

This is Viral Mazumdar engaging with you after more than nine months, refreshing your memory of what we all learnt together during those four days of Let's make a difference youth conference at KPS, Jamshedpur. Reading my note also brings back your letter which you had written on Saturday 1 December 2018, holding and reading your letter will definitely take you back to the KPS school into different session of learning's which we had demonstrated, taught, quiet time, group discussion and various other activities which were conducted during those four days will get livened up within you after reading your own personal letter which you had written after a strong realisation due to morning quiet time and something within you had electrified you during that time that I am going to be different and better version of myself. The entire period from then to now will flash within you and telling you where you stand in front of your own eyes and you're conscious.

This letter is also a strong reminder to look back and look ahead, look back will help you to see all that you have written on the letter is achieved and where do you stand today and if you have been partially or fully successful in what you had expressed then definitely a feeling of rejuvenation will electrify yourself within and it will tell you to look ahead and what next has to be achieved in context to one's career, life, relations and many other aspects of life which are directly and indirectly connected with us. But if in case after reading the letter you are still standing at the same place or slipped down from where you were then also this letter will tell you from within that you are capable and you can do it, what has gone and slipped is over and past but the present and future is still in your control and your letter will tell you that all the positive learning's which took place in those four days will give you encouragement and self-belief that you can rise again. For this you can take help from the local team members like Rajiv, Sangita, Suman, Nishant and Naveen they will always guide and hold your hand if need be. You evaluate on your own where you stand because you can see on both the paths back and ahead and we have equipped you with the most powerful tool of disciplined quiet time every day for 20 minutes.

We are coming back again to your city with a new conference and new learning from 28 November to 1 December 2019 same place, same time. If you feel from within and you're conscious is telling you that I need a fresh dose of quiet time and self-rejuvenation then I must enrol for the LMAD conference of Jamshedpur. Even if you feel that you want to help the organising team then too put your foot forward and get in touch with any of the local team members they will definitely listen to you and accordingly guide you in your new role, also spread the word around and inspire many others to subscribe to the life changing message of IofC-LMAD.

For very long I am coming to your city and I am deeply thankful to Shraddha and Rajiv for constantly creating the opportunity to visit Jamshedpur and share my thoughts and experience with each one of you and this process is on for more than ten years but LMAD is running successfully and this year 2019 we celebrate our Silver year of spreading awareness in the field of morality and inner listening, year after year we have moved and grown in strength and this is only possible because of the young people's community accepting us and the teachings of LMAD. Let us cherish the work of 25 years and pledge to take it ahead for a better individual, family, society and nation at large.

I have one request that you must visit the LMAD website on www.lmad.in and read the rich content which has been uploaded by those who have experienced the life changing message and learning of our teachings. I want to inspire you by looking and reading the content on the website and you too must write your story and journey of experiencing change, many have written and shared why you don't do the same by writing your journey.

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Visit the Facebook page on [iofc-lmad](#) to see what all LMAD is doing.

See you in your city on 28 November and book yourself for a date with LMAD.

Good luck for the coming festive times of Navratras and Durga Puja which is a reminder that good will always prevails over bad.

Viral Mazumdar

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