



My dear participant of 'Let's Make A Difference' [LMAD] conference.

The year 2023 is gone forever and together we embrace the year 2024. This year full-fills our desired thoughts and we all move ahead with confidence towards our better self.

The regional youth conference which we conducted in your premise was our first encounter with the young people in your region. We as a team came back enriched, new experience and learnings. This has only strengthened the work that we are doing under 'Let's Make A Difference' [LMAD]. This gave us an opportunity to know the young people of Jalandhar for the very first time, it gave us an insight and connecting dots through our vast experience of learnings, that, how young people of your region think alike the rest of India youth. This learning is special to us and it adds value to the work that we are been doing over three decades.

The overall gathered knowledge through our constant interaction with the youth community is a powerful resource of understanding and listening. This helps us to prepare ourselves better, each time, when we embark on a journey of LMAD, of connection, with young people.

When I sit back quietly and reflect about the young people of my country, the challenges and opportunities faced and available is all addressed during our teachings that we offer during those days when we were together.

Never to forget and constantly practice with discipline, morning quiet time, soak yourself in the silence, go within and search answers to every question that arises from mind, outside interference or within. What you will get from within, nothing will replace from outside. Moral values build the very foundation of oneself, these values are the compass to guide us in the right direction, whenever you will deviate from the path of values, this compass of guidance will let you know in your moments of morning silence that you have failed and need correction.

Once you start following the compass with discipline morning quiet time, for sure, you are evolving in every aspect of life. Never compromise on these virtues of life.

With my letter you have also received your letter, written on the last day of the conference, your written letter is the testimony of your time of realization in the class, with 'Let's Make A Difference'. I am sure you have evolved and moved ahead on the path of being a better version of yourself after receiving positive training and inner-self-realization. Keep moving ahead, but if in case you have got stuck after a while, this brings in a fresh opportunity to reflect and re-look by reading your own letter which is going to inspire you, take you on a journey of your own promises to live your life the way you had thought during your time with LMAD.



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Go over the Quiet Time dairy and the Exercise Sheets that we had offered you during the conference, after reading your own written letter. I am sure many inner dots will connect and this will only bring acceleration if there is stagnation.

Stay connected and share your change with us, this will inspire us and bring in new impetus when we step out to chase new endeavors of LMAD.

We want to keep the flame of LMAD alive in your academic premise and beyond. For this, all those who had participated in the conference must meet once in a week or fortnight and share your quiet time thought with the larger group or otherwise I along with my team will engage with all of you on a Zoom call and we can give you inputs to think on and later we can have a sharing time. This will keep the teachings alive and constant brush with the values and quiet time will bring in discipline and continuity.

I also invite you to come forward and help us run various conferences or workshops which we conduct across the country, to come as volunteers. For sure this will shape you and instill self-belief and confidence towards your personal growth.

Stay connected with anyone of us, who were part of the organizing team, through any form of communication. Emails, Phone calls, Facebook, WhatsApp, or on any social media platform on which LMAD is active.

The support and encouragement I received from your principal Mrs Rachna Monga and Dhruv bhai Mittal along with the entire team of LMAD, to make it possible, to be with each one of you, they share their regards and festive greetings.

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