

# Let's Make A Difference

## Tamar Youth Conference

### 2023 Report



**Date:** 28 - 29 November, 2023

**Location:** Eklavya Model Residential School,  
Salgadiah, Tamar



## Introduction

Like every year this year as well Let's Make A Difference conducted a program for the students of Eklavya Model Residential School Salgadih, Tamar. This naxal affected area has become a place for collective introspection where the tribal students of Jharkhand come to study for education and a brighter tomorrow. This year, it marks the fifth conference and the students who participated in this conference expressed their journey of inner transformation.

275 students from 9 - 12 grades as well as 23 teachers attended the two-day conference. The conference was successful in imparting the virtues of love, purity, honesty, and unselfishness as well as in addressing a number of challenges that the kids living at this residential school face.

The volunteer team arrived from various regions of the country for the conference, which took place from November 28 to November 29, 2023.





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### Day 1 (28 November, 2023) - Inauguration, Quiet Time and ABC:

An iconic feature of this conference that leaves a mark to the visiting team of Let's Make A Difference is welcoming with garlands and the tribal dance with percussion. A quick photograph of the team with the students and teachers of the school was clicked to commemorate the visit. This year the inauguration by the school students was elaborate with dance and songs from the stage of the auditorium. The principal Mr. Hussain addressed the team and the students. Following which Mr. Viral Mazumdar spoke to the seated participants how he feels every time he comes to the school and gets a chance to speak with the students.

Let's Make A Difference inaugurated the conference with lighting of the lamp and paying homage to the founder Director of Kerala Public Schools, Shri A P R Nair. The volunteers were introduced to the students. The importance of a Let's Make A Difference and its certificate was conveyed to the participants. The do's and Don'ts to be kept in mind for the course of the conference was also given.





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The course convener, Mr. Viral Mazumdar, started the conference with the Quiet Time Presentation, telling the participant what Quiet Time is and how he has been positively impacted by its daily disciplined practice every morning. He said that the little guiding voice which resides within each one of us tells what is right and what is wrong and if we take that one step inward before fathoming thousands outward, we succeed in all our endeavors. The participants were handed out Quiet Time diaries and pens and were then let to go outside to listen to their inner voice and write those down in their diaries.

After 20 minutes, they came back to the auditorium to share their Quiet Time thoughts.

A boy came in front and shared that this was his fourth Let's Make A Difference conference. He first attended in 2018. He has taken back a lot from the conference, its learnings and quiet time. He runs a group that raises money to help other underprivileged kids to study. The learnings from the conference has helped him to get strength from within.

Sharing is a relieving process, the participants who fail to gather courage are provided courage to stand in front and conquer their fear and make amends to what wrongs they have done.

A short video was shown, following which was the next session ABC of LMAD. The first two values Honesty and Purity were addressed and volunteers came up to share how they too were lagging with these values in their personal lives and the conference made them realize that they need to rethink and correct what they were doing.

The participants were then broke for lunch. After lunch the next two values, Unselfishness and Love, were addressed.

The participants were then given their group tags and they went with their group leader for an engaging group discussion about the day.



## **Day 2 (29 November, 2023) - Pyramid of Life, Pledge, Vision and Concentration:**

The day started with a prayer, the participants joined in. We started with quiet time inputs, it was a question-based quiet time. The questions were asked by the participants themselves to their respective group leaders, which was then addressed by the convener from the stage. The participants then went out for Quiet Time and introspective writing. They returned to the auditorium after 30 minutes and one by one started sharing what they thought, felt and listened during their quiet moments.

One boy shared how he used to vulgarize girls with his eyes, had impure thoughts and wanted to improve and respect everyone.

Then, we started with the demonstration of the Pyramid of Life with golf balls, marbles, sand and water. Golf balls represent long term goals, like career and habits, while the marbles were short term achievable targets to reach the long term goals. The sand was a daily consistent effort. The participants were handed out a worksheet where they were encouraged to write their good and bad habits, what they wanted to become and the short term goals they needed to achieve the larger goal. The session was interactive.



Being respectful towards the environment and its resources is known, but never adhered to when the time comes. A pledge towards sustainable and mindful living by following simple rules was read out and a sheet was given to sign to the participants who think will be able to follow the directives without deviation. Many returned the sheets back honestly assessing that the directives were challenging, but promised that when they feel they can comply with the list they will ask for it. Few took it seriously and signed.

The participants were then dispersed for lunch.

After finishing the lunch the students broke into respective groups with their leaders for a group discussion on the quiet time and the pyramid of life exercise. Post which a session on My Vision was taken where the students made roadmaps and identified what they want to become later in their life.

### **Closing Ceremony:**

The school management orchestrated the closing ceremony with a speech by the Principal Mr. Imtiyaz Hussain. A beautiful shlok from the Bhagvat Geeta was mentioned in his speech that echoes with the work we do.

अद्वेष्टा सर्वभूतानां मैत्रः करुण एव च ।  
निर्ममो निरहङ्कारः समदुःखसुखः क्षमी ॥ 13 ॥

The deserving participants were given the certificates in groups.

### **Volunteers**

Asmita	Bhisham Mansukhani	Sonu Arora
Parth Semwal	Hrithik Rawat	Abhinav Bisht
Sayok Sarkar	Sahil Kumar	Sai Bhuvan
Satyaprakash Sharma	Sneha Agrawal	Rahul Singh
Viral Mazumdar		