



Impact Assessment Report  
01 April, 2023 - 31 March, 2024





## ACKNOWLEDGEMENT

The work of Let's Make A Difference is built on unconditional giving by endless young people. There is no expectation. The only thought within each is to give with no expectation in return. With this sacrificial approach the work of Let's Make A Difference has been growing since its inception over three decades.

In this impact book we have compiled the forward movement of Let's Make A Difference work that took place in the last financial year from 1 April 2023 to 31 March 2024. There is a feeling of gratitude towards all those who have helped and stood next to Let's Make A Difference programs to make it a success. All those who were part of the action on ground were visible and received appreciation and applause but with modesty in heart I have to acknowledge the unconditional efforts put in by many as invisible hands. If these invisible hands would not have been in strengthening the back hand work, for sure we would not have been able to reach where we have reached today. The entire work of Let's Make A Difference is self-sacrifice driven, in today's time I have not seen young people showing a positive attitude of giving and in return no expectation.

Mobilized youth volunteers from across the country, traveling hundreds of kilometers to reach the conference venue at their own expense. Many times, I am aware of the hardship during the travel, compromised food and water and I have personally experienced substandard living conditions at the conference venue. Palatable food is always a question but not once any of the serving team members have raised questions towards what has been offered. When I see such dedication, pure focus to only give, the inner feeling gets charged-up to walk that extra mile and give all that is within to the receivers, this is the key to our success in each and every conference, workshop or program conducted by Let's Make A Difference year after year.

Going through all the hardship, but still at the end there is a feeling of satisfaction because we could see, feel and experience the smile of self-content and inner contentment all over the person's self and on the hearts of the participants. The team of Let's Make A Difference is one side of the coin, the other side of the coin are those who opened the doors of their institution to make it possible. It is a perfect partnership; they wanted it and we wanted to deliver. Together it created a long-lasting relationship.

The work of Let's Make A Difference is a process of hand holding at both ends like Taali Ek Haat Se Nahi Bajti. We have received so much love and care in building this work and we have been welcomed wherever we have gone with our idea to speak and how we can offer this life changing idea to the larger community.

I had gone to meet the Principal Mrs Rachana Monga of Sanskriti KMV School, Jalandhar, along with Dhruv bhai who introduced us to her. She welcomed us with so much of warmth and grace as if we knew each other since long, she gave us a patient hearing to what we had to talk about Let's Make A Difference; immediately she gave us a date to conduct youth program in her school, even before her school students experienced what we were going to offer,



she said I would like to do this every year in my premise. Believing in us and somewhere she trusted that Let's Make A Difference will deliver and bring positive change in the lives of the students. Dear friend Mr. Arun Mittal opened the door of Lovely Professional University, Punjab, to begin with, we addressed hundreds of professors in the presence of Pro Vice Chancellor Mrs Rashmi Mittal, at the end of our conversation we were been asked to curate a program for the teaching and none teaching staff and in the later stage we can address the students. The University has 30000+ students. All this builds inner confidence and self-belief that the message that we are carrying is well received and accepted.

Amar Seva Sangam, in Ayikudy, Tamil Nadu, place for specially abled people. Way back in 2018 we took our first step in knowing them and since then it has been a forward journey in building a strong relation and all that we have received from them is unconditional love, care and endless warmth whenever we are with them. Words like gratitude, compassion, humility, modesty they all look miniscule at Amar Seva.

In today's time students want to learn English and have proficiency, but it amazed me when I visited Guru Virjanand Gurukul Mahavidyalaya, Kartarpur, hundreds of students and all speaking in Sanskrit, and everything that is done in the premise of the school is under Vedic philosophy. I salute the principal, overall, in-charge Mr. Udayan Ji Aryan. He connected with the thought of Atman Chintan and encouraged us to speak to the students and also invited Let's Make A Difference to be part of their annual youth mela where hundreds of students participate from across the country.

The work of Let's Make A Difference started seeing opportunity in the Jharkhand due to the encouragement received from late Mr. A.P.R. Nair, of KPS group of schools Jamshedpur. The entire Nair family and Mrs Vijayam Kartha, wholeheartedly support the initiative of Let's Make A Difference and every year we have an iconic conference in the steel city. What is heartening to feel within is, not just students who participate but the entire force of teaching, non teaching staff and everyone who is associated with the KPS group are involved. They together truly make it a week of bringing lasting change.

The most challenging place where Let's Make A Difference conducts its conference each year is at Tamar, in Jharkhand at Eklavya Model Residential School. The visit to Jharkhand is incomplete if the youth team does not visit Eklavya Model Residential School. For majority of city and town dwellers who work with Let's Make A Difference find Eklavya Model Residential School an eye opener, the India we live in. Simple, humble and deprived students. No one to listen to, no one cares and no one is bothered, no vision they are part of the crowd and they get lost in the crowd. No one listens to them, they are never been heard, what Let's Make A Difference does is patient listening. We go year after year to listen to them, guide them, fill their eyes with colourful vision and how to achieve it with perseverance. Our efforts have shown good results academically, still lots need to be done.

I dedicate the work of Let's Make A Difference to each and every person's smallest sacrifice, to taking big responsibilities towards the growth of our work. They mean a lot to me as my own family.

**Viral Mazumdar**

**Founder and Course Convener, Let's Make A Difference**



## **A. Contact Details:**

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## **B. Vision:**

Let's Make A Difference focuses on the youth, working tirelessly to nurture a generation of individuals driven by moral values, healthy relationships and a responsibility to make society and the country better. We believe that listening to and connecting with young people will help us transform the world at large, by inspiring every single individual to make a difference.

Let's Make A Difference stands for bringing about positive change through collective introspection and empowering the youth to discover their sense of purpose and conviction to become better people and build a better world. To that end, we will constantly strive to reach every individual we possibly can in order to bring about truly generational change and build a better future.

## **C. Beneficiaries (Different Segment/ Community):**

- School, College, and University Going Students
- Participants from Scheduled Caste and Tribes
- Children with Physical Disabilities
- Entrepreneurs at Vivek Bindra's Bada Business
- Teachers, Principals and Working Professionals

## **D. Impact as expressed into words by Individuals:**

### **1. San Maria Joby, daughter of Mr. Joby Augustine K A (Principal of SKSGM, Bhanpura):**

My first day at Let's Make A Difference home was on the morning of 23 April 2023. My father accompanied me and my sister to drop us there. I was just wondering how my next week is going to be spent with Let's Make A Difference and whether I will be happy at the end of eight days. I visited the Prime Minister Museum and it was informative as well as interesting. That night, we had dinner outside and we came back to Let's Make A Difference home. My father took his leave from the Let's Make A Difference fellow's home.

The next morning, we were supposed to meet together at 5:55 a.m. We all had a cup of tea and Viral Sir gave us the quiet time inputs, Tanu and Prathamesh shared their experience on quiet time. I had my first quiet time and I was confused about whether the thoughts that came were from my consciousness or my mind. I couldn't write much but I was enjoying the time with myself.

After which there was sharing but I couldn't share anything as I was confused from within. We all had our breakfast, lunch, and dinner on time. As the next conference was in Jalandhar from 27-29 April 2023, we were packing things for it. After dinner, Viral Sir came and we were discussing the next conference where each individual was handed over a duty. We ended our day at 10:30 p.m.

The next day almost went the same way. We had a few more people joining us. In my second quiet time, I decided that I will interact with as many people as I can during the coming conference and I will give my best in everything I do. I did share these thoughts with Viral Sir. We were all involved in packing the stocks for the conference as the next morning we had to leave for Jalandhar. The one thing I noticed in these two days was that I was not using my phone continuously and still was not bored. I even observed how the Let's Make A Difference home has a proper timing for everything. I had an ample amount of sleep even though I used to get up at 5:30 in the morning.

We reached Jalandhar by the afternoon of 26th April, we directly went to the school, had our lunch, and set up the hall for the next day. After reaching the hotel, we sat together planning for the inauguration and the first day of the conference. I was assigned to host the inauguration on behalf of the Let's Make A Difference team. I was kind of worried as it would be my first time anchoring for Let's Make A Difference but it went well.

I did learn and understand a lot of things during the three-day conference, it was my first time and it did help me know my flaws and how I could improve on them. The session on the Pyramid of Life made me identify my good and bad habits, and recognize my short-term and long-term goals. I even shared the same with the group. The group discussion also helped me in identifying some of my habits. The session on Day Light Saving Time made me realize how I waste my time on my mobile watching YouTube shorts, reality shows, IPL, and especially sleeping. I also took up a positive commitment to wake up early in the morning and utilize my time productively. I could connect to the jar exercise and look into my inner self.



*San Maria Joby and Jis Maria Joby*

heart-touching and it made me emotional thinking about my relationship with friends. I have faced problems in friendship and I used to always become sad when I used to think about it. But this session helped me overcome those and realize my mistakes. Overall, the eight days with Let's Make A Difference were a different experience. I could interact with different people, make new friends and explore different cultures and food. It also gave me the opportunity to take up responsibilities that I have always loved. I am grateful that I could spend my 8 days with Let's Make A Difference and take away good learnings from them. I wished I could stay there for long but due to circumstances, I couldn't. But definitely looking forward to spending more days in the Let's Make A Difference home!

## **2. Jis Maria Joby, daughter of Mr. Joby Augustine K A (Principal of SKSGM, Bhanpura):**

I was a bit excited about going there because my dad had told me a lot about Let's Make A Difference. I was filled with expectations. My first day in Let's Make A Difference home was a bit weary but after a nap, I was feeling better and we even went out. On the second day, we woke up early in the morning. After our tea, we had our quiet time. Though I had experienced quiet time before where I just pondered about the things happening in my life and sometimes just slept off. But this time, I was thinking about the inputs given by Viral Sir, I was struggling to differentiate between my conscience and my mind. During the sharing, I couldn't pull myself together to share my thoughts. The rest of the day went on with work, I didn't even realize when it got dusk. Later on, we had our dinner and had a peaceful sleep. I usually don't sleep early but that day, I was feeling sleepy after the whole day, and the next day I had no issue waking up early. The next day, we had the same routine. During the quiet time, I was reading the front pages of the quiet time diary. I was thinking about which aspects of my life I need to change. I couldn't share much that day as well but just spoke about this.

The next morning, we set out for the Jalandhar conference in Punjab. By the evening, we had a session where we planned how the day-1 of the conference would go about. On the first day of the conference, I was a bit nervous as it was my first time but I cooled down once I reached the venue. When Viral Sir spoke about the four moral values and gave examples for each of them, I started to understand how even I had been dishonest and selfish and didn't even realize it. The concentration session helped me in knowing how to increase my concentration and not get distracted. On the second day of the conference, during the quiet time, I was thinking about the inputs given by Sir. It made me realize how I have hurt others and haven't apologized. The Pyramid of Life session helped me cultivate more good habits and work on my bad habits. It also helped me with my short-term goals and I started working on them. With the help of daylight saving time, I could manage to get an extra few hours from my schedule for other activities. On the third day, I could connect more with my inner self. During the quiet time, I could look into the impurities in my jar and how I had made my jar dirty. For the first time, I wrote a letter to myself and I liked it a lot. I wish I was introduced to this a bit earlier.

Overall, this conference and staying at Let's Make A Difference home was a very good experience for me. It has given me a belief that gradually, I can change. I would like to take this thought with me while I am leaving Let's Make A Different home.

### 3. Dhruv Nagwani, Katni:



I came across Let's Make A Difference in 2019 when the Regional Youth Conference of Let's Make A Difference was organized for the first time in Katni, Madhya Pradesh. I could not participate in it as I had some other engagements at the same time. The pandemic was a huge blow to my mental constitution, every passing moment was scary, I lost many friends and relatives of mine. I was not thinking straight. That is when I talked to my sister about my situation, to which she suggested that I attend the Let's Make A Difference youth conference from 1 - 8 June. I attended its virtual program in 2021.

The virtual conference started every morning at 6:30 sharp. The first day was normal, but the second day was a realization, I felt the worry in my mind and the negativity that had entered all starting to go out and replaced with a sense of calm and positivity from inside. I came to know the importance of quiet time. Being associated with social work, I realized I tell people what to do without following it myself. I spoke more, listened less and did none. I worked on it and promised to change that about myself. The session on the four absolute standards, somewhere was a mirror on my face. I kept myself in high regard. I was wrong. I saw things which I had hidden within me, the qualities of being honest were lacking. My family is into politics and because of which I took personal interest in political affairs from a tender age of 14 years. I was influenced by different ideologies. I was not able to analyze between right and wrong. Politics is full of corruption, dishonesty and lies. I realized the need for honest politics.

I am not into writing that much. After the session on 3 June, I could stop myself from writing in my quiet time diary. There was so much to write and remove the baggage of burden, depression, wrongdoings, and mistakes. I felt light from within at once. I got a chance to rectify my mistakes, take one step towards change and betterment. It was truly a remarkable experience and the feeling was ineffable.

"Change starts from within". With daily quiet time, I learned to be better than yesterday because when I read my old diary, I see what I was then and what I am today, I am very happy to see those changes. I succeeded in changing myself and I am proud because the most difficult thing in this world is to change oneself. Everyone wants to change others but none themselves.



I was selfish, but I realized how good it feels to do something for someone, that too without any expectation. Let's Make A Difference taught me the application of unconditional love. After the family session in the conference, I realized the importance of family and relationships in life. I had previously stopped talking to my cousins due to misunderstandings. Today the torn relationships that I had with them have been resolved. I am very happy to see all these changes in myself and I am constantly working to change myself with time, due to which my personal development is also taking place, seeing which my family members and my friends are also very happy.

The exercise of DLST made me think a lot, I always said that I do not have time, but after the session I realized how much time I spend on social media and other things. I started book reading and researching new things, which gave me a lot of knowledge and gave me the strength to focus on my goal.

After my 12th Board Examination, I contacted Let's Make A Difference for their upcoming regional youth conference at Jalandhar. At the end of April, I got an opportunity to volunteer in the Jalandhar Youth Conference. As it was my first youth conference physically, I was very excited.

The physical conference was even better than the virtual conference. I was happy to have spent time with the Let's Make A Difference team and learnt a lot staying, engaging in a conversation with them and also participating in all the sessions myself. I was leading a group during the group discussion. Listening to the participants during the group discussion was something I had never done before. I liked the time I spent with the group where they shared their problems, which I too was struggling with. We sat together and discussed the problems.

I was a volunteer as well as a participant in this conference. When the time came for concentration exercise, I measured my ability to concentrate. I realized where I was wasting my time. I was very unorganized earlier but in that session I learned to keep things organized. When I sat for quiet time, I used to get a calm environment in which I used to get a lot of convenience in writing my diary which was virtually not possible.

We were successful in conveying our message to all the participants. Lots of positive commitments were seen. I really enjoyed working with the volunteer team. I will always be thankful to the Let's Make A Difference team and Viral sir.

#### **4. Shivrai Pokharkar, Dharashiv, Maharashtra :**

My experience at the National Youth Conference 2022 held at the Asia Plateau was truly transformative. It was my first conference of this kind, and I attended it with my elder brother, Prathmesh. Initially, I had no idea what Let's Make A Difference stood for, but the excitement of meeting people from all over India made it an exhilarating experience.

One of the challenges for me was submitting my phone, which I had been addicted to, with a daily usage of over 17 hours. However, after learning about Let's Make A Difference

and the potential to become a better version of myself, I decided to submit my phone. The conference started with Day 1, where I had the opportunity to meet people from diverse backgrounds and learn about their cultures and rituals. It was a fantastic experience.



On Day 2 and Day 3, I delved deeper into introspection after learning about the ABC of Let's Make A Difference. It left me in deep thought and helped me realize how an ideal human is formed by following basic values such as honesty, purity, unselfishness, and unconditional love. These days of introspection allowed me to create a roadmap for my future, something I had never done before. I reflected on my short- and long-term goals in life and determined the necessary efforts needed to achieve them.

Quiet time became a pathway that connected me with myself. Every quiet time session brought about a taste of change in me, and I was able to introspect further with each passing day. The Circle of Trust provided a safe space for me to share everything without fear of judgment.

Armed with these lessons, I returned to my hometown with renewed energy and a positive spirit. However, as months passed, I became occupied with my academics, pursuing three degrees simultaneously: CA, CS, and B. Com. Eventually, due to some unforeseen events, I faced a big failure in my CA exams, and I decided not to pursue my CS and B. Com exams. One day, while scrolling through Instagram, I came across a post about the Punjab Youth Conference organized by Let's Make A Difference. Intrigued, I called Viral Sir and asked if I could join the Jalandhar Youth Conference. I was delighted to receive a positive response. I traveled to Delhi, where I stayed at a fellow's home before taking a train to Jalandhar. The positive environment at the fellow's house made me feel lucky, and I eagerly anticipated the upcoming conference.

The management of the conference was commendable, with everything organized meticulously and punctually. At the Jalandhar Youth Conference, I took on the responsibility of

technical work, such as presentations and sound. It was my first experience as a volunteer for Let's Make A Difference. During the three-day session, I had the opportunity to hear Viral Sir speak again and practice quiet time. Interacting with the young participants allowed me to introspect once more and recognize areas where I needed improvement. The group discussions, quiet time sessions, and overall atmosphere of the conference helped me experience the taste of change again. This time, I was determined to take these values home and implement them in my daily life.

Little did I know what would happen while returning from Punjab to Delhi. I realized I had forgotten to book my train tickets back to my hometown. Upon reaching the Fellowship House, I felt the need to apologize for my mistake. However, I was overjoyed when Viral Sir offered me the opportunity to stay for more days and help with the upcoming conference. Although I was uncertain if my parents would allow me to extend my stay, I managed to convince them.

And was ready to experience as a guest what fellowship actually is. But due to the past travels and climatic changes. I was caught by cold fever and a heavy cough and was partially quarantined. Thanks to the Let's Make A Difference family, who took care of me like my own family, Prathmesh bhaiya used to serve me food in the room, and Sayok bhaiya provided me with medicines. Viral bhai used to personally come and inquire about my health daily. Slowly, as my health was getting better, I used to join the team with the exercise and sessions of quiet time. In the morning, quiet time we introspected on the pyramid of life, Viral sir used to provide us quiet time inputs, the reason being we can introspect more deeply within ourselves. After which I had clarity on all my short term as well as long term goals. The quiet time in my family and relationship left me with tears in my eyes. And helped me towards acknowledging the purpose of my life.

After 2 hours of quiet time daily we had a yoga session which brought me to notice my physical health as well. I practiced Surya namaskar and many more asanas on a daily basis. I realized due to these yoga sessions my entire day used to turn energetic.

And last but not the least a very special thanks to the team Let's Make A Difference for making my birthday special and memorable. Your kind words and thoughtful birthday wishes really touched my heart. Thank you, colleagues, for making me feel appreciated and loved!. I feel so lucky to work with such an amazing group who took the time to celebrate my day with a beautiful North Indian dinner.

Words, sentences, paragraphs turn out to be short to express my gratitude towards you. And I promise I will work and follow the path and the values which Let's Make A Difference has given to me.

## **5. Sunita Kadam, mother of Akshata and Prathamesh, Dharashiv, Maharashtra :**

एक आई या नात्याने, माझा मुलगा पर्थमेशला वाढताना आणि विकसित होताना पाहणे हे हृदयस्पर्शीर आणि मनापासून समाधान देणारे आहे. 2022 मध्ये माझी मुलगी अक्षता हिने त्याला पाचगणी Let's Make A Difference परिषदेत पाठवण्याचा आग्रह केला तेव्हा हे सवर् सुरू झाले. मला फारसे माहीत नव्हते की, हे त्याच्या जीवनात एक विलक्षण परिवर्तन घडवण्यासाठी उत्प्रेरक ठरेल. अनुभव, वेळ व्यवस्थापनाचे मौल्यवान धडे शिकणे आणि त्याचा मोबाईल फोनवरील अवलंबित्व कमी करणे.

पण शरी विरल जी मुजुमदार सरांसोबतच्या डिसेंबरमधील कायर्शाळेने खरोखरच सवर् काही बदलून टाकले. सरांच्या मागर्दशर्नाखाली पर्थमेश एक शिसूतबद्ध, जबाबदार तरुण म्हणून बहरला. त्यांची नवीन शिसूत वैयक्तिक सवर्यींच्या पलीकडे त्यांच्या आयुष्याच्या परत्येक पैलूप्यरंत विस्तारली. काम आणि व्यवसायाचा समतोल साधण्यापासून ते क्रिकेट आणि टेनिस सारख्या खेळांमध्ये उत्कृष्ट कामगिरी करण्याप्यरंत, त्याने सवर् गोष्टींकडे बारीकसारीक नियोजन आणि समपर्ण केले.

सरांनी पर्थमेशकडे दाखवलेली खरी काळजी आणि लक्ष हे मला सवार्त जास्त भावले, त्याला मुलासारखे वागवले आणि त्याला मागर्दशर्न केले. अटूट समथर्नासह. या पोषक वातावरणाने केवळ व्यावसायिक वाढच वाढवली नाही तर सहानुभूती आणि समस्या सोडवण्याचे गुणही विकसित केले.

एक आई म्हणून, माझ्या मुलामधील हे बदल पाहून मला अभिमान आणि कृतज्वता वाटली. लेट्स मेक अ डिफरन्स ही संस्था आणि व्हायरल सर हे फक्त मागर्दशर्क बनले नाहीत; ते आमचे विस्तारित कुटुंब बनले आणि पर्थमेशच्या भविष्याला अशा परकारे आकार दिला ज्याचे मी फक्त स्वप्न पाहू शकतो.

आता, जेव्हा मी पर्थमेशकडे पाहतो तेव्हा मला एक तरुण दिसतो जो जीवनातील कोणत्याही आव्हानावर मात करण्यास तयार आहे. त्यांचा परवास हा सवार्ंगीण विकासाच्या सामथ्यार्चा आणि अस्सल मागर्दशर्नाच्या परिवर्तनीय परभावाचा पुरावा आहे. Lets make a Difference आणि Viral सरांनी माझ्या मुलाच्या आयुष्यावर केलेल्या सकारात्मक परभावाबद्दल एक आई म्हणून मी अधिक आभारी आहे.



*Akshata Ghoghare, Sunita Kadam, Nandkumar Kadam,  
Prathamesh Kadam*

*\*translation in English*

As a mother, watching my son Prathamesh grow and evolve has been both heartwarming and deeply fulfilling. It all started when my daughter Akshata urged me to send him to the Panchgani Let's Make A Difference conference in 2022. Little did I know, it would be the catalyst for a remarkable transformation in his life.

At the conference, Prathamesh immersed himself in the experience, learning valuable lessons in time management and reducing his reliance on mobile phones. But it was the December workshop with Mr. Viral Mazumdar Sir that truly changed everything. Under Sir's guidance, Prathamesh blossomed into a disciplined, responsible young man. His newfound discipline extended beyond personal habits to every aspect of his life. From balancing work and business to excelling in sports like cricket and tennis, he approached everything with meticulous planning and dedication.

What touched me most was the genuine care and attention Sir showed towards Prathamesh, treating him like a son and guiding him with unwavering support. This nurturing environment fostered not just professional growth but also instilled qualities of empathy and problem solving.

As a mother, witnessing these changes in my son filled me with pride and gratitude. The Let's Make a Difference organization and Sir became more than just mentors; they became our extended family, shaping Prathamesh's future in ways I could only dream of.

Now, when I look at Prathamesh, I see a young man poised to conquer any challenge life throws his way. His journey is a testament to the power of holistic development and the transformative impact of genuine mentorship. As a mother, I am more thankful for the positive influence Let's Make a Difference and Sir have had on my son's life.

## **6. Kusum Shukwani, Katni, Madhya Pradesh :**



My visit to the fellow home in delhi on 20 may 2023 , had me reconnect with the idea of Let's make a difference once again, after a 4-year hiatus. It was inspiring to see just how absolutely disciplined the fellow home was. The values, although similar in nature to those discussed during the conference, were a much more in-depth and concentrated version of what I recall from the conference.

Details were to the decimal and everything was so systematically organised, it was in itself a sight to watch.

"Practice what you preach," is what I remember being taught 4 years ago by these very people, and to see them doing the very same things acted as a major reinforcer for me.

## 7. Tanishqa Gandhi, Ahmednagar, Maharashtra :



Staying at Fellow Home was a transformative experience that deeply influenced my personal growth. Self improvement and community development went hand in hand. Each day spent at Fellow Home was a step towards becoming a better version of myself, thanks to the inspirational atmosphere and the fellows who shared this journey with me.

I remember writing in my fellowship application that I was highly adaptable and open to be moulded as I had yet to develop any specific qualities. When I first entered Fellow Home, I was unrefined and uncertain, but by the time I left, I had blossomed into a more confident and self assured individual who had done things she never envisioned.

One of the most impactful aspects of Fellow Home was its ethos. The rules and values imparted us , the basic foundation of Let's Make A Difference. They were simple yet pro

found, fostering a sense of responsibility, respect.

Every interaction at Fellow Home was guided by mutual respect and kindness. It created a safe and supportive environment to uplift everyone present in it. It was easier to open up and share personal experiences and challenges.

We were encouraged to set personal goals and support each other in achieving them. Everyone was invested in each other's growth.

Being open to new experiences This openness allowed me to step out of my comfort zone, try new things, and view challenges as opportunities for growth.

The vibe at Fellow Home was one of continuous improvement and mutual support. Conversations often revolved around self-discovery, learning, and future aspirations. The positive energy was palpable, and the encouragement from fellows was unwavering. This nurturing environment played a crucial role in my personal evolution.

Fellow Home was more than just a place to stay, it was a place that inspired growth and personal development. The experience taught me invaluable lessons.

## E. Project Details:

### 1. Jalandhar Visit, Punjab, 10 April, 2023

**Venue:** i. Doaba College  
ii. Guru Virjanad Gurukul Mahavidyalaya  
iii. Kanya Mahavidyalaya  
iv. Sanskriti K M V School

**Dates:** 10 April 2023

**Number of Participants:** 1

#### **Brief description of the Project:**

1. Prior to the conference, a preliminary visit was made to Jalandhar city to assess the campus of the host school and other amenities to understand and make a perfect logistical estimation to eliminate any emergency situation.
2. Prathamesh Kadam went on a one-day visit to Sanskriti K M V School to meet the Principal Mrs. Rachna Monga and the coordinator Ms. Surbhi, to acquaint them with the team requirements and understand where the conference will be held.

## 2. Jalandhar Youth Conference, Punjab, 27-29 April, 2023

**Venue:** Sanskriti KMV School, Jalandhar, Punjab

**Dates:** 27 - 29 April, 2023

**Number of Participants:** 193

### Day 01

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

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

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



*Lighting of the lamp at the inauguration of Jalandhar Youth Conference*



After the lunch break, the participants were allowed to disperse into their allotted groups for the group discussion where they introduced themselves. The participants were introduced to the pledge on sustainable living which was explained by the course convenor and those willing to follow signed it. The day ended with a session on increasing one's concentration.

## Day 02

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

Quiet time is the most important aspect of a Let's Make A Difference conference. The morning introspection lets one to sit quietly and listen to their inner voice. The morning plenary was only about self and going within. To go further deep into analyzing oneself to the absolute standards, students were given quiet time. Later on, students came and shared their conscious guided thoughts of being dishonest and selfish towards their siblings.

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

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



*Participants engrossed in writing during Quiet Time*

## Day 03

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



*Group discussion*

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

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



*Group picture - Jalandhar Youth Conference*

## **Annexure 1 - Positive Commitment**

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

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

## Annexure 2 - Student's Feedback

What did you like in the Conference?

- It was inspiring and help us look within ourselves
- Everything (especially quiet time)
- There was very friendly environment where we can share things that we had never shared with anyone
- I like the way they explained everything
- We gain many new knowledge like how to build our realtions better. I loved quiet time because it gathered our thoughts in one page. Overall it was good
- I liked all things in the conference as they tell us moral values and my life is going to be changed
- It was an interesting conference and it is for sure important to make people realise about the humanity and moral values and how to follow this path precisely in life
- The whole conference was nice, but the quiet time was the best
- Quiet time
- Everything
- I like the way Let's Make A Difference is spreading positivity in the society and explaining the importance of family, friends and what is the motive of our life
- I liked sir's way of teaching
- I liked motivational thoughts and changing our habits and focus on goal of our live
- Quiet time activity
- I liked everything. It was the best session I have ever joined. It is the best session to find the true inner you. The best part was the quiet time, where you can write your thoughts on diary and it is a reflection of what we are from Inside. I am blessed to attend this opportunity. I really love it
- That we can share our thoughts and I also liked quiet time
- Behaviour, way of speaking
- I liked how sir helped us understanding our duties and helped us to go on the right way
- I like the jar activity
- The quiet time
- I appreciate the opportunity to participate and the great conference. In fact, the conference was very good and interesting
- Quiet Time
- I really liked how friendly and interactive the whole team was, making it very easy for the students to tell or share thier burdens even I for the first time spoke about my experience in front of many people .
- The morals they taught using their own real life experiences also were an inspiration
- This genuinely inspired the will inside me to try going to Asia Plateau once atleast in my life.
- I liked that sir spoke truth and told their real-life experience.
- I liked almost everything, the lectures were pretty much interesting and the best thing was the quiet time which was a very good experience for me.
- The conference has changed me from inside. I like the family pyramid that how I can not waste my time and all the things which is destroying me I know about them and

- I left all my bad habits I think god has sent the Viral sir to me to solve my problems
- Quiet time
- I like so many things in the conference first of all I like the moral values that Let's Make A Difference team told than I also like that how we should schedule our time and we should use less mobile. I also like our quiet time during the sessions and group discussion.
- The main idea behind student participation in conferences is to build their confidence in public speaking, shed shyness and fear, freely interact with students of different countries, sharing of art and culture and knowing about different lifestyles.
- Conferences helps students to carefully analyze a subject, probe for relevant information, present them in a systematic manner holding the attention of other students.
- I am very happy to feel my inner peace.
- Quiet Time
- The inner self and the moral values
- It was pretty good as we got the opportunity to learn about moral values
- We could learn about moral values and be the one to change the world
- Sir's speech
- Quiet time, which help me in controlling my anger
- I liked the selfless determination and hardwork of the teachers to teach us.
- Time & tide activity
- I enjoyed doing the Quiet time exercise.
- The conference was kinda amazing. Viral Sir not only taught us the real meaning of life but there established a different kind of relationship of ours with him. The way he shared with us his mistake, the way he shared with us stories of people he came across, inspired us alot.
- I learned about many things like- always learn something new, be honest, be honest, conquer your fair, and many more.
- I liked the way how the sir described us the purity and impurity present in us and how can we fix them with our inner voice .
- All the four things about purity, unconditional love, unselfishness and honesty
- I like the values and the way of explaining everything
- Stories based on honesty
- The idea of quiet time was the best thing in the conference. The quiet time taught me how to be calm and save our dearest relationships from getting ruined. I got really inspired a lot by hearing the inspiring stories of every Let's Make A Difference member.
- That 3 days session was the best session ever.
- The conference was very motivational it includes many activities that will help us in now and in our future also. The thing I like the most was quiet time
- The conference was actually very good. I loved the quiet time most.
- The talk about concentration and time managment
- Knowledge for career development and respecting our parents
- Decision and life lesson examples
- Everything
- Politeness, Sincerity , Honesty And Dedication.
- Discussion about Honesty, Purity, Unselfishness and unconditional love
- Quiet time
- They taught us really valueable things in the conference
- It made me know that what is right and what is wrong for me.

- I really liked quiet time, pyramid of life and time and tide activity.
- Learn about new things and moral values, carrer, motivation, overcome addiction best conference
- Conference was interesting
- About the Moral Values and the aspects on how we could evaluate our life! And ya the last but not the least one was that Sir shared his personal life experiences with us for our better understanding!
- Everything
- The basic things which we learnt like honesty, purity, unselfishness, unconditional love
- I liked the Conference
- That thing is don't jealous with someone, Believe in yourself etc
- All the activity, Quiet time
- I liked the session which has been given by the professional motivational speaker.
- Each participant proceeded for their first quiet time. During the session, The participants were introduced to the four principles i.e. purity, honesty, unselfishness and love which are bound together in the abbreviation 'PHUL'. These principles lay at the core of this conference and are the basic pillars of what Let's Make A Difference stands for. Each one for the duration of this conference is assigned a family group. The participants proceeded for their first group discussion in their respective GD spots. It started with an informal introduction followed by a reinforcement of the Dos and Don'ts and the ethics of the group discussion by the volunteers of every group. "I realized that I spend a lot of time concentrating and pondering over what people around me do and experience. I want to give myself more attention from now on." The session was very impactful; many participated and were seen writing in their diaries very seriously.
- Group Discussion
- Morality
- It was inspiring. I got to know I am not as bad as I think I am. The whole conference something I'll never forget in my life

What did you not like in the Conference?

- It was lengthy, we had to sit in the chair for long hours. Should have more breaks in between. (24)
- There is nothing to be disliked (36)
- It was boring after some time as breaks were required in between. At the same time as they were telling about the negative traits about internet and to stop using phones but they should also know that in this generation it is a necessity of day to day life and important things are working because of this invention of mobile phones and internet, most specific example is COVID time as it was the only way to connect with people and to know what is happening in our nation in the difficult times.
- Should have more days (6)
- I didn't like the Quiet time
- I didn't like song Chaliye Na
- Strictness of teachers and Let's Make A Difference team members
- Less quiet time
- The morals because in my opinion we can't survive in this world if we follow the morals

blindly

- I found it boring but I promise that I will learn all those basic things

One change you would like to see in yourself immediately

- To not let other questions and thinking effect my thoughts and myself
- Using my time in a best way
- Nothing
- I gain little bit confidence
- Talking to my parents very politely
- More self love and encouraging myself
- Concentration
- Honest and time conscious
- Discipline
- Gain some confidence
- My love, affection and behaviour toward my family
- To change bad habits into good, less screen time
- Decrease anger
- I have now better relationship with my mother and I can concentrate better
- My confidence
- Time management
- I reduce my laziness
- Accepting my mistake
- To stop comparing myself to others
- Quiet time
- To be punctual for every task .
- I think that i need to share my feelings and not just keep it to myself always.
- I want to control my anger.
- Getting less angry
- Leaving ego
- I wake up early in morning
- I would like to see one change in me that is concentration.
- Concentration
- To not become jealous of anybody's wealth or dress. To prefer peace over money.
- My habits
- I have feel confidence from inside
- Waste of time
- I become a little bit open minded then I was before
- I want to be unselfish
- Control on anger
- Good Communication Skills
- Time save
- Expressing myself
- Concentration
- taking control over my emotions
- I am feeling so confident

- I saw that my whole timetable and daily routine got changed
- I see myself from inner that what I am and what I should be
- I want to build my self confidence
- The screen time of my mobile reduce
- Focusing more on my studies than on the mobile phone .
- Keeping control on anger
- I realised that I was selfish and then I tried my best to be unselfish
- To be more concentrated and focused
- Saving my time
- Helps to make ideas
- Habit of quiet time and spending time with parents
- I want to stop overthinking
- Being More Confident
- I want to Honest
- I want to control my anger
- Controlling anger and not wasting anything
- To don't get addicted with anything easily.
- Time Management and control over Anger
- Honesty
- Healing nature
- Honesty and purity in thinking!
- Honesty
- My concentration power
- Don't trust blindly in somebody else
- Be honest
- Get up early in morning.
- Yes i saw the change in me at the same time. I got realized in quiet time that I have a lot of anger and I used to show disrespect to the elders too inside.
- Patience
- Understanding myself and obeying parents
- Not lying to myself

#### One strong powerful takeaway

- Reduced social media addiction
- To manage anger
- It makes my realtion better
- I want to becomea a successful prson
- To value self respect and others as well
- Strong powerful mind and my character
- Be honest and respect your family and focus on your goal
- Concentration
- Selflessness
- Control anger
- The quiet time
- Confidence



- Motivational things
- I am important enough to take time for myself
- I learn many things to the conference
- Pyramid of life
- Find the challenge in everything
- Not using mobile before sleeping
- I will change myself
- Since the conference i am genuinely reduced my screen time and reducing it was pretty sure a huge advantage my sleeping schedule just started improving.
- I will crack NEET 2025.
- The Quiet time
- Focused on my goal
- To not waste time
- Doing hardwork for my goals and achieving them.
- No anger
- Believing you can become successful is the most important step in actually achieving it.
- Be true to yourself
- I have learned how to deal with everyone
- Will use time properly
- I will be more honest with people
- Moral values
- Quiet time
- Respect towards parents
- Respect parents
- Focus
- Importance of relationships and our life
- After the event, I did not waste a single minute.
- I came to know that how can I utilities my time into good things and good work .
- I will try to be calm always with everyone in every situation and I will change myself in a good way
- Quiet time
- I will always do quiet time.
- Future guidance
- We must follow 4 rules of our life that are purity, honesty, unselfishness, love
- The use of concentratio booklet and Time managment
- Reduced my screen time
- My anget
- Honesty
- Stop lying and selfish
- Sometimes I become very rude with my little sister so when the conference ends i hugged and kissed her
- Trying to control anger and we should not have attitude
- To focus on studies instead of mobile phones
- Respect towards parents
- To change ourselves for good future
- Respects elders
- Hyper Focus

- Quiet time
- My thinking about my time and routine
- Pledge to save our natural resources
- Presentability
- Surround yourself with the smartest people you can and learn from them.
- Things will never go as you expect them to, so be flexible.
- Take initiative, be bold, and have ambition.
- Quiet time
- Good vibes
- Be happy and positive
- “I can be the change and I can bring the change” this was what I was telling myself on the last day of conference.

Describe the Youth Conference in one line

- It was a great session
- Truth of life
- Conference which focused on love, honesty in human life.
- Get knowledge about good things
- Awesome
- It was good
- It is very useful for the teenagers
- Change in youth
- Full of knowledge
- It was a good experience.
- Motive of life
- Motivate everyone and change there living style
- Awesome
- The conference is indescribable by words. I am lost of words truly
- All in one
- This conference was good
- Conference in which people can change
- The conference was thoughtful
- Steps towards good behaviour
- It was motivational and such an honour to have you all on the leadership team
- Youth conference that encouraged me
- The youth conference was very effective and meaningful
- It was perfectly inspiring.
- This conference was like a heaven for me.
- The best for the best of our nation.
- Amazing
- I learn many things from this conference like how to save time and control anger
- The best thing for youth.
- It was very good
- Quiet time, diary, pen and inner guidance can become the most powerful tool to chisel one's life.

- It is a conference which help people to introspect
- Show right path which one self forgot
- It helped us to learn that we should be pure, honest and unselfish
- Okay
- Excellent
- It was an interesting, interactive, demonstrative and life changing conference
- Best & make changes in all of us
- Inspiration
- It was great
- It was amazing but I'm short of words to describe it
- It was good.
- Youth conference made me think about my daily life .
- Life-changing
- It was an awesome experience to attend this conference
- Teach us about purity, honesty, and true love.
- The most inspiring session inspiring hundreds of students.
- The most motivational conference than other conferences seen earlier
- The conference is very interesting and It teaches us very important moral values
- Good and thought provoking
- Brilliant!
- Learned various things in one conference
- The Youth conference can change generations
- Very informative
- Inspiring
- Extraordinarily Magnificent
- Experience of important values not discussed generally
- I enjoyed the conference and its amazing
- Moral values giving session
- It makes us know that what is right and what is bad for us by at home also.
- Best and the most efficient conference I ever attended in my lifetime.
- Moral values are the real base of bright future
- Very helping to students
- I attend most motivational conference
- Pathway to success
- This is the my first and last best youth conference
- It is a life changing conference
- The session held in conference was really informative, amazing which help to become a good human being and professional.
- It's a chance to help youth learn, grow, and have an uplifting, spiritual experience.
- Group Discussion in separate rooms was quite interesting and interactive
- A source of motivation and learning .
- Once a year but something we can keep in our mind forever

## Annexure 3 - Press Reports

# दैनिक सवेरा

अंधे से जगने की ओर... टाइम्स

## संस्कृति केएमवी स्कूल के छात्रों के लिए करवाई तीन दिवसीय कार्यशाला



तीन दिवसीय कार्यशाला में सम्मानित होते हुए विद्यार्थी ।

(संदीप)

**सवेरा न्यूज/कुश जालंधर,** : संस्कृति केएमवी स्कूल के छात्रों में मानवता, संवेदनशीलता, नैतिकता एवं सामाजिकता जैसे मूल्यों के विकास के लिए आयोजित तीन दिवसीय कार्यशाला एल.एम.ए.डी (लेट्स मेक डिफरेंस) का समापन हुआ। एल.एम.ए.डी कार्यक्रम के संस्थापक वीराल मजूमदार के दिशा-निर्देश में छात्रों को मोबाइल फोन का कम से कम प्रयोग कर सामाजिक गतिविधियों में सक्रिय रूप से भाग लेने के लिए प्रेरित किया। जिस दौरान छात्रों को जीवन के लक्ष्यों को कलमबद्ध कर और उसे जीवन में आत्मसात करने की सीख दी। कार्यक्रम में भाग लेने वाले सभी प्रतिभागियों को प्रमाण पत्र देकर सम्मानित किया गया। प्रधानाचार्या रचना मोंग ने कहा कि आज का विद्यार्थी आने वाले कल का जिम्मेदार नागरिक होगा इसलिए उसमें सौहार्द, कर्तव्यनिष्ठा एवं सहानुभूति जैसे सकारात्मक विचारों को पोषित करने के लिए स्कूल समय-समय पर इस प्रकार की गतिविधियों को क्रियान्वित करने के लिए किटबद्ध है।



जालंधर भास्कर 28-04-2023

## संस्कृति केएमवी स्कूल में तीन दिवसीय वर्कशॉप का आयोजन



वर्कशॉप में विद्यार्थी को संबोधित करते हुए वक्ता।

जालंधर | संस्कृति केएमवी स्कूल में छात्रों के नैतिक, बौद्धिक एवं व्यक्तिगत विकास के उद्देश्य से कक्षा नौवीं एवं ग्यारहवीं के छात्रों के लिए एलएमएडी की तीन दिवसीय अद्वितीय प्रशिक्षण कार्यशाला का आयोजन किया गया। इस कार्यशाला का उद्देश्य युवाओं को उनकी आंतरिक शक्तियों का एहसास करने के लिए प्रेरित करना और उनकी मूल्य प्रणाली को मजबूत करना है। प्रिंसिपल रचना मोंगा ने आर्य शिक्षा मंडल के ध्रुव मित्तल और एलएमएडी

के सदस्यों का स्वागत किया। विशेषज्ञ विरल मजूमदार ने संस्था के विषय में बताते हुए कहा कि एलएमएडी अपने आप में एक यूथ मूवमेंट है जो इनीशिएटिव्स ऑफ चेंज का हिस्सा है। यह परिवर्तन स्वयं से प्रारंभ होता है विषय पर आधारित है। प्रिंसिपल रचना मोंगा ने विरल मजूमदार ने ध्रुव मित्तल के अपने संबोधन में कहा है कि ऐसी कार्यशाला विद्यार्थियों के मन एवं मस्तिष्क में एक बदलाव लाएगी जो कि आज की पीढ़ी की आवश्यकता है।

पंजाब  
केसरी

FRI, 28 APRIL 2023

EDITION: JALANDHAR KESARI, PAGE NO. 6

## संस्कृति के.एम.वी. स्कूल में 'लैट्स मेक ए डिफरेंस' विषय पर कार्यशाला शुरू

जालंधर, 27 अप्रैल (विनोत): संस्कृति के.एम.वी. स्कूल में एल.एम.ए.डी. की ओर से 3 दिवसीय कार्यशाला का आगाज हुआ, जिसमें 9वीं से 11वीं तक के विद्यार्थियों ने शिस्त की। आर्य शिक्षा मंडल के कोषाध्यक्ष ध्रुव मित्तल इस दौरान बतौर मुख्यातिथि पधारे,

जिनका प्रि. रचना मोंगा ने पुष्पित अभिनंदन किया।

एल.एम.ए.डी. (लेट्स मेक ए डिफरेंस) के विशेषज्ञ विरल मजूमदार ने इस दौरान अपने संबोधन में बताया कि वह अपने आप में एक यूथ मूवमेंट हैं, जो कि इनिशिएटिव्स ऑफ चेंज का हिस्सा भी हैं। उन्होंने कहा कि परिवर्तन, स्वयं से प्रारम्भ होता है। उन्होंने बताया कि छात्रों



मुख्यातिथि ध्रुव मित्तल के साथ प्रि. रचना मोंगा, विरल मजूमदार, छात्राएं व स्टाफ सदस्य। (ठाकुर)

में दूसरों को सुनने की रुचि तथा निर्धारित कार्य को फोकस के साथ करने की प्रेरणा दी।

मित्तल ने कहा कि ऐसी कार्यशालाएं विद्यार्थियों के मन एवं मस्तिष्क में ऐसा बदलाव लाएंगी, जो कि वर्तमान पीढ़ी की आवश्यकता है और उनमें नैतिकता, पवित्रता, स्वार्थहीनता के गुण विद्यार्थियों के जीवन में अहम रोल अदा करेंगे।

## संस्कृति केएमवी स्कूल में 3 दिवसीय कार्यशाला संपन्न

जालंधर | संस्कृति केएमवी स्कूल के छात्रों में मानवता, संवेदनशीलता, नैतिकता एवं सामाजिकता जैसे मूल्यों के विकास के लिए आयोजित तीन दिवसीय कार्यशाला एलएमएडी (लेट्स मेक डिफरेंस) का समापन हुआ। इस दौरान वीराल मजूमदार के दिशा-निर्देश में छात्रों को मोबाइल फोन का कम से कम प्रयोग कर सामाजिक गतिविधियों में सक्रिय रूप से भाग लेने के लिए प्रेरित किया, जिस दौरान छात्रों को जीवन के लक्ष्यों को कलमबद्ध कर और उसे जीवन में आत्मसात करने की सीख दी। कार्यक्रम में भाग लेने वाले सभी प्रतिभागियों को प्रमाण पत्र देकर सम्मानित किया गया।

## संस्कृति केएमवी स्कूल में कार्यशाला करवाई

जासं, जालंधर : संस्कृति केएमवी स्कूल में विद्यार्थियों में मानवता, संवेदनशीलता, नैतिकता व सामाजिकता जैसे मूल्यों के विकास के लिए आयोजित तीन दिवसीय कार्यशाला संपन्न हुई।

कार्यक्रम की अध्यक्षता प्रधानाचार्य रचना मोंगा ने की। कार्यशाला में विद्यार्थियों को मोबाइल का कम से कम प्रयोग कर सामाजिक गतिविधियों में सक्रिय रूप से भाग लेने के लिए प्रेरित किया गया। कार्यक्रम में भाग लेने वाले सभी प्रतिभागियों को प्रमाण पत्र देकर सम्मानित किया गया।

DAINIK JAGRAN  
02-05-2023

## SANSKRITI KMV SHAPING YOUNG MINDS



Sanskriti KMV School has taken a progressive step towards shaping young minds by introducing a programme.

**Jalandhar Tribune**

Fri, 28

<https://>



### TRAINING PROGRAMME AT SANSKRITI KMV

Sanskriti KMV School, a leading educational institution, concluded a three-day interactive program titled LMAD (Let's Make A Difference) aimed at promoting sensitivity towards humanity. The programme, in collaboration with Asia Plateau, a renowned organisation from Maharashtra, was an effort to instil values of compassion and empathy among the adolescent students. The LMAD program, under the direction of Viral Mazumdar (Founder and Programme Director), encouraged students to reduce screen time and focus on building interpersonal relationships while promoting a gadget free and serene environment. The programme was well-received by the students, who actively participated in various activities and shared their thoughts and opinions. As a part of the programme, the Positive Commitment Board was introduced, allowing students to write down their resolutions and dreams. Rachna Monga, Principal, specifically mentioned that the school believes in nurturing responsible and empathetic global citizens and is committed to provide students with opportunities to broaden their horizons.



# 'लैट्स मेक ए डिफरेंस' कार्यशाला में विद्यार्थियों को सिखाई 'अच्छी आदते'



समापन समारोह में मौजूद प्रिं. रचना मोंगा, ध्रुव मित्तल, वीराल मजूमदार, विद्यार्थी व स्टाफ सदस्य। (बकुर)

जालंधर, 1 मई (विनीत): संस्कृति के.एम.वी. स्कूल एल.एम.ए.डी. की ओर से चल रही 3 दिवसीय कार्यशाला 'लैट्स मेक ए डिफरेंस' का आज समापन हुआ, उल्लेखनीय है कि कार्यशाला में वीराल मजूमदार के दिशा निर्देश में विद्यार्थियों को मोबाईल फोन का कम से कम प्रयोग करके उन्हें समाजिक गतिविधियों में सक्रिय रूप से भाग लेने के लिए प्रेरित किया गया। इसके साथ ही उन्हें जीवन के लक्ष्यों को कलमबद्ध करके उसे जीवन में

अपनाने का भी संदेश दिया देते हुए उन्हें जीवन यापन की अनेकों अच्छी आदतों को भी सिखाया गया।

प्रिंसीपल रचना मोंगा ने समापन समारोह की अध्यक्षता करते हुए कहा कि आज का विद्यार्थी आने वाले कल का जिम्मेदार नागरिक होगा, इसलिए उसमें कर्तव्यनिष्ठा व सहानुभूति जैसे सकारात्मक विचारों को पोषित करने के लिए संस्कृति के.एम.वी. स्कूल समय-समय पर इस प्रकार की गतिविधियों को क्रियान्वित करने के सदैव प्रतिबद्ध है।

### 3. Kartarpur Session, Punjab, 29 April, 2023

**Venue:** Guru Virjanand Gurukul Mahavidyalaya, Kartarpur

**Dates:** 29 April, 2023

**Number of Participants:** 200

During the concentration session of the Jalandhar Youth Conference on 27 April, Dr. Udyan Arya, Principal, Guru Virjanand Gurukul Mahavidyalaya attended and participated in the exercise. Dr. Udyan towards the end of the day was inspired and asked the Let's Make A Difference team to visit his gurukul for a short session with their students. Dr. Udyan is a doctor of philosophy in Sanskrit/ Vedic Literature. The students studying in the gurukul come from all across India. They belong to "below the poverty line". The education, food and hostel is free of cost.

On 29 April after the conclusion of the Jalandhar Youth Conference at Sanskriti KMV School, the team went to Kartarpur. As a part of the traditional gurukul system of education and transmission of knowledge, information about the livestock is taught to the students. Dr. Udyan showed the different breeds of cows and bulls, domestic, purebred and hybrid. Then, we were taken inside the school, where students from different parts of India from far east to west and from north to the southern state children from ages 12 and above study Sanskrit in the medium of instruction and the language spoken at the gurukul.

After that, the team went to the hostel adjoining the school where students went after their school hours and studied during the evening. 200 students gathered seated in rows on the ground eagerly waiting. The principal addressed the gathering and introduced Mr. Viral Mazumdar and the work of Let's Make A Difference with respect to the inculcation of moral values among the youth. Mr. Viral addressed the gathering informing them that the message of four values of Purity, Honesty, Unselfishness and Love though not something new, but something that we due to our neglect fail to assimilate in our behavior and being. The team introduced themselves and also explained what made them come forward and volunteer for the Let's Make A Difference programs.

There is no program of Let's Make A Difference without a song, the team sang two songs, Chaliye Na and Kaun Hai Zimmedar, each song apt and relevant to the current time. Chaliye Na is a herald from the inner voice of each individual to come forward and be an ambassador of change. Kaun Hai Zimmedar addresses the casual statement of passing the blame on others by not taking responsibility. The students seated in the hall connected with the song and all of them repeated the chorus along with the team. The session was hour-long, post which we sat for dinner at the gurukul.

## 4. Observation Home, Jharkhand, 12 May, 2023

**Venue:** Juvenile Observation Home, Ghaghidih, Jamshedpur

**Dates:** 12 May, 2023

**Number of Participants:** 71

After a three-day intensely powerful workshop held in the Juvenile Observation Home at Ghaghidih, Jamshedpur in February this year, the Let's Make A Difference team decided to follow up the inmates to rejuvenate them with the energy & values we had offered them in the second visit. A 5-hour workshop was conducted on 12 May 2023 in the Ghaghidih Observation Home.

The rationale behind the third visit was our belief & understanding that these inmates need recurring hand holding & support that they lack. From our last two visits, we realized that they have big dreams, they have passion, they can change, they are full of energy but they lack the right direction. February to May, the Let's Make A Difference team was virtually in touch with the caretakers, the warden of the Obv home & the JWC team for feedback on the conduct & response of the inmates. After addressing in depth, the values of Honesty, Discipline, Compassion, Self Introspection, Family & various serious issues during the last two visits, this time we primarily wanted to focus on Anger issues & Unity among the inmates as we assessed few instances of ragging & violence inside the Juvenile.

The day started with a positive response to the question posed by Viral Sir, "How many of you are practicing the Quiet time & penning down your introspection?" To which a unanimous response erupted. We were happy to see a reduction in the number of inmates from 93 last time to 65. There were many new faces & majority were former kids. The initial interaction was positive as they were happy to see us back again. Viral Sir then recalled & provided the Quiet time inputs allowing inmates to reflect on their lives and contemplate their actions. This serene environment sets the tone for self-reflection and personal growth. Following Viral Sir's inputs, coordinators took turns discussing various topics, addressing issues relevant to the inmates' lives. These discussions covered aspects such as personal relationships, family, unity and the impact of hate on loved ones.

After receiving inputs from the coordinators & Viral sir, the inmates were divided into four groups. The interactive group discussion provided a platform for open dialogue & self expression. The new inmates shared their stories & how they feel guilty about their past actions. They were quite moved with the inputs shared & we could see that they wanted to change. The inmates who have attended the last two workshops shared how they are into the path & putting consistent efforts to bring about a change in their behavior, move out & start their new journey. Previously, they felt trapped & suffocated inside, finding wrong ways to get out but now they were calm & have accepted the consequences. Within their respective groups, the inmates explored the significance of family, shared stories of individuals they loved and discussed instances of hate and its potential to cause harm to their loved ones. Through these group discussions, the inmates gained a deeper understanding of the impact their actions could have on the people they cared about. It became evident that hate not only hurt others but also negatively affected their own well-being.

Following the group discussion, the atmosphere shifted towards introspection and personal accountability. The inmates settled again in the classroom and Viral Sir addressed issues of Unity & Ragging before them. Example of Tom & Jerry was set by one of the coordinators as to how Friendship is the best gift ever, Tom could never see Jerry suffer & vice-versa. We encouraged them to help & motivate each other in this path of self introspection & growth, rather than becoming a hindrance, you must be of support. It is to be a team & unite, Tom & Jerry always made an effort to unite & stand up against their enemy, in your case it's your anger. We conveyed them to build trust among each other & live like a family.

The inmates reflected on their past mistakes, acknowledging the pain they had caused to their friends. Guided by the insights gained throughout the day, the inmates took a brave step of apologizing to their friends for the harm they had inflicted. They willingly came up to the platform & apologized. This takes a lot, to break your ego & bow down. This act of taking responsibility for their actions showcased the inmates' willingness to grow and change. Apologizing allowed them to bridge the divide created by their past behavior and take the first steps towards healing and reconciliation. The visit provided a safe space for them to confront their wrongdoings, fostering an environment of forgiveness and understanding.

The visit to Ghaghidih Observation Home concluded on a positive note, as forgiveness and smiles permeated the atmosphere. We ended the workshop with a prayer, "Itni Shakti Hamein dena data" and offered the inmates with refreshments. The day's activities encouraged them to embrace empathy, repair damaged relationships and strive for a better future. The Let's Make A Different team's efforts in spreading love and making a difference truly made a positive and lasting impression on the inmates of Ghaghidih. The workshop started with the Let's Make A Difference team posing a question to inmates and ended with the inmates posing a question to us with a smile, "When is the Let's Make A Difference team coming back?" To which we replied, "Soon"!

But deep in our hearts we wish & pray to visit again & see a big lock outside the juvenile; we want no kid to be inside! Until next time.....!

"फरवरी में हुए 3 दिन के उस कांफ्रेंस के दौरान , मैं पहली बार उस निरीक्षण गृह में उन बच्चों से मिला , जिन्हें देखकर मुझे काफी दुख और अफसोस हुआ ।

कलम पकड़ने वाले हाथों ने , चिलम और तमंचों का इस्तेमाल करना सीख लिया था।

उनके लिए जिंदगी बस अब शुरू ही होने वाली थी की गलत संगत , नशे की लत, लालच, या किसी भी रास्ते से पैसे कमाने की जल्दबाजी जैसी कई वजहों से , उन बच्चों ने अपनी मासूमियत और आजादी को खोकर , खुद को उस कैद के हवाले कर दिया था ।

निरीक्षण गृह मे लाए गए एक बच्चे की वजह ने मुझे अंदर तक झंझोड़ दिया । उस 17 वर्षीय लड़के ने सिर्फ इस वजह से अपनी मां पर गुस्से में आकर हमला कर उसे मार दिया था क्योंकि उसे भूख लगी थी और उसकी मां ने खाना परोसने में देर की थी। मैं सोचता रहा कि गुस्सा एक इंसान से क्या करवा सकता है। उस लड़के के आंखों में अब सिर्फ पछतावे के अलावा कुछ नहीं बचा था। वो अपने किए पर शर्मिंदा था।

वहां से आने के बाद में सोचता रहा कि हर देश की सबसे बड़ी पूंजी होती है वहां की युवा पीढ़ी। हमारी भी देश की एक बड़ी तादाद ऐसी ही कई निरीक्षण गृह में कैद है। जिन्हें अगर सही वक्त रहते सिखाया समझाया गया तो वह भी समाज के अच्छे नागरिकों में से एक बन पाएंगे।

लेट'एस मेक ए डिफरेंस का इस तरफ बढ़ाया कदम वाकई सराहनीय है। मुझे गर्व है कि मैं इस संस्था के कार्यकर्ता के रूप में युवा पीढ़ी के इस वर्ग तक पहुंच पाया उन्हें मिल पाया और जिंदगी की एक कड़वे सच से बहुत कुछ सीख पाया।

*\*translated from the original Hindi*

“During that 3-day conference in February, I met for the first time the children in the observation home, seeing them I was very sad and sorry. The hands holding the pen had learned to use the chillum and the tamanchas.

Life was just beginning for them. Due to various reasons like bad company, drug addiction, greed, or haste to earn money by any means, those children, losing their innocence and freedom, surrendered themselves to that prison.

The reason for a child being brought to the observation home shook me to the core. That 17-year-old boy had attacked and killed his mother in a fit of rage just because he was hungry and her mother had delayed serving food. I kept thinking what anger can do to a person. There was nothing left in the boy's eyes except remorse. He was ashamed of his actions.

After coming from there, I kept thinking that the biggest capital of every country is the young generation there. A large number of our country is also imprisoned in many such observation homes. Those who, if taught and explained at the right time, would also be able to become one of the good citizens of the society.

The step taken by Let's Make A Difference in this direction is really commendable. I am proud that as a worker of Let's Make A Difference, I could reach this section of the younger generation, meet them and learn a lot from the bitter truth of life.” - Sonu Arora,  
Coordinator, Let's Make A Difference

“Let's Make A Difference's series of visits to the remand home have been historic for so many reasons. While over more than two decades, Let's Make A Difference has connected with and positively transformed youth from diverse backgrounds, this was the first time, Let's Make A Difference had reached out to young individuals connected by the misfortune of breaking the law. And while Let's Make A Difference's visits made a tremendous impact on the young residents of the remand home, this was a deeply personal and defining experience for me.

I was deeply moved just by sitting in their presence. I was triggered into intense introspection about myself and life itself. Observing the boys at close quarters made me feel connected to them on so many levels. I was touched by their sincerity and authentic behavior.

I could sense that some of them were coping with pain and regret of the actions that put them in the place they were.

I also observed that they listened to Viral Bhai with a keen sense of wonder and received the core message of Let's Make A Difference with hope and were positively curious about the concept of quiet time and the importance of relationships in our lives. It was initially hard for me to absorb the reality that I was sitting in a room full of individuals who were on the wrong side of the law. But then I realized that in some ways, I was no different from them.

I introspected deep within about the wrong things I had done, the times I had been dishonest and the people I had deeply hurt with my words and actions. They were all there, atoning for their sins. But what had I done to atone for mine. Listening to them share their sense of regret and desire to change their ways and find renewed purpose when they would eventually be free, was an inspirational cue for me to do the same even as I continue to enjoy the privilege of freedom. I was grateful for this experience which was as real as life itself and as deeply impactful as any Let's Make A Difference experience I will ever have.” - Bhasham Mansukhani, Coordinator, Let's Make A Difference



*Participants engrossed in the session*

## 5. Kartarpur Workshop, Punjab, 31 May, 2023

**Venue:** Guru Virjanand Gurukul Mahavidyalaya, Kartarpur

**Dates:** 31 May, 2023

**Number of Participants:** 150

On 31 May, Let's Make A Difference was invited to Guru Virjanand Gurukul Mahavidyalaya for a short session. The premise had around 150 students coming from different cities of Punjab. It was an all-boys conference incorporating the age group of 10-25 years.

The session started by showing videos of Asia plateau, followed by Tanishqa and Sayok introducing the work of Let's Make A Difference, and how it has impacted lives of so many people in these 29 years through various national and regional youth conferences. They also introduced the gathering to the premises of the Asia plateau and how it is still relevant to the world.

There is no Let's Make A Difference program without a song. The team sang Chaliye Na, which inspires individuals to come forward and be an ambassador of change. Mr. Viral then took the stage and addressed the gathering informing them about his association and development with the ideas of Let's Make A Difference, he spoke about how his mentors associated with the same concepts of four values groomed him in his life. Further on he also spoke about how the silence of Asia Plateau and his first Quiet Time itself made an unforgettable impact on him. Later, the team was introduced.

The convener highlighted the importance of self-reflection and introspection in the form of quiet time, that the message of four values of Purity, Honesty, Unselfishness and Love though not something new, but something that we due to our neglect fail in our behavior and being. He emphasized how important it was to take a step back and reflect on one's actions. He also spoke about how the morning hours after dawn were the most effective to do this. He spoke about his journey with quiet time over the past thirty years and gave numerous examples of how quiet time changed aspects of his life that he was ever-grateful for. He then asked the participants to evaluate themselves on these four values. After this all the participants dispersed for their Quiet Time around the campus.

After almost 25-30 minutes of soul-searching, it was time for sharing by the participants. The volunteers shared their experiences and how quiet time impacted their life. Prathmesh shared about his journey, where he realized being selfish is not the right way of living and how it helped him improve his relationship with friends and family. Kusum shared about how when she got a chance to study in Pune, she was influenced by vices and how she decided to come out of it.

Some of the sharing by the participants included:

“I am not a very honest person, I lie often. Let's Make A Difference has motivated me to try to be a better person and from today, I'll try to be honest in every situation of life. “

“I’ll try to incorporate good thoughts in my mind, good thoughts can lead to a happier life and hence I will not think bad for anyone”

“I’m not honest to anyone, not even God. I realized in the session that I only go to God at my times of need and greed. Realization is the first step; I will try to do better from now”

Post sharing, participants were shown two videos on how rapidly the world is changing, the ecosystem being polluted by industrial waste, the effects of rapid industrialization in the current climate crisis. The participants were encouraged to sign a pledge vowing to do their part in minimizing their carbon emissions and promoting sustainable development through their actions to minimize the danger of the climate crisis we face today.

Later a token of appreciation was given to Dr. Udyan Arya by Mr. Viral Mazumdar for inviting us to do a session for the participants. The session ended with a group photograph.



## 6. Talk at Lovely Professional University, Punjab, 03 June, 2023

**Venue:** Lovely Professional University, Jalandhar

**Dates:** 03 June, 2023

**Number of Participants:** 100

### Background

Lovely Professional University (LPU) is a private university located in Phagwara, Punjab, India. It was founded in 2004 and is one of the largest universities in India, with over 40,000 students. LPU offers a wide range of undergraduate, postgraduate, and doctoral programs.

### The Talk

On June 3, 2023, Let's Make A Difference was invited for a one-hour session introducing what the youth movement Let's Make A Difference does pan-India. He addressed the gathering in the event hall. The audience present were students, senior faculty members, Dean of Student Welfare Dr. Sorabh and the Pro Vice-Chancellor Mrs. Rashmi Mittal. The premise of the talk ranged from areas we covered to the personal stories of change.

The vast area covered by the Let's Make A Difference team is from North in the foothills of Himalayas to the south in Tamil Nadu, and from the east in Kolkata to the west in Gujarat. Through various Let's Make A Difference conferences across India, many young people irrespective of their background have experienced a phenomenal change in them. These changes become an inspiration to many to embrace the values and ideals of Let's Make A Difference and become the ambassadors of change themselves.

Many such journeys were shared and so the four volunteers from Let's Make A Difference spoke about their personal experiences of being with Let's Make A Difference and quiet time. They spoke about how quiet time has helped them realize many things and to become more focused, productive, and happier.

Prathamesh shared his experience of being in a bad relationship. His mental state due to which was fragile, he was in consultation with a doctor who prescribed him sleeping pills. The stress due to that relationship was the reason he took the wrong step and consumed pills more than prescribed.

Kusum spoke about her personal experience of how she hastily left a job which actually was good for her. This was because she didn't listen to her conscience or calmly think upon her decision. But now she's moving forward in life, although she can only regret the dream job she left in anger and ego that they will call her back. But they did not reinstate, but she was replaced within days of her resignation.



*Presenting Pro Vice-Chancellor Mrs. Rashmi Mittal with Impact Book*

Sayok spoke about how he realized that he had Ego. He was a scholar and used “the” as prefix to his name. This led him to lose friends that he could have built a greater bond with. Quiet time helped him rectify his past mistakes and move forward.

Tanishqa shared her experience of how understanding and inculcating the learnings of Let's Make A Difference at a tender age has helped her. She also spoke about her parents being her greatest strength as Quiet time gave her the courage to talk to them and share with them.

We concluded the talk with the song “Kaun hai zimmedar” and a short video of Asia Plateau.

The Let's Make A Difference team was felicitated by Mrs. Rashmi Mittal, the Pro Vice-Chancellor of LPU.

The teachers at LPU were very positive about the talk. They appreciated the information that Viral Bhai shared, and the personal stories that the volunteers shared touched them deeply. Let's Make A Difference plans to conduct more talks and workshops for the students and professors of LPU and work for a long term with them.

Everywhere we go, even here, we heard “iss kaam ki zaroorat hai yaha”  
The talk was a great success. The students and teachers of LPU were very receptive to the message that Let's Make A Difference was trying to convey.

Let's Make A Difference believes that the youth are the future of our country and that it is important to instill the values in them. Let's Make A Difference is committed to making a difference in the lives of young people and is working hard to achieve its goals despite disturbances here and there.

## 7. Brahmakumaris Visit, Haryana, 9 June, 2023

**Venue:** Brahma Kumaris Om Shanti Retreat Center, Manesar

**Dates:** 9 June, 2023

**Number of Participants:** 5



*Let's Make A Difference at Brahma Kumaris*

### **Brief description of the Project:**

1. To see the center for a prospective Let's Make A Difference national level youth conference in their Om Shanti Retreat Center.
2. Met with BK Asha, BK Kshira, and BK Vidhatri. Interacted with them on various requirements like the accommodation of the participants, kitchen, meals, conference halls and any collaborations with them.
3. We were taken on a tour of the entire campus. It looks promising for a huge conference at the center.

## 8. Dehradun Visit, Uttarakhand, 14 June, 2023

**Venue:** Doon School, Dehradun

**Dates:** 14 June 2023

**Number of Participants:** 4



*Let's Make A Difference at Doon School, Dehradun*

### **Brief description of the Project:**

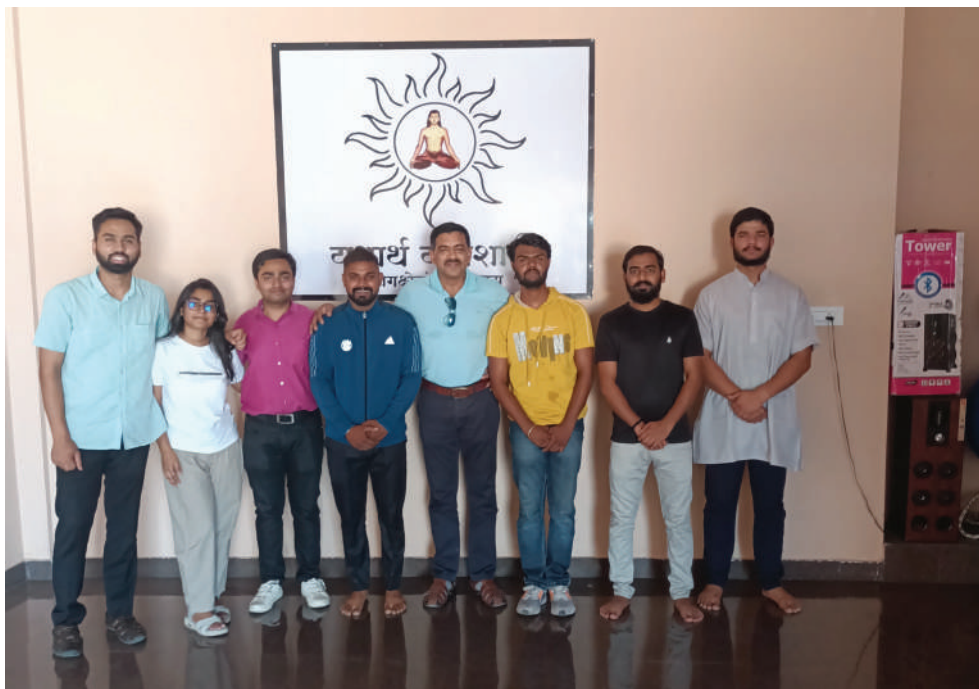
1. Visited the Doon School Campus, went on a tour of the facilities and hopeful for a future conference for the boys.
2. The facilities are state of the art with an auditorium capable of housing 800 participants, huge campus perfect for quiet time introspection, and a dining hall perfect to host a huge gathering.

## 9. Aspirational District, Uttarakhand, 15 June, 2023

**Venue:** Gurukul Kangri Vishwavidyalaya, Haridwar

**Dates:** 15 June, 2023

**Number of Participants:** 3



*Let's Make A Difference at Yogi Vishal's Yoga Studio*

### **Brief description of the Project:**

1. A brief visit was made to the city to meet the volunteers in Haridwar.
2. Visited the Yoga Studio of Yogi Vishal where we discussed the future of Let's Make A Difference in Haridwar and Rishikesh to continue to build people and increase our presence with passing time.

## 10. Let's Make A Difference Fellowship Program, Delhi, 4 September, 2022 - 18 June, 2023.

**Venue:** Fellowship Home, Delhi

**Dates:** 4 September, 2022 - 18 June, 2023

**Number of Participants:** 2 (2 boys)

### Brief description of the Project:

1. While due to personal commitments many fellows left the fellowship, and many others joined to further the cause. Prathamesh Kadam and Ashwin Sakhare came for the December Workshop and decided to stay back at the Fellowship Home until June 2023.

2. Later from the previous fellowship Tanu and Sayok held hands to reach out further to new uncharted territories and new openings at Jalandhar, Kartarpur, Dehradun, and Manesar. We took the message of Let's Make A Difference to the northwest frontiers of the country to Lovely Professional University and the Atari-Wagah Border.

3. During the second part of the second fellowship, we welcomed many guests. Principal Joby of Smt. Kamala Saklecha Gyan Mandir, Bhanpur visited multiple times. His daughters, San and Jis Maria stayed for a week at the fellowship home. Shivrai Pokharkar, a Let's Make A Difference participant stayed for a month and helped with the archival of google drive and the Jalandhar and Kartarpur Conference. Our Fellow, Suman and Snigdha Sarkar stayed for a week at the fellowship home.

4. The fellowship ended with the farewell of Prathamesh Kadam on 18 June 2023.



*Honoring Fellow Prathamesh Kadam (middle) for his dedication and unconditional fellowship*



*Biding adieu Fellow Ashwin Sakhare starting a life in Australia*

## **Annexure 1 - Fellow's Sharing**

Ashwin Sakhre, Nagpur

During my three to four months at the fellowship house, I underwent a remarkable journey of personal growth and transformation. It all began with the enlightening December workshop in Delhi, where I delved into strategies like immersion and introspection. This workshop, along with subsequent conferences, played a pivotal role in shaping my path forward.

Being a lead fellow at the fellow homes was both thrilling and challenging. It pushed me beyond my comfort zone and immersed me in a culture of growth. Daily routines like quiet time at 5 am reinforced the importance of discipline and reflection. These moments of solitude allowed me to explore my goals and beliefs more deeply.

Participating in various activities, engaging in discussions with mentors like Viral Bhai and Neha Ben, and attending conferences such as Tamar, DMRC, and Ayikudy broadened my perspectives. They underscored the significance of ethical conduct and moral values in decision-making and leadership roles. Overall, my experience at the fellowship house was a profound journey that equipped me with the wisdom, ideas, and moral values to navigate challenges and strive for success in both personal and professional endeavours.

Prathamesh Kadam, Dharashiv

I am Prathamesh Kadam from Osmanabad, Maharashtra, and I am writing to share my incredible journey with Let's Make A Difference since June 1, 2022. From the moment I



joined, I have actively participated in every conference and program organized by Let's Make A Difference, starting from NYC 2022, until the conclusion of my second fellowship term on June 30, 2023. It has been a privilege to be a part of these events and witness a positive impact Let's Make A Difference did on society.

The learnings I acquired during my stay at the fellow-home were invaluable. The disciplined work culture, early morning routines, daily quiet time, and the practice of sharing and writing my thoughts have all contributed to my personal growth. Engaging in meaningful conversations, learning new skills, and interacting with regular visitors at the fellow-home, along with participating in Let's Make A Difference's programs and conferences, has been a unique and transformative experience.

Each event played a significant role in shaping my character and instilling positive change within me. This journey with Let's Make A Difference has been one of personal growth and development, and I am grateful for the opportunities and experiences it has provided me.

Thank you for allowing me to be a part of this inspiring community.

**Sayok Sarkar, Jamshedpur**

From the auditorium of Asia Plateau, on 7 June, during the Fellowship presentation in front of 200 participants, coordinators and parents, I spoke of how Fellowship had a lasting impact on my demeanor, perception and overall living. I got to organize and build conferences from scratch, looking in hindsight, with the course of undergraduate study I was enrolled in was completely in and around a scientific laboratory. Planning, scheduling, creating awareness, cold calling and hosting a conference would for me had been an alternate reality if I hadn't been a Let's Make A Difference fellow.

Traveling and engaging in conversations with teachers, principals and deans of colleges and universities, just the thought of it would have given me fright for I was a shy person, but gradually became extroverted, open and learnt to express what and how to present myself in different situations. This, I consider experiential learning which I gained during the first Fellowship.

I took this learning to the real world and again back to fellow home during the second part of the second Fellowship. I felt the learning stayed and the successive programs that we organized went well

The three month that I spent during the Fellowship - 2, helped me mature even more. In actuality, the home environment and the routine back there makes it difficult to sustain the same routine. Responsibilities are different, managing study and work. This learning at Fellowship made me able to face any kind of challenges with open arms and deal it with a cool head.

I have travelled and met people outside my comfort zone. Made r s that will last a lifetime. The network of human that I can reply, put faith and trust is plenty - and the passphrase to



unlock this treasure of humans is Let's Make A Difference.

Tanu Kumari, Delhi

I felt nostalgic being back at Fellow home. Even though I felt fortunate and content to have this opportunity again, I still had to balance my obligations to my family and my work. I traveled for three hours and worked for nine hours before leaving the fellow home at 7:40 am for Gurgaon and arriving back at 8 evening. Once I got back home, I worked on with the tasks of Let's Make A Difference for two or three hours.

Just like in the first fellowship, we convened for a debriefing of the whole day following dinner. We made plans for what we would do next, such as developing regional programs, interacting with as many young people as possible, going over exercise sheets again, and having talks about different youth-related concerns. We spent the whole day together at work on Sundays.

I visited the students of Gurukul, made connections with the youth of Jalandhar, took part in the Ghagidih juvenile home program, and met with Asha didi from the Brahma Kumaris. It was enjoyable to spend time with new fellows; they were kind and encouraging.

With pride, I state that the relationship we built over the course of seven months is unbreakable. The day we parted was emotional for all of us, and I can still recall it clearly.

Over the past two years, I've observed significant changes in myself, such as no longer feeling anger. My calmer attitude and increased self-control have benefited me in both my personal and professional life.

## 11. Tamar Youth Conference, Tamar, Jharkhand, 28 - 29 November, 2023

**Venue:** Eklavya Model Awasiya Vidyalaya, Salgadih, Tamar

**Dates:** 28 - 29 November 2023

**Number of Participants:** 275



*Let's Make A Difference team welcomed by a tribal dance*

275 students from 9 - 12 grades as well as 23 teachers attended the two-day conference. The conference was successful in imparting the virtues of love, purity, honesty, and unselfishness as well as in addressing a number of challenges that the kids living at this residential school face.

The volunteer team arrived from various regions of the country for the conference, which took place from November 28 to November 29, 2023.

### **Day 01 - Inauguration, Quiet Time and ABC:**

An iconic feature of this conference that leaves a mark to the visiting team of Let's Make A Difference is welcoming with garlands and the tribal dance with percussion. A quick photograph of the team with the students and teachers of the school was clicked to commemorate the visit. This year the inauguration by the school students was elaborate with dance and songs from the stage of the auditorium. The principal Mr. Hussain addressed the team and the students. Following which Mr. Viral Mazumdar spoke to the seated participants how he feels every time he comes to the school and gets a chance to speak with the students.

Let's Make A Difference inaugurated the conference with lighting of the lamp and paying homage to the founder Director of Kerala Public Schools, Shri A P R Nair. The volunteers were introduced to the students. The importance of a Let's Make A Difference and its certificate was conveyed to the participants. The do's and Don'ts to be kept in mind for the course of the conference was also given.

The course convener, Mr. Viral Mazumdar, started the conference with the Quiet Time Presentation, telling the participant what Quiet Time is and how he has been positively impacted by its daily disciplined practice every morning. He said that the little guiding voice



*Students writing their quiet time thoughts*

which resides within each one of us tells what is right and what is wrong and if we take that one step inward before fathoming thousands outward, we succeed in all our endeavors. The participants were handed out Quiet Time diaries and pens and were then let to go outside to listen to their inner voice and write those down in their diaries.

After 20 minutes, they came back to the auditorium to share their Quiet Time thoughts. A boy came in front and shared that this was his fourth Let's Make A Difference conference. He first attended in 2018. He has taken back a lot from the conference, its learnings and quiet time. He runs a group that raises money to help other underprivileged kids to study. The learnings from the conference has helped him to get strength from within.

Sharing is a relieving process, the participants who fail to gather courage are provided courage to stand in front and conquer their fear and make amends to what wrongs they have done.

A short video was shown, following which was the next session ABC of Let's Make A Difference. The first two values Honesty and Purity were addressed and volunteers came up to share how they too were lagging with these values in their personal lives and the conference made them realize that they need to rethink and correct what they were doing.

The participants were then broke for lunch. After lunch the next two values, Unselfishness and Love, were addressed.

The participants were then given their group tags and they went with their group leader for an engaging group discussion about the day.

## **Day 02 - Pyramid of Life, Pledge, Vision and Concentration:**

The day started with a prayer, the participants joined in. We started with quiet time inputs, it was a question-based quiet time. The questions were asked by the participants themselves to their respective group leaders, which was then addressed by the convener from the stage.

The participants then went out for Quiet Time and introspective writing. They returned to the auditorium after 30 minutes and one by one started sharing what they thought, felt and listened during their quiet moments.

One boy shared how he used to vulgarize girls with his eyes, had impure thoughts and wanted to improve and respect everyone.

Then, we started with the demonstration of the Pyramid of Life with golf balls, marbles, sand and water. Golf balls represent long term goals, like career and habits, while the marbles were short term achievable targets to reach the long term goals. The sand was a daily consistent effort. The participants were handed out a worksheet where they were encouraged to write their good and bad habits, what they wanted to become and the short term goals they needed to achieve the larger goal. The session was interactive.

Being respectful towards the environment and its resources is known, but never adhered to when the time comes. A pledge towards sustainable and mindful living by following simple rules was read out and a sheet was given to sign to the participants who think will be able to follow the directives without deviation. Many returned the sheets back honestly assessing that the directives were challenging, but promised that when they feel they can comply with the list they will ask for it. Few took it seriously and signed.

After finishing the lunch the students broke into respective groups with their leaders for a group discussion on the quiet time and the pyramid of life exercise. Post which a session on My Vision was taken where the students made roadmaps and identified what they want to become later in their life.

## Closing Ceremony:

The school management orchestrated the closing ceremony with a speech by the Principal Mr. Imtiyaz Hussain. A beautiful shlok from the Bhagwat Geeta was mentioned in his speech that echoes with the work we do.

The deserving participants were given the certificates in groups.



*Principal Imtiyaz Hussein giving closing remarks*

\* Below is the Hindi translation of the above report for reference

## तमाड़ युवा सम्मेलन, एकलव्य मॉडल आवासीय विद्यालय, सलगाडीह, तमाड़, 28 - 29 नवंबर, 2023

हर साल की तरह इस साल भी लेट्स मेक ए डिफरेंस ने एकलव्य मॉडल आवासीय विद्यालय सलगाडीह, तमाड़ के छात्रों के लिए एक कार्यक्रम आयोजित किया। यह नक्सल प्रभावित क्षेत्र सामूहिक आत्मनिरीक्षण का स्थान बन गया है जहां झारखंड के आदिवासी छात्र शिक्षा और उज्ज्वल कल के लिए अध्ययन करने आते हैं। इस वर्ष, यह पाँचवाँ सम्मेलन है और इस सम्मेलन में भाग लेने वाले छात्रों ने अपनी आंतरिक परिवर्तन की यात्रा को व्यक्त किया।

दो दिवसीय सम्मेलन में 9वीं से 12वीं कक्षा के 275 छात्रों के साथ-साथ 23 शिक्षकों ने भाग लिया। यह सम्मेलन प्रेम, पवित्रता, ईमानदारी और निःस्वार्थता के गुणों को प्रदान करने के साथ-साथ इस आवासीय विद्यालय में रहने वाले बच्चों के सामने आने वाली कई चुनौतियों का समाधान करने में सफल रहा।

28 नवंबर से 29 नवंबर 2023 तक चले सम्मेलन में देश के विभिन्न क्षेत्रों से स्वयंसेवकों की टीम पहुंची।

### दिन 01 - उद्घाटन, शांत समय और एबीसी:

इस सम्मेलन की एक प्रतिष्ठित विशेषता जो लेट्स मेक ए डिफरेंस की मेहमान टीम पर छाप छोड़ती है, वह है मालाओं से स्वागत करना और ताल के साथ आदिवासी नृत्य करना। इस दौरे की स्मृति में स्कूल के छात्रों और शिक्षकों के साथ टीम की एक त्वरित तस्वीर खींची गई। इस वर्ष विद्यालय के विद्यार्थियों द्वारा सभागार के मंच से नृत्य एवं गीतों के साथ भव्य उद्घाटन किया गया। प्राचार्य श्री हुसैन ने टीम एवं छात्रों को संबोधित किया, जिसके बाद श्री विरल मजूमदार ने बैठे प्रतिभागियों से बात की कि जब भी वह स्कूल आते हैं और छात्रों से बात करने का मौका मिलता है तो उन्हें कैसा महसूस होता है।

लेट्स मेक ए डिफरेंस ने दीप प्रज्वलन और केरल पब्लिक स्कूल के संस्थापक निदेशक, श्री ए पी आर नायर को श्रद्धांजलि अर्पित करके सम्मेलन का उद्घाटन किया। स्वयंसेवकों का विद्यार्थियों से परिचय कराया गया। लेट्स मेक ए डिफरेंस के महत्व और इसके प्रमाणपत्र से प्रतिभागियों को अवगत कराया गया। सम्मेलन के दौरान ध्यान में रखने योग्य क्या करें और क्या न करें की भी जानकारी दी गई।

पाठ्यक्रम के संयोजक, श्री विरल मजूमदार ने, शांत समय प्रस्तुति के साथ सम्मेलन की शुरुआत की, जिसमें प्रतिभागी को बताया गया कि शांत समय क्या है और हर सुबह इसके दैनिक अनुशासित अभ्यास

से उन पर कैसे सकारात्मक प्रभाव पड़ा है। उन्होंने कहा कि हममें से हर एक के भीतर मौजूद छोटी सी मार्गदर्शक आवाज बताती है कि क्या सही है और क्या गलत है और अगर हम हजारों को बाहर की ओर समझने से पहले एक कदम अंदर की ओर बढ़ाते हैं, तो हम अपने सभी प्रयासों में सफल होते हैं। प्रतिभागियों को शांत समय की डायरियाँ और पेन दिए गए और फिर उन्हें अपनी आंतरिक आवाज़ सुनने और उसे अपनी डायरी में लिखने के लिए बाहर जाने दिया गया।

20 मिनट के बाद, वे अपने शांत समय के विचारों को साझा करने के लिए सभागार में वापस आये। एक लड़के ने सामने आकर बताया कि यह उसकी चौथी लेट्स मेक अ डिफरेंस कॉन्फ्रेंस है। उन्होंने पहली बार 2018 में भाग लिया था। उन्होंने सम्मेलन, इसकी सीख और शांत समय से बहुत कुछ लिया है। वह एक समूह चलाता है जो अन्य वंचित बच्चों को पढ़ाई में मदद करने के लिए धन जुटाता है। सम्मेलन से मिली सीख ने उन्हें अंदर से ताकत पाने में मदद की है।

Students writing their quiet time thoughts

साझा करना एक राहत देने वाली प्रक्रिया है, जो प्रतिभागी साहस जुटाने में विफल रहते हैं उन्हें सामने खड़े होने और अपने डर पर विजय पाने और उन्होंने जो गलतियाँ की हैं उनमें सुधार करने का साहस प्रदान किया जाता है।

एक लघु वीडियो दिखाया गया, जिसके बाद एलएमएडी का अगला सत्र एबीसी था। पहले दो मूल्यों ईमानदारी और पवित्रता को संबोधित किया गया और स्वयंसेवक यह साझा करने के लिए आए कि कैसे वे भी अपने व्यक्तिगत जीवन में इन मूल्यों से पीछे रह गए थे और सम्मेलन ने उन्हें एहसास कराया कि उन्हें पुनर्विचार करने और जो वे कर रहे थे उसे सही करने की आवश्यकता है।

इसके बाद प्रतिभागियों ने दोपहर के भोजन के लिए ब्रेक लिया। दोपहर के भोजन के बाद अगले दो मूल्यों, निःस्वार्थता और प्रेम पर चर्चा की गई।

फिर प्रतिभागियों को उनके समूह टैग दिए गए और वे दिन के बारे में एक आकर्षक समूह चर्चा के लिए अपने समूह नेता के साथ गए।

## **दिन 02 - जीवन का पिरामिड, प्रतिज्ञा, दृष्टि और एकाग्रता:**

दिन की शुरुआत प्रार्थना के साथ हुई, प्रतिभागी इसमें शामिल हुए। हमने शांत समय के इनपुट के साथ शुरुआत की, यह एक प्रश्न-आधारित शांत समय था। प्रतिभागियों द्वारा स्वयं अपने-अपने समूह के नेताओं से प्रश्न पूछे गए, जिन्हें बाद में मंच से संयोजक द्वारा संबोधित किया गया। इसके बाद प्रतिभागी शांत समय और आत्मनिरीक्षण लेखन के लिए बाहर चले गए। वे 30 मिनट के बाद सभागार में लौटे और एक-एक

करके अपने शांत क्षणों के दौरान उन्होंने जो सोचा, महसूस किया और सुना, उसे साझा करना शुरू कर दिया।

एक लड़के ने बताया कि कैसे वह अपनी आंखों से लड़कियों को अश्लील समझता था, उसके विचार गंदे थे और वह सभी को सुधारना और उनका सम्मान करना चाहता था।

फिर, हमने गोल्फ की गेंदों, पत्थरों, रेत और पानी के साथ जीवन के पिरामिड का प्रदर्शन शुरू किया। गोल्फ की गेंदें कैरियर और आदतों जैसे दीर्घकालिक लक्ष्यों का प्रतिनिधित्व करती हैं, जबकि मार्बल्स दीर्घकालिक लक्ष्यों तक पहुंचने के लिए अल्पकालिक प्राप्त करने योग्य लक्ष्य थे। रेत एक दैनिक सतत प्रयास था। प्रतिभागियों को एक वर्कशीट दी गई जहां उन्हें अपनी अच्छी और बुरी आदतें, वे क्या बनना चाहते थे और बड़े लक्ष्य को प्राप्त करने के लिए आवश्यक अल्पकालिक लक्ष्य लिखने के लिए प्रोत्साहित किया गया। सत्र इंटरैक्टिव था।

पर्यावरण और उसके संसाधनों के प्रति आदरभाव तो जगजाहिर है, लेकिन समय आने पर कभी इसका पालन नहीं किया गया। सरल नियमों का पालन करके टिकाऊ और जागरूक जीवन जीने की प्रतिज्ञा पढ़ी गई और उन प्रतिभागियों को हस्ताक्षर करने के लिए एक शीट दी गई जो सोचते हैं कि वे बिना विचलन के निर्देशों का पालन करने में सक्षम होंगे। कई लोगों ने ईमानदारी से यह आकलन करते हुए शीट वापस कर दीं कि निर्देश चुनौतीपूर्ण थे, लेकिन उन्होंने वादा किया कि जब उन्हें लगेगा कि वे सूची का अनुपालन कर सकते हैं तो वे इसके लिए कहेंगे। कुछ लोगों ने इसे गंभीरता से लिया और हस्ताक्षर किये।

इसके बाद प्रतिभागियों को दोपहर के भोजन के लिए भेज दिया गया। दोपहर का भोजन समाप्त करने के बाद छात्र शांत समय और जीवन अभ्यास के पिरामिड पर समूह चर्चा के लिए अपने नेताओं के साथ संबंधित समूहों में टूट गए। जिसके बाद माई विज़न पर एक सत्र आयोजित किया गया जहां छात्रों ने रोडमैप बनाए और पहचान की कि वे अपने जीवन में आगे चलकर क्या बनना चाहते हैं।

### **समापन समारोह:**

स्कूल प्रबंधन ने प्रिंसिपल श्री इम्तियाज हुसैन के भाषण के साथ समापन समारोह का आयोजन किया। उनके भाषण में भागवत गीता के एक सुंदर श्लोक का उल्लेख किया गया था जो हमारे द्वारा किए जाने वाले कार्यों से मेल खाता है।

अद्वेष्टा सर्वभूतानां मैत्रः करुण एव च ।

निर्ममो निर्हङ्कारः समदुःखसुखः क्षमी ॥ 13॥ - श्रीमद्भगवत गीता (अध्याय 12)



## 12. Jamshedpur Youth Conference, Jharkhand, 1-4 December, 2023

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

**Dates:** 1 - 4 December, 2023

**Number of Participants:** 265

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

### Day 01 – Inauguration Day

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



*Lighting of the auspicious lamp to inaugurate the Jamshedpur Youth Conference*

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

## Day 02 – ABC of Let's Make A Difference, Quiet Time

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

After having breakfast, the volunteers sung the song 'Chaliye Na'. Then the students were shown the videos of Asia Plateau. The course convener then talked about the four values- purity, honesty, unselfishness and love. He explained how to imply those values in real life and the importance it holds. The members of the Let's Make A Difference team also shared their stories regarding the values. After that, everyone went for their group photos. After lunch, everyone went for their group discussion in which they talked about their quiet time and the 4 values. The day then ended with a session on concentration. It taught how to be productive by being focused on their vision.



*Concentration exercise*

## Day 03 – Jar Exercise, Pyramid of Life, Family Day

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

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

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

## Day 04 – DLST, Vision, Pledge

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

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

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

After returning from lunch, the course convener started the closing ceremony with his meaningful words. Then all the participants were given a sheet where they all wrote a letter to themselves which they will open after a few months to relive the moment. Post that, the ques

tion-and-answer round started where the students had some amazing questions and it made the session very interactive. The lighting of the lamp was then done and one student from each group spoke about their experience and learnings from the four-day conference. The coordinators and all the volunteers were then given a token of thanks on behalf of the Kerala schools. The Jamshedpur Youth Conference 2023 was then ended with the distribution of the certificates to the participants. It was yet another successful JYC!



*Jamshedpur Youth Conference - Group Photograph*

## **Annexure 1 - Positive Commitment**

Positive commitments made by students

- Don't be desperate in life put on your efforts and carry out your career with a good health and move on a successful life
- It is useful for us. I will listen the lecture I will change my life
- To be positive and kind in any of the difficult situations
- I want to increase my concentration power
- I will not use bad words I will always say truth I will be a good person
- I will try to become unselfish pure and honest person
- I will never feel jealous on my friends achievement
- Let's make a difference I will try to achieve my goals and career and will become successful in life
- I commit to concentration
- I give commitment to continue with the quiet time I will not use abusive language I will be honest at all cost I will be selfless I will stay true to myself and everyone around me
- I will never lie to my mother and friends
- I will always be honest and never lie to my parents
- I will not go outside without parents' permission and obey them

- From now onwards I will be honest to everyone and be true to each and everyone and not use bad languages while talking to my friends and will not argue with anyone
- I will become a successful person and achieve everything in my life and make my parents proud
- I want to focus on studies with all my energy and resources and wanted to become a successful engineer
- I never see a girl in a bad manner I will see all girl to the eyes of mother and sister
- I will never abuse elders or younger respect each of another in respectful manner always being family proudly
- I will increase my concentration level and will get good marks for my coming exams
- I will change myself not going to use any bad words and apologize at my mistakes
- I will not look too pornography and I will not use bad words
- I will not scold my sister for stupid things I won't lie to my mother for small things
- Take everything polite and give to others in a good way
- I will always help my father and I will never lie from now
- I will try to be a better person each and everyday
- Never lie to your parents always tell them the truth if you don't tell them the truth and they get to know it from anywhere else it will make them feel more bad
- I will try not to shout on small things
- I will try to maintain my quiet time and I will aware many more people about this idea so we can make a difference
- I am having a habit of getting angry to my younger and elder once on little things so I will give my best to prevent this
- From now onwards I will not use slang languages
- I will not watch pornography in my phone or laptop it has already started
- I will not scold my mother when she scold me
- I will not cheat in exams
- I will always be honest and never talk rudely to anybody
- I want to be honest in my life pure in my life I will always respect my elders and I will never tell lie
- I will not use mobile phone while studying
- I will never use abusive language and I will never cheat in the exam
- I will become a national player
- I will try to spend less time on screen time
- I will be more honest
- I will study every day from now and attend my classes regularly
- I should not use abusive language
- Improve my studies and less usage of cell phones
- I will try my level best so that the trust and believe that people have on Me never breaks
- I will never use bad words to people and I will never lie to my parents
- I will constantly improve myself and fix most of my bad habit I will strive for my career
- I will not abuse others.
- I will never use abusive language to anyone and will not lie to my parents
- I will try my level best so that the trust and believe that people have on Me never breaks
- I will never use bad words to people and I will never lie to my parents
- I will constantly improve myself and fix most of my bad habit I will strive for my career
- I will not abuse others.

- I will never use abusive language to anyone and will not lie to my parents
- I will never lie with my mother and I will focus on my study and I will never use slang languages
- I will follow thought processing and I will always be honest I will work hard for my career and I will not use bad words or slangs
- Instead of thinking how hard your journey is think about how great your story will be
- I will not play games daily
- I will never use bad words
- I am trying to control my anger and think positive only
- I want to crack CSIR NML scientist job and I want to avoid using mobile phone all the time
- To give all the care love and happiness to all the most important people in my life and give my parents a wonderful life which they deserve
- I will pray regularly
- I will work on my angry issue and try to control it
- I will give more priority to my kids and take out more time to play and talk and discuss with them
- I will work on my anger issues
- From today I promise to focus and give more and more time on my goal and give more time towards God
- I will start studying and bring good marks and fulfill my parents dream
- I will not use bad words and I will respect my elders
- I would try to achieve my goal at any cost not only short term goals but also my long term goals which help to build good career
- I will become successful in my life
- I will make my studies in my first priority and in future join ISRO to make India proud
- Let's make a difference motivated me to change myself and improve
- I will become honest to myself
- I will score good marks in 12th board examination
- I will try my best to make people smile
- Let's make a difference and Viral sir give a lot of real life examples and shared his own experience and stories with motivated me that it's never too late to begin good things in your life
- I will never fight with my mother
- I will not tell lie to my mother
- If I will do anything wrong with someone and when I will realize that it was wrong I will go to that person and say sorry to him or her
- I will not see people in a dirty manner.
- We should never give up
- I am going to study for 3 hours a day properly and not going to cheat my parents anymore
- I will not look bad in our mobile phone
- I will respect to my elders and I will not lie to anyone and I will not fight with any one and
- I will not argue with anyone and I will study properly
- I will not misbehave with parents, teachers and elder
- I will change myself
- I will not misbehave with parents, teachers and elder

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

- To be an honest person and be a good guy and have all good habits and not to do any bad things in my entire life
- I want to become CA
- I will never tell lie to anyone
- Commitment to family over everything else and prioritizing family time over professional commitments because I feel that my family will always support and co-operate and stand-by your things
- I will not do smoking in my life and I will not watch bad things in my phone
- I will help my father and be with him at his best as well as worst situation
- I want to become a businessman and I want to run a huge company
- I will be honest and I will not speak in anyone's weakness
- I will not be angry on anybody from today
- I will not lie and be honest to everyone
- I will not be angry on my mother and I will not speak any bad language
- I will not use abusive language achieve my dream very quickly and do quiet time daily and daily I'll write my diary
- I will not disrespect to others teachers and parents
- I will be honest I will not be telling lies and I will help my mother
- I will enhance my knowledge in finance
- I will try to control anger and make a difference and follow for core values and try to be there
- I will always try to follow and take care of small things and big things would fall into place
- Study law and become a judge while also running my company started by my father
- I will always be honest to people whom I trust
- First trying to change myself before expecting from others
- I will never give slangs and I will not tell lie to my mother
- I will decrease my screen time and increase my quiet time
- Let's make a difference is a very helpful conference and I have learn many things the big thing that I learn to dream not to lie
- I will never lie to my parents and friends and I have to become successful man
- I will not shout or talk with disrespectful manner to elders and I will respect elders decision
- I will never lie to my parents
- I will not waste time and make myself concentrate on my studies and skills more efficiently
- I can become a successful man for my parents
- I will master all my skill which I am learning
- I will not use slang language and I will not be so be my parent and I will respect elders
- Make myself stronger so that I can help each needy person and I want to spread smile
- I will never tell lie to my parents and always respect my elders and be honest
- I will be honest and not lie to anyone I will not use bad words
- I will never be selfish in my life
- I will study hard and become a psychologist
- I will never speak lie to my mother
- Being a good human being not a problem and give respect and take respect and to be honest person
- Not to get affected with insecure feelings my pros and cons both are to be cherished



- I want to change myself and I want to never tell lies
- Today I promise that I will never use any intoxicant and anything like alcohol or cigarettes
- I will not fight with my parents
- I will not use abusive language from today
- I will never be mean or rude to others
- I will stop doing all things that will make my future dull
- From today onwards I will become a decent one with the great goal to become a best one and never will disrespect other
- I will never argue with my mother and I will be honest
- I will never cheat anyone my life specially my parents
- Be honest at every situation
- I will not lie now from onwards to anyone and I will never spoke slang languages to anyone
- I will stop using bad words
- I watch around myself and inherit the good habit
- I will not bully my friend
- I promise to Let's Make A Difference that I will always prioritize in my career first and study regularly
- I will not abuse at others
- I will promise to be an honest and unselfish, pure and lovable people
- I will never abuse
- Always be honest in any situation it will be difficult for you but always say truth
- I will never say lie to my mother and share everything

## **Annexure 2 - First time volunteer experience**

Akshata Ghogare, Dharashiv

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

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

Attending the JYC was a mix of fear and curiosity in a new state with new friends. Meeting other volunteers the next morning infused me with energy and confidence. Surrounded by efficient and younger volunteers I realized I was in for a profound learning experience. Learning from the experience as a volunteer extended beyond punctuality; it included humanity, patience and creating a joyful atmosphere. Team work became a valuable lesson. This experience helped me a lot. It was like leading a group in a group discussion. This process has helped me in gaining confidence in whatever I do. The four days I spent at.

JYC was something different than the Baramati youth conference as it was my journey of transformation from a participant to a volunteer. The difference between arriving and leaving was profound, fueling my desire to work with Let's Make A Difference again. Expressing my wish to start a conference in Maharashtra as this experience has left an indelible mark and I eagerly anticipate every opportunity to contribute to Let's Make A Difference. Thank you!

**Hritik Rawat, Rishikesh:**

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

A pivotal moment occurred when my co-lead, Sayok Sarkar, couldn't join a group discussion, thrusting me into the role of sole group manager. Surprisingly, I navigated this challenge successfully, facilitating a productive discussion where students shared vulnerable experiences. This incident significantly enhanced my leadership skills, fostering a deep connection with my development group and augmenting my qualities as a leader. Assigned the task of report writing and structuring it, I honed my writing skills through meticulous session listening and recording. While attending conferences as a participant was familiar, volunteering unveiled the multifaceted aspects involved in orchestrating a successful event. I learned that teamwork is pivotal, making seemingly difficult tasks manageable and enjoyable.

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

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

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

**Abhinav Bisht, Rishikesh:**

I participated as a volunteer in the conference in Tamar and Jamshedpur. Upon reaching

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

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

**Parth Semwal, Rishikesh:**

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

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

In June 2022, participating as a delegate in my first conference brought substantial changes to my life. This experience motivated me to contribute as a volunteer at future Let's Make A Difference conferences. Collaborating with Shivraj Bhaiya, we successfully managed stationary tasks, facing and overcoming initial challenges together. This experience reinforced my organizational skills and enhanced my ability to think systematically about tasks. Managing the conference taught me that being a volunteer involves more than just attending sessions; it requires learning internal and external facts to efficiently manage the entire event.

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

### **Annexure 3 - Outstation student experience**

**Tanmay Shursen:**

I am Tanmay Shursen Ghogare from Dharashiv, Maharashtra. Recently, I attended an Let's Make A Difference conference that changed my perspective towards life. Before the conference, I was struggling with my career and family issues, which left me in a state of overthinking. However, the conference proved to be a turning point in my life. I learned the important

tance of setting short-term goals to achieve success and how to maintain healthy family relationships. The four core values of Let's Make A Difference: honesty, unselfishness, purity, and love, resonated with me deeply. Additionally, the DLST session taught me how to be more productive and avoid wasting time on social media. Lastly, I learned how to live a sustainable life. The conference was an eye-opener for me, and I am now motivated to live my life with a positive outlook and strive towards achieving my goals.

#### **Annexure 4 - Some sharing from the participants that was heart touching**

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

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

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

#### **Annexure 5 - Student’s feedback**

What were your expectations from this conference?

- I expected to learn something new (38)
- I expected to learn how to make a difference (6)
- I expected to learn something that when implemented would change my future (5)
- I expected to change my life and grow up (12)
- I expected to the conference to provide a sense of responsibility in me
- I expected to improve my behavior (8)
- I expected to become a good/ better human after attending the conference (3)
- I had no expectations from the conference (10)
- I expected it to be a normal conference (5)
- I expected the conference to have some kind of activity (2)
- I thought it would be a fun conference (2)
- I expected to learn about self deeply (9)
- I thought the conference would boost my confidence
- I hoped to gain more knowledge (14)
- I thought it would be a career guidance conference (9)

- I thought to learn something of value
- I thought it would be some kind of motivational conference (3)
- I expected to learn discipline
- I hoped that this conference would help me recover from depression
- I thought we would learn meditation
- I wished to know where I am going wrong
- I thought that it would improve my vocabulary skills (2)
- I wanted to learn how to be on the righteous path
- I knew that it would be something other than the academics
- I came here only to enjoy with my friends (11)
- I thought that it would teach us how to be honest
- I hoped to learn about reducing my anger issues and my use of bad words (2)
- I came here to eat (2)
- I thought that there would be some games (3)
- I thought that it would be a waste of money (2)

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

- I learnt something new (2)
- I learnt to be honest, loving, unselfish and pure (63)
- Realization is bliss (2)
- Listen to inner voice (2)
- Respect your parents and elders (11)
- Confidence (4)
- Importance of quiet time (30)
- Importance of academics
- Importance of family (15)
- Concentration (9)
- To clean my jar (2)
- Change is important (4)
- Career development (6)
- To be a better person (5)
- No to smoking
- How to live life
- I got help to what I always sought for
- Reduce anger (20)
- Patiently listen to someone
- Not lie to parents (18)
- Express inner feelings (2)
- Do not waste time (5)
- To be an honest person (2)
- Living the best life (2)
- Do not use bad words
- Be loyal to people
- Good habits (7)

- Responsibility
- Positivity (3)
- Personality development
- Inner beauty/ voice (3)
- Do not use bad words
- Be loyal to people
- Good habits (7)
- Responsibility
- Positivity (3)
- Personality development
- Inner beauty/ voice (3)
- Patience
- Would not talk back to parents (2)
- Spend more time with parents (3)
- Short term goals (2)
- Remove ego (9)
- How to follow the right path
- Value of relationships (2)
- Prioritize my mental health
- Punctuality
- Calm
- Nothing

What you did not like in the conference?

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

What immediate change I would like to see within myself?

- To be always connected with Let's Make A Difference
- Improve myself (5)

- Self discipline (2)
- To not be angry (32)
- To succeed in life
- I won't argue (5)
- I will think before I speak because my words have power to damage or create relationship
- Not to misbehave with elders (4)
- I will be honest (31)
- I would like to be good
- I will concentrate better (5)
- I would be mindful
- Spend more time with parents (6)
- Not to trust blindly and tell secrets
- Respect family (7)
- Don't use abusive language (9)
- Aim towards career (2)
- Not be selfish (6)
- Purity, honesty, unselfishness and love
- Overcome my bad habits (8)
- To move on from this situation
- Reduce screen time (4)
- Love my parents (6)
- Better relationship with brother
- To find my mistake (2)
- Be a good listener (3)
- Ignorance is bliss
- Be positive (3)
- Good citizen
- Not laughing without reason
- Confidence (3)
- To be sincere, polite and calmer (7)
- Sleep less
- No to pornography
- No fighting
- Remove jealousy (2)
- Manage time (3)
- Improve attitude towards others (2)
- Apologize
- No ego (2)
- No revenge
- Stress free
- Study more (2)
- No smoking
- Focusing in the present
- Be kind
- Wake up early (2)
- Quiet time daily (4)

- Good manners (2)
- Clean my jar
- Nothing (4)

How would you rate the conference?

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

Any other feedback to make this conference better

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

## Annexure 6

<https://avenueemail.in/jamshedpur-lmad-youth-conference-kicks-off-at-kps-kadma/>

<https://www.facebook.com/share/v/iqVBkJPoCPK3yzEd/?mibextid=qi2Omg>

<https://avenueemail.in/kps-kadma-lmad-conference-concludes-on-a-high-note/>



\* Below is the Hindi translation of the above report for reference

## जमशेदपुर यूथ कॉन्फरेंस, केरला पब्लिक स्कूल, कदमा, जमशेदपुर, 1-4 दिसंबर, 2023

जमशेदपुर युवा सम्मेलन (JYC) 30 नवंबर 2023 से 3 दिसंबर 2023 तक केरला पब्लिक स्कूल, कदमा में आयोजित किया गया था। सम्मेलन में 11 शिक्षकों और 22 स्वयंसेवकों के साथ 232 से अधिक छात्रों ने भाग लिया। भाग लेने वाले छात्र केरला पब्लिक स्कूल (बर्मामाइंस), केरला पब्लिक स्कूल (गम्हरिया), केरला पब्लिक स्कूल (कदमा), केरला पब्लिक स्कूल (मानगो), एनएमएल केरला पब्लिक स्कूल, केरला समाजम मॉडल स्कूल, नरभेराम हंसराज इंग्लिश स्कूल, एसडीएसएम स्कूल फॉर एक्सीलेंस, और डीएवी पब्लिक स्कूल से थे।

### दिन 01 - उद्घाटन

जेवाईसी'23 तथा शरदचंद्रन नायर, केपीएस समूह के निदेशक, मुख्य अतिथि श्री रोनाल्ड डी'कोस्टा के साथ 3 बजे शुरू हुई। कार्यक्रम का संचालन केपीएस समूह के द्वारा किया गया था। इस अवसर पर मुख्य अतिथि के अलावा श्री शरदचंद्रन नायर, केपीएस समूह के निदेशक, श्रीमती लक्ष्मी नायर, कई स्कूलों के प्रमुख और कर्मचारी और प्रेस सदस्य भी शामिल थे।

कार्यक्रम की शुरुआत दीप प्रज्वलन और केपीएस स्कूल की छोटी बच्चियों द्वारा गाये गये एक सुंदर गाने के साथ हुई। कार्यक्रम के दौरान एक शानदार शास्त्रीय नृत्य प्रस्तुत किया गया। इसके बाद, केपीएस कदमा की प्रमुख श्रीमती शर्मिला मुखर्जी ने "लेट्स मेक अप डिफरेंस" (लेट्स मेक अ डिफरेंस) अपने कार्य और छात्रों की मदद कैसे करता है के बारे में संक्षेप में विवरण दिया। उन्होंने एल.एम.ए.डी की सफल यात्रा के बारे में भी बात की।

फिर एल.एम.ए.डी जमशेदपुर कि वरिष्ठ कार्यकर्ता, श्रद्धा अग्रवाल ने जमशेदपुर युथ कॉन्फ्रेंस (जे.वाई.सी) की यात्रा के बारे में बात की और बताया कि इस साल जे.वाई.सी की 10वीं सालगिरह थी। उसके बाद, लेट्स मेक अ डिफरेंस टीम के एक सदस्य, साहिल ने अपनी यात्रा के बारे में बात की और बताया कि वह कैसे लेट्स मेक अ डिफरेंस कि शिक्षा कि मदद से एक बेहतर व्यक्ति बन पाया। फिर कदमा स्कूल ने लेट्स मेक अ डिफरेंस टीम को सम्मानित किया।

जब श्रेष्ठजन चले गए, तब छात्रों को 8 ग्रुप्स में विभाजित किया गया और फिर सुमन सर ने उन्हें कॉन्फरेंस के नियमों और विधियों के बारे में सूचित किया। दिन को एक समूह चर्चा के साथ समाप्त किया गया

जिसमें प्रतिभागी ने समन्वयकों को और एक दूसरे को बेहतर से जाना।

## दिन 02 - ए.बी.सी ऑफ लेट्स मेक अ डिफरेंस

सभी छात्रों को उनके समन्वयकों के साथ समूहों में बिठाया गया। दिन की शुरुआत एक प्रार्थना के साथ हुई। इसके बाद, एलेट्स मेक अ डिफरेंस के कोर्स डारेक्टर, श्री विरल मजुमदार ने छात्रों को शांत समय क्या है और इसकी महत्वपूर्णता को समझाने का आरंभ किया। उन्होंने इसके महत्व और शांति के साथ आत्म-परीक्षण कैसे मदद कर सकती है, इस पर चर्चा की।

उसके बाद, प्रतिभागियों से कहा गया कि वे अपनी डायरी लेकर शांत समय के अपने पहले सत्र के लिए चले गए। सत्र के बाद कुछ छात्रों ने अपने अनुभव साझा किया। नाश्ते के बाद, स्वयंसेवकों ने 'चलिए ना' गाना गाया। फिर छात्रों को एशिया प्लेटो के वीडियो दिखाया गया। उसके बाद, विरल सर ने चार मूल्यों, ईमानदारी, निस्वार्थता, पवित्रता, प्रेम के बारे में बात की। उन्होंने यह समझाया कि इन मूल्यों को अपने जीवन में कैसे लागू करें और इसकी महत्वपूर्णता को। लेट्स मेक अ डिफरेंस के स्वयंसेवक भीषम और अन्य लोगों ने भी इन मूल्यों के संबंध में अपनी कहानियाँ साझा की।

इसके बाद, सभी लोग ने अपनी समूह तस्वीरें लेने के लिए स्कूल के प्रांगण में एकत्रित हुए। दोपहर के बाद, सभी ने अपनी समूह में शांति और 4 मूल्यों के बारे में विस्तार से चर्चा की। समूह चर्चा के बाद सारे विद्यार्थियों को उनकी निर्धारित बसों में रवाना कर दिया गया।

## दिन 03 - जार एक्सरसाइज, जीवन का पिरामिड, परिवार दिवस

दिन की शुरुआत " ए मालिक तेरे बंदे हम" यह प्रार्थना के साथ हुई। विरल सर ने शांति को और भी गहराई से समझाया। फिर उन्होंने जार एक्सरसाइज का प्रदर्शन किया। जिसमें प्रतिभागियों को उन्होंने एक कांच के जार, जो की गंदे पानी, काटे और कई तरीके के विषैली चीजों से भरा हुआ था, वह दिखाया और उन चीजों के माध्यम से उन्होंने, ये सिखाया कि हम कैसे जाने- अनजाने में अपने जीवन में कई तरह की गंदगी या और विषैली चीज जमा कर लेते हैं।

जिससे उनकी सोच और रिश्तों में कड़वाहट आती है उन्होंने आगे यह भी समझाया की जब हम अपने जीवन को साफ करने की और अपने टूटे कमजोर पढ़ने रिश्तों को सुधारने का प्रयास करते हैं तो कैसे हमारा अहंकार हमारे रास्ते का सबसे बड़ा रोड़ा बनकर खड़ा हो जाता है।

उन्होंने आगे एक साफ पानी से जार को दिखाते हुए यह समझाया कि, अगर हम अपने अहंकार को हटा दे या उसे निरंतर प्रयास से छोटा कर दें तो हमारा जीवन भी उसे स्वच्छ जार की तरह साफ और सुंदर रिश्तो से परिपूर्ण हो जाएगा। और हम अंदर से अच्छे बन जायेंगे। इस सत्र के बाद सभी विद्यार्थियों को शांत समय के लिए अपनी डायरी लेकर बाहर खुले प्रांगण में भेज दिया गया।

इस शांत समय में उन्हें दो सवालों पर सोच कर अपनी डायरी में लिखना था। 'क्या मैं अपने जार को साफ कर सकता हूँ? अगर हाँ, तो कैसे?' नाश्ते के बाद, छात्रों ने अपने अनुभव साझा किया। एक लड़की ने, जो दृष्टिहीन थी, ने अपने शांति के समय में ब्रेल का उपयोग करके अपने अंदर स्वच्छता के बारे में लिखी गई एक सुंदर कविता साझा की।

कई अन्य छात्रों ने अपने भावनाओं को साझा किया। यह एक बहुत ही भावनात्मक और दिलचस्प क्षण था। उसके बाद, विरल सर ने शांत रहने के महत्व के बारे में बात की। इस सत्र के समाप्त होने के बाद विरल सर ने 'पिरामिड आफ लाइफ' यह सत्र शुरू किया। जिसमें छात्रों को यह सिखाया गया कि वे कैसे अपने लक्ष्य को पहचानें और उन्हें सही प्राथमिकता की श्रेणी में रखकर उन्हें हासिल कर सकते हैं। दिन का दूसरा हिस्सा 'परिवार' सत्र के साथ शुरू हुआ।

सत्र की शुरुआत 2 बहुत भावुक और दिल को छू जाने वाले वीडियो से की गई। इस सत्र में विरल सर ने परिवार की महत्वता के बारे में बताया। कैसे हम जाने अनजाने में अपने परिवार से दूर या परिवार वालों से कड़वे संबंध बना लेते हैं, और जिसका हमारे जीवन पर जो दुष्परिणाम होता है उसके बारे में समझाया। इस सत्र से सभी छात्रों ने व्यक्ति के जीवन में परिवार की शक्ति और महत्व को समझा। सत्र के बाद छात्रों से आए विचार बहुत गहरे और भावनात्मक थे।

इस सत्र के बाद सभी छात्र, समूह चर्चा के लिए अपनी निर्धारित जगह पर एकत्रित हुए। जहां छात्रों से उसे दिन में हुए सारे सत्रों के बारे में बातचीत की गई दिन के अंत में, सभी छात्रों ने 'नेगेटिव बर्निंग' इस सत्र में भाग लिया। जहां उन्होंने अपने जीवन की एक नकारात्मक आदत को कागज पर लिखकर एक जलते हुए लड़कियों से भरे कनस्तर में फेंक कर जलाना था।

## दिन 04 - डीएलएसटी, 'पावर ऑफ विजन', प्रतिज्ञा

दिन की शुरुआत प्रार्थना "इतनी शक्ति" के साथ हुई, जो एलएमएड टीम द्वारा प्रस्तुत किया गया। आज सम्मेलन का आखिरी दिन था, और शांत के समय में, छात्रों से पिछले तीन दिनों की सीखों पर विचार करने और चार मूल्यों के आधार पर अपने जीवन का आत्मविचार करने के लिए कहा

गया। सत्र, छात्रों के साझा करने के साथ समाप्त हुआ। यह टीम को छात्रों की व्यक्तिगत चुनौतियों की एक झलक प्रदान करता है।

नाश्ते के बाद, छात्र भिषम मंसुखानी के “पॉवर ऑफ विजन” सत्र के लिए ऑडिटोरियम में लौटे। यह एक बहुत ही संवादात्मक सत्र था जिसमें प्रतिभागी सीख सकते थे कि वे अपने कौशल और प्रतिभाओं को कैसे जोड़ सकते हैं और ऐसा करने से वे न सिर्फ अपनी मदद कर सकते हैं, बल्कि समाज की मदद भी कर सकते हैं।

इसके बाद, सायोक द्वारा “डेलीट सेविंग टाइम” पर एक सत्र लिया गया। यह एक उत्पादक सत्र था जिसमें छात्रों ने समय और इसके प्रबंधन के महत्व को सीखा। फिर प्रतिभागियों को प्रतिबद्धता और सतत जीवन के बारे में जानकारी दी गई। प्रत्येक प्रतिभागी ने इसे साइन किया। छात्र फिर अपनी अंतिम समूह चर्चा के लिए लौटे।

लंच के बाद, प्रत्येक प्रतिभागी को एक पत्र शीट दी गई जिसमें सभी ने अपने में किए गए परिवर्तन के एक स्मृति के रूप में पत्र लिखा। इस पत्र से स्वयं को एक सकारात्मक प्रारंभ के रूप में लिखा गया। समापन सत्र दीप प्रज्वलन के साथ शुरू हुआ। कोर्स कनवेनर को एलएमएड और इसके 29 वर्षों की यात्रा के बारे में बात करने के लिए आमंत्रित किया गया और उन्होंने देशभर में होने वाले विभिन्न गतिविधियों और कार्यक्रमों के बारे में बताया। हर समूह से छात्रों ने सम्मेलन के अपने अनुभवों को साझा किया।

शिक्षकों और एलएमएड टीम को धन्यवाद दिया गया और सम्मेलन प्रमाणपत्रों को योग्य प्रतिभागियों को वितरित करके एक और जमशेदपुर यूथ सम्मेलन का समापन किया, जिसने एक और युवा पीढ़ी के जीवन में सकारात्मक परिवर्तन की ओर एक नई शुरुआत की।

## अनुलग्नक 1

### छात्रों द्वारा की गई सकारात्मक प्रतिबद्धताएँ

- जीवन में हताश न हों, अपने प्रयास करें और अच्छे स्वास्थ्य के साथ अपने करियर को आगे बढ़ाएं और एक सफल जीवन की ओर बढ़ें
- यह हमारे लिए उपयोगी है
- मैं व्याख्यान सुनूंगा

- मैं अपना जीवन बदल दूंगा
- किसी भी कठिन परिस्थिति में सकारात्मक और दयालु बने रहना
- मैं अपनी एकाग्रता शक्ति बढ़ाना चाहता हूँ
- दूसरों के बारे में मत सोचो क्योंकि वे तुम्हारे बारे में नहीं सोच रहे हैं
- मैं बुरे शब्दों का प्रयोग नहीं करूँगा
- मैं हमेशा सच बोलूँगा मैं एक अच्छा इंसान बनूँगा
- मैं निःस्वार्थ शुद्ध और ईमानदार व्यक्ति बनने का प्रयास करूँगा
- मैं अपने दोस्तों की उपलब्धि पर कभी ईर्ष्या महसूस नहीं करूँगा
- मैं अपने लक्ष्य और करियर को हासिल करने की कोशिश करूँगा और जीवन में सफल हो जाऊँगा
- मैं एकाग्रता के लिए प्रतिबद्ध हूँ
- मैं शांत समय जारी रखने की प्रतिबद्धता देता हूँ
- मैं अपमानजनक भाषा का उपयोग नहीं करूँगा
- मैं हर कीमत पर ईमानदार रहूँगा
- मैं निस्वार्थ रहूँगा
- मैं अपने और अपने आस-पास के सभी लोगों के प्रति सच्चा रहूँगा
- मैं अपनी माँ और दोस्तों से कभी झूठ नहीं बोलूँगा
- मैं हमेशा ईमानदार रहूँगा और अपने माता-पिता से कभी झूठ नहीं बोलूँगा
- मैं माता-पिता की अनुमति के बिना बाहर नहीं जाऊँगी और उनकी बात मानूँगी
- अब से मैं सबके प्रति ईमानदार रहूँगा और सबके प्रति सच्चा रहूँगा और अपने दोस्तों से बात करते समय बुरी भाषा का प्रयोग नहीं करूँगा और किसी से बहस नहीं करूँगा।
- मैं एक सफल व्यक्ति बनूँगा और अपने जीवन में सब कुछ हासिल करूँगा और अपने माता-पिता को गौरवान्वित करूँगा
- मैं किसी भी लड़की से बाहर जाने के लिए नहीं पूछूँगा, उनके लिए बाकी मायने रखता है और मेरी उचित उचित उम्र
- मैं अपनी पूरी ऊर्जा और संसाधनों के साथ पढ़ाई में ध्यान केंद्रित करना चाहता हूँ और एक सफल इंजीनियर बनना चाहता हूँ
- मैं कभी किसी लड़की को बुरी नजर से नहीं देखता, मैं हर लड़की को माँ-बहन की नजर से देखूँगा
- मैं कभी भी बड़ों को गाली नहीं दूँगा या छोटे एक-दूसरे को सम्मानजनक तरीके से सम्मान दूँगा, हमेशा परिवार के लिए गौरवान्वित महसूस करेंगे
- मैं अपना एकाग्रता स्तर बढ़ाऊँगा और अपनी आगामी परीक्षाओं में अच्छे अंक प्राप्त करूँगा • सूर्यास्त नए सूर्योदय का एक और तरीका है
- मैं खुद को बदलूँगा, किसी भी तरह के बुरे शब्दों का इस्तेमाल नहीं करूँगा और अपनी गलतियों पर माफी मांगूँगा
- मैं ज्यादा अश्लील साहित्य नहीं देखूँगा और बुरे शब्दों का प्रयोग नहीं करूँगा

- मैं अपनी बहन को बेवकूफी भरी बातों के लिए नहीं डांटूंगा, मैं छोटी-छोटी बातों के लिए अपनी मां से झूठ नहीं बोलूंगा
- हर चीज़ विनम्रता से लें और दूसरे को अच्छे तरीके से दें
- मैं हमेशा अपने पिता की मदद करूंगा और अब से कभी झूठ नहीं बोलूंगा
- मैं हर दिन एक बेहतर इंसान बनने की कोशिश करूंगा
- अपने माता-पिता से कभी भी झूठ न बोलें, उन्हें हमेशा सच बताएं यदि आप उन्हें सच नहीं बताते हैं और उन्हें यह बात कहीं और से पता चलती है तो इससे उन्हें और अधिक बुरा लगेगा।
- मैं कोशिश करूंगा कि छोटी-छोटी बातों पर चिल्लाऊं नहीं
- मैं अपना शांत समय बनाए रखने की कोशिश करूंगा और इस विचार के बारे में कई और लोगों को जागरूक करूंगा ताकि हम बदलाव ला सकें
- मेरी आदत है कि मैं छोटी-छोटी बातों पर अपने छोटे और बड़ों पर एक बार गुस्सा हो जाता हूँ इसलिए मैं इसे रोकने के लिए अपना सर्वश्रेष्ठ प्रयास करूंगा
- अब से मैं कठबोली भाषा का प्रयोग नहीं करूंगा
- मैं अपने फोन या लैपटॉप में पोर्नोग्राफी नहीं देखूंगा, इसकी शुरुआत हो चुकी है
- जब मेरी मां मुझे डांटेगी तो मैं उसे नहीं डांटूंगा
- मैं परीक्षा में नकल नहीं करूंगा
- मैं हमेशा ईमानदार रहूंगा और कभी भी किसी से अशिष्टता से बात नहीं करूंगा
- मैं अपने जीवन में ईमानदार रहना चाहता हूँ, अपने जीवन में शुद्ध रहना चाहता हूँ, मैं हमेशा अपने बड़ों का सम्मान करूंगा और कभी झूठ नहीं बोलूंगा
- मैं पढ़ाई के दौरान मोबाइल फोन का उपयोग नहीं करूंगा
- मैं कभी भी अभद्र भाषा का प्रयोग नहीं करूंगा और परीक्षा में कभी नकल नहीं करूंगा
- मैं राष्ट्रीय खिलाड़ी बनूंगा
- मैं स्क्रीन पर कम समय बिताने की कोशिश करूंगा
- मैं और अधिक ईमानदार रहूँगा
- मैं अब से हर दिन पढ़ाई करूंगा और नियमित रूप से अपनी कक्षाओं में भाग लूंगा
- मुझे अभद्र भाषा का प्रयोग नहीं करना चाहिए
- मेरी पढ़ाई में सुधार और सेल फोन का कम उपयोग
- मैं पूरी कोशिश करूंगा कि लोगों का मुझ पर जो भरोसा और विश्वास है, वह कभी न टूटे
- मैं कभी भी लोगों को बुरे शब्द नहीं बोलूंगा और अपने माता-पिता से कभी झूठ नहीं बोलूंगा
- मैं लगातार अपने आप में सुधार करूंगा और अपनी अधिकांश बुरी आदतों को ठीक करूंगा, मैं अपने करियर के लिए प्रयास करूंगा
- मैं दूसरों को गाली नहीं दूँगा
- मैं कभी भी किसी के लिए अभद्र भाषा का प्रयोग नहीं करूंगा और अपने माता-पिता से झूठ नहीं बोलूंगा

- मैं अपनी मां के साथ कभी नहीं रहूंगी और अपनी पढ़ाई पर ध्यान दूंगी और कभी भी अपशब्दों का प्रयोग नहीं करूंगी
- मैं विचार प्रक्रिया का पालन करूंगा और मैं हमेशा ईमानदार रहूंगा मैं अपने करियर के लिए कड़ी मेहनत करूंगा और मैं बुरे शब्दों या अपशब्दों का उपयोग नहीं करूंगा
- यह सोचने के बजाय कि आपकी यात्रा कितनी कठिन है, यह सोचें कि आपकी कहानी कितनी शानदार होगी
- मैं रोजाना गेम नहीं खेलूंगा
- मैं कभी भी बुरे शब्दों का प्रयोग नहीं करूंगा
- मैं अपने गुस्से पर काबू रखने और केवल सकारात्मक सोचने की कोशिश कर रहा हूँ
- मैं सीएसआईआर एनएमएल वैज्ञानिक की नौकरी हासिल करना चाहता हूँ और मैं हर समय मोबाइल फोन का उपयोग करने से बचना चाहता हूँ
- मैं दोबारा लोगों पर भरोसा नहीं करूंगा
- मेरे जीवन के सभी सबसे महत्वपूर्ण लोगों को पूरा प्यार और खुशी देना और मेरे माता-पिता को एक अद्भुत जीवन देना जिसके वे हकदार हैं
- मैं नियमित रूप से प्रार्थना करूंगा
- मैं अपने गुस्से वाले मुद्दे पर काम करूंगा और उसे नियंत्रित करने की कोशिश करूंगा
- मैं अपने बच्चों को अधिक प्राथमिकता दूंगी और उनके साथ खेलने, बात करने और चर्चा करने के लिए अधिक समय निकालूंगी
- मैं अपने गुस्से के मुद्दों पर काम करूंगा
- आज से मैं अपने लक्ष्य पर ध्यान केंद्रित करने और अधिक से अधिक समय ईश्वर की ओर देने का वादा करता हूँ
- मैं पढ़ाई शुरू करूंगी और अच्छे नंबर लाऊंगी और अपने माता-पिता का सपना पूरा करूंगी
- मैं बुरे शब्दों का प्रयोग नहीं करूंगा और अपने बड़ों का सम्मान करूंगा
- मैं किसी भी कीमत पर अपने लक्ष्य को हासिल करने की कोशिश करूंगा, न केवल अल्पकालिक लक्ष्य बल्कि अपने दीर्घकालिक लक्ष्य भी जो अच्छा करियर बनाने में मदद करते हैं।
- मैं अपने जीवन में सफल हो जाऊंगा
- मैं अपनी पढ़ाई को अपनी पहली प्राथमिकता रखूंगा और भविष्य में इसरो में शामिल होकर भारत का नाम रोशन करूंगा आइए बदलाव लाएँ ने मुझे खुद को बदलने और सुधार करने के लिए प्रेरित किया
- मैं अपने प्रति ईमानदार बन जाऊंगा
- मैं 12वीं बोर्ड परीक्षा में अच्छे अंक प्राप्त करूंगा
- मैं लोगों के चेहरे पर मुस्कान लाने की पूरी कोशिश करूंगा
- विरल सर ने वास्तविक जीवन के कई उदाहरण दिए और अपने अनुभव और कहानियां साझा कीं जिससे मुझे प्रेरणा मिली कि आपके जीवन में अच्छी चीजें शुरू करने के लिए कभी देर नहीं होती है।
- मैं अपनी मां से कभी नहीं लडूंगा

- मैं अपनी मां से झूठ नहीं बोलूंगा
- अगर मैं किसी के साथ कुछ गलत करूंगा और जब मुझे एहसास होगा कि यह गलत था तो मैं उस व्यक्ति के पास जाऊंगा और उससे सॉरी कहूंगा।
- मैं लोगों को गंदी नजर से नहीं देखूंगा
- हमें कभी हार नहीं माननी चाहिए
- मैं प्रतिदिन ठीक से 3 घंटे पढ़ाई करूंगा और अब अपने माता-पिता को धोखा नहीं दूंगा
- हम अपने मोबाइल फोन में बुरे नहीं दिखेंगे
- मैं अपने बड़ों का सम्मान करूंगा और किसी से झूठ नहीं बोलूंगा और किसी से झगड़ा नहीं करूंगा और किसी से बहस नहीं करूंगा और ठीक से पढ़ाई करूंगा
- मैं माता-पिता, शिक्षकों और बड़ों के साथ दुर्व्यवहार नहीं करूंगा
- मैं खुद को बदल सकता हूँ
- मैं अपना हृदय शुद्ध करूंगा और अपने रिश्तेदारों और अपने परिवार के सदस्यों के लिए धनवान बनूंगा
- एक सकारात्मक प्रतिबद्धता जो मैं बदलाव लाने के लिए देना चाहता हूँ वह यह है कि मैं कभी भी अपनी मां को ऊंची आवाज में जवाब नहीं दूंगा
- सकारात्मक ऊर्जा और ढेर सारी प्रेरणा
- मुझे ईर्ष्या नहीं होगी
- मैं खुद से वादा करता हूँ कि मैं कभी यह नहीं सोचूंगा कि मैं कुछ नहीं कर सकता, अगर मुझे खुद पर विश्वास है तो मैं वह सब कुछ कर सकता हूँ जो मैं चाहता हूँ
- मैं जिस मानसिक कीचड़ में हूँ उससे बाहर निकलूंगा और सुनिश्चित करूंगा कि मैं अच्छी स्थिति में हूँ और अच्छी दिशा की ओर बढ़ रहा हूँ
- मैं हमेशा ईमानदार रहूंगा और अपशब्द या बुरे शब्द या अपशब्द नहीं बोलूंगा, मैं हमेशा अपने करियर के लिए कड़ी मेहनत करूंगा।
- मैं अपनी गलती चाहे जो भी हो, हमेशा माफी मांगूंगा
- मैं और अधिक भक्ति करूंगा और अधिक स्वतंत्र रूप से सीखूंगा
- रचनात्मक बनें और कभी भी बिना किसी काम के मोबाइल फोन का इस्तेमाल न करें
- मेरी मम्मी की बात मान लो, स्वार्थी मत बनो, मैं अपने जीवन में कभी भी अति आत्मविश्वास नहीं बढ़ने दूंगी
- मैं कभी भी अपने परिवार और किसी अन्य का अनादर नहीं करूंगा और सभी का सम्मान करूंगा
- अब मैं तेज गाड़ी नहीं चलाऊंगा
- मैं कभी भी तेज गति से वाहन नहीं चलाऊंगा
- मैं कभी बहस नहीं करूंगा
- मैं कभी किसी को नहीं डांटूंगा
- चलो मुझसे वादा करो, मैं अपने आप से वादा करने वाली हूँ कि मेरा सपना पूरा करेगी मैं आईएस बनूंगी और यह वादा है मेरा खुद से



- मैं दूध पीना शुरू कर दूंगा
- मैं कभी भी गलत भाषा का प्रयोग नहीं करूंगा
- अपने जीवन में ईमानदार रहना
- मैं दूसरों को नहीं छेड़ूंगा
- आज से चलो बदलाव लाएँ के कारण
- मैं अपने माता-पिता से झूठ नहीं बोलूंगा और NEET क्रेक करने के अपने इच्छित लक्ष्य को प्राप्त करने का प्रयास करूंगा और साथ ही लोगों से अपशब्द बोलने की आदत भी छोड़ दूंगा।
- मैं कड़ी मेहनत करूंगा और अपने माता-पिता को गौरवान्वित करूंगा और हमेशा ईमानदार रहूंगा
- मैं किसी के साथ बुरे शब्दों का प्रयोग नहीं करूंगा और कभी किसी से झूठ नहीं बोलूंगा और मैं सभी के प्रति ईमानदार हूँ
- मैं अंग्रेजी सीखूंगा
- अपने जीवन में ईमानदार रहना
- मैं किसी भी लड़की के साथ फ्लर्ट नहीं करूंगा, मैं किसी भी लड़की को प्रभावित करने की कोशिश नहीं करूंगा
- मैं बुरे शब्दों का प्रयोग नहीं करूंगा, आइए बदलाव लाएं, यह बहुत अच्छा है, इससे मेरी सोच बदल गई
- दुनिया भर के सभी विभिन्न देशों का पता लगाने के लिए
- मैं बहुत सारी महंगी चीजें खरीदूंगा और एक समृद्ध जीवन जीने जा रहा हूँ लेकिन अपने खुद के व्यवसाय में नहीं जो मेरे पिता मेरे लिए छोड़ गए थे
- मेरी टिप्पणी यह है कि हमें अपने लक्ष्य पर ध्यान केंद्रित करना चाहिए
- मेरे पास जो भी है मैं उसमें हमेशा खुश रहूंगा
- मैं बिना किसी बुरी आदत के, बिना बेईमान हुए, सफल होने जा रहा हूँ
- चलो कुछ अलग करें ने मुझे अपने दिमाग से उन चीजों को बाहर निकालने में मदद की जो शांत समय के दौरान मुझे परेशान करती थीं
- मैं खुद से कभी झूठ नहीं बोलूंगा
- मैं किसी भी स्थिति में दुर्व्यवहार नहीं करूंगा और अपनी मां से कभी झूठ नहीं बोलूंगा
- मैं किसी से बहुत अभद्र तरीके से बात नहीं करूंगा और अपने गुस्से के मुद्दों से बचने की कोशिश करूंगा
- एक ईमानदार व्यक्ति बनना और एक अच्छा इंसान बनना और सभी अच्छी आदतें रखना और अपने पूरे जीवन में कोई भी बुरा काम नहीं करना
- मैं सीए बनना चाहता हूँ
- मैं कभी किसी से झूठ नहीं बोलूंगा
- हर चीज से ऊपर परिवार के प्रति प्रतिबद्धता और पेशेवर प्रतिबद्धताओं से अधिक परिवार के समय को प्राथमिकता देना क्योंकि मुझे लगता है कि मेरा परिवार हमेशा आपका समर्थन और सहयोग करेगा

और आपकी चीजों के लिए तैयार रहेगा।

- मैं अपने जीवन में धूम्रपान नहीं करता हूँ और अपने फोन में बुरी चीजें नहीं देखता हूँ
- मैं अपने पिता की मदद करूँगा और उनकी सबसे अच्छी और सबसे बुरी स्थिति में उनके साथ रहूँगा
- मैं एक बिजनेसमैन बनना चाहता हूँ और एक बड़ी कंपनी चलाना चाहता हूँ
- मैं ईमानदार रहूँगा और किसी की कमज़ोरी में कुछ नहीं बोलूँगा
- आज मैं किसी पर क्रोध नहीं करूँगा आइए एक बदलाव लाएं कार्यक्रम जहां बच्चों को प्रेरित किया जाता है और यह हमारे जीवन में बदलाव के लिए आत्मविश्वास पैदा करता है और हमारे जीवन को रंगीन बनाता है
- मैं झूठ नहीं बोलूँगा और सबके प्रति ईमानदार रहूँगा
- मैं अपनी मां पर गुस्सा नहीं करूँगा और कोई बुरी भाषा नहीं बोलूँगा
- मैं अभद्र भाषा का प्रयोग नहीं करूँगा, अपने सपने को जल्द पूरा करूँगा और रोजाना शांत समय बिताऊँगा और रोजाना अपनी डायरी लिखूँगा
- मैं दूसरों के शिक्षकों और माता-पिता का अनादर नहीं करूँगा
- मैं ईमानदार रहूँगा मैं झूठ नहीं बोलूँगा और मैं अपनी माँ की मदद करूँगा
- मैं वित्त में अपना ज्ञान बढ़ाऊँगा
- मैं गुस्से को नियंत्रित करने और बदलाव लाने की कोशिश करूँगा और बुनियादी मूल्यों का पालन करूँगा और वहां बने रहने की कोशिश करूँगा
- मैं हमेशा छोटी-छोटी चीजों का पालन करने और उनका ध्यान रखने की कोशिश करूँगा और बड़ी चीजें अपने स्थान पर आ जाएंगी
- कानून की पढ़ाई करें और जज बनें और साथ ही अपने पिता द्वारा शुरू की गई कंपनी भी चलाएं
- मैं उन लोगों के प्रति हमेशा ईमानदार रहूँगा जिन पर मुझे भरोसा है
- दूसरों से उम्मीद करने से पहले खुद को बदलने की कोशिश करना
- मैं कभी भी अपशब्द नहीं बोलूँगा और अपनी मां से झूठ नहीं बोलूँगा
- मैं अपना स्क्रीन समय कम कर दूँगा और अपना शांत समय बढ़ा दूँगा
- आइए बदलाव लाएँ यह एक बहुत ही उपयोगी सम्मेलन है और मैंने कई चीजें सीखी हैं, सबसे बड़ी बात यह है कि मैंने सपने देखना सीखा है, झूठ बोलना नहीं।
- मैं कोशिश करता हूँ कि मैं अपने माता-पिता और दोस्तों से कभी झूठ न बोलूँ और मुझे एक सफल इंसान बनना है
- मैं चिल्लाऊँगा या बड़ों के प्रति असम्मानजनक तरीके से बात नहीं करूँगा और बड़ों के फैसले का सम्मान करूँगा
- मैं अपने माता-पिता से कभी झूठ नहीं बोलूँगा
- मैं समय बर्बाद नहीं करूँगा और बहुत सारा डोपामाइन जारी करूँगा और आलस्य से बचूँगा, अपनी पढ़ाई और कौशल पर अधिक कुशलता से ध्यान केंद्रित करूँगा
- मैं अपने माता-पिता के लिए एक सफल आदमी बन सकता हूँ

- मैं अपने सभी कौशल में निपुण हो जाऊंगा जो मैं सीख रहा हूं
- मैं पैरों वाली भाषा का प्रयोग नहीं करूंगा और न ही करूंगा, इसलिए अपने माता-पिता बनूंगा और बड़ों का सम्मान करूंगा
- खुद को मजबूत बनाएं ताकि मैं हर जरूरतमंद की मदद कर सकूं और मुस्कान फैलाना चाहता हूं
- मैं अपने माता-पिता से कभी झूठ नहीं बोलूंगा और हमेशा अपने बड़ों का सम्मान करूंगा और ईमानदार रहूंगा
- मैं ईमानदार रहूंगा और किसी से झूठ नहीं बोलूंगा, बुरे शब्दों का प्रयोग नहीं करूंगा
- मैं अपने जीवन में कभी भी स्वार्थी नहीं बनूंगा
- मैं मन लगाकर पढ़ाई करूंगा और मनोवैज्ञानिक बनूंगा
- एक अच्छा इंसान बनना कोई समस्या नहीं है और सम्मान दें और सम्मान लें और ईमानदार इंसान बनें
- मैं अपनी मां से कभी झूठ नहीं बोलूंगा
- मुझे असुरक्षित भावनाओं से प्रभावित नहीं होना है, मेरे फायदे और नुकसान दोनों को ध्यान में रखना है
- मैं खुद को बदलना चाहता हूं और कभी झूठ नहीं बोलना चाहता
- आज मैं वादा करता हूं कि मैं कभी भी विज्ञान और शराब या सिगरेट जैसी किसी भी चीज का इस्तेमाल बातचीत में नहीं करूंगा
- मैं अपने माता-पिता से नहीं लड़ूंगा
- आज से मैं अभद्र भाषा का प्रयोग नहीं करूंगा
- मैं कभी भी दूसरों के प्रति बुरा या असभ्य नहीं होऊंगा
- मैं वे सभी काम करना बंद कर दूंगा जो मेरे भविष्य को नीरस बना देंगे
- आज से मैं सर्वश्रेष्ठ बनने के महान लक्ष्य के साथ एक सभ्य व्यक्ति बनूंगा और कभी भी दूसरे का अनादर नहीं करूंगा
- मैं अपनी मां से कभी बहस नहीं करूंगा और ईमानदार रहूंगा
- मैं जीवन भर किसी को धोखा नहीं दूंगा, विशेषकर अपने माता-पिता को
- हर स्थिति में ईमानदार रहें
- अपने आप पर भरोसा रखें क्योंकि कोई भी आपको प्रेरित करने के लिए नहीं है बल्कि हर कोई है जो आप पर हंसता है
- अब मैं किसी से झूठ नहीं बोलूंगा और किसी से अपशब्द नहीं बोलूंगा
- मैं बुरे शब्दों का प्रयोग बंद कर दूंगा
- मैं अपने चारों ओर देखता हूं और मुझे अच्छी आदत विरासत में मिली है
- मैं अपने दोस्त को धमकाऊंगा नहीं
- मैं एलएमएडी जीवन से वादा करता हूं कि मैं अपने करियर को हमेशा पहले प्राथमिकता दूंगा और नियमित अध्ययन करूंगा

- मैं दूसरों को गाली नहीं दूँगा
- मैं एक ईमानदार और स्वार्थी, शुद्ध और प्यारे इंसान बनने का वादा करता हूँ
- मैं कभी भी हर किसी को गाली नहीं दूँगा
- हमेशा ईमानदार रहें, किसी भी स्थिति में यह आपके लिए मुश्किल होगी लेकिन हमेशा सच बोलें
- मैं अपनी मां से कभी झूठ नहीं बोलता और हर बात शेयर करता हूँ

## अनुलग्नक 2

### स्वयंसेवकों का अनुभव:

#### 1. अक्षता घोगरे, धाराशिव, महाराष्ट्र

मैं अक्षता घोगरे, धाराशिव, महाराष्ट्र से हूँ। 2007 में, मैंने बारामती में क्षेत्रीय युवा सम्मेलन में भाग लिया। मैंने अपने दोस्तों के साथ सम्मेलन में सिर्फ इसलिए भाग लिया क्योंकि सभी लोग भाग ले रहे थे। बाद में, ये दिन अहसास और खुद के साथ आंतरिक जुड़ाव में बदल गए। बाद में, 2011 में मुझे क्षेत्रीय युवा सम्मेलन में भाग लेने का एक और अवसर मिला। लेकिन यह समय 2007 की तुलना में खुद को नैतिक रूप से मजबूत बनाने के बारे में था। साल-दर-साल मैं एक स्वयंसेवक के रूप में काम करने के अवसर की प्रतीक्षा कर रहा थी। 12 वर्षों के लंबे अंतराल के बाद नवंबर 2023 में मुझे JYC में स्वयंसेवक बनने का अवसर मिला। JYC भाग लेना एक नए राज्य में नए दोस्तों के साथ भय और जिज्ञासा का मिश्रण था। अगली सुबह अन्य स्वयंसेवकों से मिलने से मुझमें ऊर्जा और आत्मविश्वास का संचार हुआ। कुशल और युवा स्वयंसेवकों से घिरे हुए मुझे एहसास हुआ कि मैं गहन सीखने के अनुभव के लिए तैयार हूँ। एक स्वयंसेवक के रूप में समय की पाबंदी से परे अनुभव से सीखना; इसमें मानवता, धैर्य और आनंदमय वातावरण बनाना शामिल था। टीम वर्क एक मूल्यवान सबक बन गया। इस अनुभव से मुझे बहुत मदद मिली, यह समूह चर्चा में किसी समूह का नेतृत्व करने जैसा था। इस प्रक्रिया से मुझे जो कुछ भी करता हूँ उसमें आत्मविश्वास हासिल करने में मदद मिली है। JYC में बिताए गए चार दिन बारामती युवा सम्मेलन से कुछ अलग थे क्योंकि यह एक प्रतिभागी से स्वयंसेवक में परिवर्तन की मेरी यात्रा थी। आने और जाने के बीच का अंतर बहुत गहरा था, जिससे Let's Make A Difference के साथ फिर से काम करने की मेरी इच्छा बढ़ गई। मैं महाराष्ट्र में एक सम्मेलन शुरू करने की इच्छा व्यक्त कर रही हूँ क्योंकि इस अनुभव ने एक छाप छोड़ी है और मैं Let's Make A Difference में योगदान करने के हर अवसर का उत्सुकता से इंतजार कर रही हूँ।

## 2. रितिक रावत, ऋषिकेश, उत्तराखंड

मेरा पहला स्वयंसेवक अनुभव 'लेट्स मेक ए डिफरेंस' के साथ जैमशेदपुर के क्षेत्रीय युवा सम्मेलन में था और यह अद्भुत था। मैंने शुरूवात में अपनी क्षमताओं को कम माना था, लेकिन तमार और जैमशेदपुर के सम्मेलनों में 25 से 30 लोगों के समूह का प्रबंधन करने का एक अद्वितीय अनुभव हुआ।

एक महत्वपूर्ण पल यह था जब मेरे सह-नेतृ सायोक सरकार एक समूह चर्चा में शामिल नहीं हो सके और मुझे एकल प्रबंधन करना पड़ा। अचानक से, मैंने इस समाधान में सफलता प्राप्त की, जिसमें छात्र अपने वंशीय अनुभव साझा कर रहे थे। यह घटना मेरी नेतृत्व कौशल में वृद्धि की, मेरे विकास समूह के साथ एक गहरे संबंध बनाए रखने का एक मौका दिया और मेरी नेतृत्व गुणधर्मों को बढ़ावा दिया।

मुझे रिपोर्ट लेखन और उसे एक संरचित रिपोर्ट में रिकॉर्ड करने का कार्य सौंपा गया, जिससे मेरे लेखन कौशल में सुधार हुआ। स्वयंसेवक के रूप में होना सामान्य अभिविभाजन में भिन्न था, और यह खोलता रहा कि सफल सम्मेलन का संचालन करने के पीछे बहुमुखी पहलुओं की कितनी चीजें होती हैं। हमें यह सिखने को मिला कि टीमवर्क से लगता है कि सब कुछ मुश्किल हो, लेकिन टीम के समर्थन से यह आसान और मजेदार बन जाता है।

पहले मैं व्यक्तिगत रूप से काम करने की प्राथमिकता देता था, लेकिन इस सम्मेलन में, मैंने पूरी तरह से एक टीम के साथ काम करने की ओर मुड़ा और सफलता के लिए 20 से 25 सहयोगी स्वयंसेवकों के समर्थन से यह देखा कि सामर्थ्य की बात है। मैंने समझा कि सम्मेलन के दौरान खाना बहुत आवश्यक है और इसे कभी भी बर्बाद नहीं होने देना चाहिए, इसलिए जब मुझे छात्रों को खाना सेवित करना था तो मैंने उन्हें एकबार में ज़्यादा खाना नहीं दिया, बल्कि उन्हें पर्याप्त खाना दिया और उन्हें बताया कि वे जितना चाहें बर्तन में भर सकते हैं, ताकि भोजन का कोई अंतर ना हो। मुझे यह देखकर आश्चर्य हुआ कि सम्मेलन आयोजित करने में कितनी चीजें शामिल हैं - स्वयंसेवकों के परिवहन का प्रबंधन, प्रतिभागियों की भीड़ का संचालन, सभी को सम्मानपूर्वक व्यवहार करना, भोजन और आहार की योजना, प्रमाणपत्र प्रिंटिंग और योजना, स्वयंसेवकों के आवास और स्वास्थ्य का प्रबंधन और दिन के पूर्ण होने से पहले और बाद में प्रत्येक विवरण की जाँच।

मैंने समझा कि सम्मेलन और समूह चर्चाएं मेरे क्रोध प्रबंधन में मुझे मजबूत कर देंगी, क्योंकि मेरे समूह में कुछ छात्र थे जो बहुत शोरगुल्ला थे, लेकिन मैंने अपना क्रोध बहुत धीरे से संभाला और उन्हें बताया कि वे सही चीज़ नहीं कर रहे हैं, और इसे एक विनम्र तरीके से किया। यह मेरे लिए एक बड़ी उपलब्धि थी, क्योंकि मैं एक छोटे स्वभाव के व्यक्ति हूँ।

जब 4 दिनों का सम्मेलन समाप्त हो गया तो मैं एक बेहतर सुनने वाला व्यक्ति बन गया, क्योंकि नेतृत्व के रूप में मैंने सभी प्रतिभागियों की अनुभवों में डूबा रहा और समूह चर्चा के दौरान मेरी सुनने की क्षमता में सुधार हुआ। कुल मिलाकर, स्वयंसेवक के रूप में सम्मेलन का अनुभव न केवल मजेदार था, बल्कि नए दोस्तों के साथ, बल्कि एक सुधारित और सहानुभूतिपूर्ण व्यक्ति के रूप में भी मेरे विकास का स्रोत था।

### 3. अभिनव बिष्ट, ऋषिकेश, उत्तराखंड

मैं सम्मेलन में एक स्वयंसेवक के रूप में भाग लिया तमाड़ और जमशेदपुर. वहां पहुंच कर मुझे सच में अहसास हुआ अच्छा, और मेरा अनुभव काफी सार्थक था। न केवल क्या सभी ने अपने काम में योगदान दिया, लेकिन मेरा भी सामना हुआ कई नए चेहरे और विचार। मेरे साथ अन्य स्वयंसेवक वे भी बहुत सहानुभूतिपूर्ण और मददगार थे जिन्होंने वहां मेरी मदद की मेरे पूरे काम में, मुझे प्रदान करना विभिन्न दृष्टिकोणों और कौशलों का अभ्यास करने के अवसर। यह अनुभव मेरे लिए सीखने का अद्भुत अवसर था और यह बहुत अच्छा था! मुझे वहां रहकर बहुत खुशी महसूस हुई, यह यह मेरे व्यक्तिगत और व्यावसायिक जीवन दोनों पर प्रतिबिंबित होता है। बैठक नये लोग और उनसे सीखने ने इस अनुभव को सबसे महत्वपूर्ण बना दिया मेरे जीवन का समय। वहां बिताया हर पल हमेशा रहेगा मेरे लिए यादगार।

### 4. पार्थ सेमवाल, ऋषिकेश, उत्तराखंड

जमशेदपुर में Let's Make A Difference कॉन्फ्रेंस में स्वयंसेवक के रूप में मेरा अनुभव | यह मेरे लिए एक महत्वपूर्ण क्षण था। जब मुझे Let's Make A Difference में एक स्वयंसेवक के रूप में अपना योगदान देना का अवसर प्राप्त हुआ।

शुरुवाती क्षणों में अपनी क्षमताओं को कम मानते हुए, मैं एक भव में जरूर था परंतु अपने सहकर्मी यानी की स्वयंसेवकों से मिलकर मेरा आत्मविश्वास भी बाढ़ गया मुझे Let's Make A Difference कॉन्फ्रेंस में एक स्वयंसेवक के रूप में मुझे एक समूह का नेतृत्व करने का मौका मिला जिसमें 20 से 25 छात्र छात्राओं को संबोधित करना था। संगीता सरकार मैम के साथ समन्वय करते हुए, मुझे अपने पहले समूह चर्चा को संचालित करने का अवसर मिला, जो मेरी प्रबंधन क्षमताओं को प्रदर्शित करने वाला एक महत्वपूर्ण क्षण था। कॉन्फ्रेंस मेरे समूह का नाम अवेयरनेसा था, सामूहिक चर्चा यानी की ग्रुप डिस्कशन में छात्र अपने जीवन के अनुभवों अथवा उनकी समस्याओं को साझा करते थे जो की मेरे लिए एक अलग और कुछ नया क्षण था।

2022 का वर्ष जून के महीने में जब मैंने अपनी पहली कॉन्फ्रेंस एक प्रतिभागी के रूप में हिस्सा लिया था

उस कॉन्फ्रेंस से मेरे जीवन में काफी बदलाव आए थे। उसी दिन से मेरा विचार था कि मुझे Let's Make A Difference के साथ मिलकर कॉन्फ्रेंस में एक स्वयंसेवक के रूप में भी अपना योगदान देना है। मुझे शिवराज भैया के साथ मिलकर स्टेशनरी कार्य की जिम्मेदारी सौंपी गई, हमें फॉर्म्स अथवा स्टेशनरी का समान समय समय पर वितरण और हमारे स्टॉक के खातों को बनाए रखने के सभी गतिविधियों की जिम्मेदारी दी गई थी क्योंकि यह कार्य हमारे लिए पूरी तरह से नया था इसलिए शुरुवाती दौर में हमें छोटी-छोटी कठिनाइयों का सामना करना पड़ा। लेकिन हम दोनों ने एकजुट होकर इससे सफलतापूर्वक पूरा किया।

यह अनुभव मेरे संगठन क्षमताओं को धारित करने और कार्यों को एक और अधिक संरचित तरीके से सोचने के कौशलों को बढ़ावा देने में सहारा किया। इस कॉन्फ्रेंस में मैंने सीखा कि प्रतिभागी के रूप में आपको केवल कॉन्फ्रेंस और वक्ता को देखना है, लेकिन स्वयंसेवक के रूप में पूरी कॉन्फ्रेंस को प्रबंधित करने के लिए कितनी बहुत बातें हैं, सफल कॉन्फ्रेंस को प्रबंधित करने के लिए अंदरूनी और बाहरी तथ्यों को सीखना है।

खाद्य प्रबंधन के महत्व को समझना मेरे लिए एक महत्वपूर्ण सिख थी और इसे किसी भी रूप में बर्बाद नहीं होने देना चाहिए इसलिए जब मुझे छात्रों को भोजन सेवा करना था, तो मैंने उन्हें एक बार में अधिक भोजन व देकर लेकिन उन्हें पर्याप्त भोजन दिया और उन्हें बताया कि वे चाहें जितना चाहें खा सकते हैं, लेकिन शुरुवाती दौर में उन्हें सीमित ही मिलेगा ताकि भोजन बर्बाद न हो।

सम्पूर्ण कॉन्फ्रेंस में लोकल स्वयंसेवकों की टीम ने हम बाहर से आए स्वयंसेवकों की पूरी तरह से देखभाल करी हमारी जरूरतमंदों का समान समय समय पर हमें प्राप्त हुआ प्रथा हमारे आवास अथवा हेल्थ का भी बेहद अच्छे से ध्यान रखा गया। कॉन्फ्रेंस से घर आकर मैं अपने भीतर बहुत से बदलाव देखे और मेरे सुनने की छमता भी अब बढ़ चुकी थी। अभय मेरे परिवार के प्रति मेरा क्रोधित व्यवहार भी अब खत्म हो चुका था। मैंने वहां नेतृत्व की गुणवचा भी विकसित की।

## अनुलग्नक 3

### प्रतिभागी अनुभव:

#### 1. तन्मय घोरे, धाराशिव, महाराष्ट्र

नमस्ते, मैं धाराशिव, महाराष्ट्र से तन्मय शूरसेन घोरे हूं। हाल ही में, मैंने एक एलएमएडी सम्मेलन में भाग लिया जिसने जीवन के प्रति मेरा दृष्टिकोण बदल दिया। सम्मेलन से पहले, मैं अपने करियर और

पारिवारिक मुद्दों से जूझ रहा था, जिसके कारण मैं अत्यधिक सोचने की स्थिति में था। हालाँकि, यह सम्मेलन मेरे जीवन में एक महत्वपूर्ण मोड़ साबित हुआ। मैंने सफलता प्राप्त करने के लिए अल्पकालिक लक्ष्य निर्धारित करने का महत्व और स्वस्थ पारिवारिक रिश्ते कैसे बनाए रखें, यह सीखा। एलएमएडी के चार मूल मूल्य: ईमानदारी, निःस्वार्थता, पवित्रता और प्रेम, मुझ पर गहराई से असर करते थे। इसके अतिरिक्त, डीएलएसटी सत्र ने मुझे सिखाया कि कैसे अधिक उत्पादक बनें और सोशल मीडिया पर समय बर्बाद करने से बचें। आखिरकार, मैंने सीखा कि टिकाऊ जीवन कैसे जिया जाए। यह सम्मेलन मेरे लिए आँखें खोलने वाला था, और अब मैं अपना जीवन सकारात्मक दृष्टिकोण के साथ जीने और अपने लक्ष्यों को प्राप्त करने के लिए प्रयास करने के लिए प्रेरित हुआ हूँ।

## अनुलग्नक 4

### प्रतिभागियों द्वारा साझा की गई कुछ बातें दिल को छूने वाली थीं

“शांत समय की अवधारणा ने वास्तव में मुझे एक बेहतर इंसान बनने के लिए प्रबुद्ध किया है। इन 3 दिनों में मुझे एहसास हुआ कि बहुत सी बातें हैं जो मेरे दिमाग में चलती हैं लेकिन मैं उन पर विचार नहीं करता। लेकिन क्यूटी के दौरान मैंने खुद को बेहतर तरीके से जाना और मुझे अपने भविष्य के प्रयासों के लिए स्पष्टता भी मिली।” मैंने बहुत कम उम्र में अपने पिता को खो दिया था। मेरे परिवार का बोझ मेरे और मेरे भाई के कंधों पर आ गया। यह हमारे परिवार पर बहुत भारी पड़ा। मैंने अपने लिए एक शानदार जीवन जीने के लिए अपनी माँ की अलमारी से सत्तर हज़ार चुराए, बिना यह सोचे कि उनके लिए इस परिवार को चलाना कितना कठिन होगा। परिवार दिवस सत्र के दौरान, मुझे एहसास हुआ कि मैं बहुत गलत था और मैं अपनी माँ के प्रति भी बहुत अशिष्ट था जब वह सबसे अधिक पीड़ित थी। मैं दोबारा ऐसा काम नहीं करूँगा और आज से बेहतर तरीके से अपने परिवार के लिए उपलब्ध रहूँगा।”

“इस सम्मेलन में भाग लेने से पहले, मैं अपने परिवार के प्रति द्वेष रखता था। मैं सोचती थी कि वे मुझसे प्यार नहीं करते और हर तरह से मुझ पर ही प्रतिबंध लगाना चाहते हैं। लेकिन मन खोलने वाले सत्र में भाग लेने के बाद, मैं घर गया और अपने परिवार से बात की, अपनी भावनाओं को साझा किया और आखिरकार मैंने केवल संवाद करके अपने और अपने माता-पिता के बीच की दूरी को पाट दिया।”

## अनुलग्नक 5

<https://avenueemail.in/jamshedpur-lmad-youth-conference-kicks-off-at-kps-kadma/>

<https://www.facebook.com/share/v/iyVBkJPoCPK3yzEd/?mibextid=qi2Omg>

<https://avenueemail.in/kps-kadma-lmad-conference-concludes-on-a-high-note/>



## अनुलग्नक 6

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



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

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

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

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

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

## चार दिवसीय युवा सम्मेलन का शुभारंभ



जमशेदपुर, 30 नवंबर (रिपोर्टर) : परिवर्तन की पहल के तत्वाधान में जमशेदपुर युवा सम्मेलन ने चार दिवसीय शिविर का आयोजन केरला पब्लिक विद्यालय कदमा में किया गया। सम्मेलन के अंतर्गत सार्थक युवा गीतदारी एवं विद्यार्थियों में क्षणिक स्तर को सीखने की क्षमता में बढ़ावा देने का सार्थक प्रयास किया गया। सम्मेलन 30 नवम्बर से 3 दिसम्बर 2023 तक होगा। इसमें आठ विद्यालयों से आए 350 युवा एवं जोशीले विद्यार्थियों ने इस सम्मेलन में भाग लिया। इसका उद्घाटन मुख्य अतिथि बुलेवर्ड होटल समूह के सीईओ रोनाल्ड डी कोस्टा ने की। इस कार्यक्रम की शुरुआत विद्यालय के निदेशक शरत् चन्द्रन, शैक्षणिक निदेशिका लक्ष्मी शरत, प्रिंसिपल शर्मिला मुखर्जी, उप निदेशिका शांता वैद्यनाथन, विरल मजूमदार एवं अन्य गणमान्य व्यक्तियों ने दीप प्रज्वलित कर किया। सम्मेलन में बच्चों को अपने युवा मस्तिष्क को फिर से जीवंत करने, नेतृत्व कौशल बढ़ाने, संचार कौशल में सुधार करने और एकाग्रता शक्ति विकसित करके का एक आदर्श अवसर प्रदान किया। पहले दिन के कार्यक्रम का समापन दर्शकों द्वारा उत्साहपूर्वक गाए गए राष्ट्रगान के साथ हुआ।

## केपीएस में आयोजित चार दिवसीय कार्यशाला का समापन



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

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

Home › Education

EDUCATION EVENT JAMSHEDPUR

## KPS Kadma: LMAD conference concludes on a high note

By News Desk

Sunday, 3 December 2023, 21:47:03 IST

102 0



Jamshedpur: The Let's Make a Difference (LMAD) Conference, hosted by Kerala Public School, Kadma, concluded on Sunday after a four-day event. Jointly organized by the national organization LMAD and KPS

## LMAD Youth Conference kicks off at KPS Kadma

Mail News Service

**Jamshedpur, Nov 30:** Let's Make a Difference (LMAD) Youth Conference is in full swing at Kerala Public School Kadma, bringing together 350 enthusiastic students from 8 different schools in Jamshedpur. The event, spanning from November 30th to December 3rd, aims to foster coordination for meaningful youth participation and apply learning strategies to enhance academic performance.

The inaugural ceremony, held on November 30th, was graced by Chief Guest Ronal D'Costa, CEO of Boulevard Group of Hotels. Viral Mazumdar is the Chief Conductor and Resource Person for the LMAD Youth Conference.

In its 15th year, the annual event focuses on guiding school children to introspection, role-plays,



and catharsis sessions to reshape their character with universal values such as honesty, love, purity, and selfless service.

Ronal D'Costa, in his address, emphasized the importance of quiet time and inner peace. He forewarned the audience that the LMAD Youth Conference in Jamshedpur would undoubtedly change their lives through the '3 days of inner churning.'

The program concluded with gratitude expressed by Director Kerala Public Schools Sharat Chandran, highlighting the significance of discipline in life. He commended Mr. Viral's initiative, referring to him as a "goldsmith who

knows the value of a jewel," thanking him for nurturing leaders and instilling humanity.

The LMAD Youth Conference provides an ideal platform for children to rejuvenate their minds, enhance leadership and communication skills, and develop concentration power. Also present were Academic Director, Kerala Public Schools Lakshmi R, Founder Principal, Shanta Vaidyanathan, Principal KPS Kadma Sharmila Mukherjee, Chief Conductor for LMAD(Lets make a difference) Youth Conference Mr. Viral Mazumdar, Conductor, LMAD Jamshedpur and Rajiv Agarwal.(W.mb)

## जमशेदपुर जागरण

# एलमेड ने छात्रों को समझाया जीवन जीने की कला

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

चार दिनों में छात्रों के मनोभाव को समझा और उन्हें उस अनुरूप तैयार किया। इस दौरान छात्रों ने जिंदगी को कैसे और किस्त त्तरीके



केपीएस कदमा में आयोजित जमशेदपुर युवा सम्मेलन के समापन समारोह को संबोधित करते एलमेड के मुख्य रिसोर्स पर्सन विरल मजुमदार • जगतदा

से जीना है यह जाना। छात्रों ने समापन कार्यक्रम में अपने अनुभव को इस तरह साझा किया कि वे अपनी कहानी बता पायुक हो गये तथा संकल्प लिया वे अब परिजन के साथ मिलकर अपने व्यवहार को तत्काल बदलेंगे। इस सम्मेलन में परिवार और रिश्तेदारों की अहमियत

के बारे में भी छात्रों को बताया गया। सम्मेलन में उपस्थित केपीएस कदमा के निदेशक शरत चंद्रन ने कहा कि सम्मेलन के माध्यम से अगर मैंने एक भी छात्र को भी तकदीर व जिंदगी को संवार दिया तो मैं यह समझूंगा कि सम्मेलन सफल हो गया।

## अपने अंदर पैदा हुआ आत्मविश्वास : अमन

केपीएस बर्गमाइंड्स की छात्रा अमन कुमारी ने बताया कि

इस सम्मेलन में उन्होंने परिवार के महत्व को जाना। वे हमेशा परिजनों से झगड़ा करती थीं। छात्र ने सम्मेलन के माध्यम से यह पता चला कि मैं क्या हूँ। सम्मेलन में आत्म गिलानी महसूस हुई। अपने अंदर आत्मविश्वास और प्रतियोगिता की भावना पैदा हुई। मैं केपीएस कदमा के निदेशक शरत चंद्रन और एलमेड के संस्थापक विरल मजुमदार का शुक्रिया अदा करती हूँ।

### 13. Let's Make A Difference at Leadership Funnel Program, Gujarat, 17 January, 2024

**Venue:** Le Meridien, Surat, Gujarat

**Dates:** 17 January, 2024

**Number of Participants:** 300

#### Brief description of the Project:

1. Mr. Viral Mazumdar was invited to speak at the leadership conclave of Bada business, in Surat, Gujarat of Mr. Vivek Bindra. It was a business conference, where more than 300 young entrepreneurs from all over the country joined to gain a holistic learning of the business interactions, sales, customer management with real life examples.
2. Mr. Mazumdar took a session, highlighting the need for a moral and ethical based business, while interacting with the young leaders, inspiring them to excel in their businesses. He shared one mantra which is tried and tested in business, perseverance with honesty. Before you build your product, build it with uncompromised excellence, once the product is in place. The next step is vital; before selling, build strong relations with those with whom you want to do business.
3. Relation is the key to the business; excellent product and honest relation is a perfect combination in a business which will go ahead for generations.



*Let's Make A Difference at Leadership Funnel, Bada Business*

## 14. Tenkasi Visit, Tamil Nadu, 13- 15 March, 2024

**Venue:** i. Amar Seva Sangam, Ayikudy  
ii. Vel's Vidhyalaya, Tenkasi

**Dates:** 13 - 15 March 2024

**Number of Participants:** 2

### Introduction:

This report aims to provide an overview of the 2-day visit of Viral Mazumdar and Mudit Surana to Ayikudy and Tenkasi. The visit was organized by Amar Seva Sangam and aimed to meet the Correspondence of Vel's Vidhyalaya, Mr. Veeravel Murugan, Mrs. Raja Rajeswari, and Principal Mrs. M Shanthi.

### Day 01

On the first day, the visit began with a tour of Vel's Vidhyalaya, where the team interacted with Principal Mrs. M Shanthi. The Principal showed them around the school and discussed possible venue options for a 4-day conference to be conducted at Vel's Vidhyalaya on 27th – 30th June 2024. Afterward, the team headed to Amar Seva Sangam, where they met Secretary Mr. Sankara Raman.



*Let's Make A Difference at Vel's Vidhyalaya*

### Day 02

On the second day, they started by addressing the students at Amar Seva Sangam in the presence of the founder and President, Mr. Ramakrishnan. They had an interactive discussion with the students of classes X to XII. Post lunch, the team visited Vel's Vidhyalaya along



*Let's Make A Difference at Amar Seva Sangam, Tenkasi*

with KM Shanmugam and Mrs. Ramani Sankara Raman to meet the Correspondent, Mr. Veeravel Murugan, and Mrs. Raja Rajeswari.

During this visit, they had a fruitful interaction regarding the "Let's Make a Difference" program and discussed the program in June. A brief meeting was held with the students of grades X to XII, where they spoke about the importance of quiet time and gathered insights on their areas of challenges. The students shared their hindrances and challenges.

After the interaction with the students, a discussion was held with the school management regarding the areas of concern expressed by the students and the need for a dialogue with the teachers regarding the challenges they face daily. Due to time constraints, the teacher meetings could not occur during the visit but were scheduled for a future Zoom call. Another area of discussion was the flow of the conference, and the meeting ended on a positive note with Mr. Murugan expressing interest in making this program an annual event at Vel's Vidhyalaya.

## **Conclusion**

Overall, the visit to Vel's Vidhyalaya and Amar Seva Sangam was productive in discussing how to reach more youth in the southern part of the country. The team also had the opportunity to visit iconic temples in Tenkasi and Ayikudy, along with Kathrivel Murugan, the PRO at Amar Seva Sangam. The trip concluded on a positive note, with multiple opportunities arising in Tamil Nadu to expand the work of the "Let's Make a Difference" program to many more youth in the nation.

## **Areas of Concerns for students at Vel's Vidyalaya (14.03.2024)**

- I am good at volleyball, but I get shivering when I play a match and I cannot concentrate on studies.
- Low confidence, communication gap, lack of socializing, fear of goals.
- I am a good footballer, but I get shivering and nervous when playing on field matches,

- which I can't do well. Also, I find it hard to understand the topic.
- Cannot continue a new habit which we wished for. And cannot exercise a new habit, which we wished for. I want to overcome stage fear. I want to be satisfied with the work which we do.
- The challenge that I'm facing right now is my parents and teachers are comparing me with my classmates and siblings which is making me feel insecure about myself.
- How to concentrate on subjects. How to study a subject clearly. How to score good marks in board exams.
- Sir, how do I concentrate on studies when I try to study? Phone, TV were distracting me, and it made me spend more hours.
- How should I complete my UPSC examination? How can I be financially stable?
- Stress because of study. Not enough time. Lack of confidence.
- Always feeling unmotivated. I have the ability to, but I'll get distracted.
- Stress because of anger. Not enough time. Not able to come out of distractions.
- I am interested in physics, so I want to become a physicist.
- The major challenge that I am facing is that I'm constantly being compared with children of my age group. Even if I want to become something I get demotivated by their words.
- I am good at kabaddi but no kabaddi practice in school.
- Sir, I want to learn only one thing now, that is I want to learn how to convince my parents to do what I want to do. I want to be an animator and to be unique. But my parents' ideas are different.
- Less consistent and less motivated. My way is right or wrong.  
I am facing a problem because I cannot concentrate on my studies and getting more stress from parents. I am constantly being compared.
- Sir, I do have planned to study and clear all my 11th backlogs. I have framed a timetable but wouldn't follow it regularly. I do it for 1 week consistently but later fails. Kindly help me sir.
- I'm a good cricketer but I'm not getting a nice chance and I have lack of confidence. And
- I don't have the courage to speak in front of people.
- Lack of self-confidence. Can't speak in front of a group of people. Can't think about myself. Lack of knowledge about my aim.
- I am good at volleyball, and I do not have much confidence to play matches. And I am not able to concentrate on my studies.
- Consistency, Fear to interact with others/new people, overthinking, procrastination.
- Lack of confidence. Few lack study. How to become a film maker, how to increase communication skill.
- The challenge I'm facing is my fear. If something happens my heartbeat goes so fast. I'm just stuck at that moment. I have a lot of dreams but because of my fear and low confidence I can't do anything.
- I can't control my usage of mobile even if I want to. I am not spending time with my parents even if I want to. I am always thinking of being alone.
- I can't concentrate on my studies because of my phone. I can't control my usage of my phone. I want to score good marks, but I cannot score because of my phone.
- I can't study because of my phone. I need to score more marks . How? I can't control my usage of my phone. I can't study because of my friend also.
- The challenge I am facing is because my parents compare me with another student . I fear my future job.



- Getting sleepy while opening the book and can't concentrate on my studies. Using a mobile makes me not concentrate on studies.
- I can't study because of my mobile. Getting sleep during studying time. I can't focus on my studies, because of mobile.
- Lack of focus on my future, lack of concentration. I do not have any ambition, aim, or dream. Sacrificing friendships.
- How can I focus on studies and manage time? Physics is so hard for me. What I study is not asked in the question paper. How can I get confident in exams?
- I lack confidence, I overthink, I lack concentration, I am lethargic, I am depressed, I fear failing, I fear exams.
- I think the judgments that others make about us bother us a lot. We can say that we are alone here to live a life for ourselves and not for others, but still, we will have to face people and work with them at any time in our lives and hear their opinions. So, it would be nice if you could give a solution for this problem in your session about neglecting those discouraging opinions and making ourselves better.
- Mental stress - Not getting any idea to study - Distractions (lots) – Overthinking - Over depression - Lack of concentration - High pressure on studying.
- I am low in confidence, lack concentration, overthink, am lazy, lethargic, depressed, and fear failure. I think of the future.
- How to be "consistent" in life
- How to focus on studies?
- How to get awareness in fixing ambition?
- The challenge I face is not being consistent. Whenever I start a work, after a couple of days, I lose motivation and can't do that work. I also want to become an IFS officer, but I actually don't know what I should do to achieve it and which path I should choose. I also lack confidence in speaking to my parents.
- I lack confidence and do not know how to start to become a civil servant. I want to increase my communication skills.
- The challenge that bothers me is following others' wishes or ideas. We are not allowed to do what we like or what we want because of problems in that field. I am low in confidence to express or to speak out our thoughts to others. We are not able to express our stress or problems. There is a fear of doubt in achieving our goals.
- The challenge I am facing is about the future, and I can't concentrate on studies.
- The challenge I face is about not being consistent. Whenever I start a work, after a couple of days, I lose motivation and can't do that work. I also want to become an IFS officer, but I actually don't know what I should do to achieve it and which path I should choose. I also lack confidence in speaking even to my parents.
- To gain confidence to speak with others. I am preparing very hard for my exams, but while writing the exams, I couldn't give my best. I have issues with anger; I have to overcome it.
- I can't concentrate on studying.
- Lack of confidence
- Lack of consistency.
- I am good at sports, but there is no support from my family.
- How to control the teachers?
- The major challenge that we are facing is to overcome stress and pressure. Thinking about studies all the time, we have no time to look up. Though we are putting all our efforts, we are not getting enough marks.

- The major challenge that I'm facing is constant pressure to get more grades, though I'm putting in a little effort. If I get low marks, I am compared with my friends.
- I have a problem with concentration, confidence, the method of conveying something to others, and I have an ego problem that makes many people stay away from me, and anger makes me stressed.
- The challenge I was facing is that I feel low in my confidence many times. I was unable to decide what I am going to do in my future. I feel so frightened to talk in front of new people

## F. Committed Programs:

i) **Vel's Vidhyalaya (Ayikudy Regional Conference)** - Feeling the success of the Ayikudy Youth Conference, a bigger program of more than 600 students and 25 teachers will be organized from 27 - 30 June, 2024 with greater involvement of students at Vel's Vidhyalaya, Tenkasi.

ii) **Aspirational District (Haridwar and Rishikesh)** - The ongoing undertaking of Let's Make A Difference to continue in the Aspirational District where the local students will be at the forefront taking charge of the Let's Make A Difference undertakings in the region.

iii) **National Youth Conference** - The annual feature of Let's Make A Difference at the MRA Center, Asia Plateau to happen from 1 - 8 June this year as every year along with the coordinator's workshop preceding it from 28 May - 1 June.

iv) **Tamar Youth Conference** - Every year we conduct a program for the derived students of Eklavya Model Residential School, Salgadih, in Jharkhand. This year the thought is to conduct a week-long residential program from morning to night. The motive behind it is engage in deeper conversation, getting to know them better and give all that we have. Patient listening and understanding is the way we want to move forward. We will conduct the conference from 27 August - 1 September 2024.

v) **Jamshedpur Youth Conference** - This is a well established youth program in eastern India in Jharkhand where 300 students from various schools of classes 9 and above participate and take away learnings that change their life. This year the program will be from 28 November to 01 December 2024 in the premises of Kerala Public School, Kadma campus

## G. Appreciation Letter

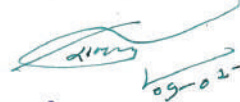


पत्रांक.....

दिनांक 09-02-22

श्री विरल मजुमदार

लेट्स मेक अ डिफरेंस (LMAD) द्वारा परमार्थ निकेतन में आयोजित उत्तराखण्ड युवा सम्मेलन 2022 दिनांक 13-16 जनवरी में हमारे विद्यालय से 30 छात्र-छात्राओं ने भाग लिया। इन चार दिनों में उन्होंने अपने अन्दर गहरा बदलाव देखा। हमारे विद्यार्थियों को इस प्रकार के सम्मेलनों में रूचि लेता देख मुझे प्रसन्नता मिली। मेरे लिए यह एक नया अनुभव था, जहा पर बच्चों को आत्मनिरीक्षण के माध्यम से नैतिक मूल्यों को अपने जीवन में लाने की सीख दी गई और उनकी टीम में श्री विरल मजुमदार को आभार व्यक्त करता हूं कि ये हमारे प्रदेश में आकार इस प्रकार के सम्मेलन को आयोजित किया। मुझे खुशी है कि आज भी नैतिक शिक्षा को महत्व दिया जा रहा है।



09-02-2022  
रजेंद्र प्रसाद पाण्डेय  
प्रधानाचार्य  
सरस्वती विद्या मन्दिर इंटर कॉलेज  
आवास विकास, ऋषिकेश

*Letter from the Principal*

## स्वर्गाश्रम ट्रस्ट

बाल विद्या निकेतन उच्चतर माध्यमिक विद्यालय  
(बाबा काली कमली वाले स्वामी आत्मप्रकाश जी महाराज)  
पो- स्वर्गाश्रम- 249304, जिला- पौड़ी गढ़वाल, उत्तराखण्ड  
टेलीफोन- 0135-2430082

पत्रांक.....

दिनांक 10/02/2022

To,

Mr. Kiral Mazumdar.

We thank you on behalf of Bal Vidya Niketan School for conducting the Uttarakhand Youth Conference, in Parmarth Niketan Ashram.

This programme has greatly impacted our students, we hope to have a long future relation with Let's Make A Difference (LMAD). This work is the need of this hour and we will support this in our full capacity.

Mrs. Asha Rawat  
Principal.

  
10/02/22

प्रधानाचार्य

स्वर्गाश्रम ट्रस्ट बाल-विद्या निकेतन  
उच्चतर माध्यमिक विद्यालय स्वर्गाश्रम  
कनपद पौड़ी गढ़वाल (उत्तराखण्ड)

Letter from the Principal



March 16, 2022

TO WHOMSOEVER IT MAY CONCERN

Initiatives of Change (IofC) – Let's Make A Difference (LMAD) has been a vital CSR partner of Viterra India since 2017. They have been inculcating moral values among the youth across India and inspiring them to implement these values in their day to day life.

We have been supporting and believe in their endeavour as we have personally witnessed many such life-changing conferences of LMAD across the country in the past 5 years.

IofC has successfully conducted 2 vision conferences - Sarthak Foundation in Lucknow and Shrimad Rajchandra Aatma Tatva Research Centre in Raigad district (our other CSR partners) ensuring the youth in that region has been empowered by the teachings of LMAD.

We are grateful to LMAD for their outstanding work towards building and strengthening the future of the youth in our country with our CSR funds.

We are happy to be associated with Initiatives of Change and wish them all the best for their future endeavours.

Best Regards,



Manek Gupta  
Managing Director



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*Letter from the CSR Donor*



**UPL UNIVERSITY**  
OF  
**SUSTAINABLE TECHNOLOGY**

(Established under Gujarat Private Universities Act, 2009)



Dear Mr Viral Mazumdar,

Greetings from UPL University of Sustainable Technology!

On behalf of my university I am writing this letter to you and your team to express my appreciation and gratitude for organizing a Youth Conference during Feb 9 to 12, 2023 for our 4th semester Diploma students to guide them with love and passion. The hearty contribution of your group coordinators must be mentioned here. They dealt with our students with dignity and affection which made our students quite comfortable to open up with their emotions. I was witness to the feedback session when students sincerely expressed their feelings and shared their experiences with tears in their eyes. It was such a different yet real experience for me. I feel the students who participated in this conference will do the best in their life to make a good future for them, their family and finally for the society as a whole.

I thank you and your team members for sparing your long time with us and helping our students to create a new pathway for themselves.

With best regards,



Shrikant J Wagh  
Feb 20, 2023

**EKLAVYA MODEL RESIDENTIAL SCHOOL**  
Salgadih, Tamar, Ranchi

(Sponsored by Deptt. of Welfare, Govt. of Jharkhand)

तिथि - 10.03.2023

स्कलप्य विद्यालय में LMAD के द्वारा दो दिवसीय यूथ कॉन्फ्रेंस का आयोजन किया गया जिसमें विद्यालय के प्राचार्य, उपप्राचार्य शिक्षक एवं छात्रों ने हिस्सा लिया। इस कॉन्फ्रेंस से बच्चों में एक नयी ऊर्जा का संचार देखने को मिल रहा है। यह कॉन्फ्रेंस बच्चों के लिए बहुत सकारात्मक साबित हुआ। LMAD के निदेशक श्री विरल मजुमदार के द्वारा बच्चों को प्रतिदिन चार आवश्यक तत्वों स्वच्छाइट टाइम करने को कहा गया साथ ही उनके द्वारा मुख्य चार तत्व जिसमें श्रद्धा, ईमानदारी, निस्वार्थ और प्रेम को मुख्य रूप से परिभाषित कर इस रास्ते पर अमल करने हेतु प्रेरित किया गया। क्वाइट टाइम के द्वारा छात्रों ने अपने अन्दर के विचारों को पहचाना। यह छात्रों के लिए बहुत ही लाभदायक है इस कॉन्फ्रेंस से सुदूरपर्वी क्षेत्र के अत्यंत पिछड़े वर्ग के छात्रों के लिए सही रास्ते पर चलने के लिए इग्नोवर्थक रहा और उनमें बदलाव देखने को मिल रहा है। इस बदलाव के लिए श्री विरल मजुमदार एवं उनकी पूरी टीम का आभार व्यक्त करता हूँ।

धन्यवाद।

R. K. Kumar  
10/3/23  
प्राचार्य

