LET'S MAKE A DIFFERENCE

32ND NATIONAL YOUTH CONFERENCE REPORT

LET'S MAKE A DIFFERENCE 32ND NATIONAL YOUTH CONFERENCE

CHINMAYA VIBHOOTI VISION CENTRE, MULSHI 1 - 9 JUNE 2026

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The Beginning

The **Let's Make A Difference National Youth Conference 2026** was held from *1 to 9 June 2026, at Chinmaya Vibhooti, Kolwan, Mulshi*. Following the success of the inaugural conference at the venue in 2025, the programme returned with renewed enthusiasm and an extended nine-day format, providing participants with additional time for reflection, discussions and community building. The arrival of the participants was followed by the filling of a survey form, then came the registration process, followed by room allocation.

Preparations for the conference began well before the arrival of the participants. From *28 May 2026 to 31 May 2026*, the volunteer team gathered at Chinmaya Vibhooti for a dedicated **Volunteer Workshop.** During these four days, volunteers underwent training, got themselves used to the schedule and prepared conference logistics. Preparations for the conference began well before the arrival of the participants. The workshop also served as an opportunity for the team to connect with each other and prepare to create a welcoming environment for the participants.

This year, the conference brought together *52 participants and 18 volunteers*, from diverse cities of the country like **Baramati, Katni, Rewa, Wadsa, Palghar, Mohali, Amritsar, Hinganghat, Chhatrapati Sambhajinagar, Ratlam, Indore, Prayagraj, Kolkata, Pardi, Bilaspur, Lonavala, Bhanpura, Dharampur, Jabalpur, Balaghat, Chennai, Navi Mumbai, New Delhi, Nanose, Pune, Mumbai, and Nashik**, all united by a common will to learn and grow together. Through Yoga, Quiet Time, group discussions, guest sessions, experiential activities and interactive sessions, themes like self-awareness, relationships, purpose, citizenship, habits and the challenges faced by today's youth were explored.

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Quiet Time

"The quieter you become, the more you can hear"

The sacred Quiet Time diaries were distributed on the very first morning of the conference, becoming an integral part of every participant's journey over the next eight days. Participants used these diaries to honestly record their thoughts, emotions, realizations, and many other things during their time of reflection. As the conference progressed, the diaries grew into a very personal space where participants poured their hearts out freely, without the fear of judgment. For many, this helped in organizing their thoughts and gaining clarity about themselves better, making the diary a companion throughout the conference.

Each morning, everyone spread across the peaceful campus of Chinmaya Vibhooti, finding their spots in nature for their daily Quiet Time. Each day rose with a new theme, such as family, ego, purpose, relationships and the inner self, giving them different directions to ponder upon. Surrounded by the lush greenery of the venue and free from all the distractions of technology, participants found it easier to pause, introspect and connect with their inner voice. This morning silence served as a golden time for meaningful realizations, making Quiet Time the most transformative practice of the conference.

A total of 28 hours of Quiet Time were observed throughout the conference.

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Day 1

The Arrival

Participants began arriving at the venue at around 2:30 p.m., carrying their luggage and a mix of excitement and curiosity. They were first requested to fill a survey that explored various aspects of their lives, such as their self-awareness, honesty, habits, outlook and understanding of the world around them. The responses later served as the basis for an interactive discussion session. Following the survey filling process, the registrations began. Everyone deposited their phones, laptops, and other gadgets, bidding them goodbye and preparing to disconnect from the digital world and fully immerse themselves into the conference. They were then allotted their rooms, where they had the opportunity to freshen up, settle in and meet their new roomies for the very first time. These initial interactions marked the beginning of new friendships.

Participant Arrival and Warm Welcome

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Group Formation

To encourage deeper engagement with the themes explored throughout the conference, participants were divided into five groups soon after their arrival and registration process**.** The significance of each group and its name is as follows:

Awareness: is the trait that emphasizes understanding oneself and the world around us. It encourages individuals to stay informed about their thoughts, emotions, society, and current realities, since it is the first step towards responsible action.

Development: involves continuous growth and progress at both personal and societal levels. It highlights the importance of constantly learning, improving and contributing towards a better future for oneself and the community.

Governance: focuses on leadership, responsibility and decision-making. It reminds participants that while good governance is essential for a nation's progress, individuals must also learn to govern their own thoughts, actions and choices wisely.

Health: highlights the importance of physical, mental and emotional well-being. A healthy individual contributes to a healthy family, society and ultimately nation, creating a strong foundation for a fulfilling life.

Nature: emphasizes the connection between human beings and the natural world. It encourages respect for the environment and reminds participants that living in harmony with nature is essential for both personal well-being and the future of humanity.

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Inaugural Session and Context Setting

Lamp Lighting during the Inauguration Ceremony by volunteers, participants and the Chinmaya Vibhooti team.
(L to R): Sana Sheikh,* Trishna Gulrajani*, Parth Sethiya

The conference commenced with an inaugural session that brought together participants from diverse backgrounds. It began with a semi-classical dance performance, followed by the ceremonial lighting of the lamp by **Trishna Gulrajani,** COO of Chinmaya Vibhooti, **Khushi Verma,** a participant from Amritsar, Punjab, **Sana Shaikh,** a participant from Navi Mumbai, Maharashtra, **Bhisham Mansukhani,** a Let's Make A Difference trustee and volunteer, and **Parth Sethiya,** a volunteer from Garoth, Madhya Pradesh. A song presented by the volunteer team after that, encouraged the participants to come, build and grow together.

Few people from the volunteer team then shared their journeys and how Let's Make A Difference has transformed their lives. This gave the participants a glimpse into the work of the organisation. This was followed by a thought-provoking skit that playfully but effectively showed the contrast between one's authentic self and the image one has on social media. The inaugural ceremony concluded with everyone singing the National Anthem together.

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The opening session then set the context for the conference, with the **conference convener** introducing the vision of Let's Make A Difference. He spoke about the role of young people in nation building, social transformation and creating positive change through everyday actions. Participants were then introduced to the volunteer team one by one by the **conference convener**, highlighting how individuals who first attended in 1998 work together with as young as someone who first came in 2025. This shows the intergenerational collaboration and mentorship in the team.

They were also given an overview of the work done in different regions of the country such as Baramati, Katni, Tamar, Jamshedpur, Bhanpura, etc. showing how local action can have a greater impact than one thinks. The **conference convener** concluded with an inspiring story of an individual who first came in 1995. He faced several financial hardships, but transformed his life with determination and the teachings he learnt from Let's Make A Difference.

Inaugration Ceremony

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Group Discussion

Group discussions are a ritual at Let's Make A Difference. It is a space created for participants where they can be completely themselves, without any fear. They can have meaningful conversations, listen and support each other. A pillar of Let's Make A Difference is sharing, and this is a place created to share your heart out.

The day concluded with the first group discussion, where participants met the members of their respective ‘conference family’ as a whole. The discussion provided a warm space for everyone to introduce themselves by sharing their academic or professional background, interests, hobbies, etc. As the conversations went ahead, some members realised common interests and the diversity that came along with it. These conversations helped break the ice, allowing participants to get comfortable with one another and begin building trust within their groups.

The respective volunteers also reinforced the do’s and don’ts, encouraging discipline, punctuality, active listening, respect and participation. Participants were encouraged to view their groups as a safe space where they could express themselves freely, listen non-judgmentally and support one another. This discussion set a solid base for the upcoming group discussions as well as meaningful bonds.

An exciting first day came to an end. New people meeting each other, figuring out what this place is, living a day without mobile phones — everyone was curious about what lies ahead.

Everyone was also very tired after a long day of travel, and now set to meet their room partners for the next 8 days. Everyone went off to sleep without using their mobile phones.

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Day 2

The First Ever Quiet Time

"The sacred Quiet Time Diaries before being handed over to their keepers"

The morning of Day 2 marked the participants' first experience of **Quiet Time,** one of the core practices of the conference. Before the session began, the **conference convener** introduced the concept, describing the period of silence in the morning as golden and as an opportunity to just sit with oneself, allowing every thought, emotion, and question to reach the conscious, without judgment. They were encouraged to write everything that came to them, without worrying about structure or perfection as it was their personal space.

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Emphasizing the importance of reflective writing, the **Convener** shared his own experience doing Quiet Time for the first time. He recalled that during his first two days, he found it difficult to think or write anything at all. However, on the third day, his thoughts began to flow freely, and once he started writing, the pen didn't stop. He encouraged to trust the process and cultivate the habit of writing from a young age, explaining how regular reflection can bring greater clarity over time.

He also remembered one of his mentors, **Russi Lala,** who maintained Quiet Time diaries throughout his life. Even in his later years, writing remained a daily ritual for him, leaving behind a remarkable collection of diaries that reflected a lifetime of introspection.

Following the introduction, the Quiet Time diaries were distributed and participants and volunteers spread across the campus for their very first Quiet Time session. During the sharing that followed, while some participants shared their thoughts, some also honestly expressed how they couldn't think of a single topic.

The Pledge

Participants were introduced to a voluntary Environment Conservation Pledge, inviting them to make a conscious effort towards protecting the environment and its resources through simple yet meaningful changes in their daily lives. The pledge encouraged participants to adopt sustainable practices like conserving water and electricity, avoiding wasting food, using public transport to save fuel, etc.

It was emphasized that the pledge was entirely voluntary and should be signed carefully and responsibly, only if they intended to live by it, while also deciding on a personal form of accountability when they failed to live by it. While few participants signed the pledge immediately, some took it but chose to sign it later, after putting thought behind it.

The **conference convener** also encouraged those who signed the pledge to place it somewhere they would see every day, such as on a study table, cupboard or bedroom wall. Seeing the pledge regularly would serve as a constant reminder of the commitment they had made.

The conference convener also spoke about how the work of Let's Make A Difference closely aligns with the **United Nations Sustainable Development Goals (SDGs)**. He shared that the initiative was first proposed by a fellow from the Let's Make A Difference Fellowship Program. Building upon the idea, members of the organisation collaboratively prepared a document highlighting the various ways in which Let's Make A Difference contributes towards these global goals. It also included mental health.

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Values

On the second day, the **conference convener** introduced participants to the Four Universal Values, namely: **Honesty, Love, Unselfishness and Purity**. Through stories, discussions, real-life examples and an interactive question-and-answer session, participants were encouraged to reflect on how these values influence not only their personal lives but also the society they are a part of. Rather than presenting the values as ideals alone, the session explored how they can be practiced through simple everyday actions and decisions.

The first value introduced was **Honesty**. The **conference convener** shared several examples of how dishonesty has become normalised in society, ranging from the recent NEET paper leak to parents exaggerating their children's marks and achievements. These examples highlighted how small acts of dishonesty, when accepted as normal, gradually contribute to much larger problems. Participants actively engaged in a question-and-answer session, raising doubts and practical situations related to honesty, making the discussion highly interactive. A volunteer then shared a personal experience about choosing honesty in her workplace. She shared that she informed her employer well in advance about her decision to leave instead of keeping him uncertain. Rather than affecting their relationship negatively, her honesty earned his respect, and he eventually became her mentor. This showed how honesty has the power to strengthen trust in relationships.

The next value was **Love**, focusing on the idea of unconditional love and the importance of accepting people without attaching expectations to them. Two volunteers shared heartfelt experiences from their own lives, one talking about her relationship with her niece and another speaking about the unconditional love he received from his grandmother. Their sharings portrayed how genuine love is expressed through care rather than conditions. During the discussion, a participant asked whether having expectations in unconditional love is okay. The **conference convener** explained that the moment expectations become the foundation of a relationship, love gradually becomes conditional. He also highlighted how today's generation measures love through the number of emojis one sends them, which is very superficial.

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The third value explored was **Unselfishness**. A volunteer shared how he sometimes finds himself becoming possessive in friendships. The **conference convener** spoke about how people frequently gatekeep knowledge, opportunities and resources out of fear of being left behind, when in reality, sharing helps everyone grow together. To inculcate true selflessness, he narrated the story of **Ghulam Dastagir** during the Bhopal Gas Tragedy, who chose to stay behind and help save hundreds of lives instead of leaving immediately for the safety of his own family.

The final value introduced was **Purity**. Participants were encouraged to understand that purity extends far beyond physical cleanliness and is reflected in every aspect of life. The **conference convener** spoke about purity in thoughts, speech, intentions, actions, relationships and even the way one looks at others. Participants reflected on how negative thoughts, harmful words, jealousy, prejudice and hidden intentions slowly affect relationships.

Participant Engagement and Discussion

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Guest Session by Bhanu Kale Ji

Bhanu Kale Ji Addressing Participants

The conference was honoured by the presence of **Bhanu Kale Ji**, a Marathi author, who was accompanied by his wife **Varsha Ji** and **Shrirang Ji**. Through an engaging and inspiring session, Bhanu Kale Ji took participants through the remarkable life of **Swami Chinmayananda**, highlighting his perseverance and dedication to sharing the wisdom of Hindu philosophy. He spoke about how Swami Chinmayananda travelled extensively across India and abroad, particularly during a period when such work was filled with challenges. He also shared the journey behind the establishment of the **Chinmaya Mission**, illustrating how the vision and determination of one individual grew into a global movement dedicated to education, spirituality and service.

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Icebreakers

The day concluded on a light-hearted note with a series of icebreaker activities involving both participants and volunteers. Through a variety of fun games and interactive exercises, participants got to know one another beyond formal introductions, discovering unique talents. Many stepped out of their comfort zones to showcase their creativity and spontaneity, while others found themselves laughing and bonding with people they had only met a day earlier. The activities helped dissolve initial hesitation.

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Day 3

Day Light Saving Time

"Time is an equal opportunity employer. Everyone gets 24 hours a day, no more, no less, but not everyone gets the same return on their 24 hours."

The exercise is created to make participants aware of how they spend their own time. Awareness is the first step towards change.

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Participants were asked about their daily schedules. Some came up to the dice and shared the hours they spent on entertainment, screen time, and their productive hours which included school hours, study hours, and for those who work, their work hours. A general discussion followed and everyone reflected on how they spend their day.

A question was asked –

How many of you feel you do not have enough time in the day?

Most attendees raised their hands.

To address this, the exercise helped participants analyse their day, especially the morning hours and daylight hours, and how they were using that time. Every activity was analysed and documented by them, the time spent on screens, the time used for entertainment, and every part of the day accounted for. The goal was to understand how they can make their day more productive and more meaningful, and to become aware of all the activities that were consuming their time without purpose.

A volunteer came and shared how using this activity and the worksheet given alongside it has created a major difference in their life. It started with always feeling that there was never enough time during the day to complete tasks and ultimately achieve goals. But diligently following the activity has given successful results. The volunteer shared how time is spent throughout the full day, and how after doing the activity, extra time is found in the day. Following this, the volunteer was able to secure a place in the top 1 percent in a national exam.

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Concentration Activity

"Without the power to concentrate that is to say, without the power to dictate to the brain its task and to ensure obedience true life is impossible. Mind control is the first element of a full existence."

The day began with the introduction of a powerful exercise called Concentration. The present generation lives with a short attention span, the reels generation. This has affected everyone's focus and ability to concentrate. The exercise is designed to tackle this very problem. Our mind wanders in every direction and has numerous thoughts in a day. It is our willpower and focus through which it needs to be controlled.

Let's Make A Difference is a very serious conference that wants to bring a change. An example was shared by the conference convener of a one day workshop in Baramati. What started as a 20 person workshop converted into a 150 person workshop. The best part was that people sat with absolute focus from 8 AM to 11 PM, moving only for the lunch break. Even after completing the session, attendees were so enthusiastic that they had numerous questions. This showcases the power of focus.

A volunteer came and shared their personal experience of doing the concentration exercise daily. They adjusted this activity into their daily routine, and before sitting to study for their competitive exam, they diligently followed this habit. Practicing it for just 5 minutes made a huge difference in the efficiency with which they could study. Following this, they scored very good marks in their competitive exam and secured admission to a very good college.

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Day 4

Looking Within

One of the most powerful sessions was held on Day 4 of the conference which focused on the importance of inner growth. Through thought-provoking discussions, **the conference convener** encouraged everyone in the room to examine factors that prevent one from living according to high values. These factors included ego, selfishness, resentment and other negative tendencies.

Speaking of *social realities*, he threw light upon the increasing moral and emotional challenges faced by society today. He reflected on broken relationships, dishonesty and the avoidance people have when it comes to looking inward and also having difficult conversations. Sharing experiences from his own life, he explained how greater self-awareness and conscious efforts towards personal growth have led to clearer thinking and healthier relationships in his own life.

This process of introspection was deepened as everyone observed a *silent breakfast*, which was maintained till lunch. This period provided an opportunity to reflect on their own inner thoughts and actions. The silence continued in the form of Quiet Time post breakfast.

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Chinmaya Jeevan Darshan

A memorable experience was the visit to *Chinmaya Jeevan Darshan* at Chinmaya Vibhooti. Through a mix of paintings, sculptures, photographs and quotes, participants were introduced to the life and teachings of **Swami Chinmayananda**.

The exhibitions gave insights into his life as an independent thinker and commitment towards serving selflessly. Looking at his life journey, the participants were inspired to reflect on their own journeys and the importance of changing self for the better and that leading to a change in the society. This visit complemented the themes explored throughout the conference.

Group Discussions

The reflections during the extended Quiet Time session continued in the respective group discussions. Participants shared their experiences and realizations, building a *sense of trust* among each group that acted as a tiny family within the conference.

Many of them spoke about strained relationships with friends and family, and how ego and misunderstandings play a huge role in these challenges. The discussions provided an opportunity to listen to diverse perspectives and encouraged them to take steps towards healing.

Participants also engaged in *reflective writing exercises* by writing about their lives before attending the Let's Make A Difference. They also wrote postcards to individuals they hoped would attend the conference in the future. This included their friends, siblings, cousins, and many loved ones.

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Day 5

Am I really Myself?

On Day 5, the theme of self-reflection continued through a Quiet Time session revolving around *the relationship between the inner and the outer selves*. Everyone was encouraged to examine how modern life often places a huge emphasis on outer appearance, image, material needs, and gives little to no attention to one's thoughts, emotions and inner values. The discussion led the participants to consider whether external success alone can bring lasting fulfillment when the inner self is neglected.

The session emphasised that real transformation must move from inward to outward, and not the other way around. Individuals were encouraged to strengthen their inner foundation so that external factors naturally reflect clarity and purpose. Participants reflected on everyday habits that shape the inner self, such as beginning the day with silence rather than looking at their phones, first thing in the morning.

This session also focused on how overusing external factors block one from reaching their inner core values: Purity, Honesty, Unselfishness and Love. The session however did not completely reject the need for external achievements and material comforts. Education, career, financial stability and other such outer factors play a huge role in leading a balanced life. The message was not to completely abandon these factors, but to find a balance where they don't prevent one from entering their inner self.

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The Path Ahead

"The gift of life is to find your talent and the purpose of your life is to give that away."

The conference featured a session on the importance of skills and making a social impact. This interactive session encouraged everyone to think deeply about their future by reflecting on four interconnected areas: *their skills, their passions, the change they wish to bring and their future profession*.

Participants identified a variety of skills such as active listening, designing, communication, leadership, etc. The **session convener** also emphasized on the fact that a person can be passionate about something even if they're not good at it. Passions such as speaking about human rights, educating the underprivileged, etc. were discussed. Under his guidance, everyone explored how these skills and passions can be integrated to create something greater for the society as well as for themselves.

The exercise motivated them to go beyond conventional career planning and develop a vision for the greater good. All the four areas were integrated to create something for personal goals, professional aspirations and a contribution towards the society. By the end of the session, many of us gained clarity regarding strengths and the direction they wished to pursue in the future. Building upon the session, participants later shared their personal visions, goals and aspirations during group discussions. They discussed whether they had discovered the point where their skills, passions, social impact and profession met, or whether they were still exploring it.

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Guest Session by Sushma Gaikwad

The fifth day of the conference was privileged to host **Ms. Sushma Gaikwad**, an entrepreneur, leadership coach, educationist and experiential communication expert with more than two decades of experience in the fields of corporate strategy, learning and media education. Through her work, she has consistently focused on helping individuals unlock their potential through experiential learning.

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Staying true to her expertise, she conducted a very interactive and engaging session that encouraged all the participants as well as the volunteers to reflect on the importance of communication, teamwork and understanding while navigating life's challenges.

The session included an activity when everyone worked in pairs. Each pair had two threads tangled among each other and tied to their wrists. They had to work together to unite the knot. Most of us initially attempted to solve the challenge through lots of movement. However, after some time, we were given a tiny hint, 'only focus on the knot, you do not need to move any limb'. Almost immediately several were able to solve it. This activity served as a powerful metaphor for the real life challenges we all face. Everyone reflected on how problems often appear more complicated than they actually are and how calm thinking and teamwork can help untangle real life knots.

The second part of the activity had the same pairs sit face-to-face and engage in a deeper conversation, where they had to share their 'knots' that they are currently facing in their own lives. They also reflected on the assumptions and thoughts they had about their partners during the first activity. This activity witnessed a lot of openness, vulnerability and empathy. Some people shared:

"I never thought we could speak and understand each other's problems in such a short amount of time."

"I let my partner lead the way to untie the knot because I knew that would work better, and it did!"

"Thiking calmly really does have a transfer of calm energy into everyone around."

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Impact Assessment Book Launch

A special highlight of Day 5 was the launch of the *Impact Assessment Book* for the year 2025-26, done by **Neha Mazumdar and Mudit Surana.** This launch documented the outreach of Let's Make A Difference during the year. It captures several key initiatives such as the *first National Youth Conference in Chinmaya Vibhooti, the 25th Jamshedpur Youth Conference, the first ever Pune Workshop*, and many more. Through not just participant reflections, but also volunteer experiences and stories of personal growth, this book shows the lives touched upon by the work of Let's Make A Difference.

Survey Discussion

An engaging discussion based on participant survey responses was conducted on Day 5. Based on a survey completed by participants upon arrival, the session explored a range of topics including social responsibility, social media usage, emotional well-being, peer pressure, autonomy, screen time, voting, national challenges, and many more.

A significant portion of the discussion focused on the influence of *Western culture* on the choices and lifestyles of young people, particularly in areas of food habits, language and entertainment. Participants enthusiastically shared their perspectives, making the session an engaging exchange of ideas.

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World Environment Day

On the occasion of *World Environment Day,* on 5 June 2026, the environmental pledge taken earlier during the conference was reinforced. Addressing the crowd, **the session convener** also delivered a short but powerful message on the urgent need for collective action, reminding everyone that the responsibility of safeguarding the planet has to be now, or it will be too late.

In frame (L-R): Viral Mazumdar, Neha Mazumdar, Trishna Gulrajani

Later during the day, the Chinmaya Vibhooti team invited the Let's Make A Difference team to plant an *almond tree* within the campus premises. This gesture served as a reminder that meaningful change begins with small actions.

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Rights and Duties of a Responsible Indian Citizen

"Each Indian is an equal citizen, each one has equal opportunity, rights and duties in this land."

The fifth day concluded with an informative session on the rights and duties of being a responsible Indian citizen.

The session introduced participants to key aspects of the Indian Constitution and encouraged them to understand the balance between individual freedom and civic responsibilities. Particular emphasis was placed on differentiating between *Constitutional Rights and Fundamental Rights*.

The session encouraged participants to engage in discussions, asking questions and sharing their opinions on our country's democracy. Through examples from daily life, they reflected on how responsible citizenship goes beyond legal obligations and includes values like respect, participation and service to the community.

The session revealed an interesting observation: while most people knew about Fundamental Rights, only a few were familiar with the fact that Fundamental Duties exist too. This showed how individuals focus on the privileges they are entitled to, while ignoring the responsibilities that come along with them.

The session also covered the responsibilities one should have and perform as a citizen of our country. Various responsibilities were discussed, and an engaging session took place where participants also shared their thoughts on how one can be a more responsible citizen.

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Day 6

Quiet Time at Swanubhooti Vatika

Day Six began with a *special Quiet Time session at Swanubhooti Vatika*, a reflective space within the Chinmaya Vibhooti campus designed to encourage introspection and self discovery, which aligns perfectly with the conference's theme. Filled with thought-provoking quotes, stories and symbolic installations, the Vatika provided everyone with an environment that naturally invited them to pause, reflect and look within.

Quiet Time at Swanubhuti Vatika

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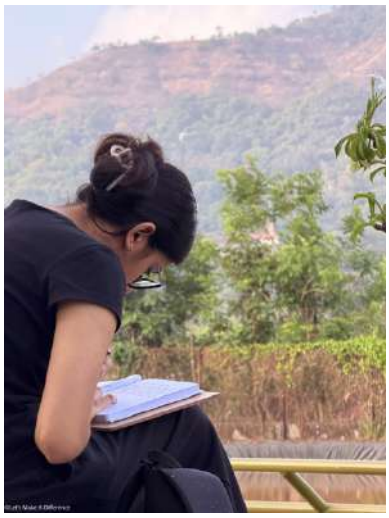
During the session, **the conference convener** spoke about the prominent structure of a red tree, in *Kathangan,* within the Vatika and its symbolic meaning. Referring to the two birds on it, he explained how the one in between the branches is restless and jumping from one branch to another, whereas, the one on the top is relaxed and enjoying the view. He related this to real life, explaining how people when they are in their own head, feel restless and can not come to a conclusion, whereas, someone who has gained control of their mind and soul is calm and can navigate through problems. This Quiet Time saw many powerful sharings, some of them are:

"I have always focused on my relationship with others and never actually sat with myself to see how I truly am. Today's Quiet Time allowed me to do so."

"Despite having a loving but also volatile childhood marked by constant relocation, I carried the trauma of being abused, which later manifested as grief, anxiety and substance abuse. Through deep reflection, I am now confronting these experiences and working towards healing."

"There are two types of hunger within us — one of the body and one of the soul. The hunger of the body is not just for food, but for more — a new car, new clothes, always wanting more than others. The hunger of the soul is for inner satisfaction and peace. When we only focus outward, this hunger never ends. But when we turn inward, we find true happiness."



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Building a Balanced Life

One of the key sessions of Day 6 was a session that helped the participants understand how habits, hobbies, health, relationships, career, wealth creation, short-term goals, long-term goals and purpose work together to create a balanced and meaningful life. This session was led by **the conference convener**.

Participants reflected on both *positive and negative habits and identified changes they wished to make upon returning home*. Health was emphasized as the foundation upon which all other things rely, purpose was discussed as something that might go beyond one's profession and can be expressed through service, personal growth, etc.

Participants also documented their short term goals. Several volunteers too shared how this activity had impacted their own journeys:

"I achieved my short-term goal of scoring the 95th percentile in my CAT examination."

"I wanted to lose weight and I made it a point in my short-term goals to do so, and I did it."

"I saved up enough to get my dad an expensive book that he had wanted for a long time."

The conference convener also shared the inspiring story of Major Shaun Fernandez, a former participant whose experience with the same activity helped him develop the clarity and discipline needed to pursue his dream of serving the nation. Today, he serves in the Indian Armed Forces.

Addressing the students, **the conference convener** emphasized on making the most of one's college years as they shape the next forty years of life. The session also highlighted the importance of hobbies, encouraging everyone not to abandon them as they become a source of purpose later in life.

Honouring the Chinmaya Vibhooti Team

The sixth day of the conference also witnessed the recognition of the tireless efforts put in by the staff of Chinmaya Vibhooti. They were felicitated by **Neha Mazumdar and the conference convener**. Present during the ceremony were **Trishna Gulrajani**, the Chief Operating Officer of the centre, along with members of the kitchen logistics and administration.

Participants and volunteers expressed gratitude for the care and hospitality they had received throughout the conference. One particularly significant sharing came from volunteer **Juhee Tewari**, who shared how the Chinmaya Vibhooti team had cared for her when she fell ill during the programme. She explained that she had been considering going home due to her condition, but the support and attention provided by the staff helped her recover and continue participating in the conference.

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Day 7

Family Day

Family Day is a very important part of the Youth Conference. The **conference convener** shared a powerful story about family and the role sacrifices play in the relationships we share with our loved ones.

The session moved into Quiet Time, where the convenor posed 3 important questions for participants to reflect upon. The questions were framed to help each individual acknowledge and address the role of family in their life.

Following the reflection, various participants came forward and shared.

A participant shared that their parents got divorced when they were 2 years old. From then on, the father never made contact. The mother became their entire world and all the support she provided was something the participant is deeply grateful for. Growing up without a father was very tough, but the mother took on that role completely, and the participant is now very strong.

The Family Session then began. The **conference convener** opened with his own personal story. He shared about his childhood and the relationship he had with his brothers, including how he had mistreated them. Him being a regular student of Quiet Time and with continuous introspection, he changed his approach towards them. He shared how he now considers his brother's son as his own, and how the three of them live as a close knit family. He shared that he lost his father at a very young age, just as he had begun working. Before passing, his father asked his mother to ensure that the three brothers never fight, never divide, and always stay together as a family.

Due to work, he had to move to a different city while his mother stayed with his brother. He deeply missed her during that time. But he considers himself very fortunate to have had the chance to

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spend his mother's last days with her, remaining close to her until the very end. The entire room was filled with tears.

The stage was then opened for participants to come forward and share.

A participant shared that the father was abusive towards the mother and forced her to have a child. After the birth, the parents separated and the mother took on full responsibility. The maternal family did not welcome them, and both mother and child faced significant struggles in the early years.

Over time, the mother became very distant. All needs were fulfilled but love and care were never expressed. The participant shared,

"We both live in the same house, but it feels like roommates living with each other. We fight and have arguments daily."

The participant shared how painful it was watching friends receive love from their parents, and how the jealousy became so overwhelming that visiting friends' houses was eventually stopped altogether.

"You are very lucky if you have loving parents. It is like a blessing, do not waste the gift."

A participant came to the dais and shared about the love for her brother and the important role he has played in the family. She expressed how dearly she loves him and took the moment to apologise for hurtful things said in anger in the past, clarifying that she never meant any of it.

Another participant came and shared that listening to all the sharings and sessions, she had been holding back her tears. She was broken from the inside but did not want to show her emotions. In the past, she had lost her father and her brother. Because of this, she had built a wall around herself and had developed a fear of attachment.

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My Life, My Happiness

"Friendship improves happiness and abates misery, by the doubling of our joy and the dividing of our grief."

The session was aimed to help participants understand their relationship better. The type of bond they were sharing with different people in their personal life. The relationship they think they want to have in their personal life, the closeness they want to share. The session also helped participants what was stopping them from doing so.

The session then moved from the reflections shared during the family session to exploring the deeper relationships they share with the people around them. The session covered and focused on all the relationships you want to improve in your life. Do you want more people in your life to become closer to you? A time for reflection was given to the attendees to think about what they could do to strengthen those relationships and how they could nurture them in their lives.

Participants reflected on the relationships they share with different individuals in their life and the depth of those relationships. They also reflected on whether they want to build a deeper relationship, whether they want a particular individual to hold a more sacred place in their life, and vice versa.

A group discussion took place after the session. Having soaked in the reflections of the entire relationship day, participants shared and connected with each other on the topic, the relationships in their life and what they would do to improve them.

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Let Go

An activity was conducted for participants to reflect on the ego they have been carrying towards others, the sourness in relationships, and the barriers they have built in their personal life. Participants were encouraged to go very deep within and reflect on these aspects.

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Different coloured balloons were used to represent the different forms of ego a person carries within themselves. Participants held balloons symbolising the ego they carried within, and burst them.

- **Red Balloon:** Represents an extreme level of ego resulting in a severely strained relationship. Although the relationship is on the verge of collapse, it can still be restored if both individuals are willing to make efforts.
- **Orange Balloon:** Indicates a relationship that is close to turning red and breaking due to growing ego and unresolved conflicts. Timely communication and mutual effort can help repair the relationship before it deteriorates further.
- **Green Balloon:** Represents a relationship that is at risk but remains manageable. The relationship has an equal possibility of strengthening or weakening, depending on how conflicts are addressed.
- **Blue Balloon:** Represents a healthy relationship where disagreements occur but are resolved quickly through understanding and effective communication. This reflects a balanced and emotionally secure relationship.
- **White Balloon:** Represents a relationship with no presence of ego. It reflects understanding, and emotional purity, making it the healthiest form of relationship.

- **Black Balloon:** Represents a relationship that has completely broken down and is beyond repair. It indicates a complete loss of connection and zero willingness to reconcile.

Later in the day, participants engaged in group discussions covering all the themes of the day: the relationships they share with their family, broken relationships, relationships they want to heal, and the ego they carry within their relationships and how they wish to work on it.

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Day 8

Anger

"Anger is like drinking poison and expecting other people to die."

After years, the National Youth conference had 1 additional day. 1 new session was introduced by the conference convener on Anger. Hearing from various attendees of lets make a difference, looking around the society and issues with which young men and women are facing at present, anger is a huge issue. After lots of online sessions and preparatory workshops the session was introduced.

Anger, just like any other emotion like love, happiness, is present in all of us. We all feel anger. It's a very strong emotion. The **conference convener** shared various personal examples and encounters he had experienced.

Possessive Love among youth was also highlighted. How various girls have come up to him and feel suffocated in the relationship they are sharing with boys. How it's not a romantic relationship but a constant reminder of suffocations, constant checks on their phone and the conversations they are having with their friends. This also is a part of the anger.

A demonstration was also conducted on how to manage anger through breathing. Participants were encouraged to pause, take a deep breath, and let go whenever they found themselves in a situation that triggered anger.

Exercise was done on the anger each individual faces. The point of the exercise was to observe oneself, how they are getting angry, what type of external and internal situations make them angry and how do they react to those situations.

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Negative Burning

Negative Burning

The conference was coming to a close. A lot of introspection was done by the participants, the changes they could feel, the change they wanted to bring. A small activity was conducted wherein everyone wrote down a negative habit of theirs that they wanted to burn, then they all came together and actually burnt it in a can.

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Multi Faith Prayer and Formal Dinner

Multi Faith Prayer

A multifaith prayer is organised at Let's Make A Difference to promote inclusivity, celebrate common values, encourage mutual respect, and create a moment to reflect. As an organisation, Let's Make A Difference emphasises shared human values. With a focus on personal growth, leadership, and social change, such a practice aligns naturally with fostering empathy, dialogue, and unity across differences.

A prayer was also offered for peace, harmony, and joy in the world.

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Formal Dinner

L → R (Volunteers Serving)

L → R (Participants Enjoying)

The team then moved to the traditional Formal Dinner, where volunteers served the participants - a moment that beautifully reflects the servant leadership a volunteer embodies throughout the conference. It was the last dinner of the conference, and all participants shared the table with people who were strangers, but had now formed a bond with for a lifetime.

Conclusion Ceremony

The ceremony then moved to the presentation of certificates to the volunteers, with each one being highlighted with their own personal story.

A surprise had been planned by the participants for the volunteers. They performed a skit depicting the various styles and personalities of the volunteers. Each volunteer received appreciation from the participants, and personal stories that had touched them deeply were shared.

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Day 9

The Last Day Recap, Farewell and New Beginnings

The last day was filled with energy and excitement. The day began with a full recap of the conference, every activity, every exercise, every laugh shared in the evenings.

Attendees were taken back through the experience of the 9 days, how they all arrived as strangers, not knowing anyone or what the days ahead would hold for them, to now standing on the 9th day having formed new bonds, experienced new things, and most importantly, having gotten to know themselves in a much deeper way. Every individual is now leaving to begin their own journey.

Letter to Self

One of the most cherished traditions of every Let's Make a Difference Conference is the letter-to-self. This activity captures the emotions, reflections, and memories participants create during the conference and serves as a reminder of the promises they make to themselves. Six months later, each participant receives this letter as a special gift.

Participants wrote an open letter to their future selves, six months from now. They reflected on their experiences throughout the conference, the promises they made, the emotions they felt, the bonds they formed, and the goals they hoped to achieve in the coming months. It was a heartfelt letter, written by them, for themselves.

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Audit

The Let's Make A Difference conference is not a conference which delivers gyan or has monologue sessions. It is a path which an individual takes to find oneself. It is a way of living a life based on values. But what makes this conference special in numbers is also very important.

- **190 hours of screen free time** - the enormous benefits the attendees of the conference had because of this cannot be measured. The increase in their attention span, the long focus with which they can sit, the increase in the productivity which they will feel — these are all additional benefits the conference delivers in a silent manner.
- **28 hours of pure morning silence** - this can also be interpreted as 28 hours of an individual having a conversation with themselves. 28 hours of knowing oneself better, spending the most quality time with oneself. A space where one can have a conversation with one's own conscience.
- **26 hours of conversation and free time** - strangers coming on Day 1, not knowing anyone around them, and on Day 9 forming such meaningful and deep friendships. How did it happen? The answer lies in this number. 26 hours where participants had the liberty to spend quality time with one another, to know fellow humans better, to form meaningful relations.

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Final Message

The **conference convener** delivered the final message and addressed all the questions submitted through chits.

Overthinking - Various participants asked about and shared their struggle with being stuck in a continuous loop of overthinking. The best way to deal with this is to keep oneself occupied. A very practical example of this was the conference itself, where participants did not overthink because they were constantly engaged with something. They were never sitting idle, they were always doing something

Decision Making

Before, life's important decisions may have been taken by your parents, or perhaps you made them under peer pressure. But it is important that one takes decisions for oneself. To not think about the results, but to have the courage to take a decision is what matters most.

Decision making can be thought of in 2 ways:

1. Making a decision - it may be right or wrong. If wrong, you will learn a lot.
2. Not taking a decision - you will not learn anything.

Parents, Honesty and Self Harm

In recent times, India and Let's Make A Difference have lost young people to suicide. This is very painful for everyone involved. Self harm is increasing among the youth.

The way to tackle this is to engage in conversation with your parents. They are your safe space. They are much more mature and will always think for your betterment. It is very important to be honest with them and share your feelings openly.

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Challenges will come in everyone's life. It is very important to have a strong will power and to fight through them. But never feel alone. Always share if bad thoughts are coming to the mind. Let's Make A Difference and its volunteers are always available to listen to each individual.

Habits, Concentration and Anger

It is very important to work towards your goal daily. Discipline is the best thing you can take from this conference. Small daily habits will give fruitful results. Activities like concentration, done regularly, will be very beneficial.

To deal with anger, it is important to observe oneself, to let go, and to take a breath.

Money and Failures

Money will come and go. Everyone present in the room will fulfil their desires and earn well, that is certain, but what is more important is how one behaves with it. The example of Anil Ambani was shared, someone who had lakhs of crores, but is now near bankruptcy. It is very important to be responsible. Hard work and honesty are the right ways to achieve your goals.

LGBTQIA+ Community

Let's Make A Difference supports the community, supports its people, and supports humanity in the right direction. The conference has organised guest speaking sessions featuring members of the community, where inspirational speakers have come to share their life journeys.

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Closing Minutes

Participants then moved to their respective groups where certificates were distributed by their group leaders. These last few minutes spent together were a powerful and emotional moment, sharing quality time with the new family they had formed at the conference.

Everyone then moved to Annashree for lunch. The tables were filled with energy and excitement one last time. Goodbyes were shared, and promises were made across the table.

"Be the change you wish to see in the world."

— Mahatma Gandhi

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The Volunteer Team

Let's Make A Difference - 32nd National Youth Conference 2026

Volunteer Team

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Participant Free Time

Every day, participants were given uninterrupted free time from **5:00 PM to 7:00 PM**. This time was intentionally kept free to allow attendees to relax, connect with one another, and build meaningful relationships outside the formal sessions. Over the course of the conference, these two hours became some of the most cherished moments for the participants.

One evening, the participants visited **Swanubhooti Vatika**, where the Chinmaya Vibhooti team graciously organized a beautiful experience exclusively for the Let's Make a Difference participants.

On another day, participants visited the **Hanuman Mandir**, where they had the opportunity to be part of the Hanuman Chalisa being conducted at the temple.

One of the most heartwarming observations was the change in participants' attitude towards free time. On the first day, many participants asked if they could use the free time to catch up on sleep. However, by the final days of the conference, they wished for even more free time, not to rest, but to spend additional time with one another.

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Yoga

Every day of the conference began with Yoga, guided by **Yogacharya Mukund Sharma.** A variety of asanas were practiced throughout the conference. Beyond the physical benefits, Yoga served as an opportunity to be present in the moment, preparing participants mentally and emotionally for the reflections and discussions that lay ahead.

In the evenings, participants were introduced to various Pranayama techniques. The benefits of each were explained in detail, along with the correct method of practicing them. Participants also engaged in Dhyana and stretching exercises, which helped improve focus, supported the body's internal functions through conscious breathing, and brought a deep sense of calm and stillness to the mind.

Over the course of the conference, participants collectively completed **10.5 hours of Yoga, Pranayama, and Dhyana**, making these practices an integral part of their daily routine and overall conference experience.

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LET'S MAKE A DIFFERENCE

ANNEXURE I– Positive Commitments

- Transformation of body as well as personality.
- I want to be more confident, study very hard and be friends with smart kids. I also want to try to make my mom proud.
- Following daily quiet time and routine practised here in conference.
- To be more consistent in many endeavours of my life.
- To reduce overthinking and get clarity of thoughts and more calm.
- I want to be nicer.
- Never drink
- Improve my eating habits and get rid of my insecurities.
- I will overcome all my fears, phobias and insecurities.
- Sort my family's relationships in a great way.
- I will study SA3 with discipline and priorities it. I will pass SA3 in Nov.
- I commit to study hard for my entrance exam and clear it.
- Look over my health and mind by being disciplined.
- Woke up early and reduce screen time.
- Honesty towards myself and people around me.
- Indulge into fitness weather via running or gym or walk or yoga or anything.
- Not let my anger out on my family.
- Following the values and understanding the problem try to solve them.
- Be disciplined and consistent so I don't run away from reality, failure and hardships.
- Work on my health.
- I will lose weight and pray Namaz every day.
- I will exercise every day.
- Get fit, get healthy.

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- Make the most of everyday.
- Helping my brother in business.
- Controlling my anger and frustration and hurting myself.
- Discipline & Consistency
- I will spend quality time with my family after this conference.
- I will be consistent in my life.
- I will not use phone at night for one hour instead will use that time to read and write, could be about anything.
- To restart my routine of waking up early and follow the disciplined routine.
- I will stop being serious. I will be more jolly.
- Lift my standards high.
- I will learn new skills.
- Start talking to people about my feelings.
- Make my upcoming brand into something that focuses on spreading smiles.
- No oversharing
- I will walkout regularly (Running, cycling, swimming) Wake up early and follow quite time consistently.
- Paint every day, workout every day.
- Stay discipline and compassionate.
- Start doing Gym and stop consumption of alcohol
- To be more organized and systematic in my work.
- Read book and exercise daily.
- Improve my relation with my best friends. Stop overthinking and also stop thinking negative about yourself.
- I will never drink & smoke in my life.
- Exercise every day at least 2 times.

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- Focus on my routine.
- Spending more time with family.
- I will stay connected with the work of Let's Make A Difference and give my time in
- taking this organisation to the next level.
- Get the better me.
- More consistency and discipline towards every activity i do.
- I will always strive to know myself better and work towards my purpose.
- Good thing
- I am going to work on my goals properly and invest time in learning about them.
- I will find my purpose in life.
- I will connect an NGO once I work for, if things don't go Alright I will gather people of
- my mentality and start my own NGO for blood & organ donation.
- I want to become a Brilliant Speaker.

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ANNEXURE II- ONE LINE TO DESCRIBE THE CONFERENCE

- The lie which makes a home complete and happy that lie is not a lie.
- Introduced with the beautiful idea of action and reaction.
- My thoughts are my friends.
- Meaning of life is to find your gift. Purpose of life is to give it away.
- Life is coming from you, and not at you.
- Control your mind; don't let your mind to control you.
- Yesterday is history, tomorrow is mystery. We should focus on the gift we have today and that's why it's called "present".
- Be delusionally optimistic.
- Surrender to experiences that ask you to go inwards like Let's Make A Difference.
- Help me to solve Anger, build strong bond with my family, realise my mistakes.
- I was finding peace everywhere, then I came here and Let's Make A Difference helped me to find it within myself.
- Before changing others, change yourself because small changes make big difference.
- Taking hope out of the equation does not mean that it doesn't exist.
- To know one self is the greatest enlightenment and the true meaning of it is to stay humble within to let that light shine.
- I will stop my overthinking, be more positive and stop comparing myself with others.
- Sky is the limit but I believe limits starts only with the sky because it starts with withinand ends with within eventually.
- To control my ego.
- The behaviour of people around you and that peer pressure.
- To control anger and talk politely.

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- I found the key to connect my inner conscious at Let's Make A Difference. It works as a washing machine it washes all the negativity and helps to become pure.
- Took a break from day-to-day life without our phones and distractions we could think
- deeply and understand more about ourselves. Got to meet new like-minded people. It was a great experience.
- Let's Make A Difference is a place where we see life through a new perspective.
- The Let's Make A Difference (LMAD) Youth Conference is very important for today's youth.
- Let's Make A Difference is my 2nd family.
- Let's Make A Difference is a detoxification of mind, body and soul.
- Realisation that life has to go on. Embrace life think of the people who are there with you.
- Let's Make A Difference is a dream family for me.
- We can only save those who really want to be saved.
- Let's Make A Difference is not understand by all but those who understand Let's Make A Difference it changes the entire life of them.
- Let's Make A Difference provided me the calm in my chaos of life. It is a journey about disconnecting from life- hassles to reconnecting with your inner self.
- This conference made me feel things that I didn't know I could feel. It made me feel grateful for the life and family that I have. I can't express it in words, but this is an experience that felt like home.
- Let's Make A Difference changed me in every best possible way. By implementing the four core values I have learned, I will surely become a better human being.
- Conscience lies between the spaces of Action to Reaction.
- Dirty jar and clean jar activity. I must clean.
- Let's Make A Difference is my best part of life. In 9 days I am very much change in my life. So I will try to come let's Make a Difference in next year with my friends.

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- God forgives all mistakes but not laziness and procrastination.
- Ego is the growth blocker that stops one from looking inside rather than outside.
- Trust on god, believe yourself and rest on time.
- Vision without action is just a dream and action without vision is just waste of time.
- Let's Make A Difference changed my way of thinking, different ways to cope with anger and ego. The best part was day light saving time.
- Not to expect from anyone.
- If you want to change the world, first create the change within yourself. Treat others the way you want to be treated.

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Annexure III – Survey Analysis

This survey report presents the findings of the Let's Make A Difference 2026 Survey, completed by 70 respondents ahead of the 32nd National Youth Conference. It is organized into the same seven thematic sections as the original questionnaire, moving from who the respondents are, through an honest self-assessment of personal values and behavior, to reflections on civic responsibility and social change.

For single-choice questions, results are shown as a pie chart alongside a table of absolute respondent counts. Where answer options were long sentences, a horizontal bar chart with lettered keys (A, B, C…) is used instead, with a key table underneath, to keep the page clean. For multi-select questions — where respondents could choose more than one option — a horizontal bar chart is used, along with total respondents, total responses, and average responses per person.

Three questions in the original survey were open-ended free-text questions. The raw data export used to build this survey report included only the count of respondents who answered them, not the verbatim text — so these are reported with their response counts only, without a theme or word-frequency chart.

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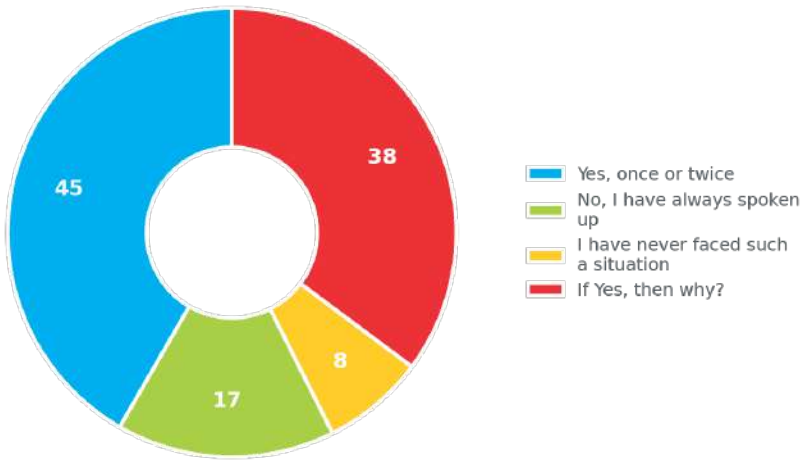
Q. Have you ever stayed silent when you saw something unfair happen, simply because speaking up felt too difficult or inconvenient?

Answered: 70 Skipped: 0



Answer	Respondents
Yes, regularly	6
Yes, sometimes	36
Rarely	20
Never	8
Total respondents	**70**

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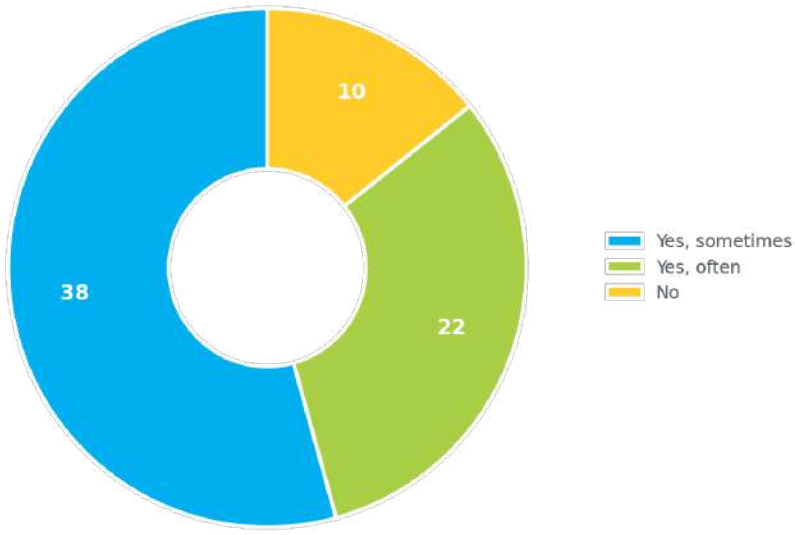
Q. When you are around others, do you behave differently compared to when you are alone?

Answered: 70 Skipped: 0



Answer	Respondents
Yes, sometimes	38
Yes, often	22
No	10
Total respondents	**70**

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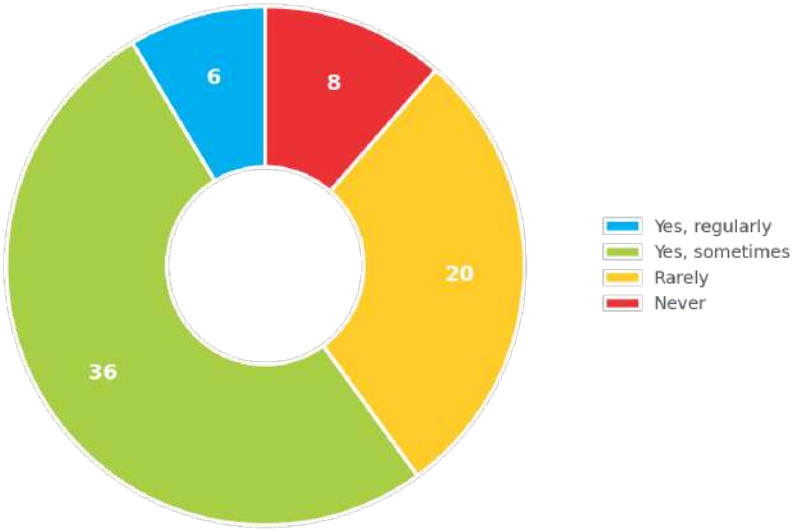
Q. Have you ever shared or liked something online without checking whether it was actually true?

Answered: 70 Skipped: 0



Answer	Respondents
Yes, regularly	6
Yes, sometimes	36
Rarely	20
Never	8
Total respondents	**70**

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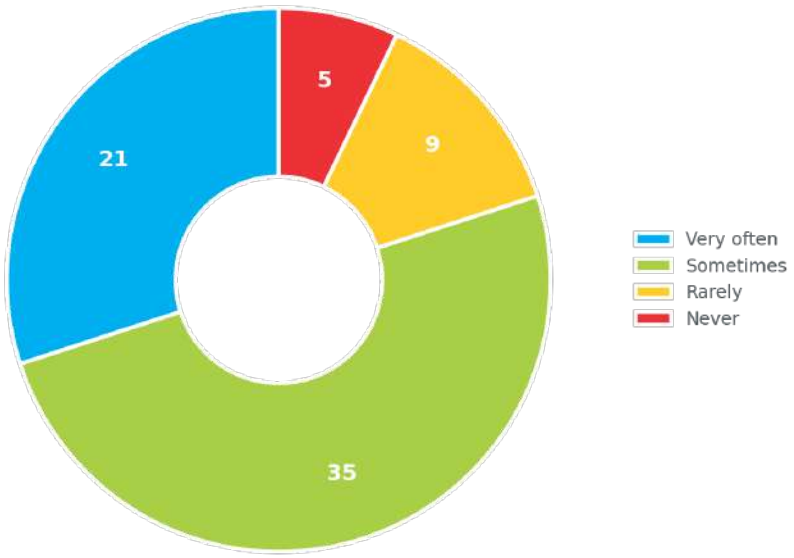
Q. How often do you find yourself feeling emotionally drained, even when nothing serious has happened?

Answered: 70 Skipped: 0



Answer	Respondents
Very often	21
Sometimes	35
Rarely	9
Never	5
Total respondents	**70**

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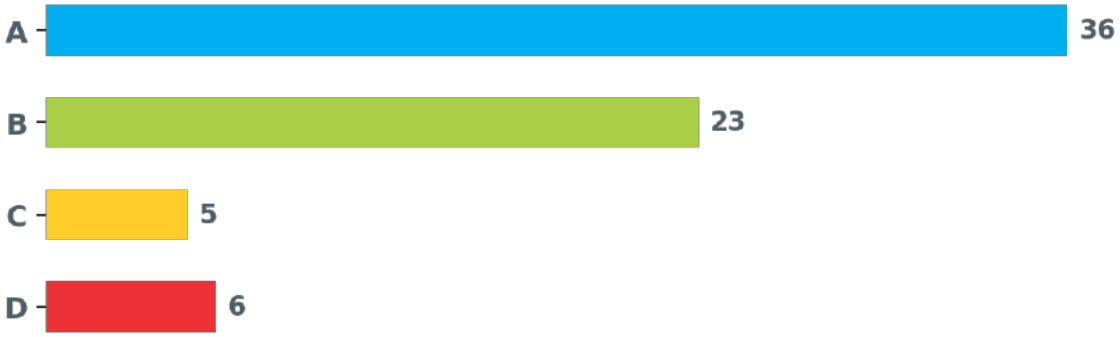
Q. When you make a serious mistake, what do you usually do?

Answered: 70 Skipped: 0



Answer	Respondents
A - Acknowledge it openly and try to make it right	36
B - Acknowledge it to myself but avoid bringing it up with others	23
C - Rationalize it until I convince myself I was not wrong	5
D - Forget about it and move on	6
Total respondents	**70**

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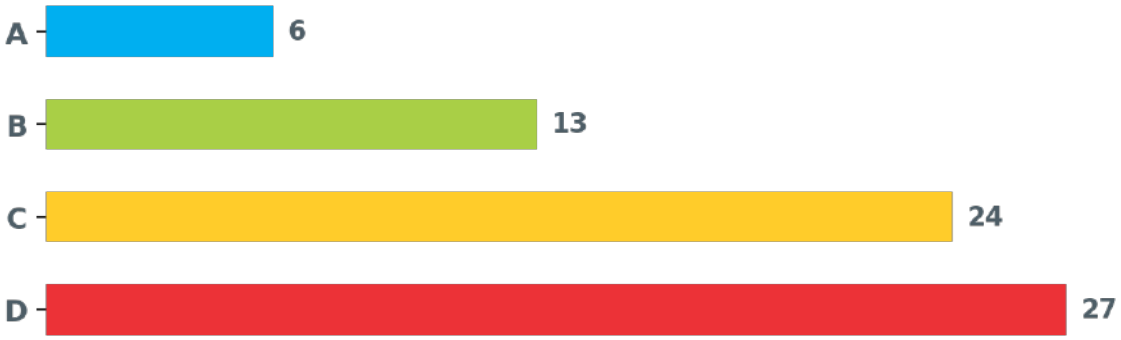
Q. Have you ever done something unethical like bribing or using personal connections to get ahead in life?

Answered: 70 Skipped: 0



Answer	Respondents
A. Yes, I have done it multiple times	6
B. Yes, but only in certain situations	13
C. Rarely, and only when I truly felt it was necessary	24
D. No, I always try to avoid unfair advantages	27
Total respondents	**70**

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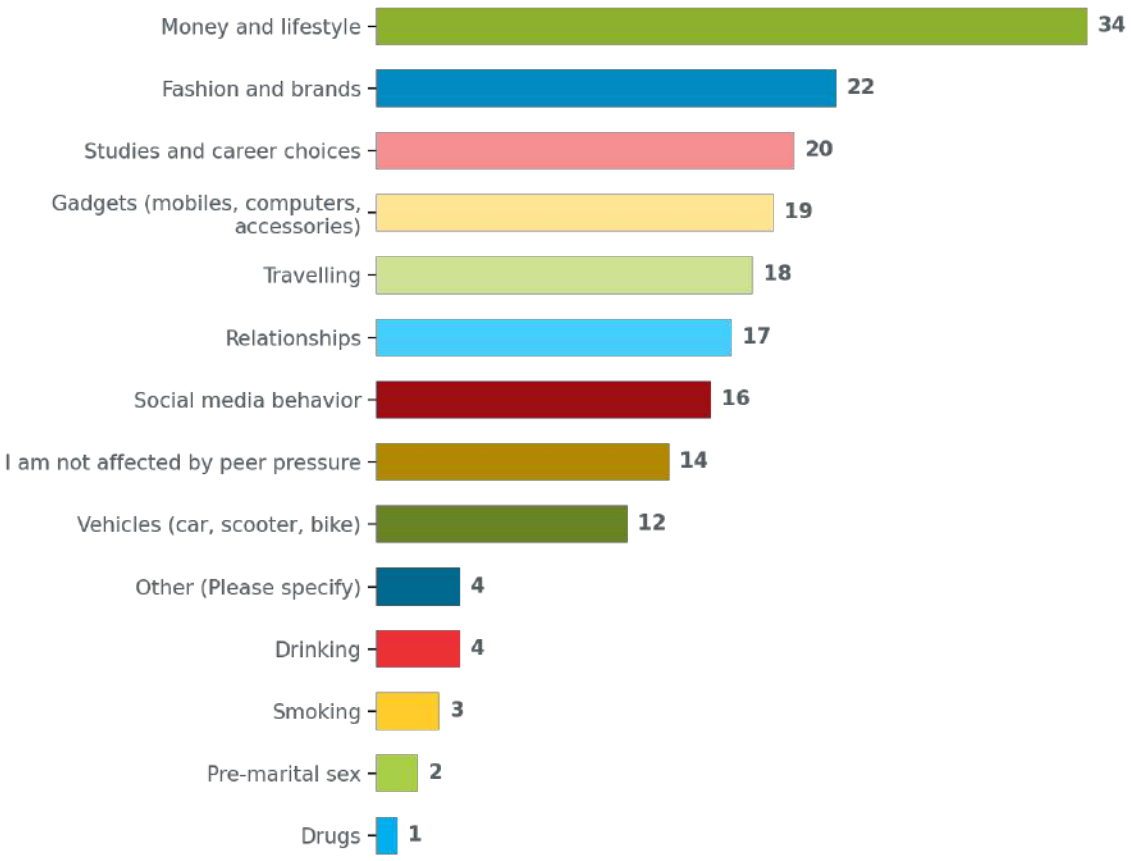
Q. Does peer pressure influence you? If yes, how?

Answered: 70 Skipped: 0

Respondents could select multiple options for this question.



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Does peer pressure influence you? If yes, how?

Option	Respondents
Fashion and brands	22
Money and lifestyle	34
Gadgets (mobiles, computers, accessories)	19
Vehicles (car, scooter, bike)	12
Relationships	17
Studies and career choices	20
Drinking	4
Smoking	3
Drugs	1
Pre-marital sex	2
Social media behavior	16
Travelling	18
I am not affected by peer pressure	14
Other (Please specify)	4
Total respondents who answered this question	**70**
Total selections made across all options (sum of choices above)	**186**

Note: this was a multi-select question, so the 186 total selections were made by only 70 respondents — people chose more than one option, which is why the two totals differ.

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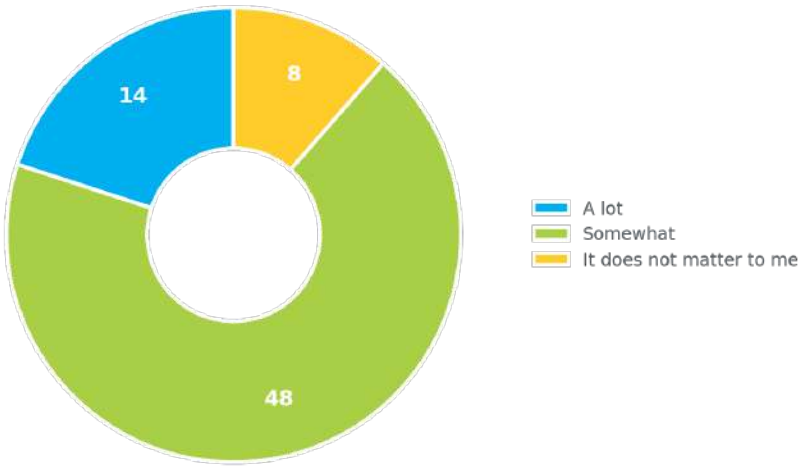
Q. Does other people's opinion matter to you?

Answered: 70 Skipped: 0



Answer	Respondents
A lot	14
Somewhat	48
It does not matter to me	8
Total respondents	**70**

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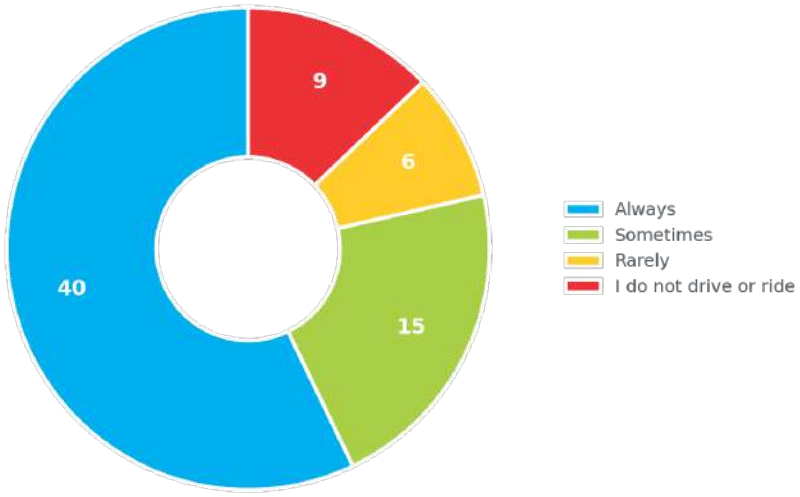
Q. Do you follow traffic rules when you are driving or riding?

Answered: 70 Skipped: 0



Answer	Respondents
Always	40
Sometimes	15
Rarely	6
I do not drive or ride	9
Total respondents	**70**

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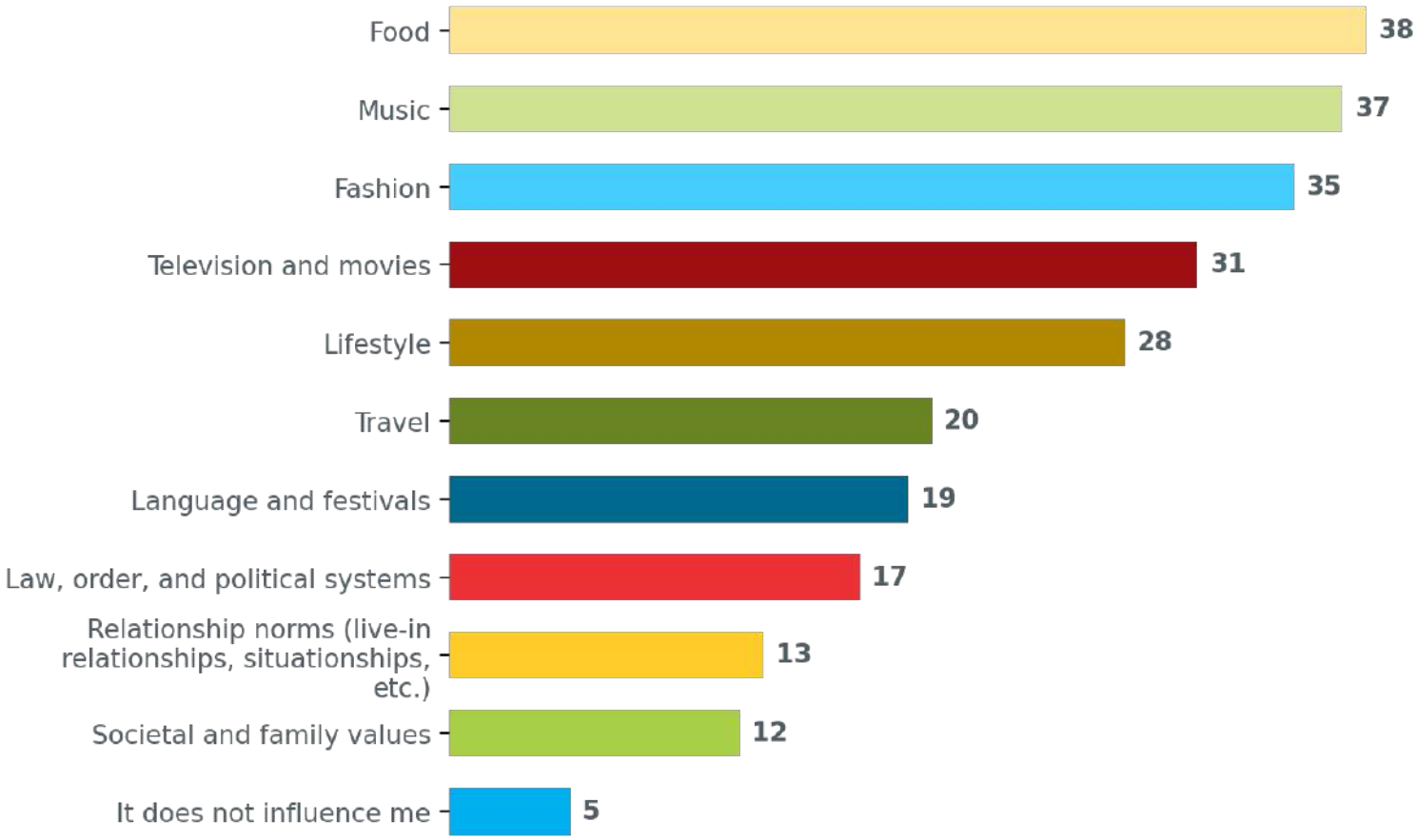
Q. How does Western culture influence your life?

Answered: 70 Skipped: 0

Respondents could select multiple options for this question.



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How does Western culture influence your life?

Answer	Respondents
Music	37
Food	38
Relationship norms (live-in relationships, situationships, etc.)	13
Fashion	35
Lifestyle	28
Language and festivals	19
Television and movies	31
Travel	20
Societal and family values	12
Law, order, and political systems	17
It does not influence me	5
Total respondents who answered this question	**70**
Total selections made across all options (sum of choices above)	**255**

Note: this was a multi-select question, so the 255 total selections were made by only 70 respondents — people chose more than one option, which is why the two totals differ.

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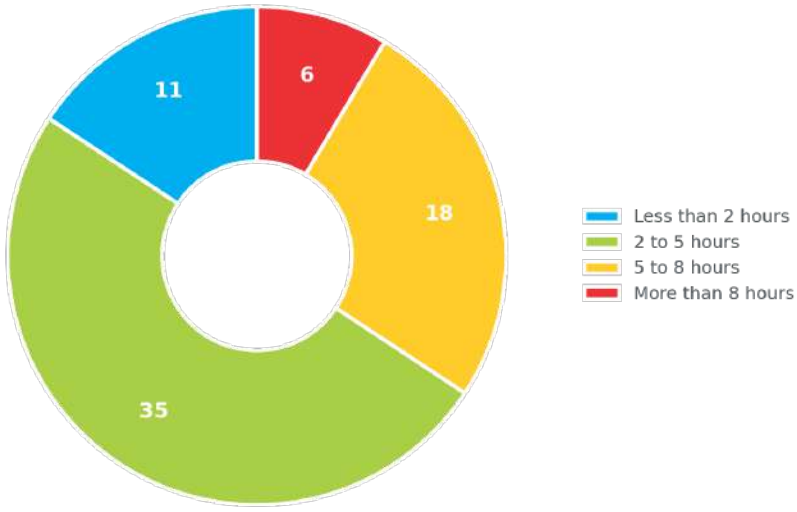
Q. How many hours in a day do you spend for entertainment on screens?

Answered: 70 Skipped: 0



Answer	Respondents
Less than 2 hours	11
2 to 5 hours	35
5 to 8 hours	18
More than 8 hours	6
Total respondents	**70**

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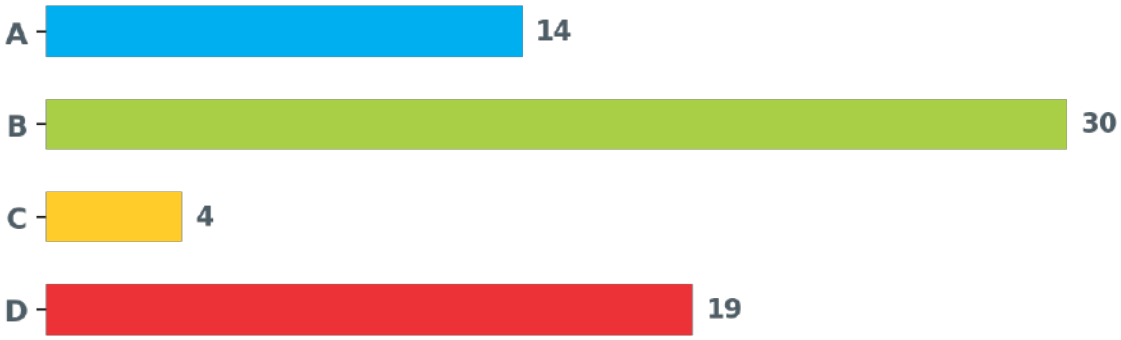
Q. Would you raise your voice against dishonesty, even if it meant risking an important relationship?

Answered: 67 Skipped: 3



Answer	Respondents
A. Yes, without hesitation	14
B. Yes, but it would be very difficult	30
C. No, loyalty comes first	4
D. I would address it privately but not openly	19
Total respondents	**67**

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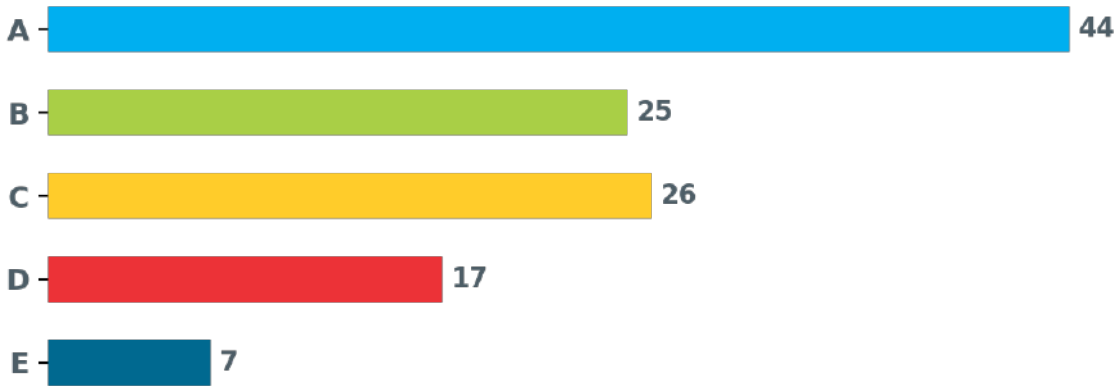
Q. Which of the following have you personally done, even just once?

Answered: 67 Skipped: 3

Respondents could select multiple options for this question.



Answer	Respondents
A. Cheating in exams or misrepresenting facts at work	44
B. Using pirated content or unlicensed software	25
C. Staying silent when you saw someone being mistreated right in front of you	26
D. Wasting public resources like water or electricity without a second thought	17
E. None of the above	7
Total respondents who answered this question	**67**
Total selections made across all options (sum of choices above)	**119**

Note: this was a multi-select question, so the 119 total selections were made by only 67 respondents — people chose more than one option, which is why the two totals differ.

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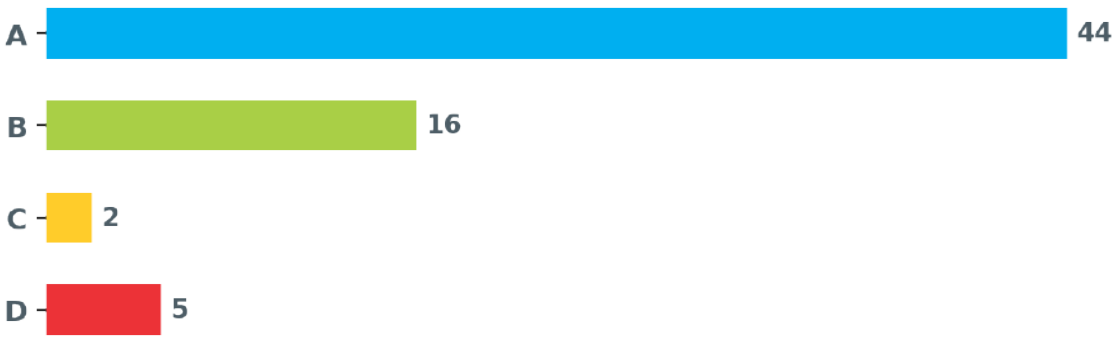
Q. Do you treat people differently based on their job or social status? For example, are you

Answered: 67 Skipped: 3



Answer	Respondents
No, I treat everyone with the same respect	44
I try to, but I know unconscious bias exists in me	16
Yes, I do behave differently depending on who someone is	2
I have honestly never thought about this before	5
Total respondents	**67**

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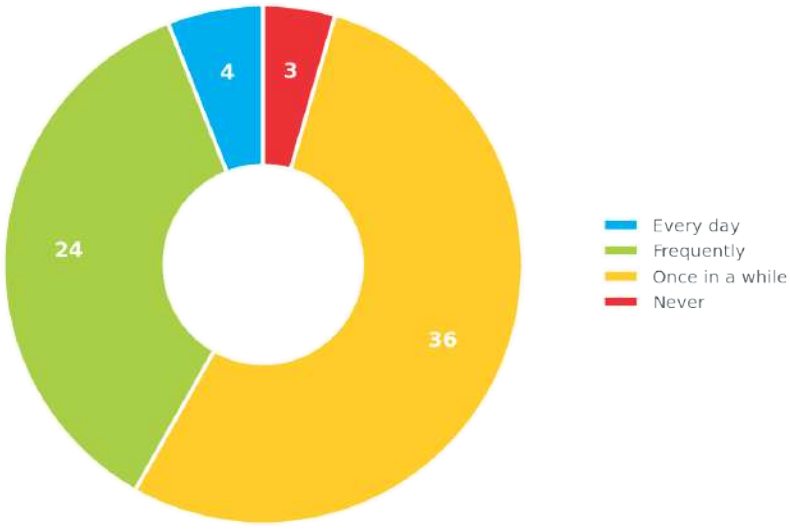
Q. How often do you lie?

Answered: 67 Skipped: 3



Answer	Respondents
Every day	4
Frequently	24
Once in a while	36
Never	3
Total respondents	**67**

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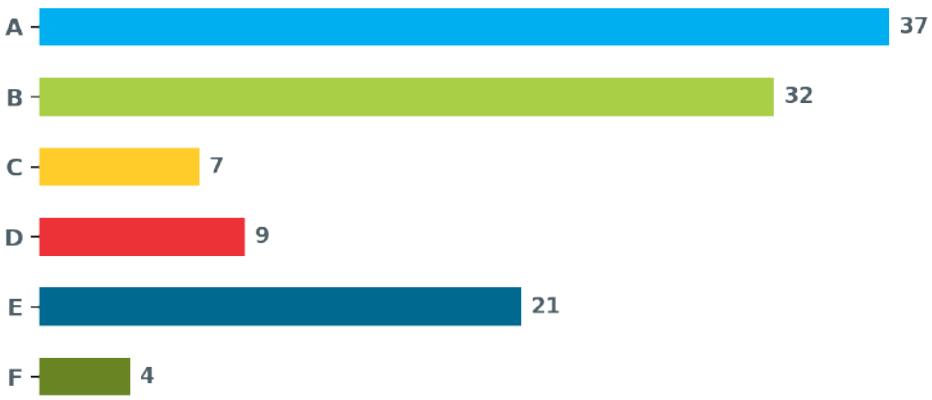
Q. How do you respond to failure or a challenging situation?

Answered: 67 Skipped: 3

Respondents could select multiple options for this question.



Answer	Respondents
A. I reflect on it and try to learn from the experience	37
B. I feel demotivated for a while but eventually bounce back	32
C. I tend to avoid dealing with it	7
D. I find myself blaming others or external circumstances	9
E. I look for ways to distract myself	21
F. I turn to unhealthy habits like smoking or drinking	4
Total respondents who answered this question	**67**
Total selections made across all options (sum of choices above)	**110**

Note: this was a multi-select question, so the 110 total selections were made by only 67 respondents — people chose more than one option, which is why the two totals differ.

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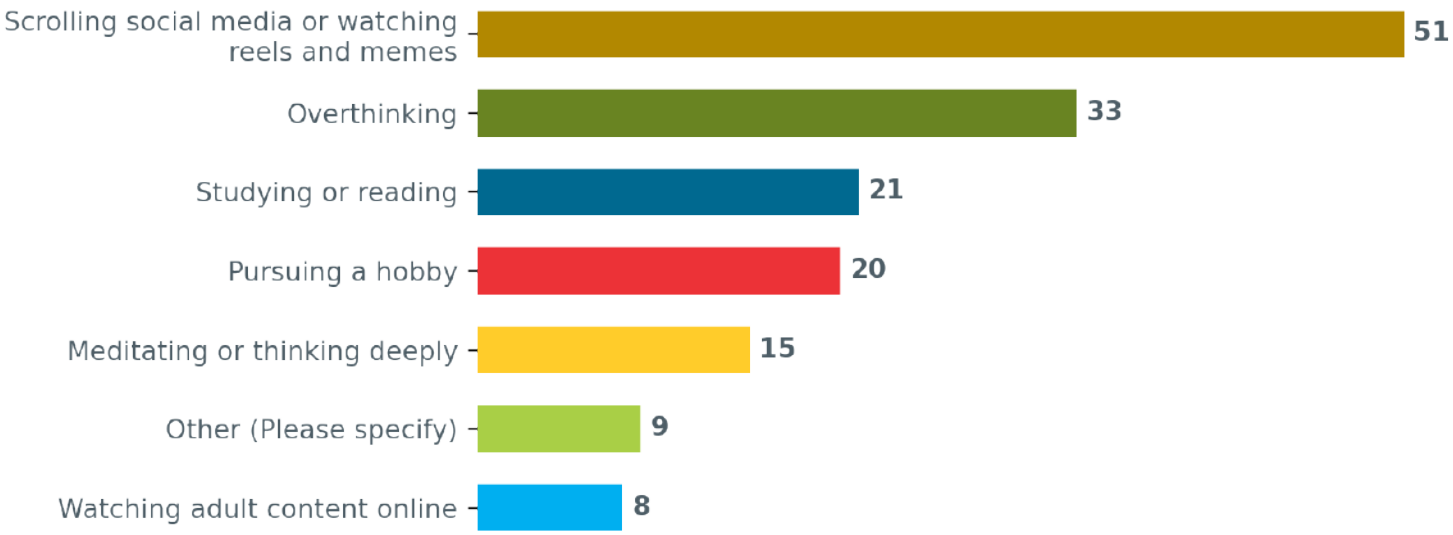
Q. How do you usually spend time when you are alone?

Answered: 67 Skipped: 3

Respondents could select multiple options for this question.



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Q. How do you usually spend time when you are alone?

Answer	Respondents
Meditating or thinking deeply	15
Scrolling social media or watching reels and memes	51
Pursuing a hobby	20
Studying or reading	21
Watching adult content online	8
Overthinking	33
Other (please specify)	9
Total respondents who answered this question	**67**
Total selections made across all options (sum of choices above)	**157**

Note: this was a multi-select question, so the 157 total selections were made by only 67 respondents — people chose more than one option, which is why the two totals differ.

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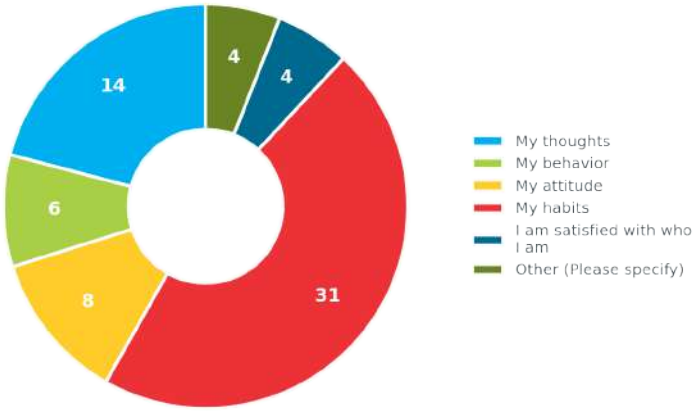
Q. If you could change just one thing about yourself, what would it be?

Answered: 67 Skipped: 3



Answer	Respondents
My thoughts	14
My behavior	6
My attitude	8
My habits	31
I am satisfied with who I am	4
Other (please specify)	4
Total respondents	**67**

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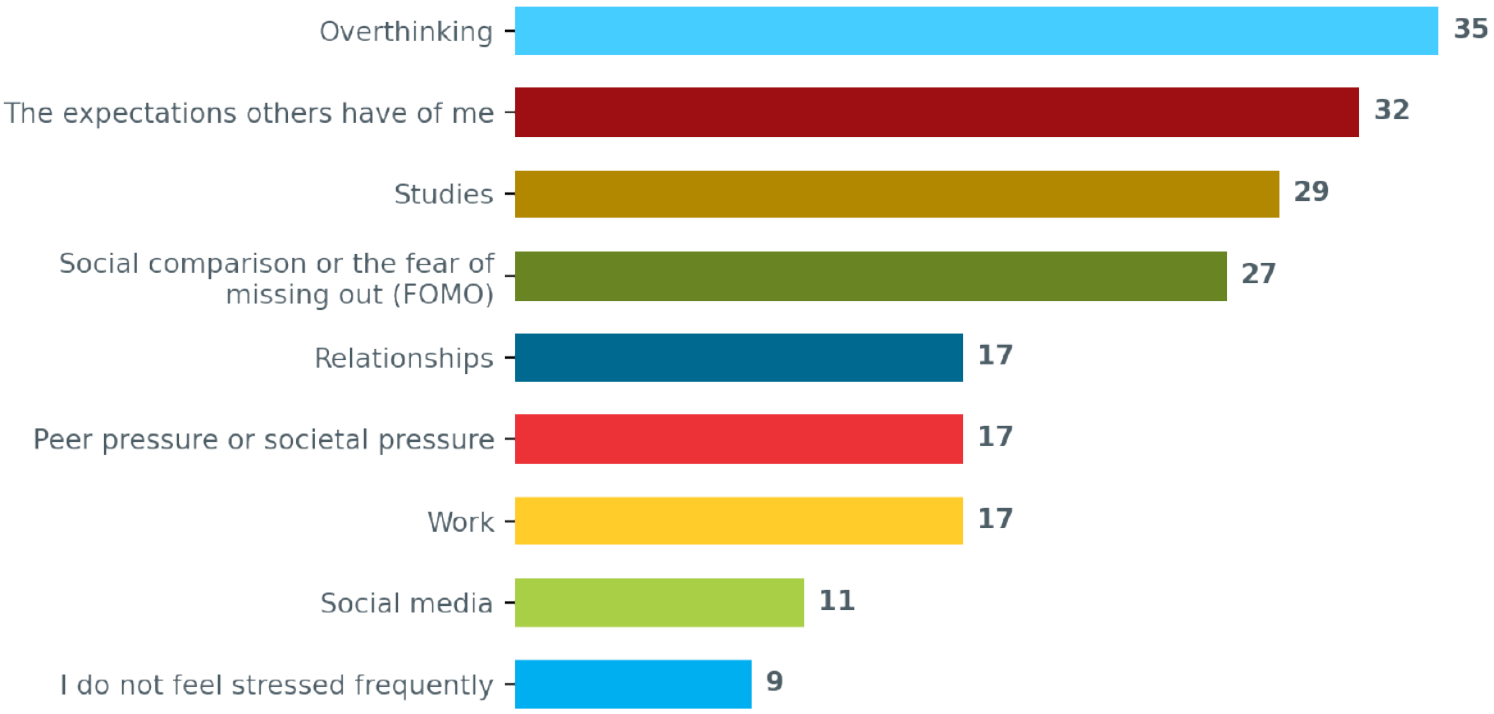
Q. Do you often struggle with anxiety? If yes, why?

Answered: 67 Skipped: 3

Respondents could select multiple options for this question.



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Do you often struggle with anxiety? If yes, why?

Answer	Respondents
Studies	29
The expectations others have of me	32
Work	17
Peer pressure or societal pressure	17
Relationships	17
Social media	11
Overthinking	35
Social comparison or the fear of missing out (FOMO)	27
I do not feel stressed frequently	9
Total respondents who answered this question	**67**
Total selections made across all options (sum of choices above)	**194**

Note: this was a multi-select question, so the 194 total selections were made by only 67 respondents — people chose more than one option, which is why the two totals differ.

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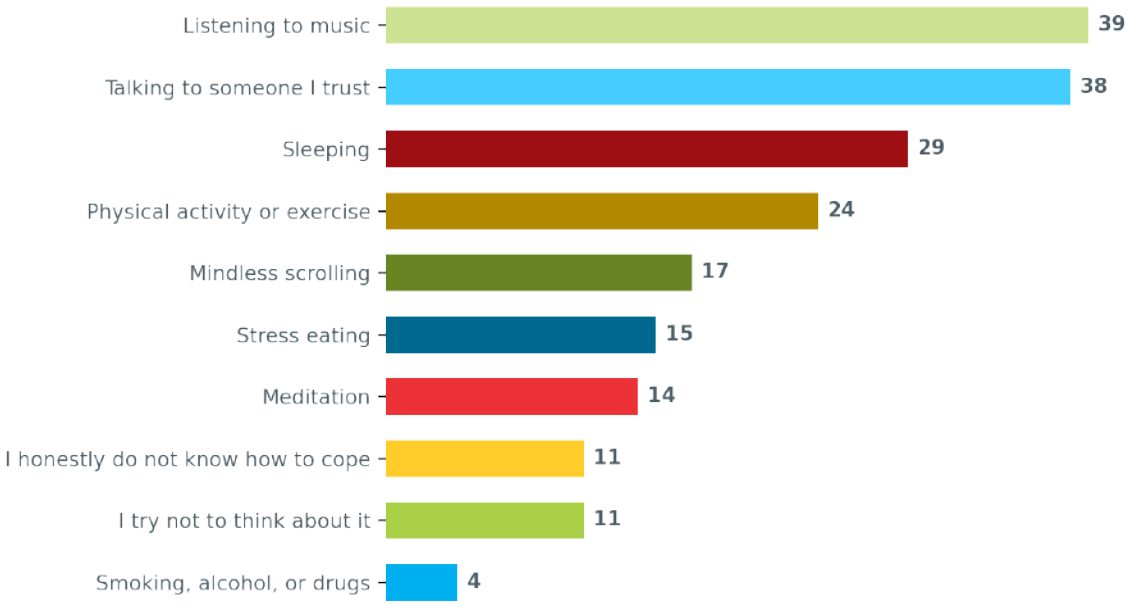
Q. If yes, how do you cope with anxiety?

Answered: 67 Skipped: 3

Respondents could select multiple options for this question.



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If yes, how do you cope with anxiety?

Answer	Respondents
Meditation	14
Stress eating	15
Talking to someone I trust	38
Listening to music	39
Sleeping	29
Mindless scrolling	17
Smoking, alcohol, or drugs	4
Physical activity or exercise	24
I try not to think about it	11
I honestly do not know how to cope	11
Total respondents who answered this question	**67**
Total selections made across all options (sum of choices above)	**202**

Note: this was a multi-select question, so the 202 total selections were made by only 67 respondents — people chose more than one option, which is why the two totals differ.

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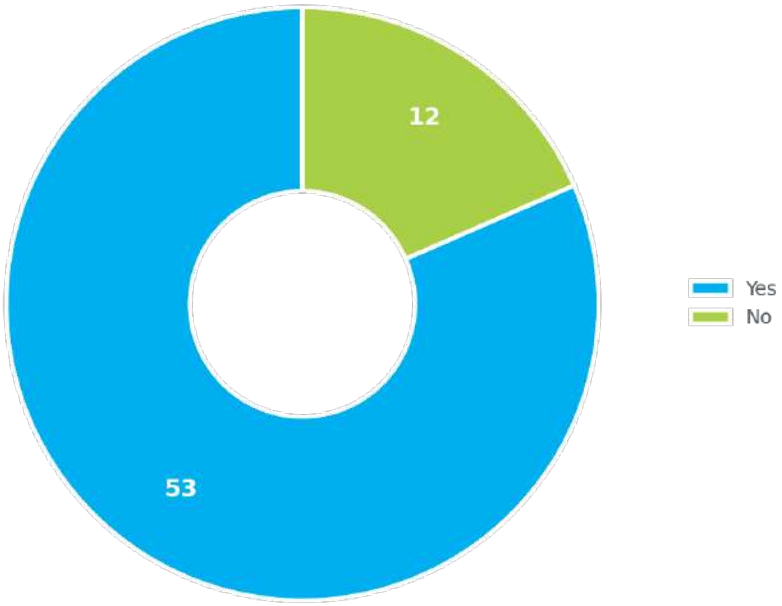
Q. Have you ever voted, or do you plan to vote in the future?

Answered: 65 Skipped: 5



Option	Respondents
Yes	53
No	12
Total respondents who answered this question	**65**

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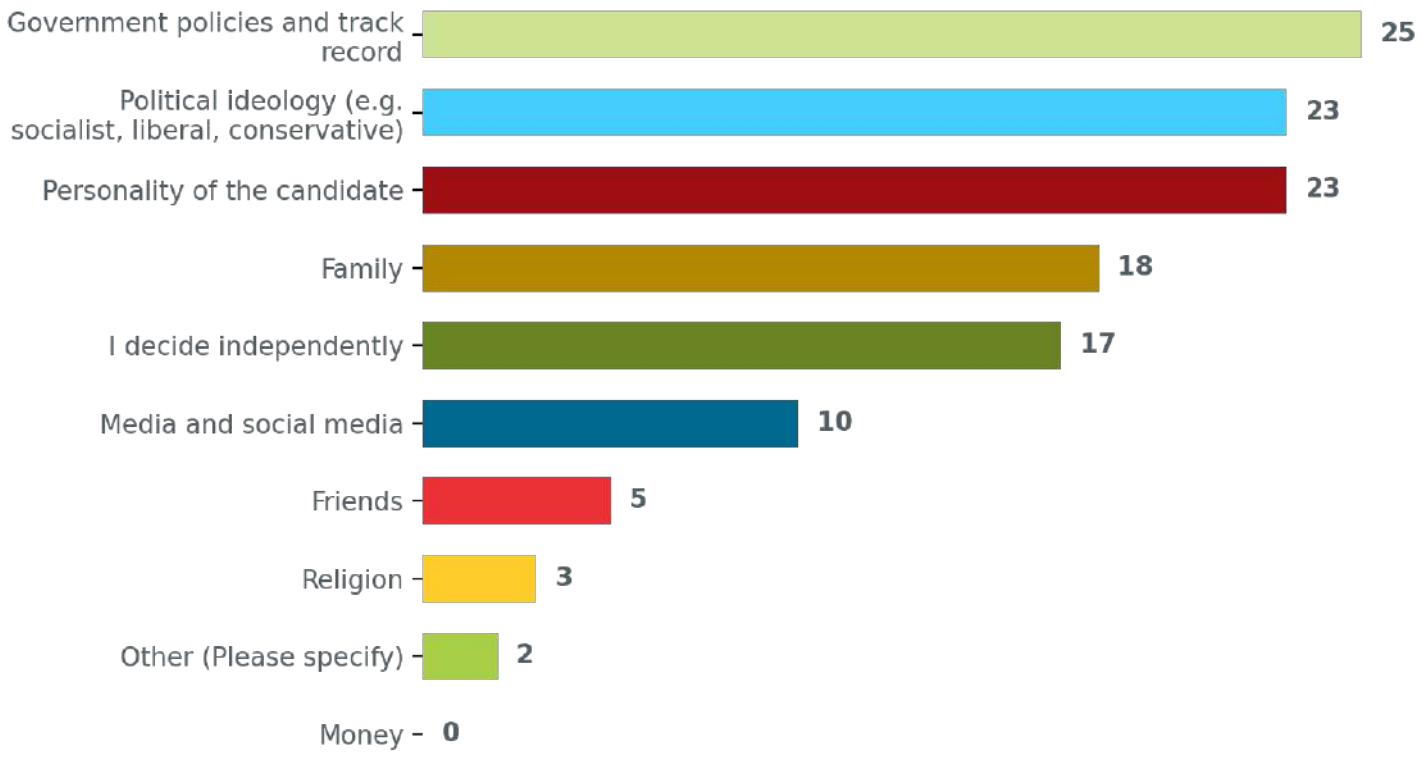
Q. If YES, what factors would most influence your vote? (Select all that apply)

Answered: 53 Skipped: 17

Respondents could select multiple options for this question.



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If YES, what factors would most influence your vote? (Select all that apply)

Option	Respondents
Family	**18**
Friends	**5**
Media and social media	**10**
Personality of the candidate	**23**
Money	**0**
Political ideology (e.g. socialist, liberal, conservative)	**23**
Religion	**3**
Government policies and track record	**25**
I decide independently	**17**
Other (Please specify)	**2**
Total respondents who answered this question	53
Total selections made across all options (sum of choices above)	126

Note: this was a multi-select question, so the 126 total selections were made by only 53 respondents — people chose more than one option, which is why the two totals differ.

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Q. If NO, what stops you from voting? (Select all that apply)

Answered: 11 Skipped: 59

Respondents could select multiple options for this question.

Answer	Respondents
I am not old enough to vote yet	5
I do not think my individual vote makes a real difference	0
I do not feel informed enough to make a good choice	2
I do not trust any of the candidates or political parties	4
Voting feels too inconvenient or time-consuming	1
I feel completely disconnected from politics	2
My family or community does not encourage it	0
I believe the entire political system is too corrupt to bother with	4
I simply have not thought about it enough to decide	0
Other (please specify)	1
Total respondents who answered this question	**11**
Total selections made across all options (sum of choices above)	**19**

Note: this was a multi-select question, so the 19 total selections were made by only 11 respondents — people chose more than one option, which is why the two totals differ.

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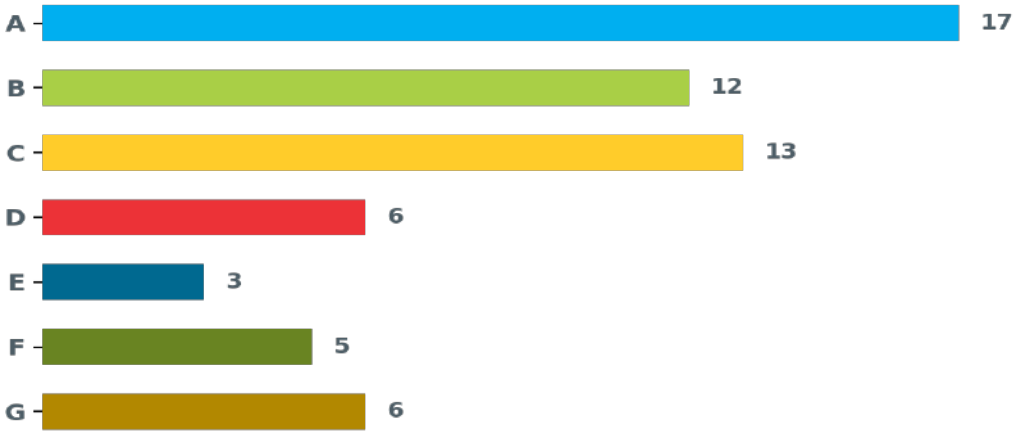
Q. Which of these do you believe is the single biggest threat to India's long-term progress right now?

Answered: 62 Skipped: 8



Answer	Respondents
A. Systemic corruption and lack of accountability	17
B. Religious and caste-based polarization	12
C. A broken education system that produces unemployable youth	13
D. The mental health and moral decline of the younger generation	6
E. Environmental destruction and climate apathy	3
F. Gender inequality and the safety of women	5
G. Economic inequality and the widening gap between the rich and poor	6
Total respondents	**62**

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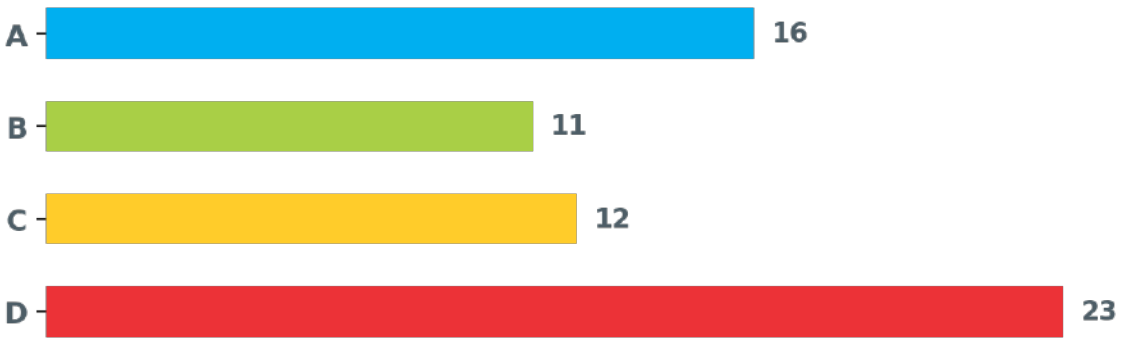
Q. Why India is still a corrupt nation?

Answered: 62 Skipped: 8



Answer	Respondents
A. Politicians and officials are the corrupt ones. Citizens are simply victims.	16
B. Citizens actively participate in and sustain corruption every single day.	11
C. The system is structured in a way that makes honest living nearly impossible.	12
D. It is a combination of both. Citizens and the system share the responsibility.	23
Total respondents	**62**

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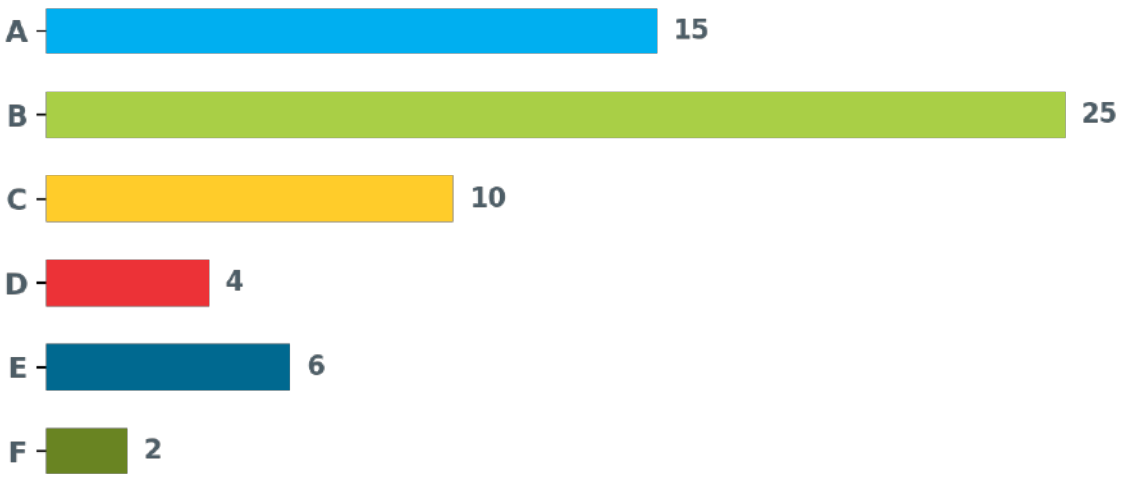
Q. India's youth is facing a serious mental health issue, including anxiety, depression, addiction, and suicide. What do you think is the root cause?

Answered: 62 Skipped: 8



Answer	Respondents
A. A society that values achievement and success far above well-being	15
B. The loss of genuine community, meaningful relationships, and a sense of purpose	25
C. Social media creating a relentless culture of comparison and inadequacy	10
D. A lack of access to proper mental health care and awareness	4
E. A values vacuum. Young people do not know who they are or why they exist.	6
F. Other (Please specify)	2
Total respondents	**62**

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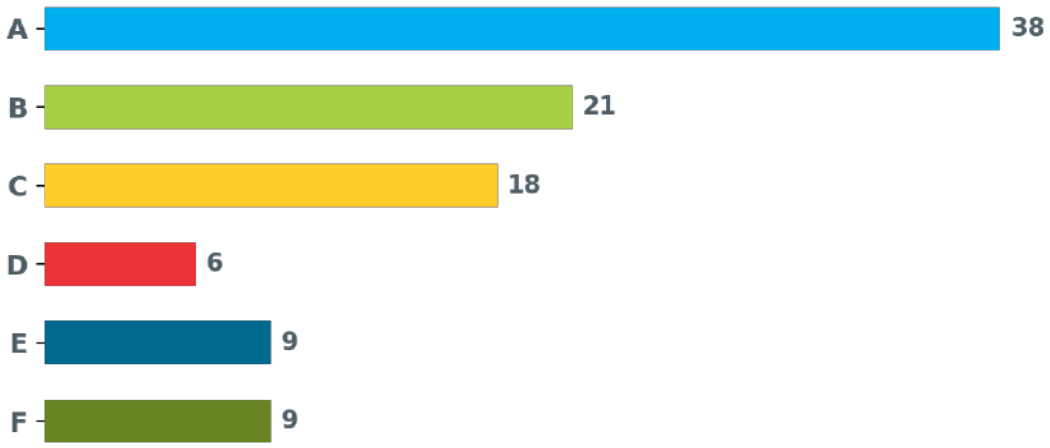
Q. What is it that holds you back from doing more for society?

Answered: 62 Skipped: 8

Respondents could select multiple options for this question.



Answer	Respondents
A. I am too caught up in my own career and day-to-day survival	38
B. I would not know where to begin or how to make a real difference	21
C. I feel like my individual contribution is too small to matter	18
D. I do not fully trust the organizations or causes I could join	6
E. I feel the system is too broken to fix from the outside	9
F. Nothing holds me back. I am already actively contributing.	9
Total respondents	**62**
Total selections made across all options (sum of choices above)	**101**

Note: this was a multi-select question, so the 101 total selections were made by only 62 respondents — people chose more than one option, which is why the two totals differ.

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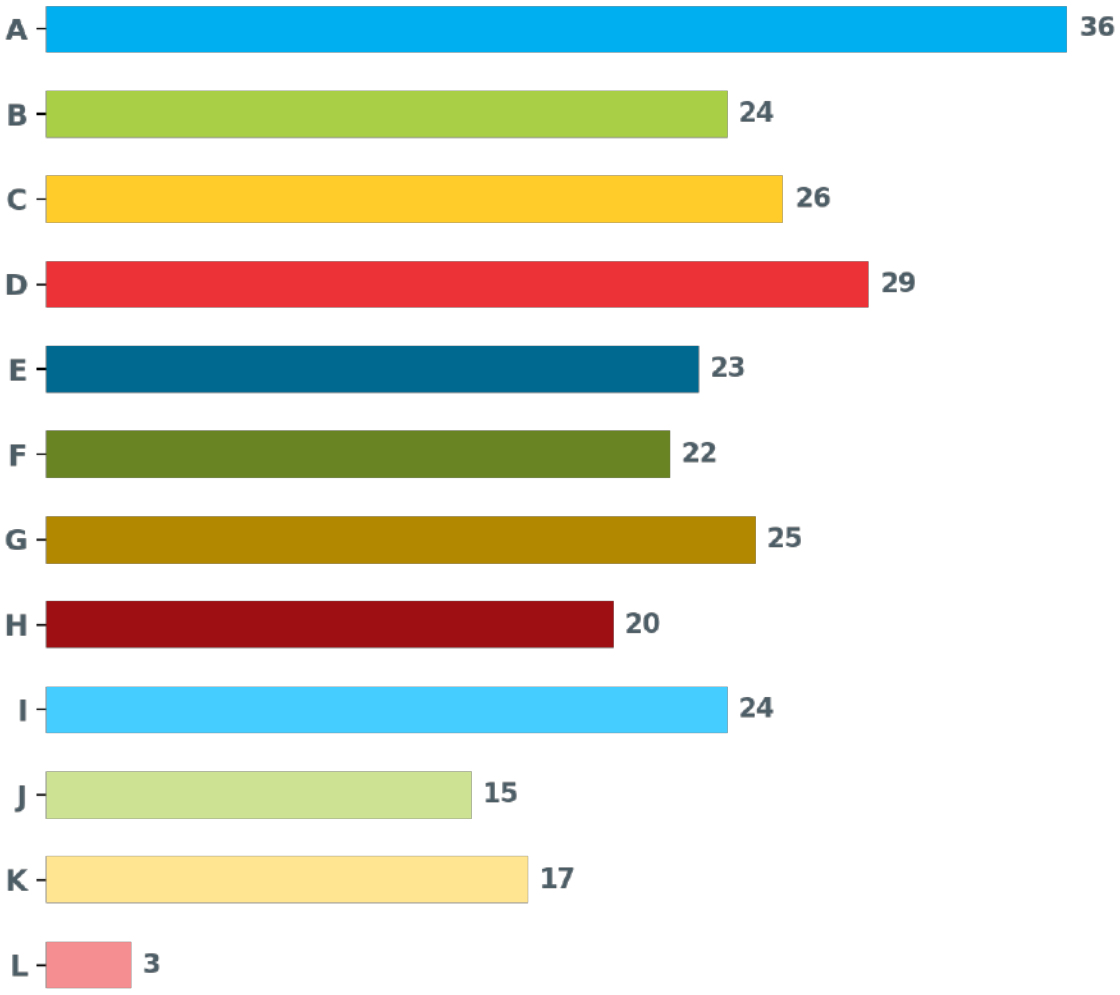
Q. In what ways do you think you can contribute to making a better society?

Answered: 62 Skipped: 8

Respondents could select multiple options for this question.



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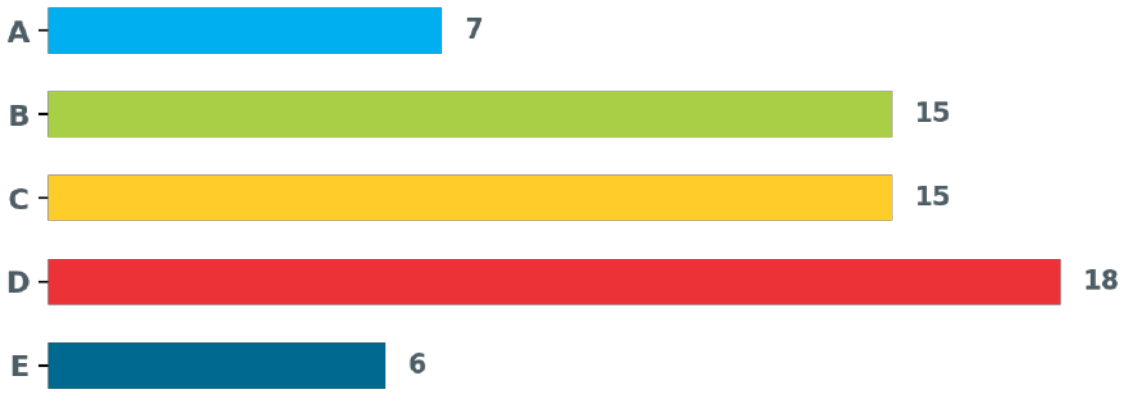
Answer	Respondents
Helping or mentoring younger students	36
Supporting education for underprivileged children	24
Volunteering for social or community causes	26
Raising awareness about issues that matter	29
Standing up against hate, discrimination, or unfair treatment	23
Using my skills and talents to solve real-world problems	22
Supporting the mental health and emotional well-being of those around me	25
Practicing environmentally responsible habits in daily life	20
Encouraging unity, empathy, and respectful conversations	24
Participating as a responsible citizen through voting and civic action	15
I genuinely want to contribute but I am still figuring out how	17
I honestly do not feel capable of making much of an impact right now	3
Total respondents who answered this question	**62**
Total selections made across all options (sum of choices above)	**264**

Q. Are you currently part of any community, cause, or initiative that works toward a greater good?

Answered: 61 Skipped: 9



Answer	Respondents
A. Yes, actively and consistently	7
B. Yes, occasionally and informally	15
C. No, but I am genuinely looking for one	15
D. No, and it is honestly not on my radar right now	18
E. If yes, name the organization.	6
Total respondents who answered this question	**61**

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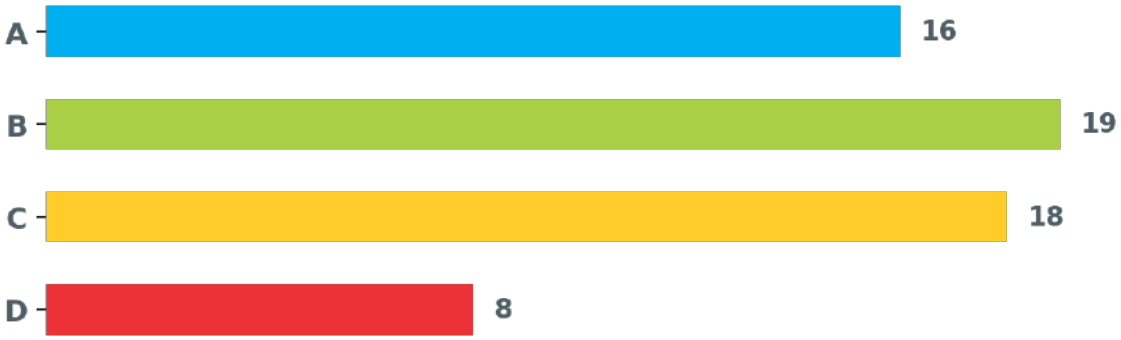
Q. Do you believe that you as an individual, has the power to change something at a community or national level?

Answered: 61 Skipped: 9



Answer	Respondents
Yes. History is full of individuals who changed nations.	16
Yes, but only when many individuals act together.	19
Maybe at a small or local level, but not at a national scale.	18
Honestly, no. Real change only comes through power and systems.	8
Total respondents	**61**

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Annexure IV - Post Conference Virtual Meet

On 5 July 2026 at 7:00 a.m., participants, volunteers and the Conference Convener came together once again for a virtual post-conference meet. The session served as an opportunity to revisit the experiences of the nine-day conference and reflect on the changes everyone had brought into their lives since returning home. At the beginning of the session, everyone was asked to revisit the activities they had completed during the conference, including their positive commitments, the negative traits they had burnt, their short-term goals and other reflections. This was followed by nearly twenty minutes of silence, giving everyone time to introspect on their journey over the past month.

The sharing session that followed reflected the impact of the conference on participants' daily lives. One shared, "I started reading. I have been staying away from my phone as much as I can." Another reflected, "I mended relationships, had difficult conversations and stopped procrastinating. I've been much more consistent now." A participant also shared, "I made amends with a friend I had argued with two years ago." Several participants spoke about the lasting impact of the anger exercise, sharing how it had helped them become more patient. Many also shared that they had begun paying attention to their health by improving their eating habits and hitting the gym/ exercising regularly.

Apart from the reflections, the Conference Convener also updated everyone about the upcoming Tamar Youth Conference and shared how Let's Make A Difference continues to create meaningful impact through its work with the students of Eklavya School.

The virtual meet concluded on an optimistic note, reminding participants that the conference was not an end in itself, but the beginning of a lifelong journey of continuous growth.

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LET'S MAKE A DIFFERENCE

LET'S MAKE A DIFFERENCE - 32ND NATIONAL YOUTH CONFERENCE 2026
VIRTUAL MEETING POST CONFERENCE (REUNION) 5th July 2026

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