

Tamar Conference 2019

This year, beginning from 24th November to 26th November. Initiatives of Change - Let's Make A Difference organised a 3 day vision workshop in Eklavya model residential school in a backward village called Tamar in Ranchi district of Jharkhand. This is a boys-only school maintained by the government of India, specifically for students coming from the scheduled Tribes (ST) in the region. The school students are supported in all aspects of basic necessities along with their education.

The workshop was organised for 450 boys of the school and their teachers along with them. For this program, 12 volunteers had joined hands, coming from various parts of India like Yavatmal, Jamshedpur, Coonoor, Pune, Goa, Nashik, Mumbai and Delhi to help organise the program along with the course convener.

The motive for this conference was to educate the students on the importance of their education and privileges enjoyed by them. Apart from initiating a conversation about morals, it was also an aim of the team to motivate and guide them for pursuing their further education rather than going back to their place of origin, which is a common trend amongst them.



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The inauguration of the program was pre planned by the school students and staff. On 24th november in the morning, students enacted a traditional and ceremonial welcome at the official arrival of the team. The welcome included a walk from the main entrance of the school to the auditorium along with human chains of students on both sides performing the traditional Santhali welcome song called Johar (way of greeting in Jharkhand), after which team members were greeted with tilak ceremony and flower garlands, this was a new and mesmerising experience for both new and experienced members of the team. All the participants were already divided into 8 groups which were Awareness, Development, Discipline, Governance, Happiness, Harmony, Health and nature.

The inaugural part of the programme was hosted by school principal Mr. Garvin Waters, after which a welcome song was performed by students. Later the director of the school Mr. Sharat Chandran spoke about the work of LMAD as experienced by him and how privileged the students were to be a part of this workshop. Two volunteers from the team shared their experience with LMAD at Asia Plateau (AP), as they shared about the change in their life after the conference. One of the participants from the school who was a part of the 2019 national youth conference spoke about his experience at AP, which he described as "very clean and quiet". The inauguration was concluded with a vote of thanks by the vice principal Mr. Akash.

The whole team of 12 volunteers were introduced to the students by two of the senior team members. The course convener then introduced the participants to lofC and what is LMAD with its journey of 25 years. The course convener then spoke about the four values of MRA. He did this by giving experiences from his personal life. This made it easier for the participants to relate to him.

One of the volunteers then conducted a highly interactive session, to empower participants to have a well defined, clear vision for their future and career. With the help of knowledge already present within them, the session was focused on how participants can be content in both career and happiness. It was very well participated by all the participants, in which were the students of classes 10th and 12th for whom this session was especially crucial.

Later on, another exercise was put forth by the course convener to boost the concentration in their day to day life. As the concentration of youth these days is declining, this exercise was very helpful to all of the participants. In the last part of the day, they were sent for group discussions at various different GD spots around the campus. Here, they were asked to reflect upon the sessions that were held from the morning, They seemed to actively expressed their views and thoughts. After that they were instructed to be present early next day for morning session of quiet time.

The course convener started the next day by introducing the most important aspect of the whole concept; Quiet Time. This is where one spends time with themselves, away from other wordly items or people. In today's noisy world, people seldom do this. He spoke about how this time is used to listen to one's inner self. He asked to evaluate each passing thought with the four building blocks of lofC LMAD; Purity, Honesty, Unselfishness and Love. He spoke about how following disciplined Quiet Time will help one not only to achieve great things in life but also guide us to be better human beings. The participants listened intently and then dispersed into the campus to

experience their very first Quiet Time. The participants were also given a diary in which they wrote the thoughts that they found most powerful during their time with themselves. After their time outside, a few participants shared their experience on stage. Many found the time of silence overwhelming while some could relate to the standards.

Over time, everything changes. Friends come and go, clothes get worn out, new ones are bought, memories fade. What remains constant over all this while is family. No matter what, they're always there for you. Through thick and thin. The next session was all about appreciating one's family and reconciling with the ones who have grown distant. The course convener gave various examples from his life that made the participants realize just how important their relatives are. Many came forward to share their experience with their family members. They shared happy memories and sad ones. Some realized how very wrong they were and vowed to apologize to them. Tears of happiness were shed and participants felt lighter as they poured their feelings in front of everyone present.

After lunch, another group discussion took place where the participants who didn't get a chance to share on stage in the morning opened up about their family. It was very powerful how the students mustered up the courage to share in the presence of their classmates. Another session was taken about how destructive anger can be and the various ways to keep it under control. Majority of the students agreed that they faced this problem of anger and listened intently as the course convener spoke. Every participant was then handed over a chit where they wrote down one bad habit they had that they didn't want to take forward. The students then proceeded outside to burn the chit that contained their bad habit.



The third day began with the course convener speaking about a very important aspect of one's life; ego. For the morning quiet time the course convener spoke about how the mind, conscience and ego are interrelated and affect the life of all, all the participants then spread out on the campus for their Quiet time. When the participants came back, a lot of them went up to the stage to share as their Quiet time seemed to be fruitful. Some of the participants were sensibly moved and shared their thoughts from the stage. One of the participants shared that he could see the change in himself, he said that earlier he used to be quite jealous and arrogant but now he felt things were going to change.

Another participant shared that in his quiet time he had both positive and negative thoughts, he also thought about what he wants to do in life. There was also a feeling of sorrow for all the people he had hurt and he expressed how he felt guilty. As the day moved forward, the participants were handed a pledge which highlighted the importance of resources like electricity, paper, water, food, etc. The participants were instructed that by signing the pledge they were to consciously use all the resources and will punish themselves by fasting or satyagrah, if they failed to follow the pledge.



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A group picture including the whole of the volunteer team, the course convener, all the participants and school staff was then clicked as a memory of this workshop. This was followed by one last group discussion in which all the participants opened up very well and shared their experience of the workshop, they were also very excited to continue their quiet time daily and shared about their gains from the workshop. In the closing part of the last day, the course convener asked the participants to appreciate and applaud the volunteer team, because of whom this workshop could be organised, the course convener and dignitaries then personally handed the team their certificates. The certificates of all the deserving participants were then awarded to them by their group leaders along with a tiffin box as a token of love from the LMAD team. The 3 day vision workshop was concluded with the National Anthem. The school students said goodbye to the LMAD team with a majestic guard of honour extending from the auditorium to the main exit gate of the school. The team wished best of luck to all the participants to give their best in the coming examinations and urged them to follow the teachings they had received in the last 3 days.

Annexure

Some of the positive commitments that the students wrote for themselves are listed below:

- में आज से गाली नहीं दूंगा।
- में परीक्षा के समय चोरी नहीं करूंगा।
- में किसी से झगड़ा नहीं करूंगा।
- में अपने माता-पिता का बात मानूंगा।
- में खाना बर्बाद नहीं करूंगा।
- आज से कठिन मेहनत करूंगा ताकि मेरे परीक्षा में अच्छे अंक आए।
- में आज से अच्छा व्यवहार करूंगा।
- हर दिन अपने परिवार से बात करूंगा।
- कभी किसी का दिल नहीं तोड़ूंगा।
- में हमेशा आपकी मदद करूंगा।
- में कभी भी झूठ नहीं बोलूंगा।
- में बड़ों का आदर करूंगा।
- में आज से अपनी तरफ से पूरी कोशिश करूंगा ताकि मैं अपने आने वाले कुछ दिनों में अपने आप को एक बड़ा आदमी बनाना चाहूंगा।
- आज के बाद से मैं जल्दी उठूंगा।
- में अपना कमरा साफ रखूंगा और अंग्रेजी में बात करने की कोशिश करूंगा।
- में रोज सुबह जल्दी उठकर पढ़ाई करूंगा।
- में माता-पिता से फोन में संपर्क करूंगा।
- में क्लास में हमेशा उपस्थित रहूंगा।
- में गंदी फिल्म नहीं देखूंगा।
- में समय का दुरुपयोग नहीं करूंगा।
- में अपनी गलतियों को सुधारूंगा।
- में आलस नहीं करूंगा।
- दूसरों के बारे में गलत नहीं बोलूंगा।

मैं सदा सच बोलूंगा।
मैं अपने परीक्षा में 90% से अधिक अंक लाऊंगा।
मैं अपनी कक्षा में नहीं सोऊंगा।
आज से गंदा काम करना छोड़ दूंगा।
मैं आज और अभी से मेरे दिमाग में नकारात्मक सोच को निकालकर सकारात्मक विचार उत्पन्न करना चाहता हूँ।
मैं रोज समय पर स्कूल आऊंगा।
मैं किसी को नहीं सताऊंगा।
मैं आज से सिगरेट पीना बंद कर दूंगा।
मैं आज से आने वाले दिन में अपने माता-पिता का ख्याल रखूंगा।
नशा करना बंद कर दूंगा।
मां को गाली नहीं दूंगा।
मैं मेहनत करके मैट्रिक परीक्षा में अच्छे अंकों के साथ पास करूंगा और स्टेट में टॉप करूंगा।
मैं पढ़ने के समय हल्ला नहीं करूंगा।
घर वालों का बात मानूंगा।
मैं खाना खाते समय मोबाइल में वीडियो नहीं देखूंगा।
मैं फालतू कामों में समय बर्बाद नहीं करूंगा समय का सही सदुपयोग करूंगा।
इंजीनियर बनूंगा।
मैं अपने विचारों को स्वच्छ करने की पूरी कोशिश करूंगा।
अपने बहन से अच्छा व्यवहार करूंगा।
मैं नौकरी करके अपने घर को चलाऊंगा।
मैं अपनी गर्लफ्रेंड के साथ झगड़ा नहीं करूंगा।
मैं अपनी बोली को सुधार लूंगा।
मैं आज से किसी भी बोलने के क्षेत्र में आगे रहूंगा।
आज का काम आज ही करूंगा।
अपने भाइयों के साथ झगड़ा नहीं करूंगा।
आर्मी उपलब्ध सभी चीजों का सही कार्यों में उपयोग करूंगा।

अपने देश के लिए जारी सभी कामों में कर्तव्य पूर्ण भाग लूंगा।
अपने परिवार से सदा जुड़ा रहूंगा।
गलतियों पर माफी मांगना शुरू कर लूंगा।
कभी चोरी नहीं करूंगा।
अपने आप में घमंड नहीं करूंगा।
लड़कियों के बारे गंदा-गंदा सोचना बंद कर दूंगा।
मैं हर दिन शांति मन से सोच लूंगा और उसके विचार पूर्वक काम करूंगा।
सावधानीपूर्वक गाड़ी चलाऊंगा।
अपने दीदी से अच्छे बर्ताव करूंगा।
आज से किसी की बातों को नहीं टालूंगा।
हिंदी मास्टर बनूंगा।
मैं सुबह पानी पीऊंगा और शाम के प्रार्थना में जाऊंगा।
मैं एक अच्छा गायक बनने के लिए रोज 2 से 3 घंटे गाने का रियाज करूंगा।
मैं नहाते समय पानी बर्बाद नहीं करूंगा।
मैं समय पर ही काम खत्म करने का कोशिश करूंगा।
मैं हर रोज साफ सुथरा रहूंगा।
आज से कम करने की कोशिश करूंगा।
मैं आज से हड़ीया और दारु नहीं पीऊंगा।
चोरी नहीं करूंगा।
रीडिंग पढ़ने की रोज कोशिश करूंगा।
आज से मैं लड़कियों को नहीं छेड़ूंगा।
इंटरनेशनल फुटबॉल प्लेयर बनूंगा।
मैं किसी को धोखा नहीं दूंगा।
आज से मैं अपनी क्रोध पर नियंत्रण रखूंगा।
मैं किसी को ठेस नहीं पहुंचा।
देश की रक्षा करूंगा।



में गुरुजनों के आज्ञा पालन करूंगा।

आजके बाद किसी को नहीं चिढ़ाएंगे।

आज से मैं बिजली, पानी और खाना को सुरक्षित रखूंगा।

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