

-----**Reflection from Participants**-----

"I realized how a person can work beyond his capability when he gets so much Love and expectation from the people to whom he loves."

"Today, I am standing at a position where I can now say that I have started my journey towards the truth of life."

"The biggest draw for me from this conference is that, I was somewhat able to shun my introvert nature and mix with new people. I made friends as if I know them since my nappy days... honestly I tried to get along with everyone."

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Around 45 participants from various backgrounds came together on this platform to experience "change" and become Change Agents... Prayas' 09 were held from **22 Jan** (04:00 PM) to **26 Jan** (12:30 PM), **2009** in the premises of Silicon Institute of Technology, Bhubaneswar.



The conference was inaugurated in the presence of Prof. (Dr.) P K Dash, Director-Research, Silicon Institute of Technology and Mr. Appal Raju, IofC friend from Jamshedpur. Prof. Dash highlighted the urgency of youth taking charge and gave examples of youth emergence around the globe. Mr. Appal Raju giving a brief overview of IofC through his personal transformation sets a note to experience something different in this conference. The performance while welcoming the gathering, further strengthens the note of the conference aptly to experience change every moment.

Each day's journey from 06:00 AM till 10:30 PM brings together different activities like Morning Prayer, Exercise, Quite Time, Sessions, Family meetings, Silent Time, Edutainment Games, Sharing of life-transforming experiences and *Pet-Puja in the intervals*.

The different sessions we had were, 'ABC of IofC', 'An Appointment with Self' (by Mr. Rajeev Nair from Jamshedpur), 'Family Session' (On Relationships), 'India I Care' and 'An interaction with Parents'. We also had an outing on the second day to 'Shanti Stup' (Dhauligiri) which brings back the remembrance of school picnic trips for all of us simultaneously witnessing a bond of togetherness forming between the participants.

Personal sharing on each morning and during other sessions makes the connection between, all of us and with own-self stronger. "**Quiet time**" - An experiment of listening to Inner Voice helped us introspect and realize our inner potential and guided us through the turmoil we have in our day-to-day life. "**Family session**" brought out sharing of happier and sad moments people have gone through in their families. Their commitment to put things right, back at home is hope giving towards building of happier families all around.

"**An appointment with one-self**" connected our thinking with our action, above all with the self. All of us became aware of self-awareness - the key to progress. Participants realized practical remedies to handle day-to-day depression in life, to develop self-confidence and the key to meditate and concentrate. The cherished experience of meditation enriched us with moments we had had never before. The implementation of the learnings of this session was very vigorous and visible among each of us.



The session "**India I Care**", provoked all of us towards national consciousness and responsibility. 'Everyone wants a better nation while expresses our frustration for a platform'. Through discussion each of us realized our individual involvement towards building '*The character bank of India*', which is nothing but raising our own standards towards becoming a better human being. Working towards 'Health, Success and Happiness' of 'me, my-family and my-society' will help to achieve what we want to achieve for our Nation. Different family groups prepared the charts putting down their own commitments and presented that before everybody on the concluding day.

People presented their talents before all, celebrating togetherness during cultural night on 25-Jan. On 26-Jan, we started the day with multi-faith prayer which continued into Quite Time, where we wrote resolution letters to our self which

contained the commitments to ourselves. This was again a different experience for most of us; writing letter to self - for the first time in life. We joined the College students in celebrating Republic day in the premises of Silicon where we got a chance to propagate the message of IofC through two of the songs; 'Kaun Hai Zimmedar' and 'Chaliye Naa', which could strike the chord of the gathering on The Day.



The last day of the conference welcomed parents and friends of participants for an interactive session on IofC and the kind of conference we have gone through. Participants presented the action plans they had put for themselves in groups during 'India I Care' session. We also witnessed small video presentations prepared on the work of Initiatives of Change in Orissa. Some participants came forward sharing their experiences of the Four Day conference...

With this a new journey for all of us began with new friends coming in the family to make a difference...

-----**Reflection from Participants**-----

"My parents were initially hesitant to my decision, but it's for the 1st time I went against their views and joined Prayas. Thanks to God, my decision was right."

"I realized how the small small thing which we generally ignore built a man. For e.g. Obeying Rules, Discipline lifestyle, using two words; Sorry and Thank you. I learnt how the Caring and Loving nature helps a man to build lifetime Relationship."

