

**Report for the IofC “Let’s Make a Difference” Jamshedpur Youth Conference held at Kerala Public School, Kadma from 30<sup>th</sup> November to 3<sup>rd</sup> December, 2017**



Jamshedpur Youth Conference 2017 kick started on the 30th of November with the participants registering themselves at the venue - Kerala Public School, Kadma at 1:30 P.M. Following the enrollment they assembled in the new auditorium for the inauguration program. A total of 231 participants attended this year's conference.

## 30th November 2017, Day 1

The inauguration begins with the song "It's better to light one candle", which set a good vibe in the auditorium. This was followed by the lighting of the lamp by the Honorable guests to mark the start of the conference.

The esteemed guests invited to inaugurate the conference were:

**Mr. Jiren Xavier Topno**, Head, Urban Services. Tata Steel Limited

**Mr. Sharat Chandran**, Director, Kerala Public School who's been running the educational organisation since last 15 years.

**Mr. Amit Mukherjee**, is one of the senior most IofC members from Jamshedpur, who is actively involved with MRA activities in Jamshedpur.

**Mr. Rajiv Agarwal**, An Advocate & Tax Consultant by profession and the regional youth coordinator associated with IofC, since last 21 years and has been organising the JYC since the last 8 years.



Nidhi, a regional coordinator of LMAD, summarized the young class with the values and objectives of the youth conference and thanked everyone for being a part of the Jamshedpur Youth Conference 2017. The students dispersed for a short tea break after the conclusion of the inauguration ceremony.

After the break, the participants were briefed with the do's and don'ts of the conference by one of the coordinators, Zahra. The participants were then given a brief introduction of the idea of IofC and LMAD which was followed by the introduction of the coordinators.

The participants were then divided into groups by Shraddha Agarwal, a local coordinator. The group leaders led the groups for a short group discussion which marked the end of the inaugural day of the conference.

## **1st December 2017, Day 2**

The second day of the conference started at 7:15 a.m. with a prayer "Aye Malik Tere Bande Hum". The zeal of the participants could easily be changed in the auditorium from the start of the conference. The participants were then introduced to the main ideology of the conference which is the quiet time and listening to their inner voice. The conference aims at making participants know more about themselves. They need to understand and introspect who they are from within. The entire conference revolves around the introspection on the 4 standards of IofC i.e. Purity, Honesty, Unselfishness and Love (PHUL). The participants were given inputs for their first quiet time and how it is a journey through introspection, learning, action and transition. Then the diary was brought into the first sight of the participants and they were explained how important it is to write thoughts and feelings down into the diary. It might be difficult and challenging in the beginning but in the due course of the conference, one will attain clarity. The participants were then briefed about the significance of the diary as the coordinators distributed them. As most of the participants were new to this idea, the concept was made clear to them by setting examples. The participants were given time to reflect on themselves.



The participants were eager to share their thoughts, some of them are as follows:

*One of the participant shared how desperately she needed that 5 minutes of quiet time as she lives in a joint family and no one is at peace due to various responsibilities and household chores.*

*Another participant shared how she lost her close friend by harsh words and reflected how she should have controlled herself rather than flowing with emotions.*

*One of the participants shared how he stole money from his parent's pockets and now feels guilty and wants to apologize to his parents.*



Post breakfast a beautiful IofC song "Make God Your Guru" was sung by the coordinating team and a very thought provoking video was shown to the participants. ABC of MRA was the session which was held next. This session focused on the four standards of IofC i.e. Purity, Honestly, Unselfishness and Love (PHUL). The 4 standards are the foundation of one's personality and character. They also define who you are and how you think. PHUL are not just standards but a way of life. The participants were in depth explained with the help of various examples for each standard. The participants were told that no one needs to be special to adopt the standards and follow them but one can be special by following the standards and helping others to follow it.

Post lunch the Pyramid of Life session was held. This session focused on different aspects of our lives such as career, family, wealth, hobbies and health. This session helps a person to design a roadmap for themselves of their life and how they want to lead it. Everyone has goals in life so in this exercise a golf ball is used to represent every goal. To achieve those big goals, small ones must be set and given more priority. For the smaller goals to be successful one must work every day by making routines and changing their habits. The participants were explained every ball in detail and how it creates an impact on one's life.

Hobby refreshes the mind and gives a chance to explore our creative side. Wealth creation is also very important. Being healthy is major reason for joy and for the mind and body to stay active and well in shape. The participants were then asked to write down the road map in this session and also their goals under various aspects of life. A brief group discussion was held before the participants broke for tea.



Post tea the participants were in the groups for the group discussion, discussing the entire day, their doubts and sharing. The day ended with great impact.

### **2<sup>nd</sup> December 2017, Day 3**

Quiet time is not only about everything bad or our mistakes, it is about one's self and it is that inner strength that will lead you far in life. It is about evaluating yourself on the four standards of honesty, purity, unselfishness and love.

Day 3 took off a devotional start with the prayer "Make God your guru". The participants were introduced to the concept of quiet time and the concept of diary yesterday, but today it was more intense and a deeper understanding of the absolute standards of honesty, purity, love and unselfishness was discussed. They were told to introspect on themselves deeply.

*"We may take million miles outside, but that one step inside is the equivalent to those million miles outside."*



The participants were told about few stories of change that ex participants underwent by adopting quiet time in their lives. They were silent and listening intently.

One of the participant shared - *"We are all humans, we are not perfect, we start, we fall, we stumble. When asked a simple question if according to the four standards am I true? The inner voice simply says untrue. I would really like to practice it and evaluate it daily and become better."*

Another participant shared - *"I have recognised my mistake for whatever I have done and will say sorry to my friend."*

Post breakfast the song 'Dekho Dekho' was sung. The 'Family Session' was to follow. This was a participative session where participants were to do more of sharing about their family and relations. It is about our family and how important they are in one's life and how sometimes we take them for granted.

The participants were then told about the importance of family, emphasizing that they are the most significant people in a person's life and that at the end they have to go back to their family. Our coordinators shared their heartfelt stories which the participants could connect to and soon there were a lot of stories shared that touched everyone's heart. A bubble of emotions was created in the auditorium that morning.

Many participants shared how their families have stood and supported them time in and time out and that they were thankful and grateful to their family.

As the session came to an end, the mantra 'Om Mani Padme Hum' was played as the participants sat in silence. This was followed by the silent lunch.



Post lunch the participants were given phones to make phone calls to their loved ones. Many participants made calls to their family members asking for forgiveness and apologizing for their behaviour. They spoke to people with whom they were far apart. Many tears were shed and many smiled at the realization of what went wrong and there were faces of satisfaction of being able to confess their mistakes to their loved ones.

My Life My Happiness session was more about relationships and how they might be strong, weak or even broken and how can one make efforts to bridge the gap in relationships and rebuild them. The participants were engrossed while doing this exercise and thought through for it. They were also asked to write down how they would try to re-build relations with the people, whom they had issues with. The participants were then given a sheet of paper to write down at least one positive commitment that they make to themselves to do it right away as they go home.

The participants then were in groups for the group discussion. Participants who could not go up on stage and share, shared their feelings in the group discussion about the family session. The participants then dispersed for tea from the group discussion.

Post tea it was time for the coordinators to take the stage. All the coordinators including Mr Rajiv Agarwal and Shraddha Agarwal shared their experience and their journey of being part of this idea of IofC LMAD. The most senior person being Mr Rajiv Agarwal, being a part of IofC for the past 21 years to someone who has been connected to this idea for only six months ,Sharvari Shah, shared what brings them back every year to IofC LMAD.



The day ended on a high note. The participants felt a rollercoaster of emotions both high and low by the end of the third day. They all left with a smile of satisfaction on their faces.

### **3<sup>rd</sup> December 2017, Day 4**

The last day of the Jamshedpur conference commenced with a peaceful morning prayer. Followed by the prayer, an animated presentation on one's inner self was shown to the participants. Explaining how as small babies, we were innocent, at peace, but as we grow old we start letting feelings of arrogance, ego and anger take over ourselves. Further elaborating on this topic, real life experiences of how one is before practicing quiet time, carrying the baggage of those negative feelings and after introduction of IofC and quiet time, how one focuses on making his/her life better by letting go of your ego and listening to your conscious instead.

After the quiet time input session, the participants were given approximately 40 minutes for quiet time. There was an effective sharing session after the quiet time. The students dispersed for breakfast later.

Post breakfast, the inspirational song, "*chattan*" was sung and enacted wonderfully by a few coordinators. Following the song, a beautiful video of Asia Plateau was shown to the students.

The participants were then introduced to the pledge of LMAD. They were given time to read and understand the significance of the pledge. Following, a new concept of 'letter to self' was introduced to the participants. They had to write a letter to themselves about their feelings at the time. This letter would later be sent to the participant after 6-8 months to remind them of the time at the conference. After the interesting activity of letter to self,

the students were given small chits where they had to write down any one of their bad habits that they want to end. They were then led outside the hall where the coordinators had set burning pots. The participants then burnt their chits.



The group leaders then led their groups for the last group discussion of the conference. After the group discussion, Shraddha Agarwal, a local coordinator, along with Mrs. Nair, who was the guest for the afternoon distributed the certificates to the deserving participants. The coordinators received their certificates too.



Mrs. Nair and Mr. Sharat Chandran later gave the students a few words of wisdom. After their inspiring talks, the coordinators sang the song “chaliye na”. This officially called the end of yet another rousing conference.

## **ANNEXURE – 1**

The participants had undergone some changes in the first 2 days of the Conference and hence they took an essential step by noting them down. One positive commitment which they are going to do just after they leave the venue. Some of these positive commitments are mentioned below.

“I will go home and touch my parents’ feet and ask them for forgiveness.”

“I will keep myself calm and composed in all situations.”

“I will smile and be happy always.”

“I will live a healthy and disciplined life.”

“I want to practice quiet time every day.”

“I will tell sorry to my family.”

“I will go and call the person whom I have hurt the most but haven’t apologized as yet.”

“As soon as I go home today I will give a tight hug to my mom and will cook her favorite food and plan a surprise dinner. “

“I will quit smoking.”

“I will sleep and wake up on time.”

“Today I will go home and meet my friends with whom I have fought and will also tell them sorry.”

“I will go home and help my mother in her work right from tonight.”

“I will go home and talk to my sister and clear the misunderstanding.”

“Hug my grandparents.”

“I will not waste my time and money. I will not eat junk food.”

“Sorry to all those people whom I have disrespected. Special sorry and thanks to my parents”

“I will never talk rude to my parents. “

“Being honest and polite.”

“I will study everyday.”

“I will massage my Mother’s feet.”

“From today I will not lie to my parents and friends and I will say sorry to my parents and friends.”

“I will spend one hour quality time with my parents.”

“I will be honest to my parents.”

“I will pass in pre-board and make my parents feel proud.”

“I haven’t talked to my grandmother since September, will go and talk to her.”

“I will surely spend time with my father.”

“I will not say anything wrong about anybody.”

“From today I will do quiet time every day.”

“I will say sorry to my mother for my mistake I have done and ask her to forgive me. I will promise her that I won’t repeat the mistake.”

“From today I will study hard to get good marks in examination.”

“I will try to love all people around me”.

“I will not think about suicide again.”

“I will follow the principles of PHUL.”

“I will study 4 to 5 hours from today.”

“I will complete my biology work.”

“I will ignore all my dirty and bad habits.”

“I will complete my commerce study.”

“I will help poor people and make my family happy.”

“I will not be impartial with my brother and will not be unfair anymore to him regarding pocket money.”

“I will not be lazy and do my work on time.”

“I will improve my relations with my family members.”

“I will be honest to my family and friends.”

“From today I will respect my elders.”

“I will fulfill my parents dream.”

“I will spread the message of PHUL to all my relatives and friends.”

“Will always smile.”

“I will keep my room clean.”

“I will think before speaking anything.”

“I will always give respect to my grandparents.”

“I will control my anger.”

## **ANNEXURE – 2**

### **PARTICIPANTS’ FEEDBACK ANALYSIS**

Objective: To read each and every feedback form and analyze certain key points that would be addressed while conducting the 2017 Jamshedpur Youth Conference

Feedback Summary according to the questions:-

1. What were your expectations from this conference?

- To change myself and become good human being.
- To improve decision making quality and develop leadership qualities.
- Career counselling and creating young leaders.
- Peaceful feelings with meditation and positive vibes.
- Expected to gain inner strength and courage to face problems.
- Self improvement and motivation.
- Enjoyment and party along with music and dance.
- No expectations.
- To learn new things and understand what I am actually.
- Boring and wastage of time.
- To control my Ego and Anger.
- Gain knowledge, good values and tips for future.

2. To what extent were these expectations met?

- More than my expectations, gained new experiences.
- Fulfilled to a great extent and I surely work for the change.
- It gave me the strength to follow the path of truth.
- I told all my bad deeds to my parents and felt relaxed.
- Remarkable and superb experience.
- Effective and heart touching.

- It helped me to learn how to respect elders.
- Learnt to change demerits to merits and bad to good.
- Reconnected with my family with love and care.
- Excellent, I realised my mistake.
- It gave me the strength and platform to improve my drawbacks and weaknesses.
- Speechless and magical experience, help me to know who I am.
- Conference changed my life, I realised where I am wrong and how do I improve.
- It was great hearing my inner voice for the first time.

### 3. Feedback of written exercises:-

Evaluating your life against 4 Absolute Standards:-

- Excellent.
- Most interesting.
- Very impressive.
- Inspiring and Outstanding.
- Eye opener and Knowledgeable.
- Taught me to communicate in positive way.
- Evaluated my life.

Pyramid of life:-

- Superb, learn to value time.
- No to bad habits and yes to good habits.
- Rich inspiration.
- Understood how to make short term and long term goals.
- Encourage me to share the dark side of my life with my Parents.
- Real way to live life.
- Future progress with help in studies.

My Life My Happiness:-

- Very important exercise.
- Understood the value of family bonding.
- Good for relationship building.
- Emotional, painful and heart touching.
- Great booster to solve family relationship.
- Taught a lot to be happy.
- Fantastic and Mesmerizing.

Letter to self:-

- Totally shocked, it's a new experience.
- Excellent, best part of the conference.
- Felt sad and funny but innovative.
- Exciting and strange but, I felt better.
- Help me to know about myself.
- Best part of whole morning.
- Great chance to know one's ability, stunning idea.

4. What you did not like in the Jamshedpur Youth Conference?

- Less number of days.
- Food.
- Noise during quiet time.
- Speech is very long.
- Short quiet time.
- Sitting arrangement.
- Letter to self.
- Sessions were too long.
- Very early reporting time.
- Less time for group discussion.
- Not allowing the mobile phone in the break time.

5. How would you rate the conference?

- Excellent:- 84%
- Good:- 15%
- Not Happy:- 01%

6. Give your Suggestions to help us make the future conference better:-

- Days should be increased- 33 people.
- Group discussion should have been more interesting and interactive.
- Mobile should be allowed during the break- 2 people.
- Some more motivational video about success.
- Conference like this should be done more.
- Breakfast plate should be clean and more tables should be arranged for serving the food.
- Give time to solve the personal problems.
- Explanation of quiet time should be more clear.
- Quiet time should be more than 1 hour.
- Should be given some time to discuss with friends.
- The conference should be outside in nature.

- Quantity of food (breakfast) is less.
- Activities based sessions are good to understand.
- Allow water break after every one hour.
- Force the students to speak/share.
- Night stay.
- More emphasis on career options and clear views about Academic discussion.
- Group discussion time should be increased.
- One day for fun.
- Physical activity should be added.
- Explain the topics with different examples also.
- Add something more for the re-fresher's.
- Life changing conference.