

Jalandhar Youth Conference

Sanskriti KMV School, Jalandhar, Punjab

27-29 April, 2023

Day 1

The LMAD Jalandhar Youth Conference was inaugurated on the morning of 27 April. Students from classes 9 and 11 of Sanskriti KMV School, Jalandhar, attended this conference. The chief guest, Mr. Dhruv Mittal, the principal, Mrs. Rachna Monga, and Mr. Viral Mazumdar, lit the lamp. The school warmly welcomed the LMAD team who came all across the country from Bengaluru, Delhi, Jamshedpur, Katni, Osmanabad, and Solapur. The conference saw active participation of 193 students of the school. The students of class 11 had started their term a week prior. The school believed that a conference of this nature would definitely etch a permanent mark on the students starting a new phase of school life after their board examinations.

The LMAD team presented Mrs. Rachna Monga with a token of respect. IofC-LMAD is incomplete without a song. The volunteers sang 'Chaliye Na'. Introduction to IofC, Asia Plateau, and LMAD was followed by a video showing Asia Plateau. An overview of the conference was given. Thereafter, Dhruv Nagwani shared his experience of attending the virtual National Youth Conference and how it was a life-changing conference for him. We ended the opening ceremony with the National Anthem.

The entire volunteer team was introduced by Sayok Sarkar. This was followed by the Do's and Don'ts of the conference and the importance of the certificate. The course convenor spoke on the ABC of LMAD, the four moral values; honesty, unselfishness, purity, and unconditional love.

After the lunch break, the participants were allowed to disperse into their allotted groups for the group discussion where they introduced themselves.

The participants were introduced to the pledge on sustainable living which was explained by the course convenor and those willing to follow signed it. The day ended with a session on increasing one's concentration.

Day 2

The day started with the prayer "Itni Shakti Hamein Dena Data".

Quiet time is the most important aspect of an LMAD conference. The morning introspection lets one to sit quietly and listen to their inner voice. The morning plenary was only about self and going within. To go further deep into analyzing oneself to the absolute standards, students were

given quiet time. Later on, students came and shared their conscious guided thoughts of being dishonest and selfish towards their siblings.

The next session was dedicated to understanding the self we present to the world outside. This very beautifully complements the four values. The physical manifestation of these values reflects in the person through their daily habits, and mannerism. The Pyramid of Life session helped them understand their priorities in life with the golf ball exercise. Students identified their good and bad habits. Two of the volunteers shared how this session helped them in their career and short-term goals.

In the group discussion, participants shared their good and bad habits, how to change their bad habits, and their short-term and long-term goals and raised their questions. The volunteers sang the song "Kaun Hai Zimmedar". The next session was on Daylight Saving Time where one identified how they waste their time and how to utilize daylight time the most. The participants were provided with exercise sheets where they were asked to break down their 24 hours for different activities. One of the volunteers shared how his daily schedule has changed after joining the fellowship home. They were asked to write a positive commitment that they would like to follow from then on.

Day 3

The day started with the prayer "Aye Malik Tere Bande Hum" and the course convenor gave the inputs of Quiet Time. He spoke about when quiet time was introduced to him and how quiet time has brought a change in others' life. He again briefed on the four moral values with various life examples. We had the jar exercise which took the participants to their inner selves. Thereafter, we had the quiet time for 45 minutes where each participant sat quietly and introspected their life and wrote their thoughts into the diary. Later, students came forward to share their thoughts and their relationship with their parents and how would they want to bring a change in their life. Few students shared personally with the course convenor.

After lunch, we had the Question-and-Answer Session where the course convenor addressed the questions from students on how to control anger, does unconditional love exist, how to avoid distractions, and whether attitude and ego are the same. Many students asked their questions personally to the course convenor. Then each participant wrote a letter to self, followed by negative burning. The participants went to their respective groups and the volunteers gave them their certificates followed by the group picture.

The closing ceremony, where the principal addressed the gathering and expressed her gratitude towards the course convenor and the volunteers of LMAD for the wonderful conference. The students shared their experience and how it helped them to know themselves better.

Annexure 1 - Positive Commitment

The following is some of the positive commitment of the students:

- I will make my mindset positive. I will work hard.
- I will reduce my screen time.
- I will not waste my time.
- I will be productive and a nice human being.
- I will be honest from now on and will never hide anything from my parents.
- I will wake up early and follow my timetable.
- I will be more productive.
- I will control my anger.
- I will help others.
- I will eat healthy.
- I will increase my study time from 1 hour to 2.5 hours daily and score good marks.
- I will not waste my time on mobile.
- I will focus on my career.
- I will live a sustainable life and will save water and trees.
- I will manage my time and be punctual.
- I will not waste my time & be organized.
- I will start doing hard work to get good marks and wake up early in the morning.
- I will plant a tree every week.
- I'll start learning coding languages instead of using social media.
- I will be honest with everyone and never lie to anybody.