

Let's Make A Difference

Ankleshwar Youth Conference

“Care and Love towards all those who have come, Serve Unconditionally, Be sensitive, absolutely focussed and set highest standard towards excellence”

9th to 12th February 2023

**UPL University of Sustainable Technology -
Ankleshwar**

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Conference Report

Date 09/02/2023 (Day 1)

The Ankleshwar youth conference started on 9th Feb 2023 at 11.30 a.m. with a formal inaugural function. The inauguration was compered by Dr. Shivani Modi. It began with lighting of the lamp. Dr. Shivani Modi then elaborated everyone with the importance and need of the conference and its significance as well.

Dr. Shivani then invited the Principal, Dr. Shrikant Wagh for his address. Principal Wagh, in his speech said that a few professors of the university who had attended the LMAD conference at Panchgani gave very positive and encouraging feedback about LMAD. He also said that there were remarkable changes in the approach of the professors after attending the Conference. This encouraged Principal Dr. Shrikant Wagh to think seriously on having one such conference in the university for students. He asked the students to make a deal with their life and be committed to bring the change in their personality. He further said that students should bring transformation in their life by themselves. To do so, they need to adopt a different approach towards life. He assured that the four day youth conference will definitely bring a change in their outlook towards life and therefore they should wholeheartedly get involved in all the activities of the conference. He extended his heartfelt gratitude towards the convener Mr. Viral Mazumdar and his team for organizing the conference at the University.

Dr. Shivani then invited the professors who had attended the Conference to share their experiences. Professor Lad said that attending the LMAD conference at Panchgani was altogether a different experience. It taught her the importance of values in life. LMAD helped her to get connected with her parents. She also understood that one can live a very peaceful life with minimum use of mobile phones. The learnings of LMAD brought a lot of transformation in her thinking and behavior.

After that, Krunal Shah Sir shared his experience. His learning in LMAD helped him to cut down his screen time. He understood that every change starts with oneself. He became aware of his responsibilities towards his family & colleagues became better as LMAD taught him the values such as unconditional love & unselfishness. He appreciated the concept of quiet time the most as it helped him to be calmer and be with himself. His relations with his family members & colleagues improved because of his changed perspective. It also helped him to cut down his screen time substantially. The LMAD team members then presented an inspirational song,

Chaliye na..... After this, Ashwin Sakhare, one of the volunteers, briefed everyone about IOFC & LMAD.

LMAD i.e. Let's Make A Difference works under the umbrella of IOFC i.e. Initiatives of change which works for bringing constructive changes in the society especially the youths by strengthening the value systems. TWO videos of Asia Plateau which gave detailed information about the place were shown.

Another Volunteer, Prathamesh Kadam, elaborated the purpose of LMAD which is to instill moral values of Purity, Unselfishness, Unconditional love and honesty among the youth. He further gave information about the youth conferences which have been organized across 22 countries & 26 states in India. The footfall for LMAD youth conference has been more than 30,500 till date with 14,053 active participants. The 5 day December workshop and fellowship programme at Delhi has helped him in his journey of self-purification. (DOs & Don'ts)

Shlok Mehta, an active member of the LMAD team, shared his experience of the youth conference. It changed his outlook and helped him to develop his personality.

Then the convener Viral Mazumdar introduced the LMAD team. The inaugural function concluded with the National Anthem which was played in two versions, mute & collective singing.

Badges were distributed to the participants and a group photo was clicked.

The participants were divided into groups which headed for the group discussions.

Date 10/02/2023 (Day 2)

The Second day of the conference started with the prayer song **Ai Malik Tere Bande Hum** sung by Volunteers. Diaries and Pen were also distributed. The Convener took the stage to explain the concept of quiet time. He shared how he was introduced to LMAD & how eventually it became his way of life. The concept of Purity, Honesty, and Unselfishness & Love was explained in depth through a PPT. Analogies of dry flower, sprinkle irrigation & how the soul is dry & arid was explained in a beautiful manner by the Convener. He shared his experience of quiet time & drastic transformation after practicing it.

Then the participants practiced quiet time, which was followed by sharing their experience of quiet time. 2 participants opened their hearts out by confessing and apologizing for their improper behavior with their parents. They also shared their thoughts on purity & honesty.

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The Convener shared his childhood memories and how he learnt moral science lessons from his mother & grandmother. He shared a couple of experiences of his personal life on honesty. He reiterated the contribution of honest society in building a strong nation.

Prathamesh Kadam shared his real life experience on how he followed the value of honesty in his life.

The next session was ABC of MRA. The Convener acquainted the participants with the ABC of MRA. It was a threadbare session which threw light on the concept of Purity, Honesty, Unselfishness & Love. He emphasized the importance of listening good, speaking good, looking good and thinking good. Purity in thought & action is very important. Mind should be pure, free from all kinds of vices.

Unselfishness is also a gem of a virtue. The Convener emphasized the importance of practicing Unselfishness in our daily lives. The main impediment in practicing unselfishness is ego & jealousy.

The Convener started the importance of Love in one's life. But in most cases Love is always transactional. It is a deal or give and take. One needs to learn the art of loving unconditionally. If humanity is alive, then it is pure love. LMAD is honest and consistently makes efforts in instilling these four values in the youth, thus contributing in a little way for nation building. After the session of ABC of MRA, group discussions were arranged.

Post Lunch session was about time management. It was titled "DayLight Saving Time" i.e. DLST. Siddharth Muthiyan, LMAD volunteer, shared his experience of having a very horrible daily routine, excess of screen time. Attending LMAD programmes, workshops, conferences, there was phenomenal change in his nature.

The Convener spoke about Chirag Samtani, an LMAD volunteer who used his screen time for educating himself and making a worthwhile career.

Through the activity of DLST, Viral Sir made the participants realize how light time is important and how it can be put to use to the fullest. Participants were asked to calculate the timing according to their daily routine which eventually made them realize the wastage of time. DLST activity was an eye opener for the students. They understood that they can save a lot of daylight time and utilize it meticulously.

The last session of the day was concentration. Students were given a booklet and asked to concentrate on breathing and calculate the time accordingly. Practicing this concentration exercise will definitely help students to be more focussed and give better results.



Date 11/02/2023 (Day 3)

Day 3 started with the prayer song “ Itni Shakti Hame Dena Data”.

The convener gave the quiet time inputs. He talked about the importance of discipline in one's life. He shared his college life experiences. He told about the importance of good mentors and friends in life. He stressed on beautification of our inner self through the activity of bouquet. The vase of life needs to be cluttered. The Convener demonstrated how one can empty the vase of life which is full of ego and selfishness. He further filled the jar with balls, which symbolize all important things in life. Then he filled it with small marbles which represent small goals in life. And then he filled the remaining space with sand which is supposed to be the small yet concrete efforts which we need to put in everyday life to achieve the small and the big goals. And then pour water in it. Water signifies Purity, Honesty, Unselfishness & Love.

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The Convener demonstrated the activity of continuously pouring pure water into the impure one so as to decrease the impurities. It was the best analogy for purification of one's self. One should consistently pour in good thoughts so that they replace the impure ones.

After these inputs, students had quiet time. Students confessed their wrong doings. The Convener explained the concept of Pyramid of life. He asserted that career is the most important part of the life. One should never compromise on that. Pyramid of life aims at having a good career graph.

Participants were asked to write their good and bad habits. The list of bad habits was long. Participants understood the importance of holistic development. LMAD volunteers Siddhartha and Ashwin spoke on short term goals and long term goals respectively.

At the end of the 3rd day, students were asked to write positive commitments and finally the pledge was distributed.

Date 12/02/2023 (Day 4)

Day 4 started with the prayer song "Aye Malik Tere Bande Hum". The Convener shared his experiences of Bhanpura, Kolkata and other places where he found students getting into the vicious circle of depression, addiction and suicidal tendencies. Affairs, Love, relationships, bad habits have become rampant. By and large, young students are getting addicted to mobile phones & all other bad habits. They are getting haywire as there is no direction to their life. He further explained that only mentally weak people get attracted to depression and get carried away by infatuation, thus ruining their life. Instead, youngsters should focus on making a good career and take painstaking efforts to achieve it.

A beautiful presentation was shown on how a person develops pride, arrogance, ego etc within him. A baby is full of innocence, but as he grows, he fills himself with all kinds of vices and therefore he always feels the weight of these vices on his heart. The soul of such a person is never at peace.

"The softest pillow on which I sleep is my conscience". Then the students were asked to meditate and soothing music was played in the background. The convener then floated the quiet time question "What I have lost due to my ego?"

** Participants were asked to write letters to themselves. The letters would be a commitment to oneself. Those were taken back by the convener with their proper

address and would post them in future so as to remind them of the promise they have made to themselves.**

Participants were given chits and they had to write their bad quality which they wanted to discard. Then the participants were asked to burn their chits, symbolically burning all the negativities in them.

The concluding session of the 4 day conference commenced with the address of Principal Shri Shrikant Wagh. He appreciated and thanked Mr. Viral Mazumdar and his team of LMAD for making the conference very impactful. Then certificates were distributed to the volunteers and participants.

The Conference ended on a very enthusiastic and optimistic note as the participants were ready for bringing in the desired change in themselves.

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POSITIVE COMMITMENTS BY PARTICIPANTS

1. I want to be rich in life
2. I want to give away all my bad habits
3. I will try to bring change in my life
4. Suryanamaskar
5. I will make a new version of myself and try to change myself
6. I will lead my life in a better way
7. I will focus on my studies and lessen the use of social media
8. I wish to go ahead in my life
9. I will not use bad words
10. I will become a good person in my life and get my Chemical degree
11. I will respect my parents
12. I will decrease my screen time
13. I will try to score good marks in all the subjects
14. I will try to become a good friend, son, brother, boyfriend in my life
15. I will revise my lecture topic everyday
16. I will respect everyone
17. Whatever I have learnt in LMAD is important and I will follow it and try to bring change.
18. I have understood how to utilize the time properly and leave my bad habits.
19. I will read spiritual books
20. To quit bad habits
21. Now, I don't use dirty words or dirty language for anyone.
22. I want to become a good person & develop my good habits and decrease by bad habits
23. Maintain unselfishness, love, honesty and loyalty in my life.
24. I am a good person for friends and family.
25. It is knowledgeable and changes the way of life and schedule.
26. To become a successful Mechanical Engineer. To get the job in Mercedes Benz-Germany.
27. Study per focus.
28. I will invest my money in stock market and bitcoins
29. I want to join LMAD
30. I can do it
31. From today, I don't say any type of bad word and I see all girls as my sisters.
32. Be honest in my life and I will never cheat anyone.
33. Follow my routine
34. Follow my routine without wasting any time.

35. I promise myself that from today, the people in my life I want to lose them and them in every situation. Never hurt them
36. Becoming a good friend
37. Reducing screen time.
38. Never misbehave with my family and friends and everyone.
39. I want to become a good person.
40. This conference was very good
41. Screen time kam karna hai
42. I will promise me to regular start quiet time
43. To be a better Engineer, Son and employee. And I will do it.
44. I will do it & not make any excuses with it.
45. To start exercise and complete my diploma



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