumb students will sit idly in one corner. The major challenge we face is not the students; they are aware of the things due to the vast amount of information they are exposed to.

But the challenge is the teachers, with deep pain I would express that teachers today come for a job, they see it as a job, they lack conviction and passion. They come here only to see that the syllabus is complete and go home. The teachers have to be extremely skilled, must have a deeper subject knowledge than the students and also the behaviour of a teacher must be polished. The parents too are a challenge. They have lost the idea of parenting. Handing their children with mobile phones is not the way out. Parents do not respect the teachers. There is an intervention from the government yet everyone expects a lot from teachers. The similarities are in the purpose, the leadership and the platform we give the students to vent their emotions out.

In response to the question about what Let's Make A Difference does differently in comparison to the traditional moral science taught in the school, Mr. Sharat Chandran said that it emotionally involves the students. They undergo catharsis, they make the children apologize for their mistakes done to their parents, families and friends this is what Let's Make A Difference does differently.

He is not interested in the immediate changes, nor does he expect that change happens in all of them. Everyone has their own experience of Let's Make A Difference. He knows that the seed has been sown. The thought has been implanted, like a covid vaccine. It is there and whenever they go astray that inner voice will guide them. However, the students of class 9 to 12 take part in the Let's Make A Difference youth conference. But he is keen about the students of 10th and 12th as they appear for their board examinations. He is convinced that the students attending the conference before their board definitely perform better.