

28TH LET'S MAKE A DIFFERENCE NATIONAL YOUTH CONFERENCE



'Let's Make A Difference' 28th Youth Conference
Asia Plateau, 1 - 8 June, 2022



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

NATIONAL YOUTH CONFERENCE REPORT 2022

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DAY 1- 1ST JUNE 2022



The historic 28th edition of the Let's Make A Difference (LMAD) Youth Conference 2022, kicked off with great fanfare on 1st June 2022. This particular youth conference was special in many ways- this conference marked the return to Asia Plateau after 1000 days since the start of the pandemic in 2020. This was also the first time LMAD implemented a hybrid model of conducting the conference, both in-person and on the virtual platform, and marked the beginning of the Fellowship Programme. This year, we witnessed participants coming from the Cities all across India like Rishikesh, Haridwar, Lucknow, Pune, Mumbai, Thane, etc. A total of 183 participants arrived at Asia Plateau on 1st June 2022 with an excitement that was palpable in the air, taking in the beautiful surroundings of Asia Plateau, curious about their days to come. On the virtual sphere, about 10 participants joined in from various corners of the globe- from Australia to the United States of America to experience the conference through a digital medium.

On arrival, the participants registered themselves at the counter and after filling out the survey form, submitted their phones in anticipation of a technology-free 8 days. After the process was

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complete, at 4.45 PM the participants were given a brief tour of Asia Plateau after which they were directed to their respective Group Discussion Spots, where a short Introductory Group Discussion followed where the introduction of the participants to their respective family group members. The participants gathered at the foyer for the inauguration at 5.30 PM, eager about what lay ahead of them.

Upon gathering at the foyer, the participants were greeted by a surprise performance by the volunteer team on the “Hae Re Mai!”, a native Māori welcome song for the returning warriors, where the team performed their rendition of the song with full gusto and energy. The participants displayed their enthusiasm for the performance by clapping and mirroring the steps performed by the volunteer team, already feeling at home at Asia Plateau. They were directed towards the auditorium after the performance.

At the auditorium, another surprise awaited them, where the volunteer team in unison started chanting “Sunu Sunu Bhai, Sunu Bhai!” and marched towards the stage, where they performed a short skit based on the LMAD Song “Kaun Hai Zimmedar”. The skit tackled the current social issues such as peer pressure, social media addiction, littering and bullying which are prevalent in the current generation, which the participants greatly appreciated .

After the play, the first host of the evening welcomed all the participants to the conference and explained the meaning and history of Hae Re Mai and the Skit, and reiterated the return of the conference to Asia Plateau after 1000 days, following which the ceremony of lamp lighting was conducted, where a diverse group of people- including participants across India were called upon to light the lamp to have an auspicious start to the conference. The second host of the evening took over and explained the history of Initiatives of Change and Asia Plateau, emphasizing on preserving the rich artifacts and surroundings of Asia Plateau.

The third host of the evening spoke about Let’s Make a Difference and the work done in the previous years which was followed by the performance of the LMAD song “It is Better to Light One Candle”. The fourth host of the evening addressed the outreach of LMAD in the virtual space, recounting his journey as a participant in the virtual youth conference in 2020 to becoming the star performer of the December Workshop of 2020, after which the speaker of the day, Ms.Kalpana Salunkhe, a retired staff member who served the MRA center for 33 years took the stage to share her experience in working with the youth conference and how she embodies the values propagated by the conference and the difference it made in her life. After her speech, the last host of the day took over to brief the participants on what to expect in the upcoming days they will spend here in Asia Plateau. The inauguration programme concluded with everyone rising for the Silent National Anthem and the National Anthem, after which the participants moved to the big dining Area to partake in dinner, where the first dinner service and washup duty was undertaken by the assigned groups.

After dinner, the participants once again gathered in the foyer where they were briefed on the Do’s and Don’ts of the conference, after which an introduction of the volunteer team took place,

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who were a group of 18 people from various corners of India assisting in running the conference and heading the Family Groups. After the introductions were done, the participants dispersed into their respective groups to have a more in-depth conversation with their group and to get to know each other better where the concept of Family Groups and Circle of Trust was explained. The exhilarating first day concluded at 10.15 pm, when the participants went to their rooms with a smile on their faces, already getting into the spirit of the conference.

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DAY 2 - 2ND JUNE 2022



The importance of getting up early and having a sense of time management is a particular habit that was emphasized throughout the conference and the participants were introduced to this by starting their day early the next day by waking up at 5 AM. Starting the day with a positive mindset is very important therefore the participants gathered at the ground at 5.55 AM for the morning prayer of “Aye Malik”, which was followed by some light exercise and yoga. The participants were then served water and biscuits as refreshments and were directed towards the auditorium at 6.15 AM to be seated with their groups for the first session of the day. In the first session of the day, the participants were introduced to the practice of Quiet Time- the act of sitting quietly, with no external interruptions, to connect with our inner selves and monitor our inner monologues by noting them down in a diary. Quiet Time was explained to be an integral part of the conference where the participants were to remain silent, drown out all interruptions, listen to their inner voice and remain completely honest in recording these thoughts in the diary.

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The Diaries were distributed to the participants by the volunteer team where it was explained that this very diary is to be their best friend and their closest confidant throughout the conference. The Participants were also strongly encouraged to share their Quiet Time thoughts with the group and provide a glimpse of their inner voice. With these inputs, the participants dispersed for their first Quiet Time at 7 AM across the campus with a newfound vigour to connect with their inner selves.

The participants gathered back in the auditorium at 7 AM, where a session of sharing took place. Participants enthusiastically took to the podium to share with the larger group the insights they gathered through Quiet Time, some of the snippets of the sharing included-

1. *“ Quiet Time made me realize that my purpose in life is to not be easily deleted and replaced by the people in my life, but to solidify my position and listen to my inner consciousness”*
2. *A participant shared his gratitude for the routine enforced at the conference, which made him evaluate how his time was wasted earlier by indulging in unnecessary activities such as social media, sleeping late, etc.*
3. *“ I never knew waking up in the morning and partaking in exercise would be so fulfilling”*
4. *A participant detailed a conversation between him and his diary, where he resolved in front of the whole conference to stop swearing and start waking up early.*
5. *One participant shared his apprehension in submitting the phone at the start of the conference, however discovering in quiet time how liberating it feels live without his phone*

The sharing continued till 8 AM when the participants broke for Breakfast. The participants convened back in the auditorium at 9.40 AM, where they witnessed the first edition of the News Segment which kept them updated with the current happenings across India and the world. This year, celebrating the 78th Year of Indian Independence, there was also a segment of “ What Build India”- which detailed the events that shaped India post Independence, followed by a Video and Performance of MRA Song.

At 10 AM, the session on the ABCs of MRA took place, where the core principles of the conference - Purity, Honesty, Unselfishness, and Love (PHUL) were introduced to the participants. These four principles form the foundation of the conference, alongside Quiet Time, Diary, and Sharing, through which Participants can lead a principled, moral life and listen to their inner conscience without any taint to their pure soul. The participants were explained the importance of listening to your inner consciousness which would always guide one in the right direction, and also talked about how compromising on these values of PHUL has not only harmed individuals but the nation, where the silent compliance of the people in power during the declaration of Emergency was cited as an example.

Volunteers took to the stage with their sharing of each value to make the participants understand how to apply these principles outside Asia Plateau and the positive impact it has made in their respective lives. The session was then interrupted for a short while for a Juice Break at 11.40 AM, after which the questions of participants regarding the four principles and their incorporation into their lives were addressed. Some of the questions that were addressed were -

1. *"How do we apply these 4 standards to the other person?"*
2. *"How can we apply these standards while dealing with someone toxic?"*
3. *"Would lying for someone's benefit be contradictory to the values of Unselfishness and Honesty?"*
4. *"What do we do if our Unconditional Love is taken for granted?"*
5. *"How do we remain pure while being angry at someone?"*
6. *"How to avoid Jealousy and Envy?"*

Following this session of Q and A, the participants broke for lunch at 12.35 PM. Post lunch, the participants gathered at the ground for the Group Photograph, with all of their smiles captured as a reminder of their time spent at the conference. Each group was then directed to their respective group discussion Spots, where they had a group discussion on the session conducted earlier in the morning, where they shared and listened to their group members' experience with the four principles. The family groups concluded their discussion at 4 PM and headed to the dining area for Tea.

Post tea, the free time participants were given, where the participants took this opportunity to bond with one another, whether it be by conversations, playing sports, exploring the campus, or singing songs with one another. The participants gathered back at the auditorium at 6.45 PM for the Time of Silence, where the Tibetan Hymn of "Om mani padme hūm" was played and the participants closed their eyes and remained silent till the music played. As the music faded in the background, the participants opened their eyes, feeling calm and centred by this particular exercise.

They headed to the big dining area for their dinner, following which they gathered at the foyer, where they were debriefed on Additional Do's and Don'ts for the picnic to Mahabaleshwar taking the next day. Coincidentally, it was the birthday of one of the participants, which was celebrated with much pomp and gusto, with the entire conference enthusiastically singing Happy Birthday to him, which made his birthday a special memory for him to cherish. An evening of Fun and Laughter followed as the volunteers arranged Ice Breaking Games, where the participants cheered, laughed, and bonded over the games played. Despite the protests of the Participants to not end this fun night, the participants headed back to their rooms at 9.45 PM, eager for the next day to come.

DAY 3 - 3RD JUNE 2022



As the routine of the conference started to set in, the participants woke up at 5 AM in anticipation of the day that lay ahead and gathered at 5.50 AM for the morning prayer and exercise. After partaking in the water and biscuits, the participants moved towards the auditorium for the morning session at 6.20 AM. In the session, a presentation highlighting the importance of Quiet Time in our daily routine was presented, which further elaborated on the process of Quiet Time and writing our thoughts in the diary. It was also emphasized that the

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practice of Quiet Time is not to be followed only as a remedy for stressful situations, but to be cultivated as a Habit, one does without fail. The contributions of individuals such as Mr. Russi Lala, Ms. Roshan, Mr. Keko, and Ms. Kausane were discussed who were instrumental in bringing the work of Moral Rearmament to India. The participants were encouraged to use the four principles of LMAD- Purity, Honesty, Unselfishness, and Love as a yardstick to examine their life and analyse how their life fits in these four standards.

The Participants dispersed for their Quiet Time at 7.05 AM with their diaries in hand and the task in mind, as they set out to their spots to examine their lives through the lens of the four principles and the values which they are falling short on. They convened back in the Auditorium at 7.35 AM, where the participants took to the stage after an introspective session of Quiet Time, where some of the sharing's are detailed below:

1. *“ Thinking about my life and evaluating my life through PHUL, I have realized that I keep telling small lies to my family, which I used to think came from my unconditional love for them, however, I have realized it came from my Selfishness, and I struggle with the values of Unselfishness and Honesty, which I hope to improve as the conference proceeds”*
2. *“ Sitting near the bent tree, I have realized that I lack the values of Purity, Unselfishness, and Honesty....however I have the value of Unconditional Love”*
3. *“ The diversity in LMAD is indicative of the Unconditional Love that is given here, irrespective of caste, creed, race, age, gender et all”*
4. *“ The values of LMAD have started to affect us all, as I can see phenomenal changes in my contingent members in just 3 days we are here”*

After the sharing by the participants was concluded, the participants were informed of the Room Bonding Activity which would immediately take place after they arrived back from the picnic in the afternoon. Following the instructions for the Picnic and general rules and etiquettes to be followed, the participants left the auditorium to quickly have breakfast and get ready for the anticipated outing to Mahabaleshwar. Post breakfast, the participants boarded the buses led by the respective group leaders, en route to the Mahabaleshwar Market, famous for its handicrafts and especially its footwear, and then leave for the famous Mapro Gardens, which is synonymous with the city of Mahabaleshwar. In the bus, a lively atmosphere was created with participants engaging in a friendly battle of Antakshari, singing tunes of new and old as the buses reached the Mahabaleshwar Market, where the participants spent an hour in the market, buying trinkets and souvenirs for their loved ones. The participants then headed to the Mapro Gardens, where a special area was specially reserved for them, where they sampled the delectable cuisine and desserts that the place is famous for.

The participants came back to Asia Plateau at 3 PM, where they immediately left for their rooms for the Room Bonding Activity, which was designed to encourage greater dialogues and conversation among the roommates on a particular topic. In the room, a chit awaited them with the question **“What is my Vision for India in the year 2050? What would be my Role in**

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ensuring it?”. The room partners were encouraged to discuss their viewpoints on the future of India, 28 years from now and the changes they would like to see in the country. All their viewpoints were to be noted and compiled as a single document which would be sent to the Hon'ble Prime Minister's Office to express their vision and roadmap for India's success in the year 2050 as the youth of this country.

After the activity was done, the participants headed towards the big dining area, where a surprise awaited them. After Tea, all the female participants were asked to gather in the small dining area, and the male participants were asked to gather in the Foyer. The female participants were then led to the foyer, where they were greeted with a red carpet welcome and resounding applause from their male co-participants, who clapped and cheered enthusiastically as the female participants proceeded to the Auditorium, seated at the center seats as they took the corner seats. The session started as they were welcomed to the celebration of Women's Day- a day to celebrate the strength and resilience displayed in every woman and the role they play in shaping the world around them.

In the honor of this day, a painting depicting the festival of Durga Pooja was unveiled in front of the entire conference as the importance of the festival is explained- Maa Durga displays the strength, fierceness, and nurture that is found in woman, who is gentle in her care and fierce in her rage. The floor was opened to the women to share their experiences, where many women took to the stage to share their experiences as a woman trying to navigate this world and their stories of celebration and all the obstacles they overcame and emerged victorious from.

Post the Women's Day celebration, an hour of Free time was granted to the participants. They returned to the Auditorium at 6.30 PM for the Post Card Writing Session, where Post Cards were handed out to the participants to write to their loved ones which they would deliver themselves once they came back from the conference. Time of Silence was observed right after the session, after which the participants headed for Dinner.

Post dinner, the participants gathered at the foyer for the Cultural Evening, where the participants took this opportunity to showcase their talents with entertaining acts of Dance, Singing, and Stand up Comedy. The high-octane performances marked the highlight of the evening as the participants cheered and enthusiastically supported the performers, and the action-packed day finally came to an end.

DAY 4 - 4TH JUNE 2022



The fourth day of the conference was marked as Khadi Day, a celebration of the homegrown fabric that served as a symbol of the Indian independence struggle and self-reliance. This year, the theme of the conference was celebrating the 75 years of Independence of India, therefore this session was celebrated in great spirit and patriotism.

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Post their morning exercise and prayer, the participants gathered at the auditorium for the morning session. The morning session was a live demonstration of the Jar Exercise, where a jar filled with impure water was shown to the participants which represents the negative thought and actions that stains our soul and corrupts our actions. Our impurities are due to our bad habits, ego, and self-centeredness which clouds our judgment and mutes our inner voice guidance. However, if we fill our jar with pure water, which represents the practice of Quiet Time, Inner Listening, and following the values of PHUL in our life, eventually the impurities inside are filtered out and what remains is a pure soul which is full of love, trust, and selflessness. The Participants were encouraged to go deep within themselves and analyse the question “ **What is in my Jar?**” i.e., the negative thoughts and expressions that they seek to replace with pure thoughts and affirmative actions. The Participants then headed out for their Quiet Time with this question and came back to the auditorium for some sharing where the participants attempted to understand their jars and the impurities which cloud their judgments.

Post breakfast, the participants gathered in front of the Foyer building for the Flag Hoisting ceremony. Dressed in Khadi, the participants were given Indian Flag Lapel Pins, generously donated to the conference by the Flag Foundation of India, especially for this session. The session began with a volunteer explaining the highest honor attributed to the Indian Flag and the rich history of the flag and its display by civilians. He also talked about the etiquette to be followed for the Indian Flag, including regulations on how the flag is to be stored, displayed, and disposed of. The Indian Flag is the symbol of the sovereignty that we achieved after centuries of struggle to gain independence and the sacrifices our freedom fighters made to see this flag be proudly displayed, therefore it is to be treated with the highest degree of respect and reverence. The flag was then unfurled and the participants sang the Indian National Anthem and Vande Mataram.

After the Flag Hoisting Ceremony, the participants headed out to their outdoor group discussion spots for their respective Group Quiet Time to reflect on the question posed in the morning session “ What is in my Jar?”, after which a session of sharing followed. The participants were given chits and asked to make one commitment to themselves that they hoped to achieve after the end of the conference.

Post lunch, a virtual interaction was scheduled with Mr. Rahul Dev, an eminent Journalist and Indian Historian who indulged in an interactive session with the Participants, discussing the Post-Independence History of India which has shaped India of today, enrapturing the participants with his recounting of the important historical events such as the Contributions of the Indian Prime Ministers, the Declaration of Emergency, Assassination of the First Female Prime Minister of India, Ms. Indira Gandhi, etc. Participants listened in curiosity and asked questions to understand contemporary Indian History.

After this highly informative session, the participants were asked to write their journey before LMAD and the person they were before experiencing the learning and teachings of PHUL in their diaries. Post Tea, the participants shot videos with their room partners detailing the

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discussion they had the previous day regarding their vision of India for 2050 and the role they seek to play in ensuring that their vision comes to fruition.

After their dinner, the participants were introduced to the second speaker of the day, Ms. Sheetal Sejpal, a mental health professional, who joined in virtually for the conference. She gave her valuable insights on the current mental health scenario of young adults and teenagers, the effect of social media and excessive digital consumption on their self-esteem, how the youth have more broken relationships with their families, and how it affects them. She also graciously took the time to address the participants' personal questions and gave them advice on their mental well-being. Post this session, the participants headed back to their rooms as the day drew to a close.

DAY 5 - 5TH JUNE 2022



5th June is celebrated at the conference as “ Environment Day”, to acknowledge the current fragile state of the planet and the climate crisis that the planet faces currently, and to take actionable steps towards mitigating the disaster and promoting sustainable development.

The morning session was focused on the “ Inwards- Outwards” journey of an individual, where a presentation was compiled for the participants to not solely focus on enhancing the outer

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appearance of ourselves but to direct our focus towards our inner selves and enhance its beauty by pure thoughts, positive outlook, and healthy lifestyle. A pure inner soul reflects on the outside and our external appearance is greatly influenced by the thoughts that we harbor among ourselves. With this input, the participants set out for their respective Quiet Time to reflect on how they can improve their inner selves. There was then a session on sharing where the participants acknowledged the kind of thoughts that run through their minds and contemplated steps they will take to enhance their soul and mind. A quote from the sharing is shared below:

“ What is the difference here in the Asia Plateau that makes us think about who we are and where we are going? It is so different from back home, where I never gave a thought to these matters, but here we all feel like the best versions of ourselves ”

Post breakfast, the participants gathered back in the auditorium. A long-standing member of the LMAD Family, Mr. Manek Gupta was felicitated on the behalf of the organization for his immense contribution to the program and for spreading the message of LMAD to newer places. Mr. Manek Gupta, the CEO of Glencore Agriculture India Pvt Ltd, whose CSR funding was instrumental in kickstarting the Fellowship program and the regional conferences conducted in cities like Lucknow with the Sarthak Foundation, an organization that works for the underprivileged students who could not afford to go to Government Schools. Mr. Manek Gupta took to the stage to share his 23 years of history with LMAD and about balancing the standards of PHUL in corporate decision-making. The fellows and senior coordinators then took to the stage to share their experiences working with him at the Lucknow Regional Conference and the huge impact the CSR has made in bringing the message of LMAD to newer audiences and thanked him for his contribution.

The next session was the “ Pyramid of Life”, where a sheet was given to the participants detailing the important aspects of life, i.e, Habits, Family, Career, Relations, Hobbies, etc. The participants were demonstrated the value of Habits by narrating the story of Mr. Russi Lala and his adherence to his schedule of having a timely dinner even while being invited to the Governor’s Palace for a celebration. Habits play an important role in shaping an individual’s personality and determining their success in life. Good habits are a product of a healthy mindset and the participants were encouraged to write down their good and bad habits on the sheet given. The role of career and the significant part it plays in our life was discussed, where a Fellow came up to the stage to share his experience of taking charge of his career by taking the initiative to learn the skills in demand for his career by himself which secured him a lucrative job. In a similar vein, the role Family, Relations, and Hobbies play in shaping us was discussed which molds us into more wholesome people . The session came to an end as the participants broke for lunch and enjoyed their free time afterwards.

Post their free time, the participants headed out to their respective group discussion spots with their group members for a discussion in continuation of the Pyramid of Life Exercise. The group discussion came to an end and the participants were scheduled to go on a trek at the Table Top

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Plateau post-tea. The participants were excited to connect with the wonderful natural surroundings and mountains of Panchgani as they finished their tea and gathered in groups for the trek. The volunteers guided the participants towards the route to Tabletop and the participants while trekking took in the beautiful landscape that surrounded them. They reached the Tabletop, where they took this time to unwind, take pictures, and witness the evening sky looming over the hills. They marched back to the campus, where they were promptly directed towards the auditorium for their time of silence.

Post dinner, a session detailing environmental awareness was conducted, where the participants were shown videos of the ecosystem being polluted by industrial waste, the effects of rapid industrialization in the current climate crisis that we face, and the effects of corporate greed to maximize their profits which have minimized the life of the planet and the effect of global warming on the underprivileged people who often bear the brunt of it. The session also talked about the effects of “development” disrupting the lifestyles of the indigenous people, who play a major role in preserving the ecosystem. The participants were encouraged to sign a pledge vowing to 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. Following this session, a short session discussing the answers that the participants filled in the survey form were conducted, where the answers regarding social media influence, media consumption, relationship with peers, etc were discussed in-depth to analyze the issues that the current generation of youth face in their lives.

The Positive Commitments that the participants wrote the previous day were displayed on a board at the foyer, reminding the participants of the commitments they have made to themselves. Post the Survey Discussion, the Participants headed back to their rooms as the day came to a close.

DAY 6 - 6TH JUNE 2022



As the conference neared its end, the questions for the Quiet Time became more introspective, which compelled the participants to go deep within themselves and find their inner voice to guide them in their life through Quiet Time. 6th June marks the day celebrated the “ Family Day”, a day marked to contemplate the roles that family relations play in shaping an individual and mending the broken relations due to ego issues of the individuals involved. After assembling

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on the ground at 5.55 AM for their morning prayer and exercise, the participants moved to the Auditorium for the morning session before Quiet Time at 6.25 AM.

In the morning session, the importance of family was discussed in depth. Family is the first unit through which an individual is introduced to society, a unit where pure and unconditional love exists. However, the ego that exists in individuals often breaks this thread of unconditional and selfless love, whether it be between family members or our relations with our friends, colleagues, etc. The existence of Ego often creates broken relations with our friends and family, which creates a division between the two individuals and affects the dynamics of the rest of the group, whether it is the conflict between two brothers or two friends. The importance of setting aside one's ego and taking the initiative to mend the broken relations restoring the previous unconditional love and purity in the relationship was discussed and personal anecdotes regarding the same were shared. The Participants were guided to conduct their Quiet Time with their respective Family Groups and left the auditorium for their Group Quiet Time with the following Question for their Quiet Time - **“How many people am I divided within my family?”**

The participants moved with their respective family groups for their respective Quiet Time in absolute silence to their outdoor group discussion spots. Gathering back at the Auditorium at 7.40 AM, the participants took to the stage to answer the question presented to them earlier, and a glimpse of the sharing included-

1. *“ My Quiet Time today made me realize that while I love my family, I have taken them for granted by not prioritizing their needs and feelings and always thinking about myself. I want to change that once I go back and to let them know how grateful I am ”*
2. *“ Even though my mother scolds me, she was very hesitant to let me go for 8 days for this conference. Today in my Quiet Time, I have realized my unconditional love for my parents ”*
3. *“ My father and I do not share a good relation, however, I want to mend that broken relation and tell him how much I love him and appreciate what he does for me ”*
4. *“ I and my friends had grown apart due to competition in studies among ourselves, however, I miss him very much and would like to bridge the gap between us and restore our friendship ”*

The session of sharing was interrupted for a short while as the participants dispersed to the dining room to partake in the breakfast and came back to the Auditorium at 9.55 AM, where after the News, What Built India and Song, the previous sharing was resumed. A volunteer and his mother shared the story of the transformation that took place in him after attending the conference, where the participants described the experience to be *“ born again ”*. The Minister of Economic Development of the Embassy of Japan, Mr. Shingo Miyamoto was present for the session and shared his experience with his family at the conference and appreciated the work LMAD was doing in listening to these often repressed voices that are rarely expressed. The participants were encouraged to contact their loved ones through the phones provided on the campus and with the volunteers and express their feelings to them.

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Post lunch, the participants gathered at the foyer at 1.45 PM, for the exercise of Shavasana, where the carpets laid on their back in a restful position as light music played in the background to calm their minds. Coming back to the Auditorium, the participants came back for the “ My Life, My Happiness” exercise, which helped them re-examine the relations around them and create a roadmap to address the division present in these relationships. The Participants were also introduced to the “Let Go” exercise, which used balloons as props to examine our relationship with the people around us. The black balloon symbolized a dead relationship, a relationship with no reconciliation. The red and orange balloon represented a relationship tainted with ego, the former being higher and the latter being the lower amount of ego present. The green balloon signified a transactional relationship, The blue balloon signified a playful relationship the and white balloon represented a relationship based on Pure Love. Participants were encouraged to convert their black balloon relationship into the white balloon to attain the highest form of pure relationship.

The participants then gathered into the big dining area, to perform the exercise of “Letter to Self”, where the participants wrote letters to their future selves, outlining their experiences and learnings of the conference, which would be mailed to them at a later date. The Participants then moved to their respective Group discussion spots where they examined which relationship was signified by each balloon. Each group was provided with a set of black, red, orange, green, blue, and white balloons, where each participant, armed with their balloon, marched towards the peddle tennis court. Once all the groups gathered at the court, all the participants collectively released their balloons in the air, as the sky was filled with colorful balloons with all the broken relations that the participant let go of, as they marveled at the stunning multi-coloured sight that was before them, with eyes full of delight.

The participants then enjoyed their free time and came back to the auditorium for the time of silence at 6.45 PM, after which they headed to the dining area for dinner. Post dinner, a group discussion with their respective family groups took place where they reflected on their learning of the day and shared their stories with their group members. At 9.15 PM, the participants met at the auditorium once more for the Silent Prayer, where all of them sat in a large circle where the lights were shut off as a single lamp lit up the auditorium and the participants chanted a silent prayer without not a single word spoken among them. After the silent prayer, the participants ended an emotionally charged day by heading out to their rooms silently.

DAY 7 - 7TH JUNE 2022



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June 7th was celebrated as the Fellows Day, to mark the start of the flagship Fellowship Program, where 6 Fellows from across India, lived together under one roof and worked together as a team to take the message LMAD to newer destinations. The day started with the routine Morning Prayer and Exercise, after which the participants headed into the Auditorium for their Morning Session at 6.25 AM.

The morning session began with our demonstration of ego in the form of a coconut, where each component of the coconut represented an important part of ourselves. The fiber of the coconut represents our bad vices and habits which keep us from realizing our potential and the hard outer shell represents our ego which is tough to break through. The coconut water inside the shell represents the negativity that we harbor towards ourselves and others, however breaking through the hard outer shell of ego and bad habits and draining the negativity from us, reveals a pure white flesh of the coconut which reveals our pure inner core of us. It was emphasized that our inner selves must be spotless and pure, untainted by our bad habits, ego, and negativity. A question was put forth to the participants for their Quiet Time- “ **How do I address my ego, bad habits, and negativity and make my inner core spotless and clean?**”. With this question, the participants dispersed for their respective Quiet time at 6.50 AM.

The Participants returned to the Auditorium to share the insights they gained during their Quiet Time. Some of the sharing by the participants included-

1. “ *My Anger Issues stopped me from having a good relationship with my family, however, once I will go back I will promise to respect them* ”
2. *A participant shared how the conference helped him in mending his relationship with his father.*
3. “ *I never knew how strangers can be such close friends before I came here, and I realized how many social media affected me negatively* ”
4. “ *My ego was stopping me from coming to this conference, however, my soul guided me back here after all these years* ”
5. “ *Quiet Time showed me the kind of person I am* ”

Mr. Shingo Miyamoto shared his experience of getting to know the mission and idea of LMAD and how deeply he connected to the message and elaborated on his experience in India, especially praising the warm hospitality shown to him in the country.

At 9.45 AM, the participants gathered back in the Auditorium for the News, What Built India and Song session, after which the session of “POWER OF VISION” took place. The session focussed on categorizing an individual’s interest in 4 segments- skills, passions, the needs of the world, and what will the world pay for. The participants shouted their interest as their suggestions were noted down on the whiteboard. The participants were then encouraged to note down their interests and subdivide them into these 4 categories. The intersection point of the

Venn Diagram representing these 4 Categories is ultimately the answer which fulfils one's purpose in life in the long term and helps one live a more intentional, fulfilling life.

After the “ Power of Vision” session, a session on Daylight Saving Time (DLST) was conducted, an exercise where the participants examined their day and recognize the time-wasting activities they indulged in, including activities such as scrolling on social media for hours, oversleeping and taking too long for their meals, etc, without taking cognizance of it. Participants analyzed their day and realized that time they waste on time-consuming activities which are of no significance, which leaves us with less time to dedicate to the activities which enrich our lives such as exercise, meditation, etc., and how cutting out such time-wasting activities leaves us with extra hours in the day, to indulge in productive activities.

After lunch, with less than 24 hours remaining at Asia Plateau, the participants headed out for their last group discussion where they were encouraged to note down their journey of LMAD, where they detailed the journey and experiences they witnessed in the past 7 days, the changes they see in themselves after coming here, the learnings that they will take back from the conference. Each individual had a unique journey at LMAD which they noted down in their diary, to serve as a cherished memory of what they experienced in their time spent here. The participants were also urged to sign the vision document that was compiled highlighting their hopes and dreams for India in 2050, which was to be sent to the Prime Minister's Office. The group discussion ended by taking a Family Group Photo to capture the solidarity, trust, and understanding displayed by the group members during the conference.

This year, LMAD had its first batch of Fellows, who worked tirelessly for the tenure of 7 months to bring the messaging of LMAD to newer grounds. They lived under the same roof with each other and embodied the values of LMAD in their Daily Life, of unconditionally serving the mission and organizing programs in regional districts such as Uttarakhand, Lucknow, and Haridwar. A session discussing the achievements and work done in these 7 Months was organized, where the fellows took the stage to describe their experiences, learnings, setbacks, and achievements to the participants.

They described their initial journey at LMAD home, their experience organizing conferences in cities where they did not know anyone and dealing with the logistics of it, the challenges faced and how they overcame these with their ingenuity and dedication, and the love that they developed for each other and the memories they created which would be cherished for a lifetime. The parents of the Fellows were present in the ceremony and they expressed their pride in seeing their children grow through the fellowship program, taking on new challenges and emerging victorious from it, to acquire the skills that would ensure their success in any path that they choose to follow. The Fellows were felicitated with a special certificate and gift lauding their performance and dedication displayed towards IofC LMAD.

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After the session, the participants headed back to their rooms to get ready for the Formal Dinner. The participants were dressed up to the nines as they were greeted by the volunteer team with thunderous applause as they entered the big dining area and were guided to their candle-lit tables. In the candlelight setting, the participants were treated to a luxurious spread of dinner served by the volunteers as they soaked in the opulence of the setting and hospitality. After dinner, the participants gathered at the foyer for a dance party, where the participants danced to their heart's content with each other, swaying to the tunes that played. The fun-filled night had to come to an end as the participants headed back to their rooms for the last night they were going to spend in Asia Plateau together.

DAY 8 - 8TH JUNE 2022



The last day of the conference is always marked by a bittersweet feeling, with an anticipation to go home but the pain of leaving the conference and the people we meet here behind. The participants woke up earlier than usual at 4.40 AM and gathered in the foyer, where lamps and mats were set up for the Multi-Faith Prayer. The participants sat around the lamp and were encouraged to recite the prayer of any faith or religion after maintaining a respectable pause after each prayer. The group paid their reverence in collective prayer, transcending the boundaries of religion and faith, displaying the strength of diversity that exists among the participants, which was a sacred start to the day that lay ahead.

The participants headed towards the Auditorium for the last morning session, where a presentation regarding Quiet Time was displayed. The participants were encouraged to ponder upon the question of “**What would be my Life after LMAD?**” and how they would inculcate the 4 standards of PHUL in their daily lives post the conference. With this input, the participants headed for their last quiet time of the conference as the wave of nostalgia already started to hit them. As they came back for their Quiet Time, many participants lined up to share their journey

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at LMAD, the changes they experienced in themselves because of the conference, and the learnings they take back with them, some of them are illustrated below:

1. *“Taking my Phone away was the best thing the conference did which helped me connect to my inner self”*
2. *“ Coming Back to the Conference is like coming back home, and I take back new life lessons every time I am here”*
3. *“ I discovered my inner self through the Group Discussion and sessions conducted and now I can finally connect to my inner voice.”*
4. *“ I now have a family which is spread across India and I thank LMAD for that”*

Post breakfast, another round of sharing took place where the participants who couldn't share their journey earlier took the stage. Post sharing, the felicitation of members who have been associated with LMAD for a long time took place, namely Mr. Amit Keshav and Ms. Sangeeta Sarkar, where they each took the stage to describe their experience of being associated with the organization and how they passed along their love for the work and mission of LMAD to the next generation. At 10.10 AM, feedback forms were distributed among participants where they could anonymously give their feedback on the conduct of the conference and the organization, alongside describing the conference in one line. The staff of Asia Plateau was also appreciated and lauded for their tireless work in ensuring the smooth running of the conference and they took the time to share their joy of working for the youth conference after a gap of 3 years posts the pandemic.

The participants were then treated to a photo montage that captured their moments spent in the conference, as the participants walked through the memory lane of their time spent in the conference. The participants were encouraged to contribute to the organization by volunteering and propagating the message across their social circles, as the last session of the conference came to an end with the volunteer team coming up the stage to sing the national anthem. The participants then headed to their Group Discussion spot, one last time as they were handed their mobile phones and certificates by their group leaders. With a heavy heart, they had their last lunch together at the Big Dining Area and promised each other to stay in touch and come back again to experience the magic of the conference once more. With a truckload of memories and smiles but a bittersweet goodbye, the conference concluded its 28th edition at 1 PM.

ANNEXURE – I

POSITIVE COMMITMENTS

Total Amount of Commitments = 163

1. **Wake up early + 18**
2. **Reduce Screen time +10**
3. I'm going to keep my daily phone screen time less than 2 hours a day.
4. FOLLOW A HEALTHY LIFESTYLE
5. MY SPEND TIME MORE MINDFULLY
6. When I go home I will start studying and not work my time anymore.
7. Sleep perfectly for the rest of my life
8. I will be well-disciplined in my life
9. **Quit Smoking +6**
10. To learn new information which gives me more opportunities
11. Become the most honored player in table tennis
12. Make my friends quit alcohol
13. To mend the relationship with my parents
14. **Giving more time to my family members +1**
15. Stop pornography and work for my business
16. **Focus on my studies +1**
17. Apologise to family for mistakes and share everything with them
18. Reading and walking daily
19. Call and be in touch with friends made at LMAD
20. Become the best neurosurgeon in the world
21. Not being lazy and sticking to my schedule
22. Get into a great MBA College
23. Get accepted for college assistantship
24. Learn a new language
25. **Learn to drive a car +2**
26. Grow in stock markets
27. Get a successful job
28. Use time judiciously
29. Be fearless and get the most out of my life
30. Start being myself and confident
31. Develop one android application while i am learning
32. Manage my time
33. **Have a better physique +9**
34. Help in my family business
35. Become a better person

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36. Sharing a meal with my family
37. Meditate daily
38. Love unconditionally
39. Have better relations with my extended family and other people
40. Sleep properly
41. Stop lying
42. Stop arguing with my parents
43. Be happy
44. Be productive in my studies
45. Reduce my ego
46. Reduce cholesterol and thyroid, keep them under control
47. Read books
48. Love myself
49. Start therapy
50. Learn guitar
51. Be focused and include 4 values in my life
52. Start dance practice again
53. Find happiness
54. Be a good son
55. Not to hurt people
56. Spread love
57. Manage my time
58. Get rid of my social anxiety
59. Be positive towards everything
60. Stop bunking classes
61. Learn all mantras of Yoga
62. Stop overthinking
63. Be organised
- 64. Do quiet time daily +1**
- 65. Work on my anger +1**
66. Apologise and build bond with my grandmother
- 67. Start reading +1**
68. Study successfully to have a good career
69. Be good to people and respect parents
70. Collect books
71. Build better relations with my father
72. Push boundaries and spread happiness
73. Learn from past mistakes and love my family
- 74. Get into a good routine+2**
75. Give my all no matter what it is
76. Go on a small holiday with family, make parents proud
77. Study human psychology
78. Excel in life
79. Open heart and mind
80. Work hard and be humble
81. Stop being rude to people

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82. Practice research and excel in my field
83. Complete my 11th 12th chemistry
84. Improve english
85. Wake up and make breakfast for my family
86. Get in shape within six months
87. Learn to cook food
88. Work on my bad habits
89. Respect friends
- 90. Believe in myself +1**
91. Build a better relationship with my brother
92. Create a positive peer group
93. not stop my education
94. Be responsible
95. Become a CA
- 96. Study without distractions +1**
97. Be my true self all the time
98. Get enrolled in PhD
99. Build relations with clients
100. Lose weight
101. Be honest to parents
102. Play cricket
103. Eat healthy meals
104. Not waste my time in doing silly things
105. Finish assignments
106. Start music production
107. Make videos for my Youtube channel
108. Learn to repair my bicycle
109. Ghar jaa kar phone nahi chalana hai
110. Work on reducing bad habits and building good habits
111. Complete pending work of my Yoga studies

ANNEXURE-II

ONE LINE TO DESCRIBE THE CONFERENCE

1. Blessed to be present here
2. A new vision and perspective towards purpose
3. Realisation
4. Powerful
5. Relief
6. More love, less technology, love conquers all
7. Space for myself
8. Inquisitive
9. Inspired change
10. Viral sir is godfather
11. My initiative to change my life and nations fate
12. Excellent experience
13. Amazing and peaceful
14. Closure to hurdles in life, faith and confidence for future
15. Unexpected and found priorities of my life, overwhelmed
16. In the process of changing myself
17. Overwhelming and amazing
18. Acquired a lot of knowledge
19. Beautiful and unforgettable experiences and memories
20. Ready to dedicate myself to LMAD
21. Phenomenal and undoubtedly life changing
22. Silent
23. Learning and unlearning things each day
24. Realisations and clarity
25. Process of healing
26. Fun
27. Became more confident, vision is clear now
28. New reasons of happiness and sadness
29. Grateful
30. Fantastic and amazing
31. Recharged and ready to work with enthusiasm
32. Changed from "Heart"
33. Grateful, awesome, found myself
34. Great learning experience
35. Love lives here within me
36. LMAD is really amazing and excellent
37. Unexpected and lovely
38. Very good for today's students
39. Life changing

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40. Peaceful and emotional
41. Solace
42. Life changing, eye opening experience
43. Sublime
44. Best knowledge one could ever get
45. Life changing and futuristic
46. Best days of my life, life changing moments
47. I wouldn't realise things if i hadn't been here
48. Blessed and reborn
49. interactive , insightful and new perspective
50. Full of learning
51. Motivating and inspiring
52. Was introduced to my ideal life
53. World of happiness and confident
54. New and different
55. Perspective shift
56. From a dry plant to a very healthy and colourful plant
57. Consistency
58. Found the purpose of my life
59. Inspirational
60. Turning point
61. It got better
62. Best stories ive heard till now, amazing experience
63. Life changing , realisation of who i am
64. Realisation, more clarity and connected with family
65. Positivity
66. Fabulous
67. The best experience of my life
68. Motivational, aspirational, emotional learning about myself
69. Energetic and inspiring
70. Therapeutic
71. Transformational
72. Excellent Learnt new things
73. Learnt many activities and quiet time
74. Filled with great lessons
75. Blissfulness
76. More clarity in life
77. Confidence and strength to start a new journey
78. Humbled
79. Inspirational
80. Heaven
81. Spectacular
82. Satisfactory and personal growth
83. Fun and spiritual
84. At peace and feeling joyful
85. I found the mistakes i had made in my life

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86. Many learnings and recalling memories
87. Positive vibes
88. New people, new learnings, found my peace
89. Mesmerising
90. Realisation of habits
91. Saw the difference
92. Gained confidence and a new family
93. Kind, courageous and patriotic
94. Made a Difference
95. Evolved in many ways
96. Doors to success
97. Non judgemental
98. Beautiful campus, conference changed me completely
99. Changed myself, gained confidence and became kind
100. Changed way of thinking
101. Learned to value my parents, and decided what to do in my life.
102. Helped me open up and express myself
103. Felt detoxified and distressed
104. Learnt more than i expected
105. Motivating and helpful
106. Food and service provided was very good
107. The optimum time wage, discipline, punctuality, hospitality, service & freedom to be yourself without the fear of being judged, without dependence on technology, more listening & building the bridge brick by brick to our own conscience.

Hindi

1. एक नंबर
2. भौतिकता से आध्यात्म की यात्रा
3. अत्यंत परिवर्तनशील और आत्म परिवर्तक
4. मस्त
5. मुझे उम्मीद से ज्यादा जानने को मिला और बोहोत मज़ा आया
6. बोहोत अच्छा
7. अद्भुत, अप्रतिम, विश्वसनीय.

ANNEXURE-III

VISION OF INDIA IN 2050

8th June 2022

Honourable Prime Minister Shri Narendra Modi,

With utmost humility and reverence for India, we, the 177 participants of Initiatives of Change's (IoFC) Let's Make A Difference (LMAD) National Youth Conference (NYC) 2022, engaged in a rigorous and a comprehensive mental exercise to develop a Vision of India in 2050.

We all asked ourselves the following, "What is my Vision for India in the year 2050?". After much inner listening, serious contemplation and introspection, we wrote our individual responses to the question. All responses were carefully analyzed using the thematic analysis technique to cull significant themes pertaining to our Vision of India in 2050. We, the LMAD participants are a microcosm representing the larger nation as well as adequately capturing the voice and views of the nation regarding the Vision of India in 2050.

It is LMAD's esteemed pleasure to present you with our vision of India in 2050. We share our vision with you with the confidence that with your able leadership and our commitment we will bring this to fruition before 2047, which will be India's centenary year of independence. This, we sincerely hope, will be a true gift that we offer to our dear nation.

Overall, LMAD NYC 2022 visualizes India as the global hub for wisdom, creativity, and peace. As LMAD NYC 2022, our Vision of India includes that by 2050

I. Learning and Education

- a. India will have high quality competitive government schools.
- b. India will have open and free access to education of the highest

quality.

- c. India will have value-based education system.
- d. India will revive ancient Indic wisdom that is relevant to the current times.
- e. India will have unified education board for grade school.
- f. Indian will have arrested its brain drain.
- g. India will have educated its citizens abundantly about financial literacy, computer literacy, media literacy, cyber literacy, and time related literacy.
- h. India will have mandatory school till class 10th for both the girl and boy child.
- i. All Indians will have basic literacy (including reading, writing, speaking proficiency) in atleast one language.
- j. All Indian schools in rural and urban areas will have an all-weather roof, cement walls, one room dedicated to computer learning, black boards, clean toilets, menstrual supplies, clean drinking water.
- k. India will have freedom from absent or faulty power supply. Every village, town and city will have uninterrupted power supply.

II. Environment

- a. India will have an efficient waste disposal system.
- b. India will have conserved its rich biodiversity.
- c. India will have adopted vertical farming and incorporated new age technologies in agriculture.
- d. India will have shifted to electric vehicles exclusively.
- e. India will have shifted to renewable sources of energy and moved away from fossil fuel usage.

- f. India will have expanded its river lands, grasslands, forest cover, and other biodiverse ecology.
- g. India will have sufficient desalination plants for supplying potable water to every Indian citizen
- h. India will have a policy of zero tolerance against the pollution of rivers, metros, towns, religious places, tourist towns, beaches, parks, national forests, reserved green areas, ecologically fragile zones, seas, and the Himalayas.
- i. India will have a compulsory policy for every child and youth of this country to nurture five saplings into full grown trees. Every year the goal should be to add 1% to green cover. This will be the highest form of contribution to the nation and should be acknowledged with certificate by the government.

III. Freedom

- a. India will be free from hunger, poverty, corruption, black money, prostitution, terrorism, reservation, and illiteracy.
- b. India will be free from all forms of discrimination and intolerance.
- c. India will be free from social evils such as dowry, child marriage, rape, and sexual exploitation.
- d. India will be free from all forms of pollution including air, water, noise, light, soil, space, and more.
- e. India will be free from substandard medical facilities and supplies.
- f. India will be free from a lethargic and inefficient justice system.
- g. India will be free from diseases and maladies.

IV. External and Internal Affairs

- a. India will have reconciled hostile relations with Pakistan and made permanent peace.
- b. India will have adopted a not a drop of blood on Indian soil through the act of terrorism. Citizens should live without fear. Message should be loud and clear to the world to not mess with India.
- c. India will have created efficient systems with faster pathways for refugees to acquire their citizenship of India.
- d. Indians will have strong mental health support resources.
- e. India will have adopted new technologies such as VR/AR/MR.
- f. India will be a developed country.
- g. India will rank high on Happiness index.
- h. India will have high levels of fitness.
- i. India will have achieved religious neutrality.
- j. India will have prevented uncontrollable urban migration.
- k. India will have superior infrastructure, modern housing, and advanced medical resources.
- l. India will have complete digitization of data right from the tehsil, Zillah parishad, gram panchayat from the village level to the Parliament.
- m. India will have a road system, the most important lifeline of the country and economy, where every village is connected by a tar road to a major town and every major town is connected to a big city by a four-lane tar road and every major city is connected by world class super express highways.
- n. Made in India products will be the most sought after globally.
- o. India will have gender equity.
- p. India will have no wage gap between genders.

- q. Indian Rupee will be highly valued in international markets.
- r. Indians will have adopted to the sustainable living standards.
- s. Instances of financial immorality by people that are part of the government in different capacity should be probed by independent authority and all the money made through corrupt practices and funds siphoned out of the country should be brought back to the government coffers. A complete cleanse of the system will help create benchmark for politicians and parliamentarians in the days to come.
- t. India will instill the feeling of patriotism in the heart of every Indian like pre-Independence, where country comes first before I, My, Me and Mine. After 75 years of our independence, we are less Indian than what we were when we got independence.

We, the participants of LMAD NYC 2022, will play our part in realizing this Vision by adhering to the four standards of Honesty, Purity, Unselfishness, and Love along with the disciplined practice of Inner Listening. Our sincere hope is that by 2050 our dear country would have accomplished the above so that other nations look up to India and seek counsel in all matters of national and international significance.

Signed by

177 Participants of LMAD National Youth Conference, 2022

&

Viral & Neha Mazumdar

LMAD National Youth Conference 2022 Conveners