

# Let's Make A Difference

## Jamshedpur Youth Conference

### 2023 Report



**Date:** 30 November - 03 December, 2023

**Location:** Kerala Public School, Kadma, Jamshedpur

## Introduction

The Jamshedpur Youth Conference (JYC) was conducted in Kerala Public School, Kadma from 30 November 2023 to 3 December 2023. 232 students participated in the conference along with 11 teachers and 22 volunteers. The students who participated were from Kerala Public School (Burmamines), Kerala Public School (Gamharia), Kerala Public School (Kadma), Kerala Public School (Mango), NML Kerala Public School, Kerala Samajam Model School, Narbheram Hansraj English School, SDSM School for Excellence, and DAV Public School.

## 30 November – Inauguration Day

JYC'23 started at 3pm sharp. KPS group of schools hosted the program. The chief guest of the event was Mr. Ronald D'Costa. Other dignitaries present for the inauguration included Mr. Sharat Chandran, Director of KPS Group, Mrs. Lakshmi Sharat, principals and faculty of various schools and press members. The MC for the event was Abhishek Sir from KPS School. The event started with the lighting of the lamp followed by a beautiful song sung by little girls from KPS School. A stunning classical dance performance was also performed during the program.





Following that, Mrs. Sharmila Mukherjee, principal of KPS Kadma, gave a brief about Let's Make A Difference , what it does and how it helps students. She also talked about Let's Make A Difference's successful journey. Mrs. Shraddha Agarwal then talked about the journey of JYC and shared that this year marked the 10th year of JYC. Following that, Sahil, a member of the Let's Make A Difference team shared about his journey and how it helped him become a better person. The Let's Make A Difference team was then facilitated by the school authorities. After the dignitaries departed, the students were divided into 8 groups and then they were informed about the rules and regulations of the conference by Suman Sir.

The day then ended with a group discussion where the participants got to know the coordinators and each other in a better way.

### **1 December – ABC of Let's Make A Difference, Quiet Time**

All the students were made to sit in groups along with their coordinators. The day started with a prayer. Post that, the course convener started with explaining what quiet time to the participants is. He talked about its importance and how quiet time can help them with self-introspection. After that the participants were asked to take their quiet time diary and go for their first quiet time. After coming back a few students shared about their experience with quiet time. One of the students came up and shared that the quiet time helped her see herself from inside and it made her realize all the time she was dishonest. She was very confident and was proud of herself for realizing her mistake and speaking out loud.

After having breakfast, the volunteers sung the song 'Chaliye Na'. Then the students were shown the videos of Asia Plateau. The course convener then talked about the four values- purity, honesty, unselfishness and love. He explained how to imply those values in real life and the importance it holds. The members of the Let's Make A Difference team also shared their stories regarding the values. After that, everyone went for their group photos.

After lunch, everyone went for their group discussion in which they talked about their quiet time and the 4 values. The day then ended with a session on concentration. It taught how to be productive by being focused on their vision





## **2 December – Jar Exercise, Pyramid of Life, Family Day**

The day started with a morning prayer. The participants were taught about the quiet time even deeply. Then they were given a demonstration of the jar exercise in which they learned to be good inside out. The participants were then sent for their quiet time with the question- 'Can I clean my jar? If yes, then how?'

After breakfast, the students shared their experience. One of the girls, who was visually challenged, shared a beautiful poem she wrote in her quiet time about self-cleaning. Many other students shared their feelings. It was a very emotional and heartfelt moment. After that, the course convener talked about the importance of being silent, post which he went on to teach about the pyramid of life. It taught them how to get clarity for them to achieve their short term and long-term goals. They were given an activity to understand it better. Each participant including the volunteers made a positive commitment on a piece of paper which was later displayed for all to read.

The second half of the day began with the family session. Two powerful videos on the same were played. Everyone understood the power and importance of family in one's life. The sharing which came from the students was deep and emotional. The day then came to an end with group discussion. The coordinators talked to the participants about the jar exercise and family day. And at the end they all did negative burning where they wrote a negative thought on paper and burnt it into ashes.



### **3 December – DLST, Vision, Pledge**

The last day started with yet another prayer. The course convener explained that quiet time should not be used like a paracetamol, that you do it when you don't feel good and that it should be done with discipline and followed every day. The students then went for their quiet time with all the topics they learnt about in three days to be thought about. They all came back and shared some insightful and eye opener thoughts.

After breakfast, Mr. Bhisham Mansukhani conducted a session on the power of vision. The session was very interactive where all the participants took part and learnt how they can use their skills and talents and chose a career which will help them earn money and also help the society at the same time. The session then ended with yet another insightful video.

Then Sayok Sarkar conducted a session on daylight saving time (DLST) which really went well. It helped participants get clarity on being productive and achieve their goals by making out time to sharpen their skills. After that, Mrs. Shraddha Agarwal briefed us about the pledge and the students who were confident to follow the pledge, signed it. Everyone then went for their last group discussion of this year's conference where they opened up even more than before and shared their experience from the last three days.

After returning from lunch, the course convener started the closing ceremony with his meaningful words. Then all the participants were given a sheet where they all wrote a letter to themselves which they will open after a few months to relive the moment. Post that, the question-and-answer round started where the students had some amazing questions and it made the session very interactive. The lighting of the lamp was then done and one student from each group spoke about their experience and learnings from the four-day conference.

The coordinators and all the volunteers were then given a token of thanks on behalf of the Kerala schools. The Jamshedpur Youth Conference 2023 was then ended with the distribution of the certificates to the participants. It was yet another successful JYC!



## Volunteers

Abhinav Bisht	Akshata Ghogare	Bhisham Mansukhani	Hetal Gori
Hrithik Rawat	Nishant Sanghi	Parth Semwal	Rahul Singh
Rajiv Agarwal	Sahil Kumar	Sai Bhuvan	Sangita Sarkar
Sayok Sarkar	Shivraj Nirmal	Shraddha Agarwal	Sonu Arora
Suman Sarkar	Viral Mazumdar	Yash Sohanda	Bipasha Ghosh



## ANNEXURE 1

### Positive commitments made by students

- Don't be desperate in life put on your efforts and carry out your career with a good health and move on a successful life
- It is useful for us. I will listen the lecture I will change my life
- To be positive and kind in any of the difficult situations
- I want to increase my concentration power
- Do not think about others because they are not thinking about you
- I will not use bad words I will always say truth I will be a good person
- I will try to become unselfish pure and honest person
- I will never feel jealous on my friends achievement
- Let's make a difference I will try to achieve my goals and career and will become successful in life
- I commit to concentration
- I give commitment to continue with the quiet time I will not use abusive language I will be honest at all cost I will be selfless I will stay true to myself and everyone around me
- I will never lie to my mother and friends
- I will always be honest and never lie to my parents
- I will not go outside without parents' permission and obey them
- From now onwards I will be honest to everyone and be true to each and everyone and not use bad languages while talking to my friends and will not argue with anyone
- I will become a successful person and achieve everything in my life and make my parents proud
- I will not ask any girl out. Rest matters to them and my proper appropriate age
- I want to focus on studies with all my energy and resources and wanted to become a successful engineer
- I never see a girl in a bad manner I will see all girl to the eyes of mother and sister
- I will never abuse elders or younger respect each of another in respectful manner always being family proudly
- I will increase my concentration level and will get good marks for my coming exams
- Sunset is only another way of new sunrise
- I will change myself not going to use any bad words and apologize at my mistakes
- I will not look too pornography and I will not use bad words
- I will not scold my sister for stupid things I won't lie to my mother for small things
- Take everything polite and give to others in a good way
- I will always help my father and I will never lie from now
- I will try to be a better person each and everyday



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- Never lie to your parents always tell them the truth if you don't tell them the truth and they get to know it from anywhere else it will make them feel more bad
  - I will try not to shout on small things
  - I will try to maintain my quiet time and I will aware many more people about this idea so we can make a difference
  - I am having a habit of getting angry to my younger and elder once on little things so I will give my best to prevent this
  - From now onwards I will not use slang languages
  - I will not watch pornography in my phone or laptop it has already started
  - I will not scold my mother when she is scold me
  - I will not cheat in exams
  - I will always be honest and never talk rudely to anybody
  - I want to be honest in my life pure in my life I will always respect my elders and I will never tell lie
  - I will not use mobile phone while studying
  - I will never use abusive language and I will never cheat in the exam
  - I will become a national player
  - I will try to spend less time on screen time
  - I will be more honest
  - I will study every day from now and attend my classes regularly
  - I should not use abusive language
  - Improve my studies and less usage of cell phones
  - I will try my level best so that the trust and believe that people have on Me never breaks
  - I will never use bad words to people and I will never lie to my parents
  - I will constantly improve myself and fix most of my bad habit I will strive for my career
  - I will not abuse others.
  - I will never use abusive language to anyone and will not lie to my parents
  - I will never live with my mother and I will focus on my study and I will never use slang languages
  - I will follow thought processing and I will always be honest I will work hard for my career and I will not use bad words or slangs
  - Instead of thinking how hard your journey is think about how great your story will be
  - I will not play games daily
  - I will never use bad words
  - I am trying to control my anger and think positive only
  - I want to crack CSIR NML scientist job and I want to avoid using mobile phone all the time
  - I will not trust people again
  - To give all the care love and happiness to all the most important people in my life and give my parents a wonderful life which they deserve





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- I will pray regularly
  - I will work on my angry issue and try to control it
  - I will give more priority to my kids and take out more time to play and talk and discuss with them
  - I will work on my anger issues
  - From today I promise to focus and give more and more time on my goal and give more time towards God
  - I will start studying and bring good marks and fulfill my parents dream
  - I will not use bad words and I will respect my elders
  - I would try to achieve my goal at any cost not only short term goals but also my long term goals which help to build good career
  - I will become successful in my life
  - I will make my studies in my first priority and in future join ISRO to make India proud
  - Let's make a difference motivated me to change myself and improve
  - I will become honest to myself
  - I will score good marks in 12th board examination
  - I will try my best to make people smile
  - Let's make a difference and Viral sir give a lot of real life examples and shared his own experience and stories with motivated me that it's never too late to begin good things in your life
  - I will never fight with my mother
  - I will not tell lie to my mother
  - If I will do anything wrong with someone and when I will realize that it was wrong I will go to that person and say sorry to him or her
  - I will not see people in a dirty manner.
  - We should never give up
  - I am going to study for 3 hours a day properly and not going to cheat my parents anymore
  - I will not look bad in our mobile phone
  - I will respect to my elders and I will not lie to anyone and I will not fight with any one and I will not argue with anyone and I will study properly
  - I will not misbehave with parents, teachers and elder
  - I can change myself
  - I will pure my heart and become a fortune for my relative and my family members
  - The one positive commitment I want to give to let's make a difference is that I will never reply back to my mom loudly
  - Positive energy and lots of motivation
  - I will not be jealous
  - I promise to myself that I will never think that I can't do anything if I believe in myself I can do everything I want.



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- I would get out of the mental mud I am in and make sure I am in good state and heading towards good direction
  - I will always be honest and I will not speak abusive languages or bad words or slangs. I will always work hard for my career.
  - I will always apologize my fault whatever it is
  - I will do more bhakti read even more an independent the learnings
  - Become creative and never use mobile phone without any work
  - Listen to my mummy's word , not to be selfish I will never let the over confidence grow in my life
  - I will never disrespect to my family and anyone else and I will respect everyone
  - I will not drive fast now
  - I will never drive vehicles fast
  - I will never argue
  - I will never scold anyone
  - Let's make a promise with me. Main apne aap se promise karne wali hun ki mera dream mein pura karegi main IAS banungi aur yah vada hai mera khud se
  - I will start to drink milk
  - I will never use bad language
  - To be honest in my life
  - I will not tease others
  - From today due to let's make a difference I will not speak lies to my parents over them and try to achieve my desired goal to crack NEET and also I will leave the habit of speaking slangs to people
  - I will work hard and make my parents proud and always be honest
  - I will not use bad words with anyone and I will never lie to anyone and I am honest to everyone
  - I will learn English
  - To be honest in our life
  - I will not flirt with any girls I will not try to impress any girl
  - I will not use bad words let's make a difference is very nice it change my thought
  - To explore all different countries around the world
  - I will buy a lot of expensive things and going to live a rich life but in my own not the business that my father left for me
  - My comment is that we should focus in our goals
  - I will be happy always with what I have
  - I am going to become successful without any bad habits without being dishonest
  - Let's make a difference helped me to take things out of my mind which used to poke me during quiet time
  - I will never lie to myself
  - I will not use abuse in any situation and I will never lie to my mother



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- I will not speak to anyone in a very rude manner and I will try to avoid my anger issues
  - To be an honest person and be a good guy and have all good habits and not to do any bad things in my entire life
  - I want to become CA
  - I will never tell lie to anyone
  - Commitment to family over everything else and prioritizing family time over professional commitments because I feel that my family will always support and co-operate and standby your things
  - I do not do smoking in my life and I do not watch bad things in my phone
  - I will help my father and be with him at his best as well as worst situation
  - I want to become a businessman and I want to run a huge company
  - I will be honest and I will not speak in anyone's weakness
  - I will not be angry on anybody for today
  - Let's make a difference a program where children are motivated and it makes self-confident in a changes our life and makes our life colorful
  - I will not lie and be honest to everyone
  - I will not be angry on my mother and I will not speak any bad language
  - I will not use abusive language achieve my dream very quickly and do quiet time daily and daily I'll write my diary
  - I will not disrespect to others teachers and parents
  - I will be honest I will not be telling lies and I will help my mother
  - I will enhance my knowledge in finance
  - I will try to control anger and make a difference and follow for core values and try to be there
  - I will always try to follow and take care of small things and big things would fall into place
  - Study law and become a judge while also running my company started by my father
  - I will always be honest to people whom I trust
  - First trying to change myself before expecting from others
  - I will never give slangs and I will not tell lie to my mother
  - I will decrease my screen time and increase my quiet time
  - Let's make a difference is a very helpful conference and I have learn many things the big thing that I learn to dream not to lie
  - I try to never lie to my parents and friends and I have to become successful man
  - I will not shout or talk with disrespectful manner to elders and I will respect elders decision
  - I will never lie to my parents
  - I will not waste time and release lots of dopamine will be and avoid laziness make myself concentrate on my studies and skills more efficiently
  - I can become a successful man for my parents
  - I can become a successful man for my parents
  - I will master all my skill which I am learning
  - I will not use legs language and I will not be so be my parent and I will respect elders





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- Make myself stronger so that I can help each needy person and I want to spread smile
  - I will never tell lie to my parents and always respect my elders and be honest
  - I will be honest and not lie to anyone I will not use bad words
  - I will never be selfish in my life
  - I will study hard and become a psychologist
  - Being a good human being not a problem and give respect and take respect and to be honest person
  - I will never speak lie to my mother
  - Not to get affected with insecure feelings my pros and cons both are to be cherished
  - I want to change myself and I want to never tell lies
  - Today I promise that I will never use any in talk science and anything like alcohol or cigarettes
  - I will not fight with my parents
  - I will not use abusive language from today
  - I will never be mean or rude to others
  - I will stop doing all things that will make my future dull
  - From today onwards I will become a decent one with the great goal to become a best one and never will disrespect other
  - I will never argue with my mother and I will be honest
  - I will never cheat anyone my life specially my parents
  - Be honest at every situation
  - Trust in yourself because no one is there to motivate you but everyone is there laugh in yourself
  - I will not lie now words to anyone and I will never spoke slang languages to anyone
  - I will stop using bad words
  - I watch around myself and inherit the good habit
  - I will not bully my friend
  - I promise to Let's Make A Difference life that I will always priority in my career first and study regular
  - I will not abuse at others
  - I promise to be an honest and selfish pure and lovable people
  - I will never abuse everyone
  - Always be honesty in any situation it will difficult for you but always say truth
  - I never say lies to my mother and share everything



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## **ANNEXURE 2**

### **First time volunteer experience**

#### **Akshata Ghogare, Dharashiv:**

I am Akshata Ghogare from Dharashiv (Osmanabad), Maharashtra.

In 2007, I attended the regional youth conference in Baramati. I attended the conference with my friends just because everyone was attending. Later, the days converted into realization and inner connection with myself. Later, in 2011 I got one more opportunity to attend the regional youth conference. But this time was about building myself morally stronger than in 2007. Year after year I was waiting for an opportunity to work as a volunteer. After a long gap of 12 years in November 2023 I got an opportunity to volunteer at the JYC. Attending the JYC was a mix of fear and curiosity in a new state with new friends.

Meeting other volunteers the next morning infused me with energy and confidence.

Surrounded by efficient and younger volunteers I realized I was in for a profound learning experience. Learning from the experience as a volunteer extended beyond punctuality; it included humanity, patience and creating a joyful atmosphere.

Team work became a valuable lesson. This experience helped me a lot. It was like leading a group in a group discussion. This process has helped me in gaining confidence in whatever I do. The four days I spent at JYC was something different than the Baramati youth conference as it was my journey of transformation from a participant to a volunteer. The difference between arriving and leaving was profound, fueling my desire to work with Let's Make A Difference again. Expressing my wish to start a conference in Maharashtra as this experience has left an indelible mark and I eagerly anticipate every opportunity to contribute to Let's Make A Difference.

Thank you!



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**Hrithik Rawat, Rishikesh:**

My inaugural volunteering experience with Let's Make a Difference at the regional youth conference in Jamshedpur was transformative and filled with valuable insights. Initially, I underestimated my capabilities, but managing a group of 25 to 30 people in Tamar and Jamshedpur conferences proved to be an empowering experience.

A pivotal moment occurred when my co-lead, Sayok Sarkar, couldn't join a group discussion, thrusting me into the role of sole group manager. Surprisingly, I navigated this challenge successfully, facilitating a productive discussion where students shared vulnerable experiences. This incident significantly enhanced my leadership skills, fostering a deep connection with my development group and augmenting my qualities as a leader.

Assigned the task of report writing and structuring it, I honed my writing skills through meticulous session listening and recording. While attending conferences as a participant was familiar, volunteering unveiled the multifaceted aspects involved in orchestrating a successful event. I learned that teamwork is pivotal, making seemingly difficult tasks manageable and enjoyable.

Previously inclined towards solitary work, I embraced teamwork with a 20 to 25 volunteer team, contributing to the conference's success. Recognizing the importance of food, I ensured minimal wastage by serving sufficient portions and allowing students to refill. The behind-the-scenes intricacies, from managing volunteer transport to accommodating participants and meticulous planning, opened my eyes to the comprehensive efforts required for a seamless conference.

The experience also refined my anger management skills, particularly when handling notorious students during group discussions. Diplomatically addressing their behavior marked a personal achievement, given my naturally short-tempered disposition.

Upon the conference's completion, I returned as a more attentive listener, having immersed myself in participants' experiences and reflections during group discussions. The four-day conference not only provided an enjoyable camaraderie with fellow volunteers turned friends but also facilitated substantial personal growth and learning, shaping me into a more developed and empathetic individual.





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**Abhinav Bisht, Rishikesh:**

I participated as a volunteer in the conference in Tamar and Jamshedpur. Upon reaching there, I felt really good, and my experience was quite meaningful. Not only did everyone contribute to their work, but I also encountered many new faces and ideas. The other volunteers with me were also very empathetic and helpful who helped me there in my whole work, providing me with opportunities to practice various perspectives and skills.

This experience was a wonderful learning curve for me and it was great! I felt really happy being there, it reflects in both my personal and professional life. Meeting new people and learning from them made this experience the most crucial time of my life. Every moment spent there will always be memorable for me.

**Parth Semwal, Rishikesh:**

Hello, I am Parth Semwal and I am from Rishikesh, Uttarakhand.

So, In the Let's Make A Difference conference in Jamshedpur, my experience as a volunteer was a crucial moment. Initially hesitant about my abilities, I gained confidence by interacting with fellow volunteers. At the conference, I had the opportunity to lead a group of 20-25 students, conducting group discussions and showcasing my managerial skills. Collaborating with Sangita Sarkar Ma'am, coordinating our first group discussion was a significant moment, highlighting my leadership abilities.

In June 2022, participating as a delegate in my first conference brought substantial changes to my life. This experience motivated me to contribute as a volunteer at future Let's Make A Difference conferences. Collaborating with Shivraj Bhaiya, we successfully managed stationery tasks, facing and overcoming initial challenges together.

This experience reinforced my organizational skills and enhanced my ability to think systematically about tasks. Managing the conference taught me that being a volunteer involves more than just attending sessions; it requires learning internal and external facts to efficiently manage the entire event.

Understanding the importance of food management, I ensured efficient meal service for students, emphasizing both sufficiency and avoiding wastage. The local volunteer team provided excellent care for us, addressing our needs promptly during the entire conference. Reflecting on the conference, I witnessed significant personal changes and an improved ability to listen. My previously strained relationship with my family had also improved. The experience contributed to the development of my leadership qualities.



## **ANNEXURE 3**

### **Outstation student experience**

#### **Tanmay Shursen:**

I am Tanmay Shursen Ghogare from Dharashiv, Maharashtra. Recently, I attended an Let's Make A Difference conference that changed my perspective towards life. Before the conference, I was struggling with my career and family issues, which left me in a state of overthinking. However, the conference proved to be a turning point in my life. I learned the importance of setting short-term goals to achieve success and how to maintain healthy family relationships. The four core values of Let's Make A Difference: honesty, unselfishness, purity, and love, resonated with me deeply. Additionally, the DLST session taught me how to be more productive and avoid wasting time on social media. Lastly, I learned how to live a sustainable life. The conference was an eye-opener for me, and I am now motivated to live my life with a positive outlook and strive towards achieving my goals.

## **ANNEXURE 4**

### **Some sharing from the participants that was heart touching**

*"The concept of quiet time has really enlightened me to be a better human being. In these 3 days I realized there are so many things that go in my mind but I do not reflect on those. But during my QT I got to know myself better and I also got clarity for my future endeavors."*

*"I lost my father at a very young age. The burden of my family came on me and my brother's shoulders. This came very hard on our family. I stole seventy thousand from my mother's wardrobe to have a lavish life for myself without realizing how hard it will be for her to manage this family. During the family day session, I realized that I was very wrong and I was also very rude to my mother when she was suffering the most. I will not do such a thing again and will be available for my family in a better way from today."*

*"Before attending this conference, I used to hold grudges against my family. I used to think that they do not love me and only want to restrict me in every way. But after attending the mind opening sessions, I went home and talked to my family, shared my feelings and I finally bridged the gap between me and my parents by simply communicating."*

## ANNEXURE 5

### Student's feedback

#### What were your expectations from this conference?

- I expected to learn something new (38)
- I expected to learn how to make a difference (6)
- I expected to learn something that when implemented would change my future (5)
- I expected to change my life and grow up (12)
- I expected the conference to provide a sense of responsibility in me
- I expected to improve my behavior (8)
- I expected to become a good/ better human after attending the conference (3)
- I had no expectations from the conference (10)
- I expected it to be a normal conference (5)
- I expected the conference to have some kind of activity (2)
- I thought it would be a fun conference (2)
- I expected to learn about self deeply (9)
- I thought the conference would boost my confidence
- I hoped to gain more knowledge (14)
- I thought it would be a career guidance conference (9)
- I thought to learn something of value
- I thought it would be some kind of motivational conference (3)
- I expected to learn discipline
- I hoped that this conference would help me recover from depression
- I thought we would learn meditation
- I wished to know where I am going wrong
- I thought that it would improve my vocabulary skills (2)
- I wanted to learn how to be on the righteous path
- I knew that it would be something other than the academics
- I came here only to enjoy with my friends (11)
- I thought that it would teach us how to be honest
- I hoped to learn about reducing my anger issues and my use of bad words (2)
- I came here to eat (2)
- I thought that there would be some games (3)
- I thought that it would be a waste of money (2)



### What did you learn, understand and take back from this conference?

- I learnt something new (2)
- I learnt to be honest, loving, unselfish and pure (63)
- Realization is bliss (2)
- Listen to inner voice (2)
- Respect your parents and elders (11)
- Confidence (4)
- Importance of quiet time (30)
- Importance of academics
- Importance of family (15)
- Concentration (9)
- To clean my jar (2)
- Change is important (4)
- Career development (6)
- To be a better person (5)
- No to smoking
- How to live life
- I got help to what I always sought for
- Reduce anger (20)
- Patiently listen to someone
- Not lie to parents (18)
- Express inner feelings (2)
- Do not waste time (5)
- To be an honest person (2)
- Living the best life (2)
- Do not use bad words
- Be loyal to people
- Good habits (7)
- Responsibility
- Positivity (3)
- Personality development
- Inner beauty/ voice (3)
- Patience
- Would not talk back to parents (2)
- Spend more time with parents (3)
- Short term goals (2)
- Remove ego (9)
- How to follow the right path
- Value of relationships (2)
- Prioritize my mental health
- Punctuality
- Calm

### What did you learn, understand and take back from this conference?

- I liked everything (109)
- Our Group discussion did not have circle of trust
- Volunteer not talking properly showing attitude (2)
- Very long duration should be more breaks (27)
- Food was not good on some days (4)
- There should be more activities for students to enjoy (3)
- Session should have been interactive and we should get to connect with the speakers(2)
- There should be more sessions (2)
- Did not get the opportunity to speak (2)
- It was boring (2)
- Monotonous
- Did not like the conference (2)



### **What immediate change I would like to see within myself?**

- To be always connected with Let's Make A Difference
- Improve myself (5)
- Self discipline (2)
- To not be angry (32)
- To succeed in life
- I won't argue (5)
- I will think before I speak because my words have power to damage or create relationship
- Not to misbehave with elders (4)
- I will be honest (31)
- I would like to be good
- I will concentrate better (5)
- I would be mindful
- Spend more time with parents (6)
- Not to trust blindly and tell secrets
- Respect family (7)
- Don't use abusive language (9)
- Aim towards career (2)
- Not be selfish (6)
- Purity, honesty, unselfishness and love
- Overcome my bad habits (8)
- To move on from this situation
- Reduce screen time (4)
- Love my parents (6)
- Better relationship with brother
- To find my mistake (2)
- Be a good listener (3)
- Ignorance is bliss
- Be positive (3)
- Good citizen
- Not laughing without reason
- Confidence (3)
- To be sincere, polite and calmer (7)
- Sleep less
- No to pornography
- No fighting
- Remove jealousy (2)
- Manage time (3)
- Improve attitude towards others (2)
- Apologize
- No ego (2)
- No revenge
- Stress free
- Study more (2)
- No smoking
- Focusing in the present
- Be kind
- Wake up early (2)
- Quiet time daily (4)
- Good manners (2)
- Clean my jar
- Nothing (4)

### **How would you rate the conference?**

- Neutral (4)
- Good (46)
- Excellent (123)



### **Any other feedback to make this conference better**

- Conduct this conference two times a year
- More days for the conference (3)
- Include fun/ physical activities (16)
- More videos and inspirational stories can be shown
- More use of presentation/ projector (2)
- There should be break (8)
- Make the groups smaller
- Include parents (2)
- There should be more activities within group discussion
- Give students more time to speak
- Longer quiet time
- Make it a large-scale conference
- Coordinator should be friendlier
- Include more topics pertaining to youth and society
- Participants were sleeping include activities to avoid it
- long sessions are boring, make it shorter (5)

### **ANNEXURE 6**

<https://avenuemail.in/jamshedpur-lmad-youth-conference-kicks-off-at-kps-kadma/>  
<https://www.facebook.com/share/v/iyVBkJPoCPK3yzEd/?mibextid=qi2Omg>  
<https://avenuemail.in/kps-kadma-lmad-conference-concludes-on-a-high-note/>



**ANNEXURE 7**  
**News Clippings**

30 नवंबर, 2023

**जमशेदपुर जागरण**

## एलमेड ने छात्रों को समझाया जीवन जीने की कला

जागरण संवाददाता, जमशेदपुर : केपीएस कदमा के वार्षिक कार्यक्रम चार दिवसीय जमशेदपुर युवा सम्मेलन में छात्रों ने जीवन जीने की कला सीखी। इसमें शहर के स्कूलों के ऐसे विद्यार्थी शामिल हुए थे, जिनके व्यवहार से परिजन व स्कूल चिंतित थे। कोई घर छोड़कर भाग गया तो कोई जिंदगी को इहलीला समाप्त करने की सोच रहा था। हमेशा दूसरों से झगड़ता था। इस चार दिवसीय सम्मेलन में लेट्स मेक ए डिफरेंस (एलमेड) की जमशेदपुर चैप्टर की टीम ने शामिल विद्यार्थियों को जीवन जीने की कला बताई।

चार दिनों में छात्रों के मनोभाव को समझा और उन्हें उस अनुरूप तैयार किया। इस दौरान छात्रों ने जिंदगी को कैसे और किस तरीके से जीना है यह जाना। छात्रों ने समापन कार्यक्रम में अपने अनुभव को इस तरह साझा किया कि वे अपनी कहानी बता भावुक हो गये तथा संकल्प लिया वे अब परिजन के साथ मिलकर अपने व्यवहार को तत्काल बदलेंगे। इस सम्मेलन में परिवार और रिश्तेदारों की अहमियत के बारे में भी छात्रों को बताया गया। सम्मेलन में उपस्थित केपीएस कदमा के निदेशक शरत चंद्रन ने कहा कि सम्मेलन के माध्यम से अगर मैंने एक भी छात्र की भी तकदीर व जिंदगी को संवार दिया तो मैं यह समझूंगा कि सम्मेलन सफल हो गया।

**अपने अंदर पैदा हुआ आत्मविश्वास : अमन**

केपीएस बर्मामाईस की छात्रा अमन कुमारी ने बताया कि इस सम्मेलन में उन्होंने परिवार के महत्व को जाना। वे हमेशा परिजनों से झगड़ करती थीं। छात्रा ने सम्मेलन के माध्यम से यह पता चला कि मैं क्या हूँ। सम्मेलन में आत्म शिलानी महसूस हुई। अपने अंदर आत्मविश्वास और प्रतियोगिता की भावना पैदा हुई। मैं केपीएस कदमा के निदेशक शरत चंद्रन और एलमेड के संस्थापक विरल मजूमदार का शुक्रिया अदा करती हूँ।



## चार दिवसीय युवा सम्मेलन का शुभारंभ

जमशेदपुर, 30 नवंबर (रिपोर्टर) : परिवर्तन की पहल के साधन में जमशेदपुर युवा सम्मेलन ने चार दिवसीय शिविर आयोजन केरला पब्लिक हॉल कदमा में किया गया। सम्मेलन के अंतर्गत सार्थक युवा दारी एवं विद्यार्थियों में एक स्तर को सीखने की में बढ़ावा देने का सार्थक प्रयास किया गया। सम्मेलन 30 नवंबर से 3 दिसम्बर तक होगा। इसमें आठों से आए 350 युवा एवं विद्यार्थियों ने इस सम्मेलन लिया। इसका उद्घाटन प्रतिष्ठि बुलेवर्ड होटल समूह ओ रोनाल्ड डी कोस्टा ने कार्यक्रम की शुरुआत



विद्यालय के निदेशक शरत चंद्रन, शैक्षणिक निदेशिका लक्ष्मी शरत, प्रिंसिपल शर्मिला मुखर्जी, उप निदेशिका शांता वैद्यनाथन, विरल मजूमदार एवं अन्य गणमान्य व्यक्तियों ने दीप प्रज्वलित कर किया। सम्मेलन में बच्चों को अपने युवा मस्तिष्क को फिर से जीवंत करने, नेतृत्व कौशल बढ़ाने, संचार कौशल में सुधार करने और एकाग्रता शक्ति विकसित करने का एक आदर्श अवसर प्रदान किया। पहले दिन के कार्यक्रम का समापन दर्शकों द्वारा उत्साहपूर्वक गाए गए राष्ट्रगान के साथ हुआ।



## बच्चों ने सीखे जीवन के व्यावहारिक ज्ञान



कदमा स्थित केरला पब्लिक स्कूल में आयोजित सीमिनार में मौजूद स्टूडेंट्स व इनसेट में बेवेली अतिथि,

केपीएस कदमा में चल रहे यूथ कॉन्फ्रेंस का हुआ समापन  
करीब सवाइसता, जमशेदपुर

केरला पब्लिक स्कूल कदमा में पिछले चार दिनों से चल रहे यूथ कॉन्फ्रेंस का समापन रविवार को हुआ। लेट्स मेक अ डिफरेंस नामक संस्थान के सहयोग से आयोजित कार्यशाला में शहर के अलग-अलग 9 स्कूलों के 230 बच्चों को जीवन के अलग-अलग क्षेत्रों में

इसेमाल होने वाली व्यावहारिक ज्ञान की जानकारी दी गयी। बच्चों को नैतिक पुनर्स्थापन, नैतिक मूल्य, ईमानदारी, पवित्रता, निस्वार्थता जैव से दूसरी के लिए कार्य करना जैसे कई गुर सिखाए गये। बच्चों को चार दिनों तक उक्त ज्ञान को सिखाने के लिए शहर के साथ ही शहर से बाहर के 12 रिसेंस परसन मौजूद थे। अंत में सभी प्रतिभागियों के बीच प्रमाणपत्र का वितरण किया गया।

**राम गंदि टेल्को में स्कोह मिलान समारोह**  
जमशेदपुर, गुप्त मंदिर टेल्को का शिवार को स्कोह मिलान कार्यक्रम महामंत्री चंदन प्रसाद सिंह की देखरेख में हुआ। उन्होंने दुर्गा पूजा से संबंधित आद-धर्म का जोर प्रस्तुत किया। मौके पर कृष्ण कुमार मिश्र, नरेंद्र कुमार सिंह (होम), नंदलाल सिंह, शोलेन सिंह आदि उपस्थित थे।

## चार दिवसीय युवा सम्मेलन का शुभारंभ



जमशेदपुर, 30 नवंबर (रिपोर्टर) : परिवर्तन की पहल के तत्वाधान में जमशेदपुर युवा सम्मेलन ने चार दिवसीय शिविर का आयोजन केरला पब्लिक विद्यालय कदमा में किया गया। सम्मेलन के अंतर्गत सार्थक युवा गीदारी एवं विद्यार्थियों में क्षणिक स्तर को सीखने की पता में बढ़ावा देने का सार्थक प्रयास किया गया।

दिसम्बर 2023 तक होगा। इसमें आठ विद्यालयों से आए 350 युवा एवं जोशीले विद्यार्थियों ने इस सम्मेलन में भाग लिया। इसका उद्घाटन मुख्य अतिथि बृलेवर्द होटल समूह के सीईओ रोनाल्ड डी कोस्टा ने की। इस कार्यक्रम की शुरुआत विद्यालय के निदेशक शरत् चन्द्रन, शैक्षणिक निदेशिका लक्ष्मी शरत, प्रिंसिपल शर्मिला मुखर्जी, उप निदेशिका शान्ता वैद्यनाथन, विरल मजूमदार

एवं अन्य गणमान्य व्यक्तियों ने दीप प्रज्वलित कर किया। सम्मेलन में बच्चों को अपन युवा मस्तिक को फिर से जीवंत करने, नेतृत्व कौशल बढ़ाने संचार कौशल में सुधार करने और एकाग्रता शक्ति विकसित कर का एक आदर्श अवसर प्रदा किया। पहले दिन के कार्यक्रम का समापन दर्शकों द्वारा उत्साहपूर्वक गाए गए राष्ट्रगान साथ हुआ।

## बच्चों में नेतृत्व क्षमता का विकास व प्रतिभा को निखारेगी एलएमडी



केपीएस कदमा में आयोजित युवा सम्मेलन के उद्घाटन के अवसर पर उपस्थित अतिथि।

जागरण संवाददाता, जमशेदपुर : लेट्स मेक ए डिफरेंस (एलएमडी) की ओर से केपीएस कदमा के सहयोग से गुरुवार को चार दिवसीय जमशेदपुर युवा सम्मेलन प्रारंभ हुआ। इस सम्मेलन का उद्देश्य वैसे बच्चों के बीच नेतृत्व क्षमता का विकास करना जिनकी मनस्थिति ठीक नहीं है और दूसरे बच्चों से अलग स्वभाव को दर्शाते हैं।

सम्मेलन के अंतर्गत सार्थक युवा भागीदारी एवं विद्यार्थियों में शैक्षणिक स्तर को सीखने की क्षमता को बढ़ावा देने का सार्थक समन्वय प्रयास होगा। इसका प्रवेश अभिप्राय विद्यार्थियों के चरित्र निर्माण है, जो ईमानदारी, प्रेम, शुद्धता एवं संसार में स्वार्थवहीन सेवा वैश्विक मूल्यों पर आधारित हो। यह युवा सम्मेलन मुख्य रूप से उन छात्रों के लिए है, जो बोर्ड

तीन दिसंबर तक चलेगा सम्मेलन, आठ स्कूलों के 350 विद्यार्थी कर रहे शिरकत, केपीएस कदमा के निदेशक ने किया संबोधित

परीक्षा में शामिल होंगे। दुनिया भर में ईमानदारी, प्रेम, पवित्रता और निस्वार्थ सेवा के सार्वभौमिक मूल्यों के साथ छात्रों के चरित्र को आकार देने का इस सम्मेलन का गुप्त मकसद है। इस सम्मेलन का समापन तीन दिसंबर को होगा। इसमें आठ विद्यालयों से 350 विद्यार्थी भाग ले रहे हैं। उद्घाटन के अवसर पर केपीएस कदमा के निदेशक शरत चंद्रन ने सम्मेलन के मुख्य रिसेंस परसन विरल मजूमदार का परिचय कराते हुए कहा कि उन्होंने देश भर के 20 हजार स्वयंसेवकों को फौज तैयार की है।

## केपीएस में आयोजित चार दिवसीय कार्यशाला का समापन



जमशेदपुर, 3 दिसम्बर (रिपोर्टर) : केरला पब्लिक स्कूल, कदमा में आयोजित चार दिवसीय कार्यशाला का समापन हुआ। कार्यशाला में शहर के नौ अलग-अलग स्कूलों के बच्चों ने भाग लिया।

कदमा स्थित केरला पब्लिक स्कूल की ओर से राष्ट्रीय संस्था लेट्स मेक ए डिफरेंस, एलएमडी के सहयोग से 30 नवम्बर से तीन दिसम्बर तक कार्यशाला का आयोजन किया गया था। कार्यशाला में बच्चों को नैतिक पुनर्स्थापन का अभ्यास, ईमानदारी, पवित्रता, निस्वार्थता और सबके प्रति प्रेम आदि नैतिक मूल्यों के बारे में जानकारी दी गई। इसके लिए शांत क्षण जैसी प्रक्रियाओं का अभ्यास कराया गया। इस कार्यक्रम को सुचारु रूप से चलाने के लिए शहर के बाहर से 12 समन्वयक भीष्म मनसुखानी, सोनू अरोरा, शिवराज, रेतल गोरई, राहुल सिंह, अक्षिता कदम, पार्थ सेमवाल, रितिक रावत, अभिनव बिष्ट और स्थानीय स्तर पर 12 समन्वयक लगाए गए थे, संगीता सरकार, सायक सरकार, निशांत सांघी, साहिल, साईं भुवन, यश सोहाना, ऊर्जा अग्रवाल के साथ केपीएस टीम ने अपना सहयोग दिया। समापन के समय कई बच्चों ने अपने अनुभव भी साझा किए कि उन्होंने इस कार्यशाला से क्या सीखा। इस कार्यशाला का संचालन नई दिल्ली से आये मुख्य निदेशक व मोटिवेटर विरल मजूमदार की देखरेख में सम्पन्न हुआ। एलएमडी संगठन 1994 से राष्ट्रीय स्तर पर सक्रिय है और युवाओं के लिए सैकड़ों कार्यशालाओं का आयोजन कर चुका है। इस कार्यक्रम में स्थानीय सहयोग राजीव अग्रवाल व श्रद्धा अग्रवाल का रहा। सभी प्रतिभागियों के बीच प्रमाण पत्र का वितरण किया गया। कार्यक्रम में धन्यवाद ज्ञापन लक्ष्मी शरत ने किया। इस मौके पर शहर के अन्य स्कूलों के प्राचार्य, शिक्षक, छात्र व छात्राएं मौजूद थे।



**ANNEXURE 8**  
**Gallery**





















