Let's Make A Difference

National Youth Conference 2025

Chinmaya Vibhooti Vision Center, Mulshi



Day 1

The National Youth Conference 2024–25 commenced with the arrival and registration of participants from different parts of the country. Young people representing diverse educational institutions, social backgrounds, and regions gathered with a shared willingness to engage in reflection, dialogue, and self-discovery.

The opening session introduced participants to the vision and philosophy of Let's Make A Difference. Volunteers welcomed the gathering and shared the purpose of the conference, emphasizing that the coming days would not merely focus on activities and discussions, but on creating a space for introspection, honesty, and personal transformation.

Participants were encouraged to approach the conference with openness, humility, and sincerity. The atmosphere gradually evolved from one of unfamiliarity to one of warmth and collective participation, as individuals began interacting with one another through introductory activities and informal conversations.

The first Quiet Time session was conducted to introduce participants to the practice of conscious silence and self-reflection. For many participants, this was their first experience of intentionally sitting in silence and engaging with their own thoughts without distraction. The session established the reflective tone that would continue throughout the conference.

The evening concluded with introductory group interactions and orientation sessions facilitated by volunteers, helping participants become comfortable with the conference environment, schedules, and expectations.

Day 2

The second day began with the prayer "*Ae Malik Tere Bande Hum.*"
This was followed by the morning Quiet Time session on *Mind, Ego, and Consciousness*. Through a presentation, the course convenor guided participants through a reflective journey exploring how individuals are born with innocence and happiness, but gradually accumulate pain, hurt, ego, and negative habits over time. The session reflected on how individuals often encounter emotional and personal dead ends when guided by ego, yet continue to listen to it in order to avoid temporary discomfort.

At the conclusion of the presentation, music was played while participants sat quietly in the auditorium with their eyes closed. They were asked a deeply introspective question: "*What have I lost due to my ego*?" Participants remained in silence for a period of reflection before later coming on stage individually to share their thoughts and experiences.

Participants were then encouraged to consciously let go of something negative, harmful, or unwanted from their lives. Each participant was asked to write these thoughts on a small chit of paper. The activity witnessed enthusiastic participation, with several individuals expressing the desire to write more than one negative aspect they wished to leave behind. Following this, participants stepped outside and participated in the symbolic activity of burning the chits, representing the burning of negativity and emotional burdens.

After a short break for tea and snacks, participants returned to the auditorium for another important session centred on relationships. The session began with the screening of a video depicting the relationship between a father and son. Building on the themes presented in the video, the course convenor shared examples from his own life to illustrate the importance of maintaining healthy and meaningful family relationships. The forum was subsequently opened for participants to share their own reflections and experiences.

One particularly powerful sharing came from a participant who narrated the story of two brothers, each with a son. One day, the elder brother stood holding two ice creams one larger and one smaller - while both children ran toward him. His own son moved toward the larger ice cream, while the younger brother's son approached the smaller one. Observing the situation from a distance, the elder brother quietly switched the ice creams, giving the larger one to his own son and the smaller one to his younger brother's child. The younger brother, who had silently witnessed the incident, realised in that moment that the time had come for the two families to separate households in order to preserve the love and respect that still existed between them.

Following the session, participants proceeded for lunch, after which they reconvened

for group discussions on relationships and interpersonal understanding.

Towards the conclusion of the group discussions, participants and volunteers engaged in the activity of writing *Letters to Self*. While letter writing may appear uncommon in today's time, Let's Make A Difference has consciously preserved the practice as a means of reflection and emotional processing. Participants were invited to write letters to themselves based on their realizations, learnings, emotions, and takeaways from the conference. The activity enabled individuals to process internal struggles and articulate personal commitments to change and growth.

The day concluded with a gathering in the auditorium, during which the volunteers were formally introduced to the participants. Their academic backgrounds, professional journeys, and personal sacrifices to be present at the conference were acknowledged before the gathering.

As a gesture of appreciation, the host institution presented flower pots to each volunteer. Subsequently, certificates were distributed to deserving participants, formally marking the conclusion of the day's proceedings.

Day 3

The third day of the conference began at 5:55 AM with morning prayer and yoga, which continued until 6:30 AM. The session created an energised and disciplined beginning to the day.

hThis was followed by Quiet Time inputs facilitated by Viral Mazumdar, during which participants were encouraged to listen to their inner voice rather than being guided by ego and impulse. The session explored the alignment between inner consciousness and the four core values of Let's Make A Difference: Purity, Honesty, Unselfishness, and Love. Viral Mazumdar also reflected on themes including restitution, personality development, and unconditional love.

Participants then spent time in silence until 7:45 AM, engaging in individual reflection before later sharing their thoughts and experiences with the larger group.At 9:45 AM, participants reconvened in the auditorium for the daily news presentation and the song "Badhe Chalo."

The morning session continued with the "Pyramid of Life," facilitated by Viral Bhai. Over the years, this session has evolved into one of the most comprehensive reflective exercises within the conference, encouraging participants to examine multiple dimensions of their lives. The session covered aspects including habits, health, career, wealth, relationships, goals, purpose, and sustainable living.



Participants were provided worksheets to reflect on these different dimensions and assess their current realities, aspirations, and challenges. Several volunteers also shared personal experiences related to habits, peer pressure, academics, time management, and the pursuit of long-term purpose.

Hetal subsequently introduced the concept of Positive Commitments, emphasizing the importance of consciously identifying one meaningful commitment that participants genuinely believed they could work towards. Participants were encouraged to write down their commitments as a first step towards accountability and action. These commitments were later displayed on a whiteboard outside the hall for collective reflection and encouragement.

Following lunch, discussions around the Pyramid of Life continued, after which participants moved to their respective group discussion spaces to engage in conversations around careers, goals, aspirations, and personal struggles. The group discussions provided participants with a safe space to openly discuss concerns relating to academics, relationships, family expectations, emotional challenges, addictions, distractions, and future uncertainties. Volunteers facilitated the conversations with empathy and honesty, encouraging participants to reflect deeply on their choices and responsi bili ties.

The day concluded with evening reflection sessions and informal interactions among participants and volunteers, strengthening bonds of trust and openness within the conference community.

Day 4

The fourth day began with morning prayer, yoga, and Quiet Time, continuing the rhythm of discipline, reflection, and introspection established during the earlier days of the conference.

The Quiet Time session focused on the importance of truthfulness and integrity in everyday life. Participants were encouraged to examine areas in their lives, where dishonesty, fear, or social pressure may have influenced their decisions. Through examples and personal sharings, the session emphasized that honesty is not limited to words alone, but extends to intentions, actions, relationships, and responsibilities. Participants spent time in silent reflection before several individuals voluntarily shared deeply personal experiences relating to guilt, mistakes, misunderstandings within families, broken trust, and emotional struggles. The atmosphere within the hall reflected increasing openness and emotional honesty among the participants.

Later in the day, sessions were conducted on teamwork, leadership, and responsibility. Interactive activities encouraged participants to collectively solve challenges and reflect on the role of cooperation, empathy, patience, and communication within teams and communities. The discussions highlighted that leadership is not merely about authority or achievement, but about service, responsibility, and the ability to positively influence others through personal example. The afternoon group discussions further deepened conversations around relationships, habits, discipline, peer influence, and the emotional realities faced by young people today. Participants actively engaged with one another, often continuing discussions informally beyond scheduled sessions.

The evening concluded with collective reflection, music, and sharing sessions, creating an atmosphere of emotional connection, mutual respect, and community among participants from diverse regions and backgrounds.

Day 5

The fifth day of the conference began with the regular morning schedule of prayer, yoga, and Quiet Time, which by this stage had become an integral part of the participants' daily routine. Many participants who initially struggled with silence and introspection now appeared more comfortable engaging with their thoughts and emotions in a calm and reflective environment.

The Quiet Time inputs for the day focused on responsibility, self-discipline, and conscious decision-making. Participants were encouraged to reflect on the consequences of their choices and the importance of taking ownership of their actions rather than blaming circumstances or others. Discussions explored how habits formed during youth often shape long-term character, relationships, and future direction.

Participants later shared reflections on challenges they faced in maintaining discipline amidst distractions, peer pressure, social expectations, and emotional struggles. Several participants spoke openly about procrastination, addiction to social media, unhealthy habits, and the difficulty of remaining consistent in personal commitments.

The subsequent sessions and group discussions emphasized the importance of developing inner strength, emotional maturity, and clarity of purpose. Volunteers facilitated conversations around balancing ambition with values, handling failure constructively, and maintaining integrity in personal and professional life.

The day concluded with collective reflection and informal interactions among participants, strengthening the atmosphere of openness and trust within the conference community.

Day 6

The sixth day continued with morning prayer, yoga, and Quiet Time. The reflective atmosphere within the conference had deepened considerably by this stage, with participants engaging more honestly and openly with both themselves and one another.

The day's sessions focused significantly on relationships, empathy, and emotional healing. Through personal sharings and reflective exercises, participants were encouraged to examine unresolved conflicts, misunderstandings, and emotional distances within families, friendships, and other personal relationships.
Several volunteers shared deeply personal experiences relating to reconciliation, forgiveness, emotional pain, and rebuilding trust. These conversations created a powerful emotional environment in which many participants began reflecting on their own relationships with parents, siblings, friends, and mentors.

Participants later engaged in smaller group discussions where they openly discussed feelings of loneliness, emotional isolation, expectations from family, fear of failure, and the pressure to meet societal standards of success. The discussions highlighted the emotional realities often experienced by young people but rarely expressed openly in everyday spaces.

The sessions throughout the day reinforced the importance of compassion, honest communication, gratitude, and emotional sensitivity in sustaining meaningful human relationships.

The evening concluded with music, reflection, and informal conversations that continued late into the night, with many participants expressing that they had formed genuine emotional connections during the conference.

Day 7

The seventh day of the conference centred around themes of leadership, service, and nation-building. The morning Quiet Time session encouraged participants to reflect on the larger purpose of their lives and their responsibilities towards society beyond personal success and achievement.

Discussions during the day emphasized that leadership is not merely positional authority, but the ability to positively influence others through character, responsibility, empathy, and service. Participants were encouraged to think critically about the kind of individuals they wished to become and the values they hoped to uphold in their future roles within society.

Several speakers and volunteers reflected on experiences from their own journeys, highlighting how personal transformation and social responsibility are deeply interconnected. The conversations explored issues such as ethical leadership, conscious citizenship, environmental responsibility, and the importance of contributing positively to communities.

Interactive activities and team-based exercises further encouraged cooperation, communication, and collective problem-solving. Participants worked together on tasks that emphasized trust, patience, and mutual understanding.

The group discussions later in the day focused on aspirations, fears regarding the future, and the pressures associated with careers, competition, and societal expectations. Participants reflected on how success should not be measured solely through material achievement, but also through one's contribution to family, society, and humanity.

The day concluded with a strong sense of collective purpose, as participants increasingly began viewing themselves not only as individuals seeking personal growth, but also as responsible contributors towards wider social change.

Day 8

The final day of the conference began with a deeply reflective atmosphere as participants gathered for the concluding Quiet Time session. Over the previous eight days, the conference environment had gradually evolved into a space of openness, emotional honesty, and meaningful human connection.

The concluding sessions focused on gratitude, continuity, and carrying the learnings of the conference into everyday life. Participants were encouraged to reflect on the

changes they had experienced during the conference and identify the values, practices, and commitments they wished to continue after returning home.

Many participants shared emotional reflections on their journey throughout the conference. Several spoke about reconnecting with family members, confronting personal struggles honestly, overcoming emotional barriers, and developing greater clarity regarding their future goals and responsibilities.

Volunteers also reflected on their experiences of facilitating discussions, supporting participants, and collectively sustaining the conference environment. The atmosphere during the concluding sessions was marked by gratitude, emotional connection, and mutual respect among participants and volunteers alike.

The final gathering included expressions of appreciation towards the organizing team, speakers, volunteers, and host institution for creating a safe and transformative space for young people from diverse regions and backgrounds.

As participants departed, the conference concluded not merely as an event, but as the beginning of an ongoing personal journey for many individuals. Participants left carrying reflections, commitments, friendships, and renewed purpose, with the hope of practicing the values of Purity, Honesty, Unselfishness, and Love in their everyday lives.

Annexure 1: Positive Commitments

- I will be healthy by October 2025.
- To read and discuss spiritual and philosophical books regularly.
- Workout 4 days a week.
- Speak softly moving forward.
- Be polite.
- You will know yourself better. We stick to our goal with justification by thinking and comparing in a quiet time. We find a solution once we give a thought in a quiet time
- Respecting others. do not ignore. Should have patience.
- To lead a productive life instead of being lazy person without doing anything.
- Stop over thinking. Just step into your positive thoughts and do it.
- Be consistent at the gym and visit it at least five times a week. Avoid procrastination as pain of suffering is less burdensome then the pain of regret.
- Work on decreasing screen time as much as possible.
- I want to stop judging others and focus on my life.
- I will stop procrastination and go on to change certain things to change my life.
- To express my feelings freely with my parents.
- To control my anger and emotion.
- Discover yourself.
- *Parents se juth bola hai aur ab yahan se jakar unko sab sach bata dunga*
- I can feel like so confident and no to how to achieve career and how to deal with people.
- I will have to stop my over thinking and anger issues and I work on more on my goal.
- Stop getting angry and biting my finger.
- Stop scratching my body.
- Give less abusive words.
- I will stop over thinking.
- Half an hour for myself, daily writing or just sitting with myself.
- To get stronger fitter which I was desire in for a while.
- Want to be fit and maintain healthy lifestyle?
- The time I waste on social media I will start using that time in learning new skills.
- Stop masturbation.
- Building a good physique.
- Being more responsible and thoughtful in making decisions, having a proper goal, a commitment and the little spark of energy and curiosity, I once had as a child. Not getting influence by looking at others and being comfortable in my own company.
- Stop being lazy and stop procrastination. I love myself the most. Make the most outcomes I can from the learnings.
- Getting into my dream college.
- To start taking decisions on my own for myself.
- Stop over thinking.

- I am going to work hard on my studies and I will be honest with my parents.
- Want to work on my body to be fit and work on the hair style. I would want to cut with my money.
- Reading for half an hour daily.
- Waking up at least by 6:00 a.m. and workout.
- Wake up early everyday and practice quiet time.
- Screen time not more than one hour a day.
- I control my anger and understand every person I meet.
- Meditate for at least 30 minutes a day.
- Stop complaining. Start doing. Just do consistency.
- To read the book in the morning.
- 20 minutes quiet time and writing about inner voice.
- I will build healthy relations with my family then with friends in.
- I want to make myself more than I realize of aware doing consistency of work.
- One phase only for everyone. No more masks.
- Be a brilliant speaker.
- Be confinent enjoy every moment and stop comparing a self with other.
- Improve relationships which Shruti.
- It's time to become best version of yourself.
- Spend quality time with family especially my dadi.
- Post on Instagram once a week productive posting for personal branding.
- Try to resolve arguments with logic and emotions and not with anger.
- Why not at gym? Learn advance callisthetics skills once with tools. 30-40 minutes workout 5 times a week.
- No laziness. Less screen time. Stop addiction. Leave my life with purity, honesty, unselfishness and love.
- Will continue my quiet time after this conference and try to achieve my short term goal that I have written.
- If someone is being too nice with you, they want something or might feel a regret from them.
- Going to control my emotions.
- I commit myself that I will start reading books after the conference and start my physical journey.
- I will speak my heart out, look people in the eye and connect without over thinking or fearing judgement.
- Wake up early every morning. Think in a positive manner.
- Less use of abusive words.
- Stop underestimating yourself. Start believing that you can do it. Do not compare yourself with others.
- I want to fulfil my career goals at any cost and want to reach that height which I feel I should be at.
- I want to really work on my growth.
- I will regularly do Surya Namaskar. I'll water the plants every alternate day.
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- I'll practice naam jap daily.
- Lose weight early.
- I want to be everywhere before time. Eat and drink only healthy food. No junk. Stop
- over thinking and learn to be more form decision maker for your own big decisions in life at personal level and create boundaries.
- Smile always. I will try to smile as much as possible and also try to make people smile with me.
- I will spend more time with my pet.
- Giving up lazy attitude and being more energetic.
- Sleep on time around 10:30 or 11. Wake up in the morning on time and do not sleep during the day. Also go to the business on time everyday.
- Stop being lazy towards my study. Try to connect with people with confidence
- Be consistent for everything.
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Annexure 2: Questions asked by the participants

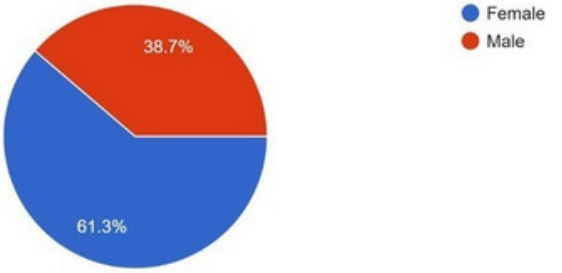
1. Difference between Infatuation and Love.
2. In today's world being unselfish only makes people take advantage, I step in to you.
3. You mentioned that for "purity" we have to be pure with everyone, but what if the purity turns into betray. For example, I am always kind and talk people with pure emotions but what if the people don't value it or take advantage of it? How to deal with it.
4. How to overcome bad addiction?
5. How to start conversation with someone whom you want to talk to?
6. How to control your words when you are Angry?
7. How to overcome of overthinking and be focused on current?
8. Family disturbed by property disputes?
9. How to deal with Back stabber?
10. What is your Purpose in life?
11. Is it ok if we say lie for someone's better? Like that lie can help person a lot for his/her betterment. What if my truth harms someone? What should I do?
12. I have been dishonest to my friend's parent, but I gained her trust and got some more friends, I couldn't deal with honesty.
13. Sir, Business is all about dishonesty, so how can you manage honesty in business, without lie there is no profit. how did you manage honesty in business?
14. Sir, As you told us about younger brother story what would you have done to fix the relation if your little brother never understood his mistake and start talking to you in rude tone.
15. What if the person doesn't know where his/ her interest is? Can you help to let the person know about it?
16. What if they have decided but still confused and not sure so what should that person do?
17. Are loyalty and Honesty the same? If not then what is the difference between them. 18. If some is always demotivating, you. When they say "tuzhse nahi ho payenga, tu nahi karegi ye", how to answer them?
19. I started getting excellent grades after attending the conference. Every semester my grades improved than the last one. However, I still can't help but wonder what will happen if they drop. This concern has been lingering for 3 semesters now and still prevails. How do I overcome this fear?
20. If God is there, why did he make such differences rich-poor, skin tone, genders, etc.?
21. Gandhiji said, 'there is enough for everyone's need, but not for the greed'. If being honest is a way for being happy or free of burden for yourself, but may be not for your family. Should it be true if my family needs to be financially good, but the way is unethical for earning money is dishonesty. Because the way to be financially good is time taking or unethical way. As everyone wants to have good image in the society at young age.

22. Today's session was about improving relations, In 4th std my cousin brother used to touch me improperly and now, I am 21 but still that times haunt me, we live in same house, see each other everyday, What should I do?
23. Do you think there is particularly any right age to get into relationships and be exposed to physical intimacy? If yes, then what is the right age?
24. How to start your journey towards purity?
25. Can self-love be selfish anytime?
26. Difference between 'inner-voice' and 'Overthinking'
27. How do you identify Love or Lust in relationship?
28. What is the positive way to remove Ego from oneself?
29. How to practice self-love? Difference between self-love and selfishness.
30. I can't manage my things by my own due to external influence?
31. Should we trust people?
32. How to focus and consistent in everything?
33. Do really people's judgement matter?
34. When do you know you are actually processing your emotions or just suppressing it?
36. Is 'success' subjective? Can financially stable/rich people still be unsuccessful despite their materialistic wealth.
37. Sir, what if your family is so toxic you feel suffocated. Like I am only living with them only because of my dadi ma.
38. How to forget about certain situations, things and people?
39. In business do you think, honesty can make you rich? As you are a businessman how do you manage it with honesty and integrity and be financially stable.
40. What is that point of satisfaction?
41. How to express positive and negative emotions properly without hurting the person in front of you?
42. Do you ever lie after starting LMAD?
43. How to deal with FOMO and how to stop ourselves from interfering in other's life.
46. Sir, as you said about giving unconditional love, but what if the person you are giving so much unconditional love doesn't realize it?
47. I have a younger brother 2 years younger than me. He uses a lot of bad words talking to someone, like me, mom, and grandma but my mom loves him very much and I don't know why like I mean biased love.
48. Overthinking disturb me a lot as I am a student it specially starts while studying and where is no one around me. Help me to overcome that.

Annexure 3: Survey Data

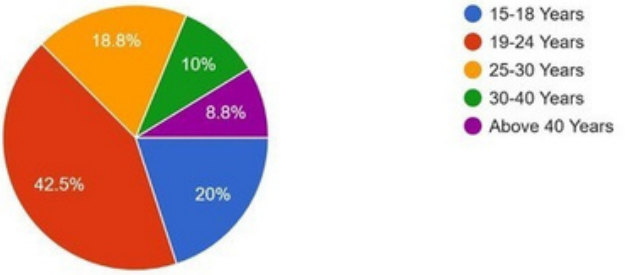
Gender:

80 responses



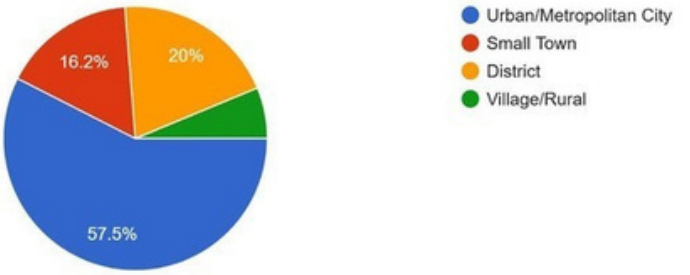
Age:

80 responses



Region:

80 responses



Current Engagement:

80 responses



Are you a registered voter?

80 responses



Did you Vote (either in the recent election or in the past elections at the state or center level)?

80 responses



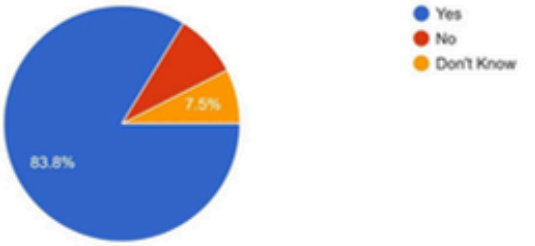
Are you aware of your Rights and Duties as stated in the Constitution of India?

80 responses



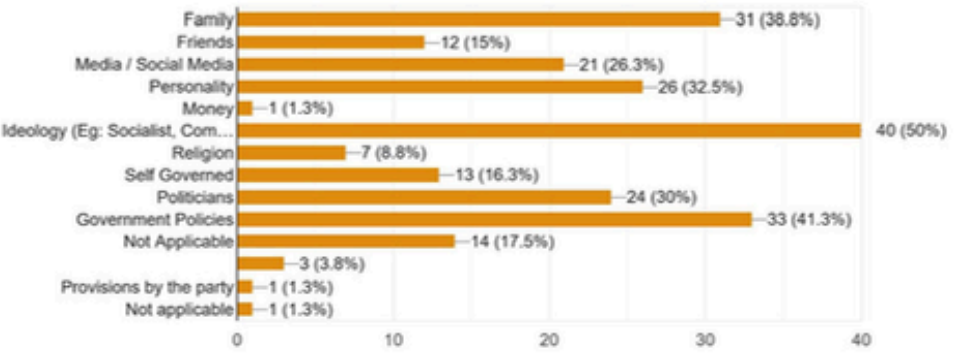
Is the Right to Vote a fundamental right according to the Constitution?

80 responses



What factors influence your vote? (Select all that are applicable)

80 responses



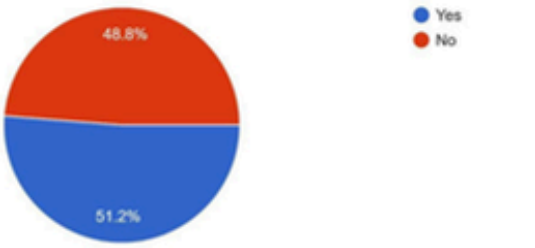
What is the root of your identity? In other words, how do you identify yourself with as first? (Select any one)

80 responses



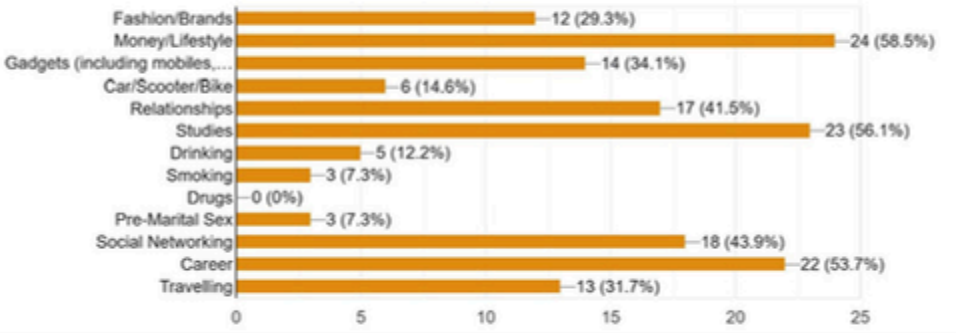
Does peer pressure affect you?

80 responses



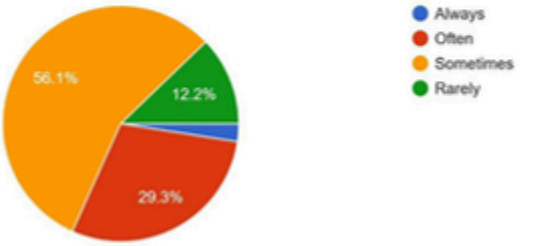
How does peer pressure affect you? (Select all that are applicable)

41 responses



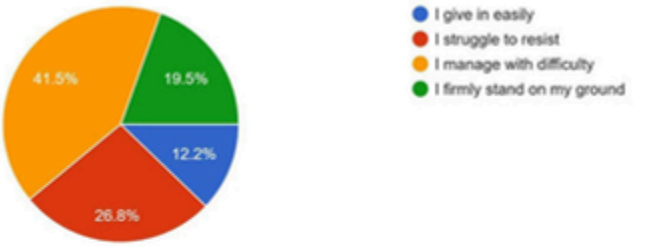
Do you feel pressured to act or behave a certain way around your peers?

41 responses



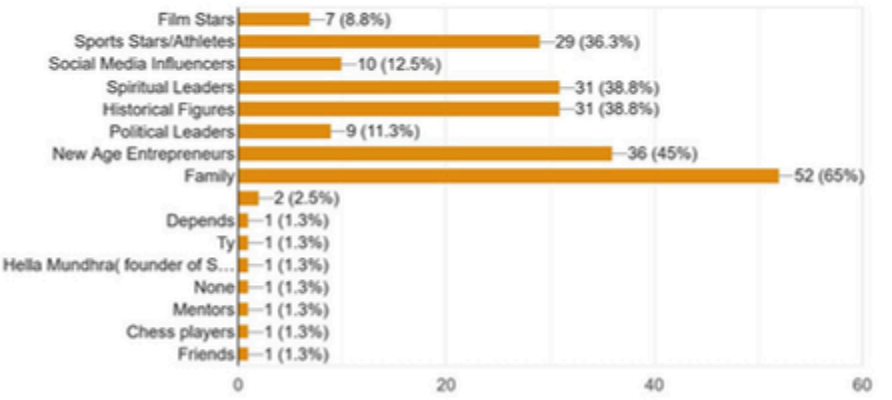
How do you handle peer pressure?

41 responses



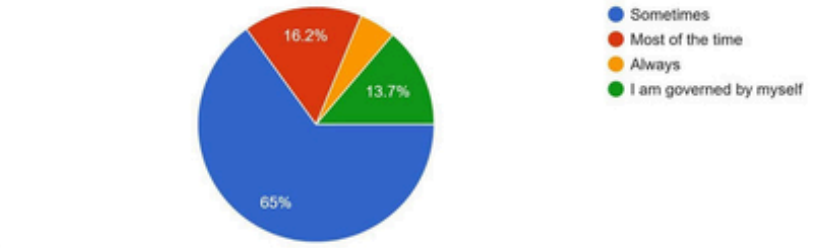
Who are your role models? (Select as many as applicable)

80 responses



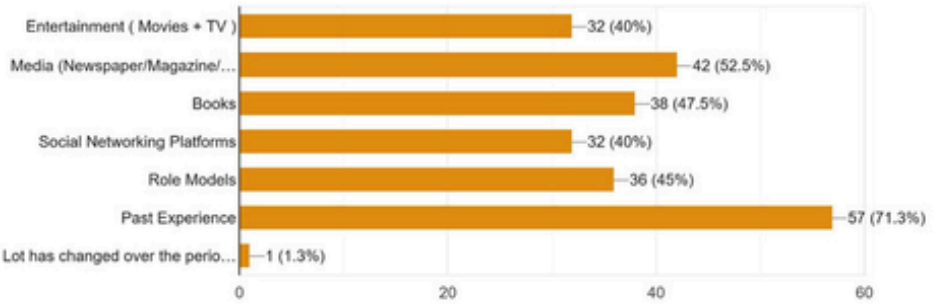
How much does public validation matters to you?

80 responses



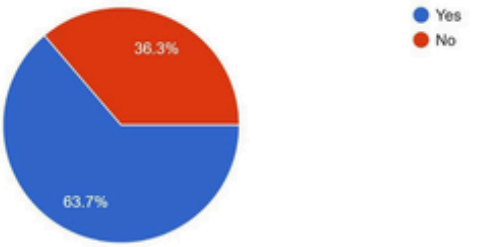
Which of the following do you get influenced by? (Select as many as applicable)

80 responses



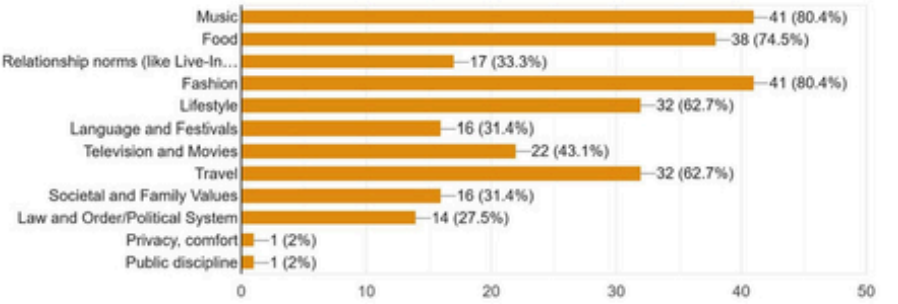
Are you influenced by Western Culture?

80 responses



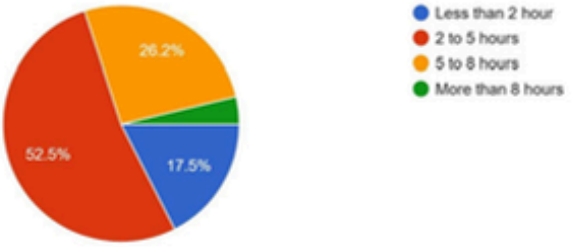
What part of Western Culture influences you? (Select all that are applicable)

51 responses



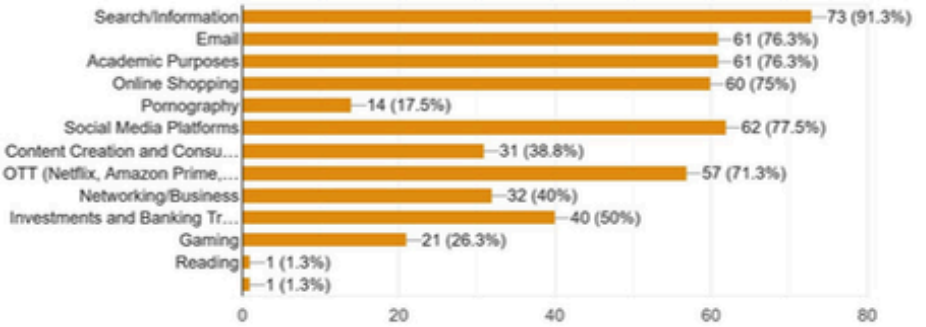
What is your average screen time on a daily basis for social media and content consumption (including Computer, Cell Phone, TV)?

80 responses



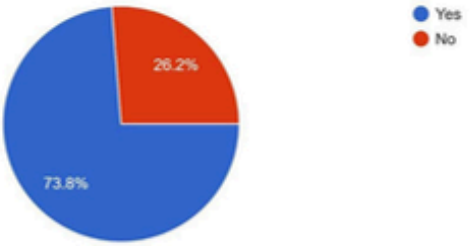
For what purpose do you use the Internet ? (Select all that are applicable)

80 responses



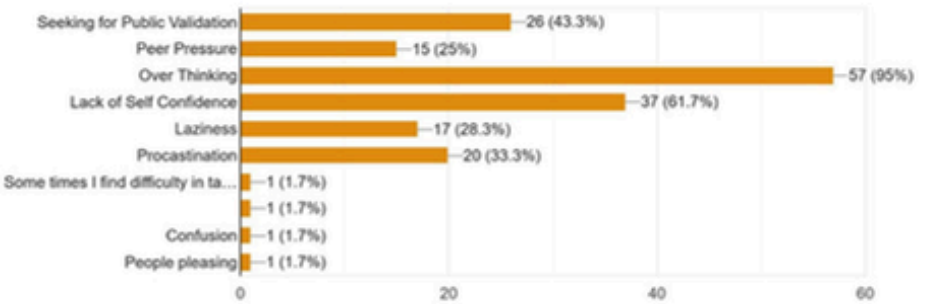
Do you find it difficult to make decisions?

80 responses



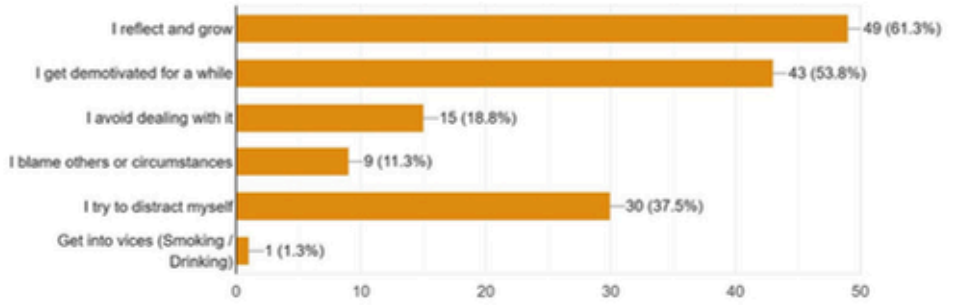
If yes, Select why?

60 responses



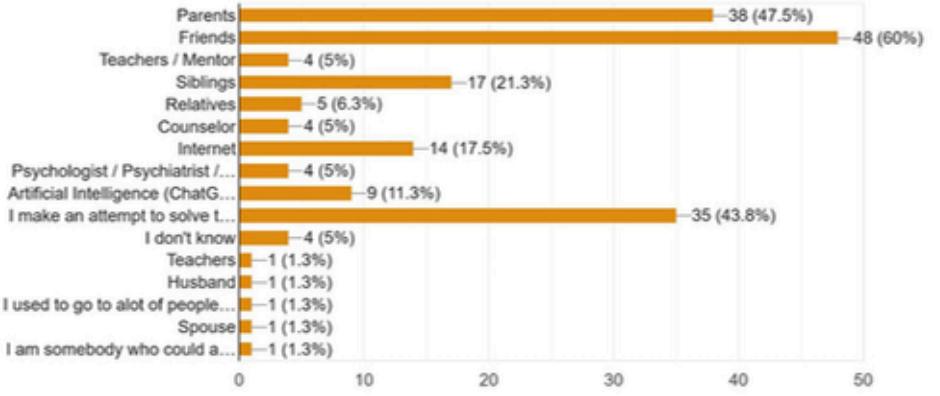
How do you respond to failure or problems?

80 responses



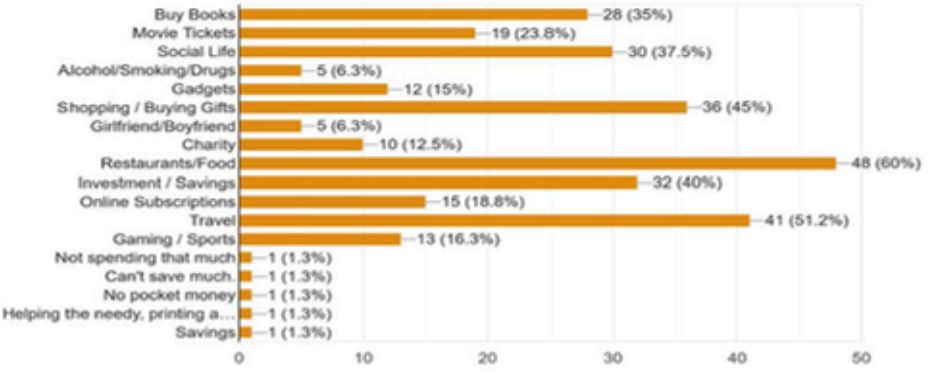
Whom do you approach first when you face a problem? (Select all that are applicable)

80 responses



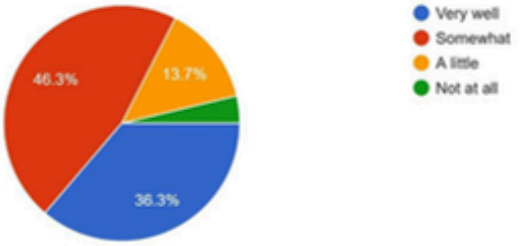
How do you spend your pocket money/salary? (Select all that are applicable)

80 responses



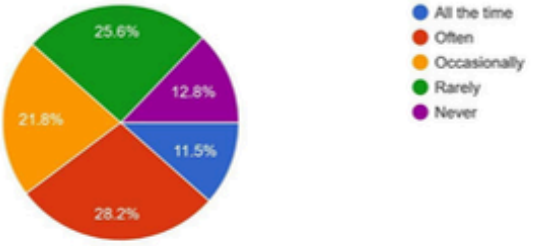
How well do you understand your strengths and weaknesses?

80 responses



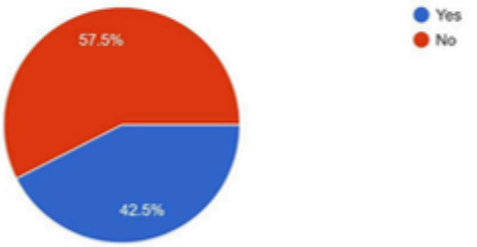
How often do you compare yourself to others?

78 responses



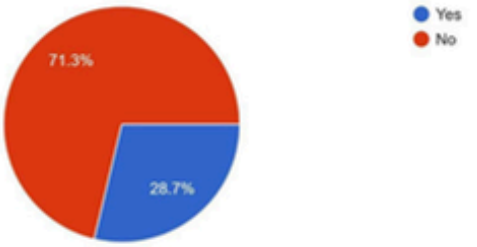
In the context of Mental Health, have you ever had suicidal thoughts?

80 responses



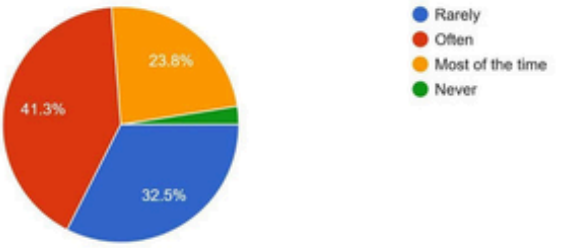
Have you ever taken counselling to address your mental health?

80 responses



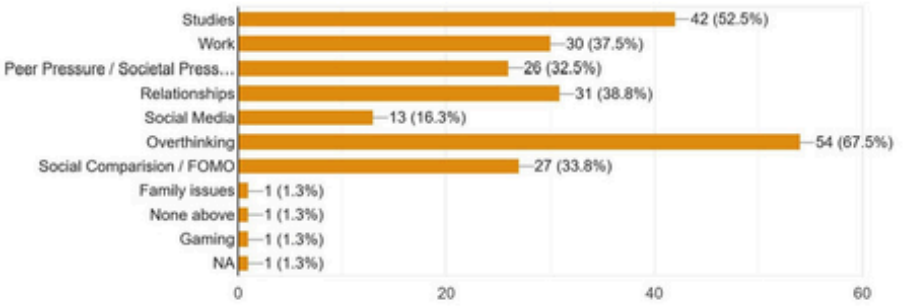
How often do you feel stressed?

80 responses



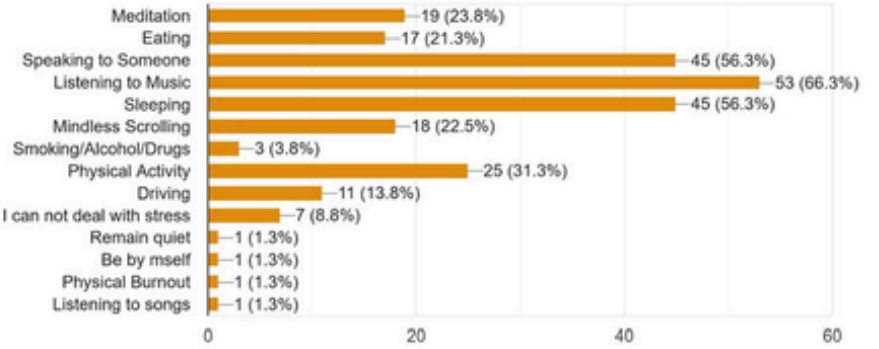
What is the cause of stress to you?

80 responses



How do you deal with stress?

80 responses



Do you follow traffic rules while driving/riding?

80 responses

