

BHANPURA YOUTH CONFERENCE
Smt. Kamala Saklecha Gyan Mandir (SKSGM), Bhanpura
31 October - 3 November, 2022

Volunteers:

Abhishek Makhija	Dr. Arpan Yagnik	Katyayan Gauniyal	Prathamesh Kadam
Sayok Sarkar	Dr. Shivani Modi	Siddharth Muthiyan	Sumit Gogwani
Tanishqa Gandhi	Viral Mazumdar	Yash Runwal	Zahra Shetranjiwala

Report:

LMAD collaborated with Smt. Kamala Saklecha Gyan Mandir in Bhanpura for a four-day program. This collaboration enabled LMAD to conduct a conference in Madhya Pradesh for the third time. The Bhanpura conference was attended by 512 individuals including 23 teachers and 12 volunteers. The collaboration became possible with persistent interest and initiative of Mr. Sharad Saklecha (Chairman of SKSGM) and Principal Joby. Yash Runwal (member of LMAD team) also played a critical role in strengthening the collaboration by visiting Bhanpura on 1st September and doing much needed groundwork and interacting with the school Principal, teachers, and students who also helped in planning the Conference.



T : (02168) 240241/2 | E : IOFC.LMAD@GMAIL.COM | W : WWW.LMAD.IN / WWW.IN.IOFC.ORG
ASIA PLATEAU, PANCHGANI - 412 805, DIST. SATARA, MAHARASHTRA

Day 1

A skit was designed and performed by the team highlighting the overuse and obsession of mobile phones, how the application's algorithm makes people waste hours of their precious time on the phone and how, people don't even realize it. Mr. Joby officially welcomed the LMAD team and shared his life-changing experience at Asia Plateau (AP). He conveyed to the students that he wanted to run away from AP when his phone was taken from him in accordance with the conference rules. He also recalled his discomfort due to the age gap between the youth of LMAD and his teachers, which made him doubt the value of the conference. However, the LMAD conference was a high impact life changing conference for him. Morning Self-introspection was a critical turning point for him where he experienced a life changing moment. Post that he also felt that he connected with the remainder of the sessions.

The conference was inaugurated with the lighting of the lamp. Arpan Yagnik who was the host then informed the audience about the Initiatives of Change (IofC) and Asia Plateau. He also shared with the audience the core values of IofC, which is to “*Start with oneself, Listen to others, and Take focused action.*” He explained IofC as an international movement and an organization active in 60 countries worldwide aiming to build peace and trust amongst all the divides. He also added that IofC believes that global problems can be resolved by individual changes. Following the explanation of IofC, Arpan gave a brief history of AP and highlighted AP as a haven built using the “bricks of morals and values”. A drone video of AP was also shown. Then, Dr. Shivani Modi described to the audience the work of LMAD. Three fellows—Tanishqa Gandhi, Sumit Gogwani, and Yash Runwal—shared their experiences of the National Youth Conference, Virtual Conference, and Fellowship, respectively.

Mrs. Rita Bhatt (a teacher of SKSGM), shared her learnings and experience of the 8 day conference at AP. Siddharth Muthiyar (LMAD team member) explained the Do's and Don'ts of the conference. The inaugural day ended after the introduction of all the volunteers, and an hour-long group discussion, which helped students to know their group leaders and purpose of the conference.



T : (02168) 240241/2 | E : IOFC.LMAD@GMAIL.COM | W : WWW.LMAD.IN / WWW.IN.IOFC.ORG
ASIA PLATEAU, PANCHGANI - 412 805, DIST. SATARA, MAHARASHTRA

Day 2

Day 2 started with a prayer, “Humko Man Ki Shakti Dena.” The Conference Convener explained the concept of Quiet Time, where one sits with oneself in silence where she/he doesn't do anything except listening to the inner voice and penning down their thoughts in the diary. Most of them connected and resonated with the process immensely. Participants were invited to share their learnings and realizations from their first Quiet Time and inner listening. A majority of sharing revolved around lying to parents, self-ego, abusive language, jealousy, and overthinking.

Subsequently, a takeaway token was given to them, stating the question, "Am I Happy the Way I Am?" The volunteer team sang a song, “Kaun Hai Zimmedar,” followed by an inspirational video. A session was taken by the convener to make participants understand the deep and core values of honesty, purity, unselfishness, and love. Prathmesh, Sumit, Siddharth, and Katyayan shared their personal journeys with the four values. After the group discussion around the four values, an exercise was performed by the students to improve their concentration and focus. As we all know that average screen time of youngsters has gone up after covid, an exercise was done in order to make them understand how much time they waste on their mobile phone. In the last session of the day, Daylight Saving Time, Tanishqa first explained the value of time and what this whole exercise was about. Then, Yash showed two live examples to everyone: the first was of a participant, Mohit Verma, and the second was of Siddharth (LMAD team member). Sayok told them how to perform the exercise, answer the questions, and calculate the time that participants have, that they didn't even realize. This exercise was very insightful for the students.



T : (02168) 240241/2 | E : IOFC.LMAD@GMAIL.COM | W : WWW.LMAD.IN / WWW.IN.IOFC.ORG
ASIA PLATEAU, PANCHGANI - 412 805, DIST. SATARA, MAHARASHTRA

Day 3

Day 3 started with a devotional prayer, followed by a demonstration in which negativity, anger, ego, jealousy, bad relations, and many other aspects were being represented through different components. The explanation by the convenor drove participants into a mode of self-introspection. The sharing by the participants showed that they could relate to the exercise, and they understood the concept of quiet time.

Then, we moved to The Pyramid of Life, taken by Arpan Yagnik, and started with *“The price that you have to pay for a new life is your current life.”* The importance of foundation and compassion was explained to them with examples. Then, after a long group discussion, the pledge was displayed in front of the participants, and many of them signed and agreed to live their lives on the basis of the pledge. The last fragment of the day started with results of the Survey that was taken to understand the behavior and nature of students. This session was taken by Zahra (One of the fellows). Shivani held an exercise of Negative Burning in which participants burnt their negative habits symbolically in the fire and afterwards, a Letter to Self was written by participants which when they will read in future, they will be able to remind themselves of what they had learnt during the conference. Sumit shared his experience of getting the letter, months after attending the National YC and recalling his memories and learnings.

Day 4

As LMAD believes in equality and respects all irrespective of their religion, caste, age, and status, the last day began with a multi-faith prayer. The convenor gave inputs regarding ego for the Quiet Time. A lot of sharing happened after the morning introspection.

As many of the participants had already expressed their poor and dishonest relations with their parents during the sharing. Parents were invited for a session in which a comfortable environment was created to have heart to heart conversations. This session took them on a different journey of realizing the value of family; around 65 parents were present in the auditorium, numerous hearts were touched and healed on that day.

The conference concluded after announcing the Star performers, and singing the National Anthem. The distribution of the certificates was done in the groups after which the students were free to go home.

Annexure 1 - Positive Commitments

- I will never lie again. - 2
- I won't disrespect anyone again. - 2
- I won't waste my time. - 2
- I will follow the Pyramid of Life to divide Long term goals into Short term goals.
- I will stop Abusing and disrespecting others. - 16
- I want to follow DLST. - 7
- I will reduce my screen time. - 18
- I want to start reading novels.
- I will reduce my sleeping hours. - 8
- I want to stop being jealous. - 5
- Quit Pornography - 6
- I won't cheat my parents. 4
- I will start concentrating. 2
- Save Time. - 7
- Use less social media. - 10
- I want to be rich.
- I want to be polite.
- I will be Honest. - 3
- I will listen to my inner voice and not to my ego.
- I will respect my Parents. - 7
- I will stop being angry. - 11
- I will increase my confidence level. - 2
- I will try not to be overconfident.
- I will respect others feelings.
- I will not backanswer. 2
- I will stop overthinking. - 4
- Focus on my studies. - 4
- I will stop panicking.
- I will be a better individual and will organize my life. - 2
- I will not take stress.
- I want to be a successful man in the future.
- I will not hurt others.
- I will be positive. - 2
- I will be goal oriented.
- I will follow all four values. - 1
- I want to make my parents proud.
- Will work on my bad habits.
- I will improve my handwriting.
- I will do my homework on my own.
- I will change my habits. - 2
- I want to complete the Nofap challenge.
- I will wake up early.
- I will believe in myself.
- I will Overcome laziness.
- I don't want to attach with someone - 1
- I'll bring quiet time in my life.
- Time is the key of success and i want that key
- I will stop smoking.
- I want to meditate.
- I want to do yoga.
- I will work on my bad habit of screaming loudly.
- I will work on my stage fear and improve my speaking skills.
- I will allow myself to bloom.
- I will spend 1 hour for my personal health.
- I will wake up early.
- I want to learn different languages.
- I will change my nature from laziness to energetic and will interact with others and make new friends. - 2
- I want to read more books.
- I'll stop judging people. - 2
- I want to be punctual.
- I will not procrastinate.
- I will start working out.

