

Follow up Conference for the Students of Shree Raj Educational Center, Parli



A total of 69 students from Std. 9th,10th and 11th along with five teachers had come to Asia Plateau on 27th of December, 2019 for a one day follow up conference and recap of the four-day conference that was earlier conducted at the Shree Raj Educational Centre, Parli in August.

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Coordinating team was as follows:

Sneha Agarwal, Harshal Thakare, Vighnesh Viswanathan, Vedang Sonawane and the December workshop team along with Viral Mazumdar.

Students reached the centre on 27th by 12:00 pm and were allocated rooms. After lunch, the Do's and Don'ts were mentioned. A group picture was clicked followed by the AP Tour in two groups. All participants were given a run through of the four day conference in Parli and were asked to share their experience and change which they felt in the last four months. Some of the sharing(s) are as follows:

- I have started sharing things with my brother, I have started waking up early and also begun to include good habits in my day to day life.
- Many students shared their experience of the Vision exercise and also shared their short term and long term goals. For short term goals many wanted to repair broken relationships with their family, friends and siblings; inculcate good habits and leave bad habits; and for long term goals, many aspired to clear UPSC; join the military; become a doctor, cricketer, engineer, study fashion designing and modelling, etc.
- One person wants to earn money and gift his father a smartphone.
- Many had asked Viral Bhai tips for concentration during the Parli conference and most of them have been trying to implement them in their day-to-day lives.
- One person confessed of diverting from the four values and cheated in the exam which had happened a few days ago in their school.
- It was also coming across often that parents are not supporting their children of the ambition of their choice.
- Because of Quiet time and concentration exercise, study hours threshold has increased from ½ hour to 2 hours.



After the Recap session where 90% of the class shared enthusiastically, it was clear that the students were happy to be invited to Asia Plateau and they were enjoying the nature's beauty.

After tea, everyone went for a trek to the tabletop where they all enjoyed and clicked pictures. Post the trek, everyone was given a postcard which was to be written by the students; but they wouldn't be posted. They were to handed over in person to whomsoever they had written that postcard for; after going back home.

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They all were introduced to the Time of Silence and many felt extremely peaceful from within after the music was played in the auditorium.



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Dinner was served and participants expressed their content and were happy with the hospitality they received. They also did wash-ups and their teachers were in awe that boys were cleaning utensils.

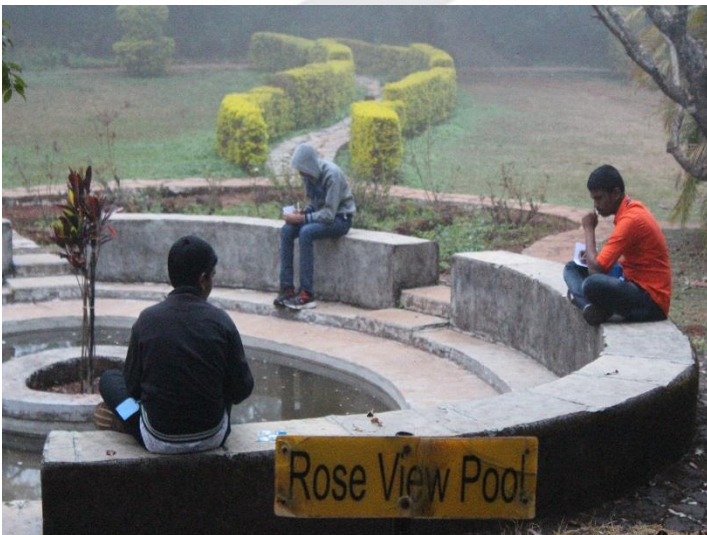


After the wash up, participants were divided into four groups for group discussions. As students were still getting used to the environment around them, most of them shared their stories and happy moments. All group leaders were accompanied by the team of December Workshop and helped in reinforcing the four values, valuing women and empowerment.

After the group discussion, all participants were served a cup of hot chocolate followed by the 25th LMAD Documentary in the north east room.

Wake up was extremely smooth as no participants ever slept the whole night as everyone was excited for the next day.

Viral Bhai gave the morning inputs in the auditorium followed by the quiet time. All participants enjoyed the campus and the morning environment.



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After the Quiet Time, sharing took place in the auditorium. This was later followed by a recap session by Viral Bhai where he reinforced the four values and its significance, respecting women and concentration exercise. They all were also promised that Viral bhai and the team will visit the school in February before their board exams starts.

Few of the morning quiet time sharing are as follows:-

- I have promised myself not to do any bad things from now onwards.
- I thank you Viral bhai and the team for inviting us to this place, we couldn't have possibly seen such a beautiful centre. I love this place and its discipline.
- I am very excited to visit this place again in June for the youth conference.
- Four months ago, we did the conference in our school. The conference inspired me to be a good person. We learnt four moral values and it is helping me in my life.
- I used to waste food, electricity and water, but when we had the conference, we signed a pledge on which the oath was given that we will not waste water, food, and electricity. From that day onwards, I am not wasting any of these.
- I used to lie to my mother but then the conference made me realize my mistake; but I started it again after some time, but this trip to Asia plateau made me realize my mistake again.



The highlight was the excitement and being at AP with all the LMAD team and the reconnect was very powerful. Majority of them were making attempts to live by the values which was taught; and concentration was the highlight as it showed that they have taken this exercise seriously and somewhere within they feel they can accelerate in life if they bring in concentration. After breakfast, everyone departed from the center after buying strawberries. The Recap ended on a very good note.



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