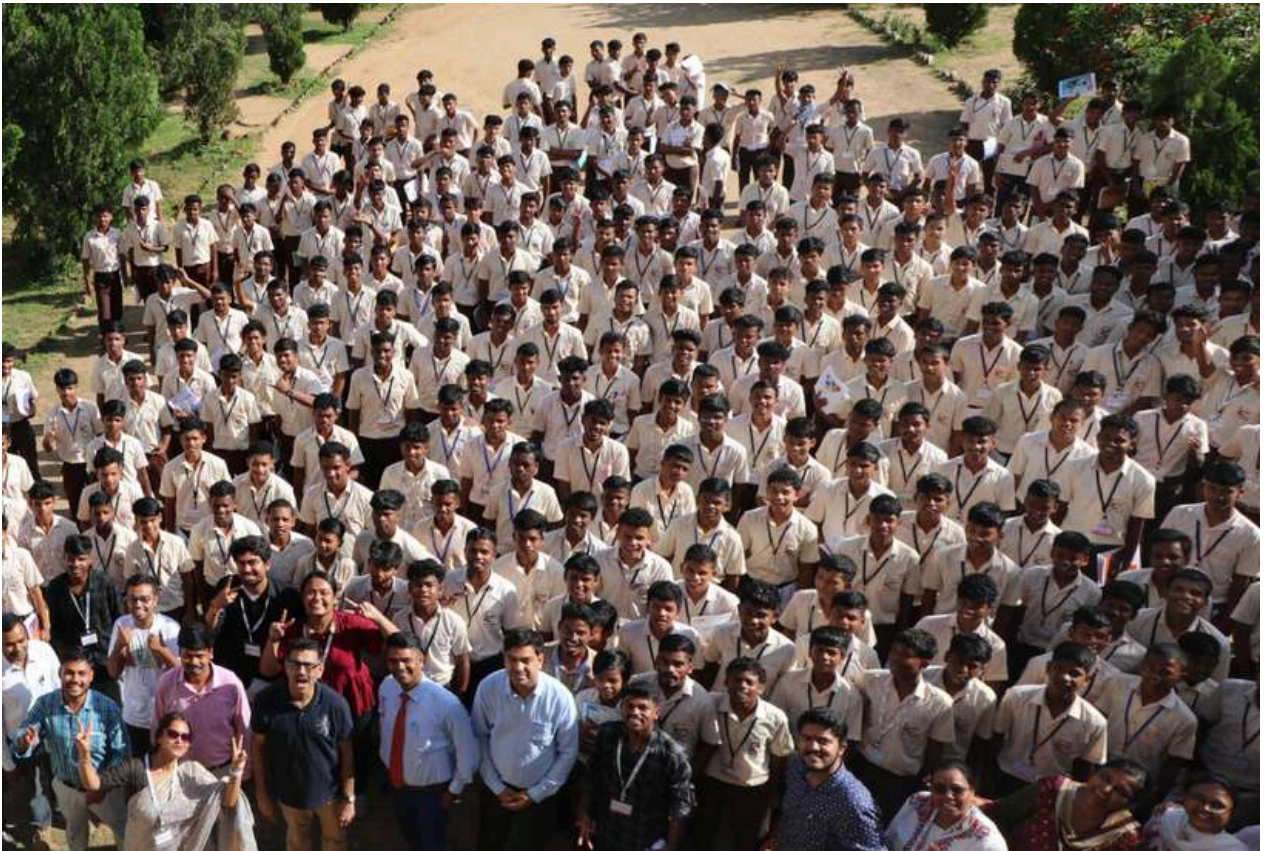


TAMAR YOUTH CONFERENCE 2024

28 August - 1 September



Eklavya Model Residential School
Salgadih, Jharkhand

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OUR TEAM



Bhavesh Paunikar	Bidyashree Singh	Bipasha Ghosh	Dhruv Nagwani	Gulshan Munda (EMRS)
Krishna Singh Munda (EMRS)	Nita Jaiswal	P. Vidya	Pankaj Oraon (EMRS)	Prabhjot Singh
Rahul Singh	Ritesh Sakhare	Saikat Rahut	Samir Murmu (EMRS)	Sangita Sarkar
Satya Prakash Sharma	Sayok Sarkar	Tanishqa Gandhi	Urja Agarwal	Yash Sohanda
		Viral Mazumdar		

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INTRODUCTION

Tamar Youth Conference (TYC) was conducted in Eklavya Model Residential School (EMRS) Salgadih, Tamar from 28 August to 1 September 2024. A total of 338 students participated in the conference along with 10 teachers and 22 volunteers across the country, among them 4 volunteers were students of the same Eklavya School who even got an opportunity to attend the National Youth Conference held at Panchgani in June this year. All the participants were from EMRS. The conference was an unique opportunity for the students to engage in deep introspection, self-reflection, and to embrace values that would shape their future.

Day 1 – The Beginning of Transformation

Like every year, a heartfelt traditional welcome was organised by the students of Eklavya Model Residential School for the Let's Make A Difference team. The conference was inaugurated on 28 August, 2024 in presence of Mr. Sharat Chandran, Director Chairman EMRS, Adv. Rajiv Agarwal, Trustee Let's Make A Difference, Principal, Vice Principal, Teachers of EMRS & other dignitaries. Remembering our beloved Late Chairman Shri APR Nair, a ceremonial lamp was lit followed by a heartfelt song and a mesmerising tribal dance depicting the life of the great freedom fighter, Birsa Munda Bhagwan was presented by the students of Eklavya. Director Mr. Sharat Chandra addressed the students, emphasising the significance of the conference and its potential to inspire transformation.

Mrs. Sangita Sarkar followed, giving a detailed introduction to Let's Make A Difference and its long-standing journey of personal development and youth empowerment. The inaugural session ended with the volunteers being introduced by Urja Agarwal.

Do's and Don'ts were instructed by Bhavesh Paunikar. Participants were introduced to "What is Let's Make A Difference?" and "Why are we here?" by Sayok Sarkar. Importance of certificate was also highlighted.

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A new takeaway from the Tenkasi Youth Conference held at Vel's Vidyalaya in June this year was introduction to writing of chits from the very first group discussion. So that participants can express whatever they feel at any time during the conference on paper; any question which arises within them, expectations from the conference, sharings, which they are not able to from an open platform. It leaves no question, no sharing & no feeling unaddressed. Following which, the participants were sent for their first group discussion, where participants met their group leaders and volunteers, setting the stage for the days ahead.



Participants doing concentration exercise

The day ended with the powerful Concentration Exercise where students focused on the tip of their nose while observing their breath, jotting down, each time their focus strayed on the exercise sheet provided to them. The exercise was deeply emphasised & the importance of how practising concentration each day can improve focus and overcome distractions in their studies, helping them to stay centred & productive was explained.

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Day 2 – Unveiling The Inner Compass

The day opened with the prayer, “Ae Malik Tere Bande Hum”, setting a serene tone for the day's introspective sessions. Followed by the concentration exercise, the students, for the first time, were introduced to the concept of Quiet Time—an opportunity for them to delve into self-introspection and mindfulness. Students were encouraged to engage in their first Quiet Time, writing their thoughts in the provided diaries. Several students, including our conference coordinator, Mrs. Sangita Sarkar shared how this exercise allowed them to reflect on their weaknesses and strengths, with one student sharing, ‘My first quiet time helped me to look inside myself and enquire about the drawbacks that I am carrying within myself’.

For the rest of the conference, mobile phones of the students were submitted to their school administration like we do in Asia Plateau.

Following the break, volunteers sang a song, “Chaliye Na” and the participants viewed two videos of Asia Plateau, Panchgani & an inspirational video that highlighted the value of Unselfishness.

The focus then shifted to the discussion on the core values of Let's Make A Difference —Purity, Honesty, Unselfishness, and Love (PHUL). The session was a pivotal moment with volunteers sharing personal stories about how these principles have impacted their lives. The course convenor, Viral Mazumdar, then in detail, explained each of the values to the participants. Post lunch, participants went for their group discussions that deepened their understanding of how these values can be applied to everyday life, followed by The Vision exercise.

This was one of the most important and effective sessions keeping in mind the students of Eklavya and our main objective of conducting this conference - giving them a vision for their career & helping students of class 10 & 12 to score 90% plus in their upcoming board exams, for which the Let's Make A Difference team would do all that is possible to achieve the target. The Vision session was an extremely involved one where students were given Five questions to reflect, with respect to their career, long term goals, vision and roadmap.

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For the first time in the history of Tamar Youth Conference, outdoor sessions were held under a huge mango tree, reminiscent of ancient gurukul classes. The peaceful and serene environment complemented the reflective nature of the sessions.



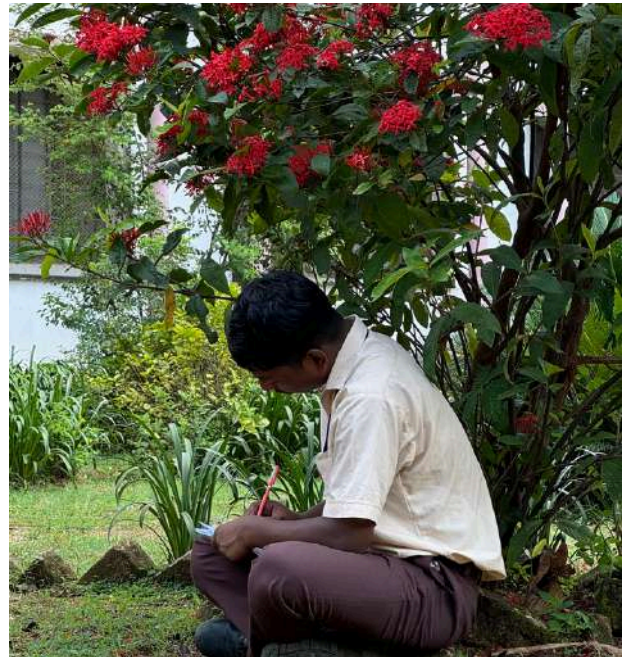
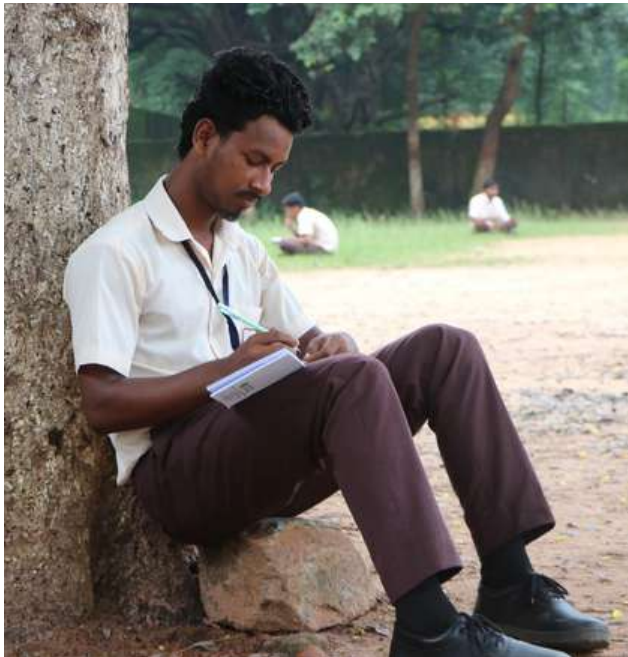
Outdoor Session

The day concluded with a Group Discussion on the Vision setting, where students shared their life goals, vision & the roadmap they would follow to achieve their career. All the group leaders were extremely satisfied with their discussion.

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Day 3 – Sculpting The Pillars Of Purpose

The day commenced with the morning prayer, “Itni Shakti Hame Dena Data”. An even deeper reflection on Quiet Time was presented through a presentation by the course convenor. Participants went through their silent time and shared. A participant shared how he was lazy and due to which, he was not able to focus on his studies. Another participant shared how he had stolen money from his grandmother's pocket & when caught, blamed his maternal uncle for the same. He realised this during his Quiet Time and wanted to apologise for the same.



Participants Doing Their Quiet Time

Post sharing, volunteers sang, “Badhe Chalo”. An inspirational video on the life of Mr. Sudip Dutta, MD, ESS DEE Aluminium Ltd. incorporated in Kolkata, West Bengal was shown depicting his incredible journey from a labour to the Managing Director of a publicly listed company. Convenor Viral Mazumdar explained to the students that with determination, focus and hard work for one's career, life can transformatively change. This video was even more important for students as most of them belong to a working class family.

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With an in depth session on Quiet Time, followed another important session, Pyramid Of Life. This session helped students understand the balance between short-term and long-term goals, and how to prioritise areas like family, health, education, and career. "Construction of a good building cannot be done with low quality material and steel. Similarly, a good settled life can only be built with good habits, hard work, good relations, good career & passion towards one's hobbies" ~ Viral Mazumdar. It was deeply reiterated to the students that career is the most important aspect of their life. Inculcating good habits & giving up laziness were focused. It was the commitment & determination of the Let's Make A Difference team so strong emphasis was put in, especially for the class 10 & 12 to make them score more than 90% in their upcoming board exams. Volunteers then shared their own stories of personal and professional growth, making the concepts relatable for the students.

The Four Vows. This time, each participant made four significant promises to Let's Make A Difference.

- We will not use bad words or abusive language.
- We will not cheat in our exams
- We will not consume any intoxication such as cigarettes or alcohol.
- We will work hard, build our career and unconditionally serve our community, society & the country.



Volunteer sharing his experience on Pyramid Of Life Exercise

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All five days, meals for the team were cooked & prepared in the school campus with groceries & vegetables transported from Jamshedpur. This decision saved our time and allowed us to focus extra hours for the students. Post lunch, Pyramid of life continued & concluded with a brief note on positive commitment by the course convener



Positive Commitments

The consequences of playing on gambling applications online was deeply highlighted. After the session, all the participants were invited for a group photograph, capturing the spirit of unity and motivation among the participants and volunteers. The day ended with a conversing group discussion where all the participants shared their good and bad habits followed by an engaging positive commitment-making, where each wrote down their personal resolutions, which were later displayed to inspire others.

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Day 4 – Embracing Roots, Releasing Shadows

The day started with the routine morning prayer, “Humko Man Ki Shakti”. Following the concentration exercise, participants engaged in the "Jar Exercise" to symbolically clean their internal "jar"—removing negative thoughts and behaviours. Students were not just presented a jar of life but also were explained how to clean it. Ego was deeply emphasised. This was followed by an introspective Quiet Time session where students reflected on how they could change and improve themselves. They were posed with a question for their Quiet Time - ‘Can I clean my jar? If yes, then how?’



Sharing post Jar Exercise

Students shared personal experiences of self-realisation, admitting past mistakes, and promising to improve their lives. A participant shared how he was not on talking terms with his father for the last 12 years & had once told his father that he would beat him when he grows up in retaliation for a beating he got when he bunked his classes. He had a severely bad relationship with his father. He felt really bad & had realised his mistake and wanted to build a good relationship with his father. Post sharing, participants were asked for an extended silence and reflection of their jar in their groups.

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In the afternoon, the focus shifted to family and relationships. A touching session on family dynamics allowed students to open up about their relationships. Through personal stories shared by volunteers and participants, students explored the significance of family in their lives. Students were given phones to call, apologize & reconcile with their parents. And later in the evening too, they were encouraged to use the phone to call their parents & vent their feelings to them. The effect of the Family Session was so profound that even the Principal of the school came up and shared how it was of such great wonder & surprise to see his students being so expressive, emotional & deeply touched which he never felt ever before. He too was deeply touched. There was a sense of closeness & inclusivity in the environment.



Family Session

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Expanding the impact of the Family Session, “My Life, My Happiness” exercise was conducted. Where they were told to reflect on their relations in life and in what ways they can get closer to the ones already & include more and more people in their life. Participants were asked to write a postcard to whomsoever they want & they wrote heartfelt letters to their families.

After a long day, participants went through a fifteen minute meditative session where they were engrossed in listening to the Tibetan “Om Mani Padme Hum” mantra to calm their mind. The day ended with the cathartic "Negative Burning" exercise, where students burned their written-down negative thoughts, symbolising a new start

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Day 5 – A New Horizon: Vision, Commitment & Growth

The final day began with a multi-faith prayer; promoting unity and peace. The vibrations of the cosmic sound had set the blissful tone for the day. After one last Quiet Time session of this conference, students reflected on everything they had learned over the five days and shared. A participant shared how he had realised that it is only his studies, career, which can give him a good life. He is now determined to work hard and wants to fly his parents in an aeroplane. Another participant shared how he had a bad relationship with his father, he realised it and now will always stand with his father.



Multi Faith Prayer

Extreme focus was given on motivating & helping the students in Class 10 and 12 to score above 90% in their board exams. A short special session was conducted just for students of class 10 & 12. Post sharing, an incredible video on the evolution of this universe was shown highlighting the vastness of this entire existence.

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Volunteer, Tanishqa Gandhi, explained to all the participants the importance of Mother Nature and how it is our responsibility to protect and nourish it. A pledge was presented for the same and participants signed it.



Participants signing the Pledge

Post lunch, it was time for the last Group Discussion. All the participants were given a letter to write to their selfs.



Participants writing Letter To Self

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The day ended with the closing ceremony. Dignitaries, Director Chairman Mr. Sharat Chandran, Principal, Vice Principal, Mrs. Shraddha Agarwal, Trustee Let's Make A Difference, Mrs. Sangita Sarkar, Program Coordinator, Teachers of Eklavya, Volunteers of Let's Make A Difference and students were present. The ceremony started by students and teachers sharing their experience of the entire conference. A token of love was presented to the support staff. A thought provoking song, "Kaun Hai Zimmedar?" was sung by the volunteer team.



Volunteer team presenting the song, "Kaun Hai Zimmedar?"

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Conference Coordinator, Mrs. Sangita Sarkar receiving vote of thanks

The Let's Make A Difference team was presented a vote of thanks by Director, Mr. Sharat Chandran. The closing ceremony ended by singing the National Anthem of Bharat and distribution of certificates to the deserving participants.



Director Mr. Sharat Chandran, EMRS with Mr. Viral Mazumdar

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As the entire conference was completed and it was time for the bid, all the participants from Eklavya formed a human corridor from the entrance to the main gate. The Let's Make A Difference team walked down the middle as students clapped, waved goodbye and smiled, giving a warm & heartfelt farewell



The Heartfelt Goodbye

This goodbye symbolised not the completion of the conference but the beginning of a new chapter for these young minds, filled with hope, determination & a clear vision for the future.

Let's Make A Difference team will follow up & do all that is possible for the students of class 10 & 12 of the Eklavya Model Residential School, Tamar so that each student scores 90% plus in their board exam this year.

Johar!

Links:

[**TAMAR YOUTH CONFERENCE 2024 VIDEO REPORT**](#)

[**THE HEARTFELT GOODBYE - FAREWELL VIDEO**](#)

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ANNEXURE 1 - Voices Of Transformation: Sharings by Participants

- “I have not talked to my father for the last 12 years. I once told him that I would beat him when I grew up in retaliation against a beating I got when I bunked my classes. I have a very bad relationship with him. Today during the Quiet Time, I have realised my mistake and want to build a good relation with him”.
[Mobile phone was provided to the participant then & there. He called up his father and apologised in front of everyone]
- “I had once stolen money from my maternal grandmother’s wallet pouch and when I was caught, I blamed it on my maternal uncle. Now I realise that I shouldn't have done that and want to apologise”.
- “A few years back I had lied to my father for money. I wanted to buy a trimmer worth 500 but I lied saying that I wanted to buy books. My father gave me the money. During my quiet time, I understood my mistake and now want to confess it to my father” [Mobile phone was provided to the participant then & there]. “Sir, it is after two years that I confessed my mistake to my father, I feel liberated. Thank you”.
- “I have a very bad relationship with my father. He works so hard for me and provides me with everything that I need in my hostel. But my behaviour towards him is not right. I have realised this and from now i will always stand beside my father”
- “I am very lazy and dont focus on my studies”
- “During these 5 days, I have realised that it is only my studies and my career that can give me a good life. I want to work hard and fly my mother in an airplane”.

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ANNEXURE 2 - Shared Voices: Insights From Group Discussion

Tamar Youth Conference has usually been conducted for 2 days. But this time, the thought for a full fledged 5 day conference fulfilled its objective - participants opening up!

It is very evident from the Group Discussion Insights:

Several participants bravely shared troubling realities, such as being lured into online betting apps, with many reporting significant financial losses. Even more alarming, some students mentioned attempts to recruit them into Naxal Organisations, highlighting a dangerous threat to their futures. Disturbingly, some also disclosed that late-night pornography parties were being held in dorms, which raised concerns about peer influence and mental health.

Despite these challenges, the discussions also showcased improved sharing levels. Participants felt more relaxed and excited to express their thoughts and emotions, a clear sign that the atmosphere of trust and openness had grown. Many students showed a keen interest in attending future Let's Make A Difference sessions, with several expressing a desire to spread the concept of Quiet Time to their friends and families, recognizing its benefits.

Intriguing questions also emerged during the discussions, stimulating ethical and philosophical debates. Students asked, for instance:

- “Can lying to a robber be considered ethical?”
- “Is it worth sacrificing love in pursuit of a career?”
- “In a corrupt world, is it wise to remain honest?”

These reflections demonstrated the depth of thought and introspection the conference encouraged. It was evident that the participants not only engaged with the core concepts but also began contemplating larger moral questions, a sign of their growing critical thinking abilities and moral awareness

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ANNEXURE 3 - Positive Commitments

- Don't be lazy. (2)
- Avoid bad thinking. (3)
- Don't use bad words. (6)
- I will not lie. (33)
- I will not cheat during the exams. (11)
- I will not waste time and study. (5)
- I will help others. (5)
- I will not abuse anyone. (63)
- I will not drink or smoke (नशा). (3)
- I will not get angry in small things. (4)
- I will stop watching porn videos and nude pictures. (5)
- I will wake up early morning at 4:00 a.m. and read books. (7)
- I will bring 90% and above marks board exam. (5)
- I will follow discipline in my life. (2)
- I will do my work on time. (2)
- I will not do wrong things. (2)
- I will not play gambling. (2)
- I will not harm nature.
- I will respect teachers in class and listen to them. (1)
- I will learn spellings.
- I want to set my career by 2027.
- I will talk nicely to everyone. (2)
- I will stop looking at girls with wrong intentions. (8)
- I will abandon my wrong/bad friends.
- I will learn and concentrate in English language. (2)
- When I grow up, I will work hard so that I can live my future life well.
- I will use my mobile phone for the right purposes and at the right time.
- I will focus on my studies. (1)
- I will not get distracted by anything.
- I will not fight with my brother.
- I will not steal. (2)
- I will respect my parents and elders. (10)
- I will help my parents in their work.
- I want to change my negative mind to positivity. (1)

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-
- I will give up all my bad habits and do everything necessary to become a successful person. (2)
 - I will follow quiet time daily. (1)
 - I will not waste food. (2)
 - I will complete my homework on time.
 - I'll never be angry with my dad.
 - I will follow concentration exercise daily.
 - I will not masturbate. (4)
 - I will not waste food and water.
 - I will do my work on time.
 - Work hard daily. (1)
 - I will work out daily in the morning.
 - I will always speak truth.
 - I will not waste money on free fire game.
 - I will never cheat myself. (1)
 - I will clear NEET exam and become a doctor and I want to take my parents out of the country to travel.
 - I will study sincerely. (1)
 - I will practise more physics numerals.
 - I will be an honest person. (1)
 - I will reduce my mobile usage. (1)
 - I will not disturb others.
 - I will not fight with others. (1)
 - I will follow my time table. (1)
 - I will not smoke from today. (1)
 - From today I will study daily. (2)
 - I will not fight and abuse other.
 - I will use my mobile phone wisely. (1)
 - I will sleep on time.
 - I will wake up early in the morning.
 - I will be a good boy.
 - I want to be a good man.
 - I won't think bad about anyone.
 - I will respect elders. (4)
 - I will listen to my parents.
 - I will not misbehave with anyone. (1)
 - I will never beat those younger than me and will behave well.
 - I will be disciplined in school.
 - I will give up all my bad habits from today.
 - I will go for running daily.
 - I will not use my mobile phone till late at night.
 - I will keep practising meditation, quiet time, gratitude, affirmation regularly.

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-
- I won't abuse my sister.
 - I will get up early in the morning and study.
 - I won't do dirty work.
 - I will respect girls. (1)
 - I will follow everything told by the LMAD.
 - I will not watch dirty videos after today. (2)
 - I will not discriminate against others.
 - I will not repeat my bad habits.
 - I will stop playing the lottery. (1)
 - I will wake up early at 4 o'clock.
 - From today onwards, I will not tease anyone.
 - I promise from today that I will not abuse anyone's mother or sister and will respect everyone.
 - I will use my mobile! I'll try not to lie.
 - I want to become like Viral Sir. And I want to bring changes in society and make an educated country like him.
 - I want to score 80% in Std 8 and 9.
 - You won't make fun of anyone. (1)
 - I want to clear JEE exam after 12th.
 - I will support my parents in their old age.
 - I will not drink alcohol. (1)
 - I want to score 90% and above in class 12th and take admission in a good college.
 - I will not play online games.
 - I will tell my parents about my mistakes.
 - I will not call anybody by their nick name and I will not abuse them. (6)
 - I won't postpone today's work for tomorrow.
 - I will not lie to anyone and will respect the younger ones.
 - I will not talk to my parents in loud voice.
 - I will not ignore my parents.
 - I will participate in class and school events and I will not hesitate.
 - I will respect elders as well as younger ones.
 - I will think good for girls.
 - I will focus on my studies from today onwards. When I will get angry I will count 1 to 100 to calm my anger.
 - I will try to stay calm.
 - I will do revision daily.
 - I will not procrastinate.
 - I focus on my career.
 - From today I will study English daily.
 - From today onwards I will work harder.
 - I will improve my English skills within 4 to 5 months.
 - I won't leave today's work for tomorrow.

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-
- I will not waste money on colour trading app.
 - From today onwards, I will not get angry.
 - I will stop using mobile phone.
 - I will not cheat anyone.
 - I will not fight with my parents.
 - I will help poor and needy people.
 - I will not lose my honesty.
 - I want to improve myself. I want to behave better.
 - I want to pass class 11th and 12th with good marks.
 - less from today.
 - I will change my bad habits into good ones.
 - From today I will sleep at 10:00 and wake up at 4:00 in the morning.
 - From today onwards, I will not be greedy.
 - I will not lie to my parents.
 - I won't talk dirty.
 - I will not steal my parents money from today.
 - Book writing for myself daily end of the day.
 - I will never preach or give knowledge on things that I don't do myself.
 - I want to pass class 11th and 12th with good marks.
 - I will behave mannerly with my parents.
 - I want to be an excellent person.
 - In my upcoming exams I want to pass with good marks.
 - I will stop looking at girls in a wrong way and saying bad things about them.
 - I want to fulfil my dreams.
 - I will let go of my wrong friends.
 - I will try my best to learn English.
 - From today onwards I will not watch dirty pictures on mobile.
 - I will not get distracted during my study time.
 - I will study diligently from today onwards.
 - I will not lie to my parents, siblings, and friends.

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ANNEXURE 4 - Chits Of Change: Student Expressions

Questions-

- How do I stop vulgarising women? I can't control my mind of the dirty pictures,
- How to increase patience?
- How to control excessive desire?
- Is friendship with females wrong ?
- How to overcome stress & anxiety?
- How to control my mind & anger?
- How to handle tough situations in life?
- What to do when someone disrespects you?
- I don't feel like studying, how to go by?
- Why do I share with you?
- How to overcome fear of public speaking?
- How do I earn money?
- How to quit smoking?
- How do I stop watching pornography?
- Is it okay to drink alcohol sometimes ?
- How to remove mobile addictions?
- How to be consistent?
- What should i do in life? I have no aim or goal
- How to be discipline?
- How to correct my behaviour?
- How to stop overthinking? (2)
- How to reduce my ego?
- How and why to trust people ?
- How do I stop lying ?
- What shall I pursue after class 12?
- What can I learn in Let's Make A Difference?
- Why is Let's Make A Difference important?

Expressions-

- I want to become a businessman & serve the society
- I always feel like taking revenge.
- I haven't understood the value love
- I want to join the Indian Army (2)
- I watch explicit videos everyday
- I want to bring a change in myself (2)
- I am not close to my family
- I feel that i am not at all a good man

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-
- I want to remove my hesitation.
 - I want to be confident (2)
 - I am dishonest
 - I have anger issues
 - I want to learn time management
 - I am attending this conference for the third time but i didn't change
 - I have limited belief system
 - I repeat my mistakes
 - I want to improve my communication skills (2)
 - I want to deal with my heartbreak
 - I lack at concentration
 - I don't feel like studying (2)
 - I have time management issues
 - I have stage fear
 - I am very lazy
 - I am addicted to playing cricket
 - I use so much abusive language (2)
 - I want to expand my vision
 - I want to remove my shyness

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ANNEXURE 5 - Bridging The Gap: Addressed Questions & Concerns

Below are the topic areas which were covered in detail, addressing the chits:

- | | |
|--|---|
| 1. Academic Challenges <ul style="list-style-type: none">- Focus On Study- Concentration- Memory- Goals- Time Management | 4. Behavioural and Social Issues <ul style="list-style-type: none">- Relationships- Communication- Family- Trust- Honesty- Social connections |
| 2. Personal Development <ul style="list-style-type: none">- Self-improvement- Confidence- Shyness- Leadership- Honesty- Motivation- Laziness- Vision- Goals | 5. Lifestyle and Habits <ul style="list-style-type: none">- Addiction- Gambling- Mobile addiction- Smoking- Discipline- Consistency- Financial Literacy |
| 3. Emotional and Mental Health <ul style="list-style-type: none">- Stress- Anxiety- Overthinking- Fear- Self-Confidence- Anger Management- Positivity- Trust- Bullying | 6. Miscellaneous <ul style="list-style-type: none">- Let's Make A Difference and what is it about |

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ANNEXURE 6 - Reflections From The Volunteers

1. BIDYASHREE SINGH, Teacher, Kerala Public School, Jamshedpur.

"This is the 2nd time I am attending Lets Make A Difference youth conference 2024 and first time as a volunteer. It has been a great experience for me. By listening to the students , I could connect to them and their sharings. The most effective session I felt was my family . It taught us the importance of family , and the bond of love that we should keep with our loved ones. The way sessions were conducted , the process is extremely impactful. Overall my experience towards this conference was rejuvenating, starting from the quiet time to letter to self. I feel a new person within me, who is coming up to be better day by day by the learnings of quiet time, four pillars of life, and pyramid of life. I would definitely like to be connected to Lets Make A Difference because its the way of living a life".

2. YASH SOHANDA, Jamshedpur.

"Tamar Youth Conference '24 was next level. I could see that all the exercises, sessions, discussions were totally tailor made for our tribal students. It has created a paradigm shift in their vision, for their career & family. After the conference, all the participants have a roadmap, an expanded vision of what they want to become in their life. It was heartfelt to hear sharings where they said, they had no vision of what to do after class 12 and now they are determined to work hard for their family, themselves & the society. One thing deeply touched me was that everyone wanted to learn good communication skills. Their thirst of having good oratory skills, their thirst of wanting to speak fluent English was an inspiration to me. This time there were so many participants who wanted to come up on stage and share their quiet time thoughts & reflections. At a point we had to even humbly deny a few of them for the next day for the session to not get delayed. It was melting when students shared how they used bad words and now want to change it, how they were wasting time & not focusing on their studies and now want to work hard. As a group lead, I was posed with questions. Participants were asking about our own sharings, they wanted us to help them get focused on their studies & quit their bad habits. I could see a shift, a transformation within them. All of them spoke in the Group Discussions. I have been attending/volunteering Let's Make A Difference conference's since 2018 but every time I sit for the sessions, there is a NEW LEARNING for me. This is what the beauty of the conference is - it fits in all time frames & age groups. As promised & determined, we will definitely follow up to Tamar students & extend our help in getting them 90+ in their board exams this year".

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3. DHRUV NAGWANI, Katni, Madhya Pradesh

"I learned a lot of things in the Tamar Youth Conference. Tamar's students were very disciplined, we had never seen such discipline in our school also. I am very happy that our message has reached all the students. This time the Jar exercise made a lot more sense to me in comparison to Jalandhar. But this time I also decided to remove all the things which I considered as a bad habit in my life like laziness. I took the initiative to eliminate it and soon I will throw it out of my Jar.

I enjoyed a lot, I got a chance to see their culture or diversity which I can never forget. Along with this I also got a golden opportunity to see Jamshedpur. I have seen many cities but I had a different feeling after seeing Jamshedpur. Jamshedpur is a direct example where the growth of the entire city is due to an industrialist and there is no contribution from the government. Our country is in great need of an industrialist like Tata. I had only heard and read about Tata but now I also saw it which was one of the wonderful experience of my life. I have seen the Taj hotel built by the Tata's and many other things at different places, but seeing Tatanagar was a different pleasure".

4. P. VIDYA, Teacher, Kerala Public School, Jamshedpur.

"The ambience of EMRS was mesmerising and the dance and music exhibited their rich culture. The sessions conducted by Viral Sir were very thoughtful and interesting. "Change yourself first , reform yourself and you will reform thousands." This was Sir's perspective. The present generation is exposed to so many distractions that it leads to their weak concentration and poor performance in their academics. Viral Sir emphasised on the importance and how to improve their concentration. The Glass Jar was a real time example , it consisted of various objects, sir connected each object with real life and how we tend to assimilate various vices with the passage of time and dirty and pollute ourselves but it can be cleansed by introspection and observing Quiet Time strictly. The GD sessions were quiet enlightening as we got to know the adversities & challenges the students were facing in their day to day lives. Many participants openly shared and didn't hesitate to share their drawbacks and addictions .They made a positive commitment to themselves to quit their bad habits. Within two days of the session students who were shy and had stage fear gathered courage and were happily sharing their views without any hesitation. It was a moment of pride when Mohit from our development group shared his experience in English. We shared a feeling of oneness, a sense of belonging & it was a great learning experience."

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5. KRISHNA SINGH MUNDA, Student, Eklavya Model Residential School Tamar.

*"I am Krishna Singh Munda My journey with Lets Make A Difference began on 28th of August 2024 as a volunteer .it was my first Youth Conference as a volunteer as a student at eklavya model residential school Salgadih, Tamar. The best part for me was the negative burning and positive commitment because with these short sessions we promise to give up one of our bad habits and to start a new good habit for the whole life. And pyramid life is a also a best part of my life in this session as a student very helpful for me because I have lot of things learnt from pyramid life session. I got the opportunity to volunteer in Lets Make A Difference 5 days conference at my school eklavya model residential school Salgadih, Tamar. It was a great experience for me as I learnt a lot from other volunteers as well as students. It was a huge responsibility for me as I was given a group of my own. I was quiet nervous and scared about whether I could be able to provide a listening ear to the students. But I felt satisfied from within. *I am very grateful to quiet time because with the help of it I have seen some changes in my life which were hard to bring* now after my conference I have stopped some of my bad habits and will keep improving. I will keep practising quiet time and self introspection for further good changes within me".*

6. URJA AGARWAL, Interior Designer, Jamshedpur.

"It was my first time attending the Tamar Youth Conference and it was surely very different and eye-opening experience for me. I have always heard stories from other volunteers who previously attended the TYC and I used to wonder what was so life changing for them. Now that I have experienced it, I know what they were talking about. The culture they follow and the students are so different from the ones that we see in JYC or even NYC! I was surprised by their discipline and their thrust for learning something new. The timetable for the conference was so perfectly set for the needs of the students of EMRS which made them open up and helped them on a much deeper level. It was also my first time experience of handling a group as a captain and that experience taught me how to stay grounded and to just listen to what the students have to say. I opened up to a big group for the first time with my story of change which Let's Make A Difference bought in my life and after that they somewhat connected and started sharing their stories too. Visiting EMRS made me realize how privileged I am and still not satisfied. But looking at the students there showed me how to be grateful for what I have and always work for the betterment of oneself and the society. I am thankful to Let's Make A Difference for such an awesome opportunity and always looking forward to more of such experiences".

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7. SAIKAT RAHUT, Teacher, Kerala Public School, Jamshedpur.

"A wonderful 5 day workshop guiding the students into a world of self analysis and introspection. Activities such as Quiet time, Concentration, Reflection on Values, Jar Exercise, Family Day and Negative Burning ensures change in every individual from within. The conference brings about a wonderful ripple effect, touching lives and bringing positive change in the society."

8. SAMIR MURMU, Student, Eklavya Model Residential School, Tamar.

"I am very grateful to attend the Lets Make A Difference Tamar youth conference on 28th August 2024. It was my first Lets Make A Difference Youth conference as a volunteer. It was a great experience for me and I learnt a lot of things which make me to handle any busy situation by keeping myself calm and stay focused on it. First day I was little nervous to share my thoughts. After doing quiet time on it I got confidence to face my fear and shyness in stage. Most of the time I keep quit because I have not a good conversation skill this is one of my weakness which I want to convert into my strength. Lets Make A Difference give me that push to do it. I like to do quiet time because when I do quiet time I am able to know more about myself and get answers which question has no answer. We get answers for most of our question from doing quiet time"

9. GULSHAN MUNDA, Student, Eklavya Model Residential School, Tamar.

"I have attended the Lets Make A Difference conferences twice before volunteering. This TYC, I volunteered for the first time. By volunteering, I learned completely new things, different from participating. According to me a participant shares his thoughts but the volunteer also has to give the correct answer to the question asked. He too has to share his thoughts. And I did all of this. I was a able to experience a lot through this conference. Organising the Group Discussion, listening to them, I really enjoyed doing all of this. I felt as if I too can gather people and tell them something good. I did not even realise how five days passed by. I had never kept myself so busy before. As soon as I met all of you, a new smile would come on my face . I hope to meet my LMAD family again. I feel very happy after the Tamar Youth Conference"

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10. PRABHJOT TANDON, Teacher, Kerala Public School, Jamshedpur.

"The Tamar youth conference has been a real eye opener for me . This whole conference has made me realise all the privileges I have in my day to day life and made me even more humble towards the things & blessings that I have."

11. TANISHQA GANDHI, Ahmednagar, Maharashtra

"It was my first time volunteering at the Tamar Youth Conference. Hearing the stories of the youth there, which were both shocking and eye-opening. Despite coming from regions far from modern cities, they were surprisingly adept with their phones, using them in both positive and challenging ways. I was particularly impressed by their discipline and engagement throughout the conference. This experience has inspired me to seek out and participate in more such events. One thing I will fondly look back upon are the sessions with took place under the shadow of big Mango tree, felt like Gurukul system.

12. SATYAPRAKASH SHARMA, Jamshedpur

"I had the privilege of volunteering at the Tamar Youth Conference and it was a truly enriching experience. Despite limited resources, the school's management and students demonstrated exceptional hospitality and enthusiasm. The students were eager to learn and actively engaged with the conference sessions and all the activities that were done during the conference, making the most of the opportunities provided. The students openly shared their thoughts and feelings, it was very overwhelming experience to listen to the students.

As a volunteer, I was impressed by the school's dedication to fostering a supportive environment, and the teachers' tireless efforts to ensure the students' growth. The conference itself was a resounding success, with students showcasing their newfound knowledge and skills.

My experience at Tamar was truly heartwarming, and I'm grateful to have been a part of this inspiring initiative. The resilience and positivity of the students and staff left a lasting impact on me, and I'm confident that this conference will have a ripple effect in the community"

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ANNEXURE 3 - Teachers Speak

1 . RAKESH GORAI, Teacher, Eklavya Vidyalaya

“Our students had become addicted to cell phones but as taught in the workshop, without cell phone our life can be better. By accepting honestly, purity, unselfishness and unconditional love we can move forward in the society. Through quiet time we can improve ourselves more. After this the children decided that in the future we will prepare for our exams well without using cell phone and will try to bring 100% result in studies. It is visible in the children right now”.

2 CHANDRA DEV KUMAR SAHU, Teacher, Eklavya Vidyalaya

“In this conference, people took a pledge to change every single thing in their life. To correct all the mistakes in themselves by doing Quiet Time and pledged to connect with people. I realised life can be changed. In the Youth Conference that took place, we got a lot of information about how to connect with our family. So I would love them to come in our school again and again and conduct such Conference for our students”.

3 HIRALAL MAHATO, Teacher, Eklavya Vidyalaya

“I am attending this Youth conference from past many years. I have learnt lot of things from Lets Make A Difference. Now I control my emotions and anger. The team of LMAD teaches us about many things , like this time our Viral Bhai was telling a story, which I was listening to very patiently. Many learning were there in the stories. I will take forward all of them”.

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4. GOUTAM KUMAR MAHATO, Science Teacher, Eklavya Vidyalaya

"I have learned many things from these four principles of life, like to remove the negativity from mind and bring positivity in one's life. I liked the exercise of concentration and quiet time. I observed the students during the quiet time. They seemed to be focused and concentrated in writing their thoughts in quiet time. Even I am practising quiet time, I experienced that quiet time can pure my mind and make it more stronger. Quiet time is the strong base of able to do anything in life. I have also noticed the students changing their habits and behaviour. The incident of stealing was very prominent in Hostel, we used to see villainy among students. But nowadays students are disciplined. I believe this is the effect of LMAD conference".

5. MANISHANKAR PAUL, Teacher, Eklavya Vidyalaya

"Among the teachers I was also the part of conference. The quiet time and the formula of concentration given by Viral Sir made us understand how to increase concentration. We noticed the number of times our concentration level was least. By doing this exercise, it is helping us to increase our concentration level. It has brought a fruitful result among all. As demonstrated by Viral bhai about the Jar Exercise, it taught us how we can remove ego and negativity within us and inculcate purity and honesty within us. It was a wonderful exercise for all of us. Then he taught us about our vision. We could learn from him how to go about the road map of our vision, short term and long term goals. Every students are able introspect their short term and long term goals in their life. The demonstration about the family and the exercise helped the students to come up and share their feelings and emotions for their family, it is a big thing to do".

6. GOURI KUMARI, Teacher, Eklavya Vidyalaya

"Through this conference our students could learn many things. They learned how to adopt short term and long term goals. They could make proper roadmap for their goals. Initially our students were addicted to negative things like mobile phones, procrastination, etc., now they have got so many changes in these distractions".

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7. RUBY DAS, Hindi Teacher, Eklavya Vidyalaya

"We attended all the sessions and implemented it. We could see the changes among the students. Whatever sir had conveyed, it was fruitful to us. The quiet time and four principles of life are now the motivation factor in our life".

I would like to sing two lines for my Youth, it is based on the four principles of Lets Make A Difference. It is as follows :

**“ज्योत से ज्योत जगाते चलो LMAD की शिक्षा बताते चलो,
ज्योत से ज्योत जगाते चलो LMAD की शिक्षा बताते चलो ,
राहों में आए जो भटके जुआ
LMAD फूल के बारे बताते चलो
फूल के बारे बताते चलो ! “**

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LMAD फूल के बारे बताते चलो
फूल के बारे बताते चलो ! “**

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