

VIRTUAL YOUTH CONFERENCE 2021 REPORT



27TH IOFC-LMAD YOUTH CONFERENCE

4 COUNTRIES
19 STATES (INDIA)
343 PARTICIPANTS
1 VOICE
INNER LISTENING

Background

The 27th National Youth Conference of Let's Make a Difference (LMAD) took place from 1st June to 8th June 2021. 1st June to 8th June for 25 years since 1994 has been the week of LMAD's signature program, the National Youth Conference (NYC) at Asia Plateau, Panchgani. In 2020, the COVID-19 pandemic and the lock-down that came with it, curtailed our ability to engage large gatherings at Asia Plateau. Undeterred the LMAD team embraced the virtual space and engaged participants over Zoom every day which brought a new dynamic to LMAD conference. This year too, the conference was conducted in the virtual space with the conference theme being "LISTENING".

Lives Touched

LMAD wanted to take advantage of the virtual space and try different things that were not possible in a conference at Asia Plateau. For instance, many people wanted a glimpse of this program that is so successful and impactful, that we invited people to attend even for just one day if they wanted to, to observe a session and see how participants progressed in their individual journeys through silence. This space attracted people from across the world, diverse age groups as young as ten and as old as sixty and also entire families to come together during the morning time.

Considering the total number of people who logged in, LMAD touched 343 people during this YC'21. On an average 296 participants attended every day. We had participation from 19 states and 86 districts within India and international participation from UK, Canada, Japan and USA. We also had representations from organizations including Kerala Public School, Eklavya Model Residential School, Shroff S R Rotary Institute of Chemical Technology, Manipal Institute of Communication, B.R.C.M College of Business Administration, Symbiosis College of Arts and Commerce, Shree Raj Educational Center and Tibetan Communities in India. Since 2004 LMAD tied up with Empowering Vision, an organization that supports Tibetan settlements in India, and every year we have ten to twenty participants through this relationship.

Hours of Silence, Sharing and Listening

LMAD has always focused on the essence of IofC which is quiet time and has historically clocked no less than 20 hours of quiet time and sharing in every conference. This year we planned for two-hour sessions for every morning and additional hours in the evening for listening. For the first two hours every morning the virtual class was full house; this gave us the message that, what we are offering in terms of inputs and new tools to look at one's life during confinement at one's home was received with positivity. Almost every day the sessions extended for close to one hour of listening and sharing. Though we originally planned the conference for 16 hours, we ended up with 29 hours of inputs, sharing and listening.

Inauguration

The 27th NYC was inaugurated at 6.35 AM on **1st June 2021**, by host Saurabh Sangane. Saurabh invited all the participants and handed over the baton to Gandhali Bhide who introduced Initiatives of Change (IofC). Sanjuli Khare helped us visualize Asia Plateau in our mind's eye through her beautiful description, Gati Kochar and Ekta Rijhwani recounted the 27-year journey of LMAD, Mudit Surana went over the dos and don'ts and Mansi reiterated the importance of the certificate of participation in the NYC and shared the benefits she experienced with the certificate she received in the past conference.

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Essence of the Conference

The space was then handed over to Mr. Viral Mazumdar, the YC director. He introduced the participants to quiet time, which is the crux of the whole program. He shared his personal story of 30 years, about how his journey with quiet time and IofC began, the exemplary people he had the privilege to meet and befriend, the lesser-known places he visited, which led him to create and run this wonderful program that we are a part of today. Quiet time is a time of silence where we actively listen to our thoughts/conscience. Thoughts are fleeting and we need to capture them in our diary with a pen. Those who listen to their conscience and take action based on guidance from within have the power to correct themselves and even create a revolution. Bhargav Hasurkar shared his personal experience with the diary. Having participated in the virtual conference and experienced quiet time for the first time in 2020, within just one year he frequently nudged and connected with his conscience which felt like Eureka moments and he was glad he could record them in his diary. The YC director then urged participants to surrender to the program for the next week, to listen inwards and share. With this introduction, the participants were given 15 minutes to observe quiet time in the serene hours of the morning before sharing. Many participants shared in a judgment free zone about their time of silence which gave them a chance to clear their confused minds, reflect on their mistakes and learn from them. The session ended at 9.30 AM.

On the morning of 2nd June 2021, we reconvened in the virtual space for morning quiet time. The YC director touched upon the four values or pillars of IofC; honesty, unselfishness, purity and love. All of us are acquainted with these values, but do we apply them in our life in the absolute sense? That was the focus of this day's session.

We are all taught to be honest when we are young, which is as easy as a straight line. Dishonesty is complicated. Honesty builds trust and the YC director shared multiple encounters which led to an overall pleasant experience during one trip to Switzerland and that showed the true power of honesty of an entire nation.

Selfishness leads to hurt, anger and violence towards family, friends and peers which creates a distance between you and others. On the other hand, by being unselfish, by sharing what he learnt through IofC with the whole world, the YC director made so many friends today which he treasures more than any monetary wealth he created.

Asia Plateau is the symbol of purity. We all receive so much through our senses. The food that we eat, the air that we breathe, the words that we hear and the sights that we see, are all so pure at AP. However, the eyes that see beauty can also vulgarize. All the senses are connected to the mind and if we corrupt our senses with bad words, pornography and such, we corrupt the mind. Chinmayi Shaligram further shared that the situation around us could make us impure but it is our choice to clean-up.

Unconditional Love is the very first value that any new born child experiences; it promotes growth. Aswini Subramanian shared her personal experience about unconditional love, about how her mother through unconditional love and her thought for her domestic helper she was able to help her recover from a terrible illness.

Quiet time is the root of the tree on which the trunk of four values stands and which in turn support the branches and fruits of our actions. With this thought, the participants were given 20 minutes of quiet time after which we listened to them share their understanding of the four values and the challenges they face, in applying them to daily life. To take advantage of the virtual platform and to encourage active participation from all, the participants were asked to share in the chat box one value they connected with the most, the one value that they find most challenging. Some of them felt that in order to

be unselfish they should accept more and expect less, others felt that unconditional love leads to understanding, empathy and forgiveness.

A lot of doubts and questions in the minds of the participants were also addressed during this session which gave them clarity on the challenges they face in the implementing the values in the absolute sense. They learned that even white lies can bite one in the future, honesty is sometimes difficult but it is the most straight-forward path. They also got a deeper understanding on the power of unconditional love in getting through tough times and forgiving others in our lives. Love is unconditional only when there are no expectations on our part, even when the feelings are not reciprocated. Selfishness can sometimes get us short-term gains but it is never sustainable in the long run, we can only succeed through dedicated hard-work and faith in the process. When we follow the four values in the absolute sense, our conscience will become the softest pillow we lie on every night.

Positive Story: Under the current grim situation worldwide, LMAD team decided to share one positive story every day. On this day we listened to the story of Raj Dagwar who started a drive where he holds a placard on the streets of Pune inviting people to share their story. He patiently listens to them with no expectations and also offers Rs.10 in return. This has helped a lot of people reduce their stress and feel lighter and unburdened.

The core team met every day after the session and later in the evening to discuss the progress and the plan for the next day. The success of these conferences lies not only in the level of planning and preparation that the team does prior to the beginning of the conference but also in the open minds of the coordinators to gauge the reaction of the participants, address their most pressing needs and lead the sessions in the direction that is most beneficial to all. LMAD has always embraced this flexibility and hence despite the plan to conduct a session on Day-Light-Saving-Time, the team collectively decided to focus deeper on the four values and extend the conference for one additional day.

On 3rd June 2021, after a quick debrief, we focused on our individual selves. Through the process of morning quiet time, we listen to our inner voice and gain the courage to look at our true self, that is not known to anybody else. We try to make our external appearance look good, we earn money to buy material things that will adorn and satisfy the body. But when we truly look within, we see that we are clogged by our ego which has dried up our lives. No matter how much we earn, no matter the best things we buy, it will give us only momentary satisfaction. But if we unclog ourselves from within, we have the power to build families and even the nation at large. We can unclog ourselves by writing in our diary, evaluating ourselves against the four standards of **purity, honesty, unselfishness and love**. The petals of a flower will fall without the stem to support; similarly, quiet time is the stem that supports the petals of four standards. Writing down our thoughts makes it concrete and it will urge us towards action to apologize to the ones we have hurt and mend our ways and bring vibrant colours to our dried-up lives.

Tanishk Patil shared his personal experience and challenges with honesty. From his personal experience he shared that honest and sincere efforts will only bring success. Pranay Sharma further shared about the importance of unselfishness. Humans are the highest form of life on earth created to support other life forms without selfishness.

Sharing: After a brief quiet time, participants shared their stories. Some were transported back to their childhood days when they had been dishonest by cheating during exams, others shared their experience with unconditional love which even when shown to animals was acknowledged and accepted.

One of the participants shared a beautiful incident that happened during his quiet time. He went over to his mother and smiled at her. She smiled back and he could feel the honesty and purity in her smile. She also inquired if he wanted anything and in that questioning gaze, he could see her love and unselfishness. Another participant shared that, parents are the epitome of unconditional love yet we are sometimes rude and arrogant towards them. After quiet reflection she apologized and realized the power of communication that can solve any problem.

Yet another participant shared about his fear of COVID. His fear of contracting the virus had completely engulfed him that he never even reached out to his friends who needed him the most. He decided to break out of the wall of fear and reach out unconditionally.

Positive Story: The positive news for the day was about the students of Ashoka University who went on an expedition from Bangalore to Mumbai in an autorickshaw painted with bright colours spreading awareness on girls' education.

The session ended with a question posed to the participants to reflect for the rest of the day "Do I have the courage to clean my clog?"

On 4th June 2021, we had a short recap of the previous day after which the YC director took us further on this journey. Earlier he mentioned writing and evaluating his life against the four values for the first time. On this day he shared more about that experience.

The visual depiction of the jar of conscience and the feeble light from within was so captivating. The jar was filled with beautiful flowers which represented our external appearance that we take care of so well. But within the jar, the water is muddy. The jar also carried many things like thorns, torn pieces of cloth, rocks and sweet honey which represented both the good and bad things in our lives. We are consumed by vices, broken relationships, possessiveness and arrogance which is not visible to anybody else but us. Yet, we too are unable to look into our jar because of the huge ego that is blocking our conscience. That huge ego leads only to broken or forgotten relationships, not only among two people but also among two nations. When we set aside the ego, we are able to give up our vices, beg forgiveness and rebuild our relationships.

The participants were asked to reflect on two questions during the quiet time. "Can I see my jar within me? If it is dirty, can I clean it?" Not many people come clean to a strange crowd but when that happens it creates an impact and that is what followed during the sharing.

Sharing: Two participants felt that they took their mother's love for granted. They promised to talk to their mothers more often and promised to be good daughters.

Another participant was able to liberate himself from the jealousy he felt for his siblings who were able to be with his parents while he was separated from his family for past 20 years.

One participant shared earlier about the friction he had with his father and the anger and ego that blocked him from having an open conversation. But he was later able to talk to his father which enabled them to understand each other's points of view and deepened their relationship.

Positive Story: The positive story for the day was from our very own LMAD family. Prachi Selot Samota from Indore shared an inspiring story about her food drive. She observed people who travel from far to get treated for COVID struggle to find

food in and around the hospitals during lock-down. She, along with a few friends, decided to reach out to people in need of food and they were able to supply free food to hundreds of people every day.

Later that evening the participants reconvened for more sharing and listening. One participant shared about the strength of love from his mother by which she made sure that he attended an English medium school despite the challenges she faced from his father. Another participant shared about the financial and family stress that was brought about by the lockdown. This time of morning silence and sharing gave him some relief and a chance to unburden himself.

On 5th June 2021, the YC director focused further on the inner and outer self. We are often overcome with desire. Desire for money, desire to be the best dressed, desire to have the most expensive car, desire to have the latest model of mobile phone. All these desires are momentary. By satisfying these desires we only satisfy the senses and the mind which is fickle and always looks for the next best thing. Unless we satisfy the conscience, we are dry and hollow from within. We can satisfy the conscience through disciplined quiet time and we will radiate from within when we are internally rich. The participants were asked to reflect on “Can I nurture my conscience while also satisfying the senses? Can I collect the pure gold that exists within me?”

Sharing: One of the older participants shared his experience in life. Through-out the past few sessions, he was able to relate to all the inputs and sharing and visualize his past. He too had cheated at exams, stolen money from parents and when he moved on to the corporate world, he often blamed his boss for things that went wrong. Today he was able to reflect on all those things and when he evaluated himself against the four values, he felt he could have been better. He wished he was guided by quiet time and the four values much earlier in life.

Another participant shared that she realized the importance of satisfying the inner self for a more meaningful life when her friend’s father died of COVID. Having all the money in the world and the best treatment possible they still couldn’t avoid the inevitable end, and what remained was only the regret of not having spent quality time with friends and family.

One more participant shared that she sometimes holds on to material possessions just for the sake of owning them despite not using them at all. Once she let go, she felt liberated.

Power of Vision: After the sharing, Mr. Bhisham Mansukhani, a volunteer and coordinator who is associated with LMAD for 22 years, conducted a session on the Power of Vision. The present world that the youth have inherited, where many contribute to the success of a very few, is not sustainable. In order to be successful, we need to embrace Nature’s idea of success where the efforts of a few will benefit many. The participants performed an exercise to find that ideal place where their talents and passion meet not only their financial needs but also the needs of the larger world. Mr. Bhisham concluded the session with the words “Vision without action is a dream, action without vision is time-pass, no action and no vision is no life at all. Only action with vision will change the world.”

This powerful session led one of the participants to more confidently pursue her passion for writing and was thrilled when she received an opportunity to write an article for IofC’s newsletter. The session also inspired another participant to create a core team at his workplace which focuses on addressing at least one need of the world.

Positive Story: 5th June is World Environment Day and has been celebrated by LMAD YC every year. This year was no exception. The celebration started off with a positive story about 'Recycle Man of India' Binish Desai who came up with the innovative idea of manufacturing bricks from discarded face masks which increased significantly due to COVID.

Environment Day Session: Later that evening Chirag Samtani, Mansi Mahajan and Chinmayi Shaligram gave a riveting presentation which created awareness about how the current lifestyle is degrading the environment and slight modifications that we can bring into our lives that will help revive the environment. The team touched upon the evil effects of single-use plastics, green-washing and linear economy. They encouraged participants to reduce, reuse and recycle and move towards a circular economy.

6th June 2021 Family Day, is the day the conference reached the summit. During the nascent stages of LMAD, surveys suggested the need for addressing the friction in families and relationships. Hence, on this day we focus is on the family and loved ones. The YC director shared the special bond he had with his family and especially his mother. His parents had only one wish and that was for his siblings to remain together as one family and that wish has been upheld to this day.

Sharing: One participant shared about how she felt the importance of family when she lost her brother and father in two consecutive years. In a very short span of time a family that was whole with three generations of people was left incomplete and she missed her brother's love and father's guidance.

Another participant shared about losing so many loved ones in her family due to COVID. Life was short and connecting with family and friends was so important for her; the present was precious because anything could happen in within a day or week.

Each of the participants reflected on their loved ones and sometimes the hurt they caused because of their ego. Some of them were moved towards action to reconcile their differences and make a connection. One of the participants expressed that it was so easy to show affection towards her mother, but such love and affection is difficult to be expressed towards her father. On this day, amidst the whole conference, she embraced her father and it touched many of our hearts.

Another participant shared about the suicidal thoughts he had because of broken relations with friends. He was able to recover from it and when he saw his mother all he could think about was how devastated she would be if he was not around. He never went back to such thoughts again.

The relationship between two women in a family can make it or break it. This was shared by one of the participants who had a passive aggressive relationship with her sister-in-law and it was affecting their family. Though it was her sister-in-law who was keeping the distance, during her morning quiet time, she got the inspiration to initiate a connection and on doing so the whole family rejoiced.

The session ended with a request to participants to continue reflecting on the importance of family through -out the day.

On 7th June 2021, the participants were given a small exercise during the quiet time. We have a lot of people in our life, apart from parents, siblings and grandparents, we also have friends, colleagues and servants. Some of these relationships we bring consciously into our life, but the more important task is to nurture it. Often relationships break due to misunderstanding and miscommunication. The more we are divided with the people around us, the farther away we will be

from God. Direct communication will create instant reconciliation and help connect two hearts. For the quiet time the participants were asked to identify all the relations they are disconnected from and try to reconnect with at least one person.

Sharing: One participant shared about her cherished childhood friend with whom she got disconnected when her family had to move to another city. When they came back, that friend was changed and they no longer shared the same bond.

Two participants shared about their broken relationship with their brothers due to past incidents and through morning quiet time and reflection they were inspired to make a connection.

One more participant shared about a childhood friend whom she was disconnected from because of jealousy. She recently came to know that the friend was down with a head injury, she wished she would recover soon so that they can connect again.

Another participant shared about a dear friend who was terminally ill and wanted to meet her. However due to family circumstances she was unable to meet him before he passed on. This weighed down on her and through her sharing she found some solace.

Positive Story: The positive story for the day was of Bhargav Hasurkar who attended the first youth conference in 2020 and has since been an integral part of LMAD. In December 2020, a small focus group gathered at the ancient city of Rishikesh for the workshop. Bhargav depicted an exemplary personality and contributed greatly towards the success of the workshop. On this day he was awarded a certificate from LMAD for his outstanding performance.

Group Picture: The conference was coming close to an end and LMAD wanted to capture this moment, so all cameras came on and all the participants posed for a snapshot, a group picture in memory of yet another successful virtual conference.

Conclusion: The session ended on a happy note, where, the YC director acknowledged all the volunteers who made all this happen. Through hard work and dedication for over two weeks, the team brought together people from all over the world, toiling seamlessly in the background towards a successful conference. He also reiterated the importance of the certificate and appealed to the participants to honestly look within to see if they truly deserved it.

The LMAD team felt that there was more that to offer to the participants in this conference and took a unanimous decision to extend the session by one more day. This was received positively by the participants who were eager to return to the class for one more day of listening and sharing.

On 8th June 2021, the YC director kicked-off the session guiding the participants towards a higher trajectory. Once we have the knowledge and practice of quiet time and the four values, we consciously clean our jar. The next step is to evolve. We can evolve only when we make our minds strong and fight against distractions and the urge to go back to our old ways. Otherwise, we will become predictable and keep moving in circles. Everybody has a purpose in their life. Constantly listening to the conscience will lead us towards that higher purpose. The question posed to the participants was “Can I make my mind very strong?”

DLST: Dr. Arpan Yagnik walked through the session on Day-Light-Saving-Time (DLST). We all have said at some time in the past “I have no time”. We often start so many things but give up halfway most often with this phrase. However, time is the

only concept that is not affected by the distress of change. The comforts we have today is because someone chose to not be lazy.

The lock-down blessed us with ample time, but how many of us have actually utilized this time to our benefit? Tanishk Patil and Aswini Subramanian shared an exercise they performed, summarizing their daily activities and evaluating the time they spend on unproductive activities like TV and social media. This helped them realize that they could save up to one month in a year towards more productive activities. This exercise was shared with the participants encouraging them to try and evaluate their own schedules.

Sharing: One participant shared that before this conference she was often burdened by the opinions of others about her, and they often pointed out her mistakes. But, through the process of quiet time, she learned to listen to herself and love and celebrate who she was. She was also guided toward finding her life's purpose.

Another participant shared that he believes his life's purpose is to spread love and happiness. He was encouraged by a friend to start a YouTube music channel, but did not give it much thought at that time. Now he was urged to do it.

The session ended with requesting active participation through chat to complete the sentence "Progress of humanity hinges on ____". Lots of positive feedback was received for the same.

Annex – Feedback

LMAD has always given due value to feedback, taking in the positive ones to continue implementing for future conferences and also giving due consideration to the suggestions for areas of improvement. Following are some of the feedback we received.

Initially I was bored and I even slept off on the first day, then slowly I understood the idea behind the sessions- to examine within ourselves and share it with others. I did learn a lot of things and I'm happy that I took up this Conference because it is a step forward and a productive while we are stuck at home.

It was a wonderful, inspiring and emotional Conference. I could connect to all the sharing by Viral Sir during the session.

It was amazing. Quiet time concept is very innovative and I am going to apply this in my life. Thank you team LMAD.

It was a nice experience. Learning and listening to others from across all the other parts of India and Abroad. It was a wonderful experience, rather a life changing experience. Learnt a lot of things about self and consciousness

It was a very great learning experience for me. Although it was virtual, I could connect with all of them. Especially, I would like to thank Viral Sir and LMAD for their incredible work. I would surely attend the next conference if I could get a chance.

Spending every second listening to people on that platform sharing their experiences, lessons they have learnt, future steps they will take was absolutely worth it.

During this virtual conference, I was hoping for some games in the session and wished LMAD could have invited some known change makers in the society in the session at least once or twice instead of Viral sir speaking every day as more than 2 hour and half hour conference is long.

It was an amazing journey of Introspection, it gave me the opportunity of pondering and understanding about my inner peace, relationship with my family, friends and all the individual with whom I am working.

It was actually good. Viral sir is a very patient and kind person. He entertained each one of us with utmost patience and helped us a lot. Me being a 17-year-old learner, a lot from my elders here. Mansi Di shared very inspiring stories. And Arpan bhaiya was kind enough to let each of one of us ask questions and express ourselves. He even encouraged us to ask. Thank u everyone. It was really nice.

The session blended my passion towards building myself into a good human being where my concern for the society and loved ones should be always fruitful as per my aspects, the spokesperson enlightened the spirit of the youth with his life experiences and tried his best to bring out the best of youth.

Attending LMAD conference was my dream since last 3-4 years. It's that happiness when dreams come true. It was so insightful experience and I can't explain in words how much this conference meant to me. The inner reflection path & introspection path that LMAD have shown me, I hope I continue to walk on this path forever. This was the need of hour for me. Quiet time is one precious gift that I would definitely embrace. I would love to attend this conference physically this year. Hope I could get this chance soon. Loved to hear so many stories & experiences.

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Due to the LMAD youth conference, I was able to know the inner-self due to quiet time. I was able to pen down the thought in the quiet time diary and was able to know myself better. I was able to know "we" during the session. The importance of people around us. Thank you LMAD team and Viral sir for providing a platform to teach us new things.

The virtual sessions have their own limitations, but it was a good experience overall. I could connect to everything that was being said.

In LMAD Youth Conference the people who spoke to us completely changed our mind and freshen up our heart and removed all negativity.

Annex – Participants Takeaway from the Conference

LMAD

To express your love for your own people without any glitches in my mind

I have learnt to be more patient and the importance of quietness. And forgiveness, not just for other but for ourself.

tomorrow is full of possibilities...

Caring for everyone close

listen to your inner conscience, be expressive.

Know the inner-self due to silent time.

acceptance, forgiveness and beauty of life.

Family is the supreme power to me

Family is the real treasure

how to become a honest person in life

Connecting to lost friends

ameliorating my own self

Importance of communication in relationships

connection to consciousness

4 values, coconscious and to control my anger...

True happiness is with our dear ones

You Choose to be Happy

To be able to distinguish between mind voice and conscience voice in terms of PHUL.

Rethinking of myself, moral values

Family is more important that work

how important our family members are and to share our feeling with them

Sharing thoughts without anyone judging you on them and gaining some positivity inside while facing down moments in life...

Mind peace

Disciplined quiet time

finding real me... my happiness in every aspect by connecting every loved one in my circle

Listening

Sharing without hesitation

To introspect myself and try mend relation

God gave us two ears and a single mouth which tells us that we should speak less and listen more.

Self-Realization. Filling Gap Between Inner Soul & Outer Soul

it helped me to be people's listener, everybody has their own part of story that must be understood before judging them over their current behaviour and appearance

not taking things for granted and reflect from within before taking any action

Connecting myself to moral values
Now, I have an extended family i.e. The LMAD FAMILY!!

The beauty of listening and sharing

positivity, value of relations in life

LISTNING TO THE INNER VOICE AND THE VALUES

the family is the strength to shape our journey to be at peace.

Importance Of honesty, purity, unconditional love, quite time

Thank-you so much for this experience was really helpful

and not just listening but making corrections too

Thank you so much sir for this wonderful journey of introspection.

you are the most important person in your life... speak with her more often

Thank-you so much.... this experience was so informative and helpful....really it was a wonderful journey...

Thank you for a valuable and Peaceful journey LMAD.

self-realisation was the most important part of this session....and would love to come to panchgani

positiveness.... impactful

My learning-Family is everything and not all the luxury of the world can replace them

Need to express my feelings

listening...I really enjoyed listening during the sharing session, talking to people, letting down your ego, reconcile with people we had some clashes with

Life is so full of challenges, this conference helps me make myself strong enough to embrace those challenges, accept them, expect less and make the most of this beautiful life gifted by God to us!

Listening
and
sharing.

positivity
and
moral
values

forgiveness
is the key
to a happy
life.

Quiet time
and the
four pillars
of LMAD

show love
and
express
your
feelings

Be honest,
open,
transparent
and enjoy
life

find
balance
between
inner and
outer self...

that life can
be easier
than we
normally
think it is

inner
journey
begins
from here
on....

my
ambition of
life and
family
importance

inspiration,
positive
vibes and
many more

To be able to
distinguish
between mind
voice and
conscience voice,
Term of PHUL.

I broke my
limiters and
came to know
that I am
really a very
silent being

connecting
to inner
conscience

taking a
pause n
reflecting
within

Importance
of self-
reflection

Be a better
person, no
harm in
being selfless
and honest

Importance of
communication
in relationships

Happiness
from
within

finding
your inner
conscience.

one of
the best
journeys

that genuine
listening and
connections are
possible in the
virtual space

Sharing,
Family
Values,
Inner
peace

Getting
courage to
live happily
no matter
what

understanding
each other
directly

expressing
yourself
helps you