

Let's Make A Difference

Jamshedpur Youth Conference 2024 Report

Date: November 29 – December 2, 2024

Location: Kerala Public School, Kadma, Jamshedpur

Introduction

The 2024 edition of the Jamshedpur Youth Conference marked the 11th year of a journey that continues to shape and transform young minds. Held at Kerala Public School, Kadma, the four-day conference welcomed 240 students from 10 city schools, along with 30 volunteers from across India. It provided a space where self-introspection, value-based learning, and purposeful discussions came together to inspire change.

With a focus on nurturing human values and guiding students through critical aspects of academic and personal growth, the conference placed emphasis on reflection, clarity of thought, and making choices in alignment with one's conscience. This year's theme encouraged participants to look within, question the world around them, and envision a life grounded in purpose and values.



Day 1: Inauguration and Setting the Tone (November 29, 2024)

The conference began on November 29, 2024, with an inauguration ceremony at Kerala Public School (KPS) Kadma. The ceremony began with a welcome prayer song and classical dance performance by KPS Kadma students.

Dignitaries Present:

- **Smt. Manorama Nair Ji – Chairman, Kerala Public Schools**
- **Shri Sharath Chandran – Director Chairman, Kerala Public Schools**
- **Mr. Rajiv Agarwal - Let's Make A Difference Jamshedpur Team**
- **Mrs. Shraddha Agarwal - Let's Make A Difference Jamshedpur Team**
- **School Principals, Teachers, and Other Dignitaries**

The inauguration included the traditional lighting of the lamp. The "Let's Make A Difference - Jharkhand Brochure" was released, highlighting Let's Make A Difference's impactful work in Jharkhand. Shri Sharat Chandran shared a deeply personal story from his youth and emphasized the importance of structured reflections like those at Let's Make A Difference. Mr. Viral Mazumdar highlighted how the youth today are struggling with distractions, dishonesty, and a lack of focus on their personal growth



Key Highlights:

- **Welcome Performance:** Students of Kerala Public School, Kadma.
- **Address by Shri Sharat Chandran:** Emphasized self-discipline and purpose, relating his story of how escaping from discipline is not freedom.
- **Address by Mr. Viral Mazumdar:** Introduced the core values of Purity, Honesty, Unselfishness, and Love, emphasizing self-reflection.

The ceremony concluded with the National Anthem. Students were introduced to group leaders and shared expectations for the conference.

Participating Schools:

- **Kerala Public School, Kadma (Host School)**
- **Kerala Public School, Mango**

- Kerala Public School, Burmamines
- DBMS English School
- DBMS English School
- Loyola School, Jamshedpur
- Rajendra Vidyalaya
- Carmel Junior College
- Hill Top School
- Narbheram Hansraj English School
- Jamshedpur Public School
- Vidya Bharati Chinmaya Vidyalaya
- Kerala Samajam Model School , Golmuri

Day 2: Quiet Time, Human Values, and The Family Session (November 30, 2024)



The day commenced with a soulful prayer, setting a serene and introspective tone, followed by the "Stories That Stir" segment. The featured story, "The Honest Farmer & Tata Sons," narrated by Yash Sohanda, emphasized the long-term rewards of truthfulness, even in the face of financial hardship. This set the stage for the first core session of the day: Quiet Time.

Quiet Time: Deep Self-Reflection: Led by Mr. Viral Mazumdar, Quiet Time was introduced as a practice to cultivate self-awareness and mental cleansing. Participants were given diaries and encouraged to record their realizations and reflections.

Concentration

Mr. Viral Mazumdar also led a short yet impactful session on the power of Concentration. He spoke about how, in a world full of noise and distraction, the ability to calm our minds and focus is a rare strength. Concentration, he explained, is not just about silence—it's about discipline. Through simple breathing techniques and guided stillness, participants learned to stretch their attention spans and regain clarity. As Mr. Mazumdar said, "**Concentration is a muscle. The more we train it, the more control we have over our mind.**"

Distractions & Social Media Addictions: The session transitioned into the problem of distractions in today's youth, especially the impact of social media and peer pressure.

Key Takeaways:

- The mind needs discipline, just like the body.
- Purpose of life - find out the purpose, why am I born as a human being? — this was one of the questions posed for introspection
- Social media is a tool, not a reality—what we see is only a part of the picture.
- Attention is a limited resource—where you focus, your life goes.
- **The Jar Exercise:**
 - **A Dirty Jar:** Symbolized a mind filled with dishonesty, jealousy, ego, anger, and regret.
 - **A Clean Jar:** Represented a mind filled with honesty, love, unselfishness, and purity.

The Family Session: Rediscovering Bonds



The Family Session started with Mr. Viral Mazumdar addressing the participants on the importance of family relationships. The core message conveyed was that individuals often take their closest family members for granted, overlooking the sacrifices made for them. The session emphasized that true gratitude extends beyond mere words and necessitates recognizing and honouring familial love through meaningful actions.

To underscore the emotional impact of family support, a video was presented featuring the iconic Olympic moment of Derek Redmond. The visual depicted Redmond's father assisting his injured son in completing the race, resonating deeply with the audience.

The key learning derived from this story were:

- Parents serve as significant sources of support, even when it is not explicitly acknowledged.
- Expressions of love may not always be verbal but are evident through sacrifices and supportive actions.
- Misunderstandings or conflicts with family members can overshadow appreciation, leading to later realizations of their importance.



Participant Engagement:

Following the video presentation, participants were invited to share personal stories related to their family relationships. Many students expressed heartfelt emotions, reflecting on their experiences and realizations. A participant who had experienced the loss of a family member shared their regret for not having expressed their love adequately.

One student, Rani, shared her acknowledgment of her mother as a primary support system and her intention to dedicate more quality time with her. Similarly, another student confessed to disrespectful behaviour towards his father and expressed a newfound understanding of his father's efforts to improve his life.

Practical Exercise: Postcard Writing:

To encourage tangible expressions of sentiment, participants were provided with postcards and prompted to compose heartfelt messages to family members. These messages encompassed expressions of love, gratitude, and apologies for past oversights. This activity provided an opportunity for participants to translate their newfound understanding into actionable steps toward strengthening familial relationships.

Day 3: Power of Vision and Badalta Bharat – Our Role in a Changing India (December 1, 2024)

Day 3 was designed to shift the focus from introspection to action and future planning, with sessions dedicated to "The Power of Vision" and "Badalta Bharat."

The **Power of Vision**: Guided by **Bhisham Mansukhani**, this session focused on helping participants identify their unique strengths, skills, and aspirations.

Session Highlights:

- **Vision Building: Identifying Strengths & Passions**
 - **Exercise 1: List Your Skills & Talents:** Each participant was given a blank sheet and asked to write down any skill or talent they had.

- **Exercise 2:** What Are You Passionate About?: Students connected their skills to their passion.
- **Exercise 3:** What Do You Want to Change in the World?: Participants were asked: "If you had the power to change something in society, what would it be?"



Badalta Bharat by Mr. Bhanu Kale

The "**Badalta Bharat – Our Role in a Changing India**" session, led by Mr. Bhanu Kale, aimed to connect the participants with the evolving landscape of India, challenging them to see themselves not merely as observers but as active contributors to its progress. Recognizing the tendency among youth to critique societal issues, this session sought to shift the focus from complaining to proactive engagement.

Session Overview:

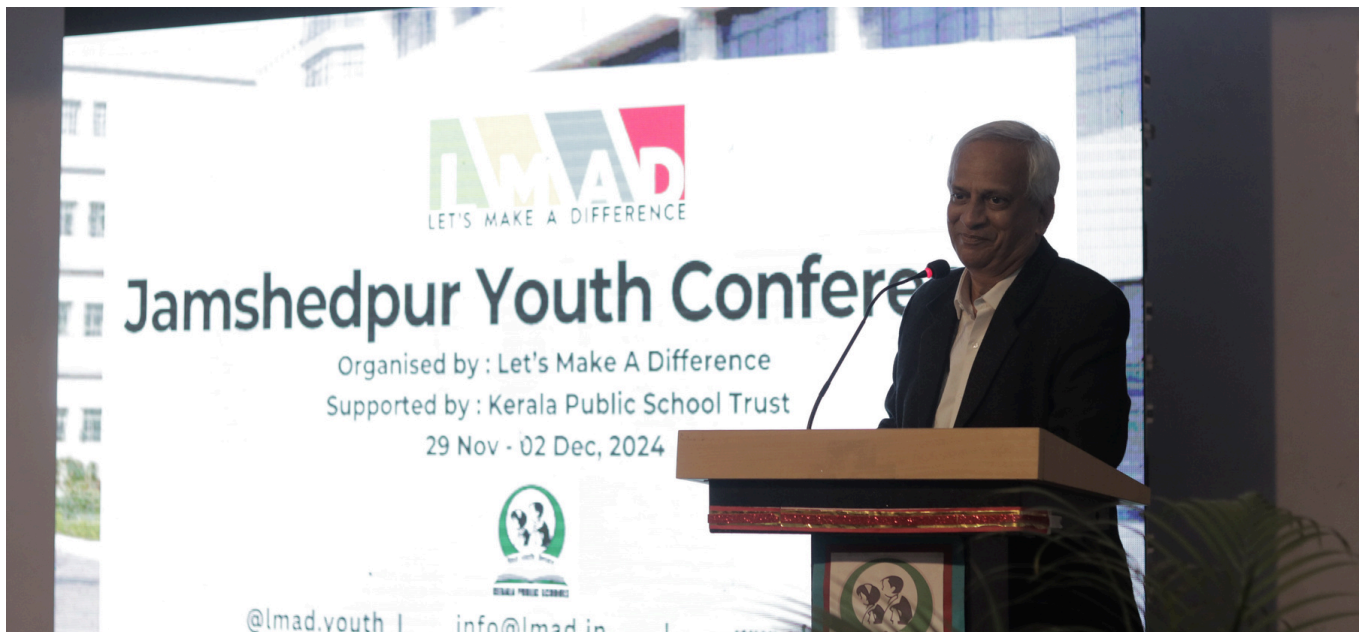
Mr Kale initiated the session by directly addressing the participants, probing their awareness and concern regarding issues facing India. He started by questioning the youth in the audience and posed the questions

“

"How many of you have ever complained about corruption, slow development, or problems in India?"

"How many of you have actually DONE something to change it?"

”



A moment of introspection filled the room as very few hands remained raised, highlighting a disconnect between awareness and active participation. The intent was to underscore the importance of translating concern into concrete actions, however small.

Core Messages:

- **India's Youth as Change-Makers:** Mr Kale emphasized that India's progress is significantly driven by its youth, and each young individual in the room had a potential role to play in shaping the nation's future. He was sure to illustrate this through a range of examples.
- **Taking Responsibility Instead of Complaining:** A central theme of the session was the need to move beyond criticism and embrace responsibility. Mr. Kale stated emphatically, "India does not need more people to complain—it needs young minds to take responsibility." This message was intended to inspire a sense of ownership among the participants, encouraging them to actively seek solutions rather than passively lamenting problems.
- **The Power of Small Actions:** Recognizing that large-scale change can seem daunting, he emphasized the impact of incremental actions. He explained that change begins with small actions—whether it's respecting traffic rules, planting trees, or standing against dishonesty. He narrated the story of a young girl in Bihar who, at the age of 16, started an education program in her village, impacting over 200 children, proving that one person CAN make a difference.

India's Future: The Call to Action: Mr. Bhanu Kale framed the participants as “the architects of India’s future,” asserting that “if you do nothing, don’t expect change.” He urged students to take a stand for values like honesty, equality, and responsibility, stating that the choices they make today will shape the India of tomorrow. He urged students to take a stand for values like honesty, equality, and responsibility, stating that the choices they make today will shape the India of tomorrow.

Impact and Outcome:

The session led to a palpable shift in the room's energy as students began to realize that they held the power to change their own lives and, eventually, their country. By presenting concrete examples and a compelling call to action, Bhanu Uncle succeeded in inspiring the youth to see themselves as agents of change, ready to contribute to a brighter future for India.

Final Challenge to Participants:

The session culminated in a powerful challenge: “If you truly want to change the world, what is the FIRST step you will take when you go home?” This question was intended to prompt immediate reflection and commitment to action, ensuring that the lessons of the session translated into tangible changes in their lives and communities.

This session was a call to action, urging the youth of Jamshedpur to embrace their potential and take responsibility for shaping a better future for themselves and their nation.

**Day 4: The Pyramid of Life, Closing Ceremony, and Final Impact
(December 2, 2024)**





Day 4 brought a culmination of the conference's themes, with sessions aimed at providing a framework for a balanced and purposeful life, followed by a reflective closing ceremony.

The Morning Begins: Multi-faith Prayer and Concentration Exercise

The day began with a multi-faith prayer session, reinforcing the spirit of unity, tolerance, and shared spiritual values. Prayers included: Islamic Prayer, Ishwar Stuti, Guru Vandana, Hanuman Chalisa, Japji Sahib, Saraswati Vandana, Shiva Tandav, Achyutam Keshavam. Participants were also invited to recite their personal prayers. Following the prayer session, Harshil led the concentration exercise, emphasizing the importance of mental focus, self-discipline, and mindfulness.

The Pyramid of Life – Prioritizing Success

Mr. Viral Mazumdar introduced The Pyramid of Life, explaining that success isn't just about dreams—it's about the right priorities.

The Five Levels of the Pyramid

- Career & Hard Work – "Without career stability, life becomes difficult."
- Health & Fitness – "Your body is the only place you truly live in—take care of it."
- Family & Relationships – "Meaningful relationships make us truly rich."
- Habits & Laziness – "99% of people fail because of bad habits and procrastination."
- Purpose & Contribution – "Find meaning in what you do, and success will follow."

Parent's Session with Mr. Viral Mazumdar

Just before the closing ceremony there was a parent's session with Viral Bhai. He shared his insights on the children's behaviour and highlighted how parents could support the children. He also spoke about the points which they talked about during the three day conference so parents also understood what their children have experienced.

Closing Ceremony: Letters to Self & Commitments for the Future

As the conference neared its end, participants were given a final reflective task—writing letters to their future selves.

The Letter to Self-Exercise

Each student wrote down:

- Where they are today
- What changes they want to see in themselves one year from now
- Their biggest realizations from the conference

Final Words from Mr. Viral Mazumdar

He concluded the conference with these powerful words:

“*You entered this conference as students, but you are leaving as leaders—**leaders of your own life**. The choice is now yours: **Will you live with the same habits, or will you build the life you truly want?**”*

Om Mani Padme Hum: A Moment of Gratitude

To close the conference, participants gathered in a circle, holding hands, and chanted “Om Mani Padme Hum”—a symbol of transformation, wisdom, and gratitude. As the chant faded, students hugged, exchanged contacts, and promised to stay committed to the changes they had decided upon.

Final Reflections & Takeaways

The Let’s Make A Difference Jamshedpur Youth Conference 2024 was more than just an event—it was a turning point in the lives of every participant. Many left with a deeper sense of purpose, clarity, and commitment to personal excellence.

- From Introspection to Action – Many students committed to improving themselves, respecting their families, and pursuing their dreams.
- From Complaints to Change – Students left with a desire to take responsibility, rather than blame society.
- From Students to Leaders – The journey of self-awareness and discipline had begun.
- Growing Concern Among Youth: Our conference highlighted a global and national issue affecting youth, with individuals as young as 14 and 16 increasingly engaging in unhealthy relationships, self-gratification, and consumption of explicit adult content, leading to addictions like pornography that undermine character and well-being.
- Open Discussions on Consequences: Through candid conversations, we addressed the serious mental and physical consequences of these addictions, raising awareness among participants about the harmful impact on their lives.
- Promoting Purity and Discipline: We encouraged participants to cultivate purity of mind, eyes, and senses, fostering discipline, introspection, and clarity of thought to build a healthier, more principled lifestyle.



केपीएस कदमा में चल रहे युवा सम्मेलन का हुआ समापन

भारत को आगे बढ़ने के लिए युवाओं को जिम्मेदारी के साथ आगे आने की जरूरत

जमशेदपुर: कदमा विद्या केंद्रा पब्लिक स्कूल चल रहे एलएमएडी युवा सम्मेलन का समापन हो गया। इस दौरान प्रसिद्ध पद्म विद्या मजुमदार ने कोष की रचनात्मक तरीके से विपरीत करने और सपने, सफल निर्माण करने के लिए मन पर विपरीत करने पर महान अंतर्दृष्टि के साथ दर्शकों को संबोधित कर दिया। इस दौरान आकर्षक कॉन्सर्ट प्रस्तुति के जरिए रोमांचक अनुभव और सांघि पर जोर दिया। इस दौरान प्रतिभागियों ने अपनी परिचय-पत्रिका यात्रा पर महान विचार साझा किए, तथा इस अनुभव शिबिरों और अनुभवों के लिए आभार ज्ञापित किया। तीन एलएमएडी के सदस्य सार्वभौम सभ्यता ने प्रतिभागियों के बीच उदरगत और जिम्मेदारी की धारणा दी। इस कार्यक्रम का मुख्य



आकर्षण 'जीवन के परिवर्तन' को प्रस्तुति की, जिसमें अदती, करिषा, परिहार, धन, शक्ति, स्वतंत्रता और रचनात्मकता के संघों को एक साथ पिरोया गया था, जिसने एक सफल और पूर्ण जीवन के लिए रोडमैप प्रदान किया। प्रसिद्ध लेखक श्री भानु

दूर भात के सकारात्मक परिवर्तन पर जोर दिए और कहा कि भारत को आगे बढ़ने के लिए युवाओं को जिम्मेदारी के साथ आगे आने होगा तथा प्रत्येक क्षेत्र में उत्कृष्टता प्राप्त करने के लिए अपना सर्वश्रेष्ठ प्रयास करना होगा। इसके बाद प्रतिभागियों को आत्मनिरीक्षण करने और स्वयं को हार्दिक पर

मौन व आत्म-चिंतन की परिवर्तनकारी शक्ति को किया रेखांकित

केपीएस कदमा में एलएमएडी जमशेदपुर युवा सम्मेलन का दूसरा दिन



जमशेदपुर: केरला पब्लिक स्कूल कदमा में लेट्स मेक अ डिफरेंस जमशेदपुर यूथ कॉन्फ्रेंस के दूसरे दिन की शुरुआत एक शांत प्रार्थना गीत के साथ हुई। एलएमएडी के मुख्य संचालक विरल मजुमदार ने एक प्रभावशाली भाषण दिया, जिसमें मौन और आत्म-चिंतन की परिवर्तनकारी शक्ति को रेखांकित किया गया। उन्होंने लक्ष्यों, इच्छाओं और आंतरिक विकास पर ध्यान केंद्रित करने के लिए शांत समय के महत्व पर प्रकाश डाला। इस मौके

पर अतिथि एवं गणमान्य व्यक्ति रोटेरियन डॉ. अमित मुखर्जी, रोटरी क्लब जमशेदपुर राजीव अग्रवाल और सुश्री श्रद्धा अग्रवाल, समन्वयक, एल.एम.ए.डी लक्ष्मी आर, शैक्षणिक निदेशिका केपीएस स्कूल्स मौजूद रही। दिन का समापन दो प्रेरक सत्रों के साथ हुआ। दृष्टि की शक्ति, जहाँ छात्रों ने

अपने कौशल और जुनून की पहचान की और पता लगाया कि वे दुनिया में सकारात्मक बदलाव लाने के लिए उनका उपयोग कैसे कर सकते हैं। एकाग्रता पर एक उत्पादक सत्र हुआ जिसने ऊर्जा को केंद्रित करने और अध्ययन की आदतों को बढ़ाने के बारे में मूल्यवान अंतर्दृष्टि प्रदान की।

आर 5

केपीएस कदमा में एलएमएडी परिवर्तनकारी यात्रा का अनावरण



जमशेदपुर: केरल पब्लिक स्कूल कदमा ने एलएमएडी (लेट्स मेक अ डिफरेंस) जमशेदपुर युवा सम्मेलन का भव्य उद्घाटन किया, यह तीन दिवसीय कार्यक्रम है जिसका उद्देश्य युवा दिमागों को उद्देश्यपूर्ण जीवन जीने और सार्थक बदलाव लाने के लिए प्रेरित करना है। समारोह ने प्रतिभागियों को आत्मनिरीक्षण करने, जुड़ने और व्यक्तिगत और समुदाय के रूप में विकसित होने के लिए सशक्त बनाने की यात्रा की शुरुआत की। कार्यक्रम की शुरुआत गणमान्य व्यक्तियों द्वारा औपचारिक दीप प्रज्वलित करने के साथ हुई, जो ज्ञान और इस परिवर्तनकारी यात्रा की शुरुआत का प्रतीक है। अपने प्रेरक संबोधन में, केरल पब्लिक स्कूल के निदेशक शरत चंद्र ने एलएमएडी के मुख्य संचालक विरल मजुमदार के साथ अपने संबंध को दर्शाते हुए वचन की एक मार्मिक याद साझा की। उन्होंने इस बात पर जोर दिया कि कैसे सम्मेलन प्रतिभागियों को अपनी क्षमता को उजागर करने और एक स्थायी प्रभाव डालने में मदद करेगा। एलएमएडी समन्वयक श्रद्धा अग्रवाल ने कार्यक्रम के उद्देश्यों को रेखांकित किया। इस कार्यक्रम में केपीएस स्कूलों के निदेशक शरत चंद्रन द्वारा एलएमएडी केप्टन विरल मजुमदार को सम्मानित किया गया।



They came as students. They left as leaders of their own lives. The conference successfully equipped the youth with a clearer sense of purpose, a stronger moral compass, and a network of support to navigate the complexities of life. The impact extended beyond individual growth, fostering a collective vision for a better future, rooted in the values of purity, honesty, unselfishness, and love.