



Report of the IofC “Let’s Make a Difference” Jamshedpur Youth Conference
Organized at Kerala Public School, Kadma from 27th-29th November, 2015

All the participants arrived at Kerala Public School, Kadma at 8 am to register for the conference, following which they gathered at the assembly place.



27 November 2015, Day 1:

The conference started with the group song *"It's better to light a candle than to curse the darkness"*, which helped to set the positive atmosphere at the conference that was followed by lighting of the lamp by the honourable guests to inaugurate the conference.

Mrs. Shraddha Agarwal, Regional youth coordinator of LMAD, introduced the young audience to the objectives of the youth conference and thanked each and everyone for joining the idea of LMAD.

The esteemed guests invited to the inauguration were:

- Mr. Sharat Chandran, Director, Kerala Public School who's been running the educational organisation since last 15 years.
- Dr. R.Bharat, Head of Burn and Plastic Surgery Tata Memorial Hospital, Jamshedpur.
- Mr. Chandreshwar Khan, Senior Assistant General Manager (Training) at Tata motors.
- Mr.Govind Sharan, Head of Special Projects (Urban Services).
- Mr. Rajiv Agarwal, Regional youth coordinator associated with IofC, since last 21 yrs and has been organising the JYC since last 8 years.



A total of 259 participants took part in this year's conference.

After the inauguration, a brief introduction of this year's JYC youth coordinating team

was shared with participants. The coordinators shared their experiences and participants were briefed about the Do's and Don'ts for the conference.

Post lunch the session started with a song, *"Kaun Hai Zimmedar"*, which was followed with the introduction to lofC and the ABC of Mra-lofC (PHUL). During this session the importance and meaning of a disciplined quiet time keeping in mind the four important values of absolute purity, honesty, unselfishness and love was shared. Quiet time being the integral part of every Lmad journey, it is a personal time for ourselves to contemplate and reflect on ourselves by writing. The participants were explained how writing for the first time in our personal diary is difficult and challenging but to make a new beginning one has to go through this process of internal reflection and honest writing in the diary through introspection. The participants were told that this was not an ordinary diary but it is the diary of their conscious, their soul. Deep silence and genuine reflection will definitely connect within and the shades of grey of our past will show who we really are as a human. From this point onwards the real journey of walking on the path of consciousness begins and that is why being disciplined is very important.

Disciplined quiet time is a must to experience the true nature of inner voice. The change begins from inside and the participants were encouraged to become a flame of hope within their family and society because one candle can light endless candles. In this way one changed individual can inspire many more.

The 4 core values were explained with utmost compassion, real life incidents and a power point presentation (PPT).

Participants were asked to make it a habit to practice disciplined quiet time daily for 20 minutes. As the inner voice is the truest reflection of us, the entire session helped participants get a very clear picture of the main principles. This session ended with the participants clearing out their doubts and sharing their thoughts with everyone.

Some of the participants felt like sharing after the ABC of MRA session, and their thoughts are shared below:

One young girl shared *"It is better if she will fail with Integrity rather than achieve hollow victory."*

Another participant shared *"Four words of PHUL stands only for her mother in the purest form and from now she will try to apply these values to all aspects of her life. She is being absolute honest and love unconditionally only to her mother but now she wants to apply the four standards for others also."*

“Life is like an art, we should try and struggle so hard that we can reach the sky. When there is a will there is a way.”

A very brave boy gathered up all his courage and confessed how he cheated in his Sanskrit exam and came second. In the end, after introspection he realized after listening to his conscience and promised to apologise to his teacher and parents as well.

“He is a younger son to his parents. When his elder brother was going out of the city for studies, he pretended to be sad but in true sense he was feeling happy from within that good he is going now he can gather complete attention of his parents. Today in quiet moments he realized how wrong he was in his approach.

One of them shared that her mother is the most important part of her life. She means The World to her but still she is not being absolutely honest with her. Her mother always asks her to wear a helmet while riding scooter in front of her. She does that but after crossing the lane she removes the helmet for fashion sake. Now she will not do such things and will say sorry to her mother.

On this day in the end a small group discussion took place in their respective groups. The first day ended on a high note with a motivational video themed, ‘*Power of One*’.

28 November 2015, Day 2:



Day 2 started early in the morning at 7:30am with the prayer "*Aye Malik Tere Bande Hum*". The participants were then given inputs on Quiet Time by Mr. Viral Mazumdar and were told to proceed to reflect on the same. After 20 minutes of time in silence, a lot of participants shared their quiet time thoughts.

Post breakfast, the group song "*May God Your Guru*" was sung by the coordinators and later participants were introduced to the *Jar Exercise* which was followed by sharing of their life incidents. The jar exercise was a demonstration of how life may look before knowing the idea of quiet time and how a person can slowly and gradually inculcate positive changes in themselves after subscribing to this idea and practicing it. Sir narrated his stories of change with which participants connected so well and were fully engrossed in listening to him. He shared with everyone that before the introduction to this idea of change, how he was leading his life and now after subscribing and practicing this idea for almost 24 years, how positive changes took place in him.

Many real life experiences of other people who also changed themselves and brought about a positive change were shared. This exercise helped many participants to evaluate and realise their own self and take corrective steps and to live life on the basis of the four absolute standards.

One of the participants shared that, "She is so jealous of her brother because she feels her parents care for him more than what they do for her. But now after introspecting she realized her mistake and how wrong she was."

The other one shared that if she will be 100% honest in front of all then maybe she will lose the majority of her friends but still that is fine at least 5% who will continue to be friends will be true friends and that is what matters.

A folk from the crowd shared she is being dishonest with her teachers because they used to send her to other schools for co-curricular activities which she does not like so to take a short cut she started lying that her father is out of station so she cannot make it but now she has decided to convey to the teachers what the truth is and not follow the shortcut.

Another shared "It depends completely on us if we have good sight to see we can even explore good things in dirty places. Morning quiet time looks so beautiful that we can connect to the nature which gives us positive vibes."

In the end one little boy shared how he also wants blessings in his life and doesn't want to just live life according to someone else's rule, rather wants to live life his way with the help of 4 core values.

Post lunch, the family session took place which was basically about the importance of family in an individual's life and how we take our relationships for granted. This session got all participants very emotional and helped them realize the importance of family and friends. A little sharing took place and everyone had their tea in silence.

After tea, the 'I' exercise took place that basically makes you evaluate your relationship with your near and dear one's. A group discussion took place where the participants were made to re-evaluate their relationships they had drifted away from and what steps they would take to bridge the gap.

The sparrow video was shown to the participants, which ended the day on a very emotional note.

29 November 2015, Day 3:



Day 3 of the Jamshedpur Youth conference started with Morning Prayer. After the prayer, Mr. Viral Mazumdar started morning Quiet Time inputs session; he spoke about the journey of life, importance of daily morning disciplined Quiet time. When we all were new born baby we were happy, joy full, loving and charming, but as days passed and we grow old we started losing that charm, that twinkle in eyes, that innocence, and how we became unhappy and sad. He shared examples how when he met the idea of change and entered Asia Plateau for the first time, he was carrying arrogance, pride, broken relations, vices, hurt, pain, lies, ego and some sweet memories. He told the story of his first introduction to quiet time and efforts he took to keep his ego aside and listen to his conscience. He explained the importance of quiet time diary and quiet time thoughts.

Mr. Mazumdar also explained the role of conscience, mind and ego in a beautiful way with the help of animations. He explained how conscience, mind and ego work. Conscience shows us the right way and Ego shows us the wrong way. When the human mind follows his/ her ego, it takes us to a dead end. But when our mind follows, our conscience takes us to the garden of happiness and joy; it helps us for liberation from arrogance, hurt, pain, jealousy, etc.

After an input participants were guided for their second morning quiet time. They had a quiet time of approximately 40 minutes followed by sharing. Many participants shared about their quiet time experience.

Post lunch we conducted a session named *Pyramid of Life*, which focuses on different aspects and stages of life. Mr. Mazumdar demonstrated an experiment named, *Golf Ball Exercise*, using the golf balls representing different aspects of life like family, career, health, wealth, hobby, etc. He explained the importance of every golf ball and emphasized more on family, career and health. He explained the short-term goal that is very important to achieve the big goal and your aims with the help of small and big marbles. He explained the importance of daily efforts to achieve short-term goals and long-term goals. Exercise is done to give clarity to create a roadmap for the next five years. The session pyramid of life was followed by group discussion on it till lunch break.

The post lunch break co-ordinating team introduced a concept of letter to self and all the participants wrote a letter to themselves. The organizing team will post this letter to participants after 8-9 months of conference like every year.

After writing a letter to self, the organizing team asked all the present participants to fill a feedback form that will help us in future for further improvement.

After feedback forms were submitted, the stage was opened to all for sharing and without wasting time participants started sharing their thoughts and experiences of the past three days as per schedule organizing team given a one hour as open forum but many participants didn't get a chance because of limited availability of time.

After an open forum, the last part of the conference begins with the distribution of certificates. Honourable guests gave a participation certificate to all who were eligible for it. After distribution of certificates Mr. Mazumdar officially announced the closing of the conference.

In the closing ceremony, the crowd gave a standing ovation to the orator for conducting such a heart touching conference.

The Team present for the LMAD JYC 2015.

Viral Mazumdar	Gurpal	Nishant Sanghi
Rajeev Agarwal	Ankita Saraf	Harshal Thakare
Mitaksha Raswant	Koushik Modi	Anurag Maloo
Suman Sarkar	Biplab Mahato	Hanting
Lalan Sharma	Sangita Sarkar	Gopi Krishna
Koushik Modi	Harshita	