

## 22<sup>ND</sup> LET'S MAKE A DIFFERENCE NATIONAL YOUTH CONFERENCE REPORT 2016

Let's Make A Difference (LMAD) is a Youth Conference under the aegis of lofC with the vision to empower ordinary youth into forces of change by working tirelessly to inspire young people who will play an important role in the society.

Every year in the month of June from 1<sup>st</sup> to 8<sup>th</sup>, the LMAD National Youth Conference is organized at Asia Plateau in Panchgani. This year marks the 22<sup>nd</sup> Youth Conference conducted here at Asia Plateau. The tradition of Youth Conferences has been there since 1994 and since then through the National Youth Conference held at Panchgani also outreach programs in various part of the country lofC- LMAD has touched lives of countless youth of this country.

With the ever increase penetration of technology, internet, smartphones and social media, the youth of the 21<sup>st</sup> Century have become slaves to it. Today they lack direction, clarity of thoughts and are disconnected from their life's purpose. Here at Asia Plateau, they are introduced to a way of life that focuses on answering various complex questions that arise in their minds and also one that shows them a different way of thinking and living a well-balanced and joyful life. It challenges the youth to live by ethics and moral values.

This year a total of 153 people from various age groups and different walks of life walked through the gates of Asia Plateau to attend the conference. They came from different parts of India and have heard about the magic of this conference from previous participants and coordinators and social media like Facebook and WhatsApp.

The coordinators were once participants who had done very well in previous conferences and have experienced change at a deeper level. They carry the philosophy of lofC and live by its values in the outside world. They have taken steps to change in their own lives, they have faith that even others can change and they feel obliged to help other people who are currently on the same road that they once walked. It was this collective effort of the team and a desire to strive for excellence that the conference turned out to be a grand success.

### DAY 1

The Inauguration

Host of the evening - Deeksha Sharma

Artists and Speakers - LMAD coordinating team

The Conference began on 1<sup>st</sup> June in the evening at 4:30 P.M. wherein the new participants were divided in small groups. A short AP tour was given to all the first time participants while the refreshers had a brief discussion with senior coordinator, Bhisham. An online survey was conducted earlier in the afternoon along with registration of the participants.

The participants were then welcomed inside the auditorium. The Inauguration began with lighting candle by fellow coordinators followed by a song - It's better to light a candle than to curse the darkness. It was followed by a video clip that showcased the history of IofC in India and about the campus at Asia Plateau. The inauguration was hosted by Deeksha in a very elegant and charming manner. The video clip was followed by a very entertaining skit performed by the coordinating team which was followed by sharing of story of change and their association with LMAD by coordinators Kedar, Rohit, Shraddha and Rachit. This was followed by another beautiful song - 'we shall overcome'. The Inauguration ceremony ended with the mute National Anthem followed by National anthem sung by all.

The dinner was served to all after which participants gathered in the foyer. The participants were then divided into 8 groups. The group members who for the next eight days stayed like a small family; spent quality time introducing and knowing each other alongside basic conference materials were handed over to them. Harshal briefed the gathering about the Do's and Don'ts, of LMAD. The day ended by lights out at 10:15 P.M.

## DAY 2

At Asia Plateau, the day starts early at 6:00 A.M. with prayers and light exercises. Everyone then assembled in the Auditorium for inputs on the morning Quiet Time.

The practice of "Quiet time" is the heart of the Youth Conference. The entire conference revolves around quiet time. Youth conference aims at making youngsters know more about themselves. They need to understand and inspect who they are from within. The entire conference circles around introspection and comparing oneself against the four principles of IofC i.e. Purity, Honesty, Unselfishness and Love. But this process will never be possible if we don't take time out of our busy lives to be alone and reflect on our actions. In our day to day life we stumble across various questions which cannot be answered by theoretical knowledge or logical reasoning. These are question pertaining to our character, reactions, family relations etc. which require more than logical reasoning, may get clearer through disciplined quiet time. In Youth conference morning quiet time

plays a significant role in shaping up the conference. All the inputs given during the morning quiet time guide the participants into diving deep and getting connected with their inner voice. The participants were introduced with the Quiet Time diary and the significance of writing the inner voice that comes during Quiet Time. The diary was then handed over to all the participants.

The participants were given basic guidelines on how to start with quiet time. For most of them the concept was new and hence giving them direction to start with helps in introducing the idea. The concept of quiet time was made clearer to participants by citing one very interesting story of a farmer. The farmer during his work in the field lost his watch. He searched for the watch but could not find it. He then asked few kids to find the watch for him. The kids started searching with lot of enthusiasm but could not find it. When all kids gave up, one kid went near the heap where farmer lost his watch and sat in silence. He was trying to hear the ticking of the watch and he found it.

After giving the inputs about quiet time, the participants were then asked to spread across campus as per their wish and sit quietly and try listening their inner voice. Participants shared their quiet time thoughts with everyone. Some of the sharing of the quiet time sessions is as follows:

*“During my quiet time I found nature rhythmic, birds singing and myself at peace. There has always been war between inner voices; one part of saying I am correct and the other part says it’s incorrect. I am here to discover myself and find my correct part of me.” – Yashaswi Tapadia, Indore*

*“I am nervous and excited at the same time to this concept of quiet time. I love football so felt like sitting facing the football ground. I am excited for quiet time especially coming from Mumbai where day starts with ringing phone to meeting friends.” – Nirav Wadhvani, Mumbai*

*“I first felt like not attending this conference because I am afraid to face myself. It’s been 6-7 years that I have not cried, neither in front of my husband and today I am crying in front of so many people. I discovered how sensitive I am. I also cried yesterday during the mute national anthem.” – Lulua Katawala, Nagpur*

*“Please don’t be selfish, share thoughts with others. During my quiet time I was searching for myself. How monk after 20-30 years couldn’t find ‘I’ and ‘myself’. During quiet time I started thinking about that.” – Norbu Lhagyal, New Delhi*



***In pics – Participants practicing quiet time***

*“Coming to speak here on stage is my initiative of change. Comparing to New Delhi and Panchgani, I could feel the wind; admire the nature which is so difficult to focus back there in Delhi.”*

After listening to the sharing of participants, it was felt that participants are able to connect with the very idea of Quiet Time.

Post breakfast, session started with a short video giving strong message to participants to ponder about followed a beautiful song of IofC sung by coordinating team. The coordinators are the backbone for running the conference smoothly. Hence it was very important that participants are introduced to these coordinators and their process of change since they attended this conference.

The philosophy of IofC revolves around four important values - Purity, Honesty, Unselfishness and Love (PHUL). These four values are the foundation to strengthening one's personality and character. These four values also define who you are and what you think. PHUL is not just principles but also a way of life. This way of life can be followed not by only a few special people but by the entire society. In today's world, there are hardly talks about moral and ethical values. All the co-ordinators and the refreshers have been exposed to these four standards in

the past conferences and have taken the challenge to live their lives by these four standards. These four standards serve as a guiding light to all the co-ordinators by showing them a way to conduct themselves in the outside world. However, it is very challenging to live by these four standards in the outside world as we normally tend to fall back to the way we once were.

As the conference gather momentum with intense learnings, participants were given equal opportunities for fun and frolic with some of the amazing ice-breaker games where everyone participated with lot of enthusiasm and enjoyed the time together.

### DAY 3

To make quiet time a ritual it is necessary that we do it with consistency over a longer period of time. The journey starts here at Asia Plateau where every morning almost two hours is dedicated for Quiet time. The participants were guided to practice Quiet time preferably in the morning because with a fresh mind Quiet Time is very productive. It is very important to continue Quiet time every day in a disciplined manner and once the realisation comes, it is very not to ignore it. The four principles of Purity, Honesty, Unselfishness and Love are the yardstick with which we should evaluate our lives.

After introspecting on the inputs given on Quiet Time some of the participants shared their thoughts which are as follows:

*“I really don't feel afraid speaking in front of all you people as you are so good listeners. I would like to share that in GD I had shared personal stories which I normally don't share with anyone. There is no point in sharing is what I used to think. Today in quiet time I had a question - Do I really need to change myself and look in the four yardsticks of PHUL and compare it? I had thought that we all are freedom fighters we all are trying to get freedom from Chinese. China wants to rule minor countries. After listening to Sir's talk that freedom and independence is very important in our lives. After listening about MRA and PHUL we must look into it and work on it. We want to work on giving humanity and serve people. Start from small and make it large. Lastly quiet Time and silence must be there with a beautiful smile. There is no need to be sad.” – Norbu Lhagyal, New Delhi*

*“During Quiet Time lot of thoughts were coming in my mind. It was very difficult to concentrate. One thought that came in my thought was 'Why do I have so much arrogance?'- I think a lot, I think lot of negative thoughts. If a person says anything to*

*me I instantly reply in negative words which translate into arrogance. So I have made commitment to myself that I will think positive and whenever I speak I speak positive words to other people.” – Lulua Katawala, Nagpur*

*“Today I feel better as compared to last day. I had a lot of anger previously. I realised how certain things come up in life. I feel three things about anger – spit out or gulp down or walk-off. I never got the meaning of walk-off. Today I got the meaning of walk-off and embrace the change and move on life. That was my self-realisation for the day.” – Yash Lakhani, Banswara, Rajasthan*

Spending time and enjoying with our friends is one feeling that we always look for in our life, but enjoying with new friends and bonding with them is definitely another very good feeling. The picnic to Mahabaleshwar witnessed participants bonding and enjoying themselves with each other like old friends who have known each other for ages. This was carried forward to the rooms as well after the picnic. The participants were given a topic to discuss among their roommates. *“Has social media and technology enriched or degraded our life?”* The participants along with coordinators took active participations in the discussion. They discussed in length how social media is enriching our lives and at the same time degrading if not used properly. All the participants bonded with their respective roommates and they all got to know each other very well while discussing on the given topic.



***In pics - Participants having a great time***

Later in the evening session was conducted by Bisham on Power of Vision. Bisham discussed on how we can use our career as a tool to serve the society rather than doing social work as an auxiliary process. He cited few examples of past participants how they managed to do that in their life. During one of the conference, one participant who was studying entomology, heard the guest speaker, Mr. P Sainath, the then Editor of The Hindu and was so inspired by him that she pursued journalism and went on to become assistant editor at The Times

of the India. He emphasized on the aspect that the success of the society is not dependent on success of few but on the success of the entire population. Our talent, career and social issues are all inter-related and by using our skill and talent will we be able to make a difference in the status quo. He concluded the discussion by quoting - *“Vision without action is a dream, action without vision is passing of time and action with vision will make the change happen.”* The session was very interactive and participants took keen interest in sharing their own views.

The Power of Vision session is followed by Post Card writing session. It is one of the unique activities of the conference where participants are encouraged to convey their feelings to their dear ones by writing post cards, a traditional means of conveying message unlike the modern trend of using social media where messages are forgotten and lost after some period of time. These post cards are then posted to the address mentioned by the participants even before participants leave Asia Plateau.

Later in the evening it was time for participants to show their hidden talents. Talent show was planned for them post dinner which was hosted by Deeksha and Harpreet. The house was set on fire by participants singing mix of latest and retro songs, dancing on latest Bollywood and Hollywood numbers, playing guitar, mimicry and rap song. The day ended with participants having great time expressing their talents and at the same time getting to know about others talent as well.

#### DAY 4

4<sup>th</sup> June at Let's Make A Difference Conference is celebrated as a Khadi Day every year. Khadi is a term for hand-spun and hand-woven cloth from India, Bangladesh and Pakistan primarily made out of cotton. In India, Khadi is not just a cloth, it is a whole movement started by Mohandas Karamchand Gandhi. The Khadi movement promoted an ideology, an idea that Indians could be self-reliant on cotton and be free from the high priced goods and clothes which the British were selling to them. Khadi is also a symbol of national integration and patriotism. Khadi connects all of us at a deeper level as Indians and we hoist the tri-colour on Khadi Day singing national anthem and national song. We pay tribute to all the freedom fighters and armed forces personal who have fought for our independence and given this generation a free and wonderful country to live in. We are reminded that we have a duty towards our country and that we must not forget our identity as Indians.

Later on the day, session that tested the participants was the session where they had to write down one positive commitment that they would take up as soon as

they left the gates of Asia plateau. The participants have experienced change at a deeper level here and it is important that they commit themselves to change as they leave the plateau. A record of some of the commitments can be seen in Annexure I of this report.



*In Pics – Coordinating team observing Khadi Day*

During the conference we had the privilege to meet few people who through their efforts tried to bring about change in the society. One of them was 36-year-old **Mr. Sunil Yadav**, a street sweeper employed with the Brihanmumbai Municipal Corporation (BMC) whose daily work involves manual scavenging, cleaning the garbage on the roads. Mr. Yadav recently completed his MPhil degree from Tata Institute of Social Sciences (TISS) comes from a family of safai karmacharis (sanitation workers).

Mr. Yadav humility was felt from the moment he addressed the gathering. *“I am happy to get so much appreciation especially the fact that from birth we are not treated nicely.”* Mr. Yadav shared his early days' struggle and his journey. He is a tenth pass student but at that time he couldn't pass the SSC exam. So he started working as a share delivery boy before taking up the role of a security guard. It was only when his father's health deteriorated that he got his father's job in Brihanmumbai Municipal Corporation (BMC). After joining BMC, he realised the

gross level of exploitation in this job by senior workers and junior IAS officers. Our officers consider us as bonded labourers. They put forth all the hurdles which show how society still treats us and wants to suppress us rather than help us. My seniors denied me any sort of leave that I was eligible to get for higher education.

*"Casteism is still followed in our country along with gender bias"* said Mr Yadav adding that scavengers in our country are in dark. They have no idea about education. Dr. B R Ambedkar helped us getting clarity when he had said if we want progress, we have to educate ourselves first. In other parts of the world, there is no discrimination but in India we are treated very badly. We don't have anything other than education to rely upon. The people in Germany are taught to do things of their own. In India, it is unfortunately not the case.

He feels India cannot become super power if we discriminate the under privileged. It is because of inequalities all around, brotherhood is missing. Everyone is divided. We blame others. So I felt the need to change myself first. While going through LMAD vision statement, I found it very similar to that of mine. Change yourself first and then try to change others is very similar vision that even I strongly believe in. I want to tell people of my community that Constitution has given us all the rights. I am pursuing PhD degree to understand the problems plaguing the sweeper class and want to find solutions to it. I want to do in-depth study. In BMC, we have 3,000 crores annual budgets. I want to study why machines can't do this work.

I have appeared in numerous TV channels and newspapers, even offered job in Tata Power to take Labour officer post; especially got call from the President of Tata Power to join the Company. But I politely refused to take it but vision is very different. I want to visit developed nation to understand how they are doing it. I have heard that they have dignity, respect who are doing these jobs. My achievement will be if I am able to uplift other fellow scavengers, not by moving out of this field but to work in this field.

I am thankful to LMAD, feeling fortunate to share my words with you all. I am surprised to see something like this is there in India. I never thought that there can be any such place like this in India.

When asked what motivates him daily in the morning that keeps him going every day? Looking towards his family who were also invited - *"My mother is my biggest inspiration, I am very fortunate to have my mother like her. I don't believe in God except my mother. I touch her feet. There are many who try to trample me but it is her teachings that I am still able to continue it"* he said.

On Bhisham question about how his journey began being 1<sup>st</sup> to do PhD from your community, he said *"I failed in 10<sup>th</sup>. I was not good in English and Maths. Reading newspaper was my hobbies, whenever I would get free from my work I give a look at the newspapers. One day I found an advertisement by Yashwantrao Chavan Maharashtra Open University (YCMOU) in the newspaper. The advertisement offered an opportunity to students who had failed Class X to pursue a Bachelor's degree. For this the students had to crack an entrance exam held by YCMOU. I appeared for the exam and qualified with decent marks and that is how my journey began"*



*In pics – Mr. Yadav sharing his experience with the gathering*

## DAY 5

On day 5, during morning session before Quiet Time participants were given clarity on difference between thoughts of mind and thoughts coming from conscious. It is very important to evaluate these thoughts using four principles of PHUL. If thought matched with these four values then it has come from conscious. And if thought has come from conscious it is important to ensure that we chase them even if it takes time.

5<sup>th</sup> June is celebrated as World environment day and also the day we have esteemed speakers address the participants. We had the pleasure to invite two

distinguished personalities to Asia Plateau. One was Mr. Dhaval Patel and other Major D P Singh. The theme of this session is called "The Power of one."

The session started with Mr. Dhaval Patel, founder of Vidyanagar Nature Club, grass root NGOs working for the cause of environment. Mr. Patel is associated with many organizations like Friends of the Earth, World Wildlife Fund, Green Peace, etc. He is also Co-opted Member: Animal Welfare Board of India, Government of India. Mr. Patel working areas are inclusive of community based environmental programs, wildlife conservation through research, sustainable education programs at grass root levels and schools, close to nature hobby development efforts and programs for reducing pollution, eco-friendly drives, tree plantation programs and much more. He shared his experience how once during his childhood he just happen to visit a wildlife camp at the age of 12 which laid the foundation for environment activism.

Mr. Patel shared his inner desire of nurturing nature for a better future. It has been his mission to educate the masses and to spread awareness about the crucial need for environmental protection. Mr Patel along with other volunteer has been creating novel ways to communicate with society, thereby, shifting the attitude of thousands of people by environmentally sensitizing them.

The second speaker for the day was Major Devender Pal Singh, a Kargil war veteran. He was injured badly in Kargil during Operation Vijay war to the tune of being declared dead. The Surgeons declared him dead in the army hospital on his arrival and sent his wrecked body to a makeshift mortuary. It was at the mortuary on the mountains that another doctor from the army hospital spotted life in him. He was embedded with shrapnels all over and his stomach was split wide open. The doctors had no choice but to remove some of his intestines. His leg had to be amputated too. He stayed in hospital for almost a year. Hardly anyone believed he would ever walk again. But he thought, "Why just walk? I want to run." Today, that same soldier has run 12 half marathons including two on high altitude, a feat as miraculous as it is inspirational.

A four time LIMCA record holder, latest being LIMCA People of the year, 2016, the only Indian to run on artificial limb in spite of so many under mentioned severe disabilities:

- Amputation right leg
- Partial hearing loss of both ears
- Twice operated stomach and partial removal of intestine
- Left knee derangement owing to ligament implant
- Around 40 shrapnels embedded still inside various body parts

- Urinary bladder operated for tumour
- Cervical Spondylosis



*In pics – Major D P Singh addressing the gathering*

Major DP Singh is popularly known as India's Blade Runner. Major DP Singh's transformation into the Indian Blade Runner didn't happen overnight. He was never a runner before the amputation. But, "I wanted to run to inspire myself to go beyond my injuries." Once fought to save the motherland from enemy. Maj Singh aspires to not only win laurels for India in sports at personal level but also motivate other physically challenged (whom he calls The Challengers) to change their ATTITUDE from feeling helpless to fight out and shine in sports and adventure fields.

The talk by Major Singh inspired the gathering especially by the attitude that he carried the ever smiling face and positive outlook towards his life. Participants gave the major standing ovation for getting once in a life opportunity to hear someone as inspirational as him.

This conference stresses a lot on the youth of our country. Therefore, it was necessary to understand the youth of our country in terms of their behaviour, thinking and habits. Therefore, a survey was designed to generate this information from the participants. The survey dealt with literally everything that the current

generation was into. The questions were designed in such a way that we understand their vices, behaviour, habits and approach towards life. A discussion was held on the survey and the data gave a clear picture of what a majority of the youth population do in certain situations. The participants showed huge interest in discussing the survey results and were not shy in putting their views on the questions.

## DAY 6

The basic purpose of Quiet Time is to evolve from the circumstances that we face. We evolve as an individual when we change our perspective of looking at the world. Our life depends on our family and still we usually take them for granted, we fail to respect their emotions and get carried away with by our so called busy life. As we grow we tend to get divided with some of our family members, we develop an ego which prevents us from taking the steps to build bridges and rekindle distant relationships. We do have our fights and arguments with our family members. But it is very important to forgive them if they have wronged you and apologise to them if you have hurt them in a bad manner. Our ego has stopped us from taking the corrective steps to bridge the gap. During the conference we take time out to think about our family and what we can do to better our relationships with them.

Participants were asked to think in their quiet time that whether they have profound love and whether they love their family unconditionally or not? Many participants opened up about their inner feelings and emotions that they harboured in their hearts towards their family.

The platform was open for the participants to share most personal aspects regarding their families. Some participants spoke about their distant relationship with their siblings and parents. Each sharing was a different story and many participants had apologies to make, people to forgive and bridges to build. They also realised how much they miss a family member who had passed away recently. There were few who were forced by circumstances to stay away from their family. All the participants realised that whatever their parents have done- good or bad have always been for their benefit. The participants were given phone to make calls to their loved ones. Many participants made calls to their families asking for forgiveness and apologising for their behaviour. They also spoke to people with whom they were far apart. Many tears were shed and many smiled at the realization of what went wrong and there were faces of satisfaction being able to confess about their mistakes with the loved ones.

The participants made a commitment to go home and to reconcile with people they had differences with. They committed to spend quality time with their family and keep their ego aside while dealing with any family issues. The lunch was taken in silence followed by Savashana for relaxation from the emotional burden carried by all through the day. It is necessary that we let go our past for releasing the emotional burden in the present.



***In pics – Participant sharing her experience on Family Day***

An important session focusing on various aspects of our lives such as career, family, wealth, hobbies and health was conducted. If one wants to achieve big goals, then she/he will have to set small goals, and also change her/his daily routine and habits in order to achieve them. Discipline and consistent action is the key in achieving goals and also living a great life. Having a hobby refreshes the mind and helps us to express our creative side. Creating wealth is also an important aspect in our life. With wealth, one can live the life she/ he have dreamed of and she/he will also be in a position to help the society. Having peak health is joy and one must constantly maintain her/his health in the long run. A healthy mind and body can help us accomplish wonders. Participants were asked to write down their road map in this session and also their goals under various aspects of their life.

Post dinner we got into smaller groups so that all the participants could get a chance for sharing their thoughts. The day ended with group discussion.

### Day 7

The penultimate day of the conference came as a surprise for the participants when they were taken on trek to the adjoining table top to do Quiet Time. It was a refreshing experience for everyone to be on the lap of nature and practice Quiet Time. Participants enjoyed the trek and the view of entire Panchgani from the Table top.

In the post breakfast session, the participants were enlightened about Concentration exercise. Concentration is one aspect of our life that is least discussed and studied even in the modern time. There is no such formal education on Concentration even in college or universities but has a great impact in our life. Some of the world's most influential people have this one ability to concentrate on what they are doing in their life. They had focus, perseverance and will to achieve what they have decided to achieve in life. This is the very reason what differentiates them from the rest of the world. Most of the people in the world lack concentration but they don't realise it.

Lack of concentration is not a disease till the time people don't realise. Since Lack of concentration does not have any symptoms. But it is a matter of great concern the day we realise that we lack concentration. Since most people do so much of routine work that most of the time they don't need to concentrate since work are done in a routine manner like driving a car or swimming. But still people look up to Michael Schumacher or Michael Phelps just because of the sheer achievement which these people achieved while driving a car or swimming.

There are many distractions because of which we could not concentrate in our life. Participants were highlighted the various aspects which create problem in concentrating and the ways to overcome it. Participants were made to do an exercise by which they can practice and improve their concentration.

During the evening time, the participants were shown a movie - Gour Hari Dastaan. It was a biographical film made on Mr. Gour Hari Das an Odisha freedom fighter, who fought a long battle of silent war that lasted for 32 years against the government to prove his patriotic association towards the nation. He fought for a certificate recognizing his work as a freedom fighter which took full three decades to arrive. The participants had the privilege to interact with the reel actor (Mr. Vinay Pathak and the real actor (Mr. Gour Hari Das himself) along with the son of

Mr. Gour Hari Das and Tannishtha Chatterjee, a National Award winning actress about the struggle and story of Mr. Das.

The day ended with participants having formal dinner and spending quality time among them.

### Day 8

The final day of the conference started with participants assembling in the Foyer for multi-faith prayer where prayers of all religion are chanted. The conference has reached the last chapter of this beautiful journey of eight days. Along the way we have seen changes in ourselves and the world around us. We let go the negative aspects of our life and unburdened ourselves of our troubled past. People come to Asia Plateau with lots of filth, arrogance, ego, pride and hate filled in their hearts. Through quiet time they meet the true self within them. Through quiet time and regularly writing all the quiet time thoughts in the diary we slowly leave our ego aside and started cleaning our inner self.

The participants were then given a pledge. The pledge read that they would preserve the natural resources by using them consciously without wastage and if they fail to do so they will take necessary actions so that they never repeat the mistake again. Quiet time helps us heal your soul. It helps in searching of inner peace. The diary has now become very important and holy to us. Eventually the things we learn at Asia Plateau become more profound and useful in the outer world. The participants shared the change that they experienced over the eight days and expressed their heartfelt gratitude towards the very idea of the conference, the coordinators, and the friends they made.

By afternoon the participants left Asia Plateau, these unknown faces became friends for life. The main motive of the conference was to initiate a journey of transformation within all; seeing these happy faces it felt that the journey has actually begun!

## ANNEXURE - I

During the conference, the participants were asked to make at least one commitment which they will follow henceforth. A list of some commitments by the participants is given below showing their top concerns.

"I promise to myself that I will always have my quiet time. I will not use my phone once I enter my room at night and spend with the person me."

"I will not get angry on my mom. I will attend my all classes every day. I won't be shy and will talk to everyone freely. I will have my breakfast lunch and dinner on time every day."

"I want to be responsible daughter back at home. Work out more often. Have peace of mind at all times, overthinking is not a solution or an answer"

"The way I am living my life since 3-4 years, I am not happy with it. So as I have to commit myself only so, I commit that I will change myself completely. I will quit my addiction after this conference. I hope I can do this without fail as I committed myself."

"Wake up early in the morning. Do exercise in the morning."

"My commitment to myself is that I will not be shy. I will speak to everyone and push myself to remove the thought from my mind."

"I will practice unconditional love and unselfishness towards family and friends."

"Never ever again think ill for others. Wake up early in the morning. Never again lie to my parents (may take time to commit to this wholly)."

"I will exercise 5 days a week, except one week a month. Proper exercise!!"

"Hit the gym (fitness). Try to be punctual. Seriousness about work. Obedience (obey your parents). Be gentle and polite."

"Daily one or half hour to football or any sports. Being happy! Getting up early every day."

"I will maintain and improve every relation I have, I had or I will have in the coming time."

"I will turn off the light as I leave my room and make sure no unnecessary lights / fans are powered on."

"Respect my maid. I will love my mom."

"I would like to control my anger and emotions."

"Plant 1 tree every week."

"My commitment is that I will be polite to everyone and I will never disappoint anyone."

"I will learn to smile as much as I can."

"From today onwards I will go for learning new things in my free time."

"Be master of self. Dedicated son and brother."

"I am gonna work hard. Even if it makes me sweat blood. I'm gonna work hard and live freely."

"I will take 20 minutes quiet time daily. I will go for a walk 30 mins daily."

"I will live a healthy life and be honest to my work and people working with me!"

"Calm down. It's okay."

"I promise to love parents selflessly and unconditionally."

"Live Life King Size."

"To be true to myself."

"I will start waking up early in the morning at my home also."

"I will always be a person who will never steal things of others."

"Keep the mobile phone aside and then sleep."

"I will quit smoking Marijuna and will try not to let my parents down. And I will also quit smoking and drinking."

"Sleep before midnight. Wake up before seven."

"I will follow a timely and healthy daily routine."

"I will always give respect to my parents."

"I promise myself not to fear or to be scared of anything and be confident of taking my decisions."

"I promise to myself that every morning when I get up I give smile to myself for all good things I have in life."

"Pray namaz on time. Will diligently workout. Will save money."

"I would never be rude to my mom even if I am just joking."

"I will practice at least two hours of physical activities every day."

"To love people unconditionally as much as I can without expecting in return. To be honest."

"I will improve my relationship with my family! Stop running behind materialistic things. Set my priorities with how they benefit me."

"I will try to wake up before 8 A.M. Exercise regularly. Eliminate negative things and fear out of my life."

"To never stop writing my poems and make a small collection of them as a print. To build up a great commitment to never stop helping others and teach them something new."

"I will study well and pass with good marks and make my family proud. I will also come back to LMAD as a coordinator or as a participant as many times possible."

"Clean my room."

"I will work hard. I will think before speaking something. I will keep my things (clothes) properly arranged."

"Stop drinking alcohol."

I promise to practice 20 minutes quiet time every morning."

"I want to buy new land for my factory and make this year profit double."

"I vow to become a better son for my parents and to become a better football player."

"Will always smile"

"I will seize the day. I will feel the day. I will make every day count."

"I promise to love and accept myself, strive to reach my full potential and be true to myself. I promise to take care of and respect my body."

# YOUTH SURVEY 2016

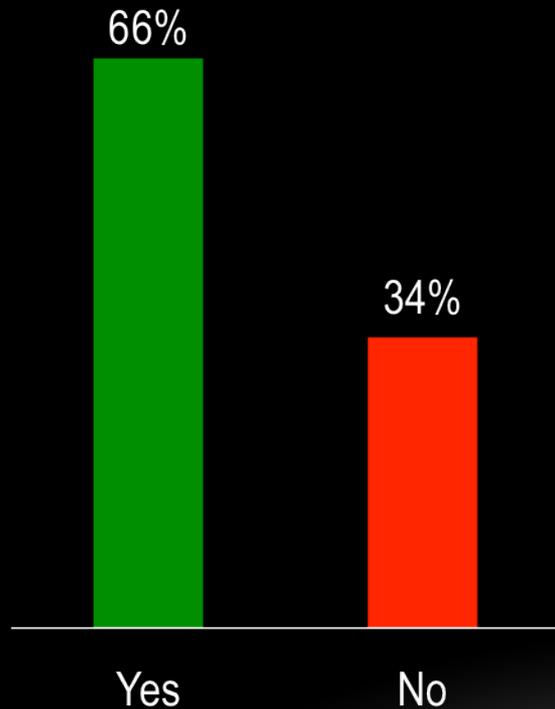
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LETS MAKE A DIFFERENCE

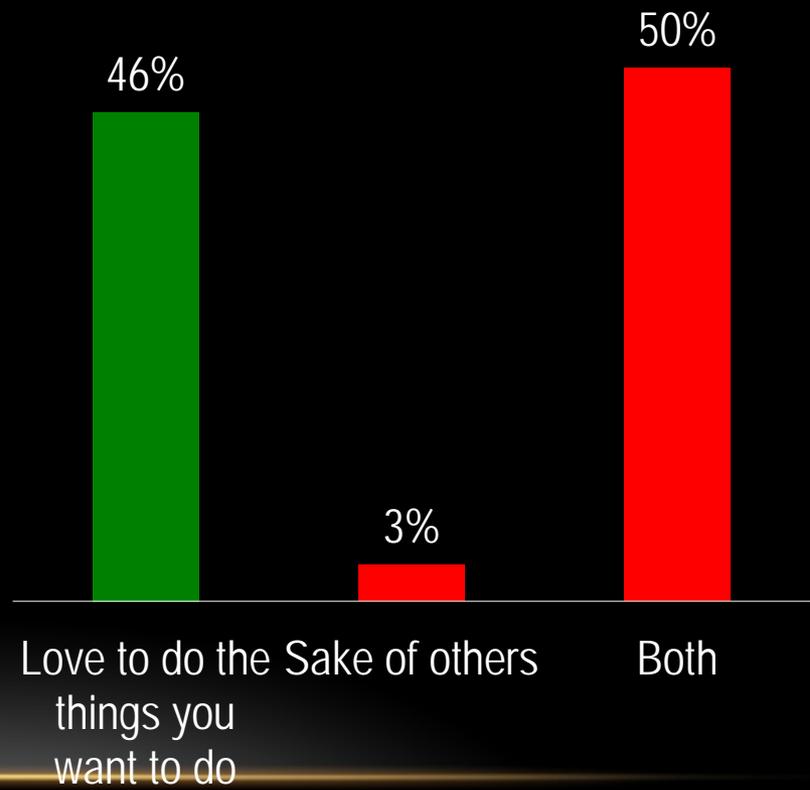
# WE COVERED A VARIETY OF THEMES TO HELP US COME TO A CONCLUSION

- Influence
    - Peer Pressure
    - Role Models
    - Media
    - Western Culture
  - Habits
    - Internet / Social Media
    - Inappropriate habits
  - Responsibilities
    - India
    - Environment
-

DO YOU LOVE YOURSELF  
FOR WHO YOU ARE?

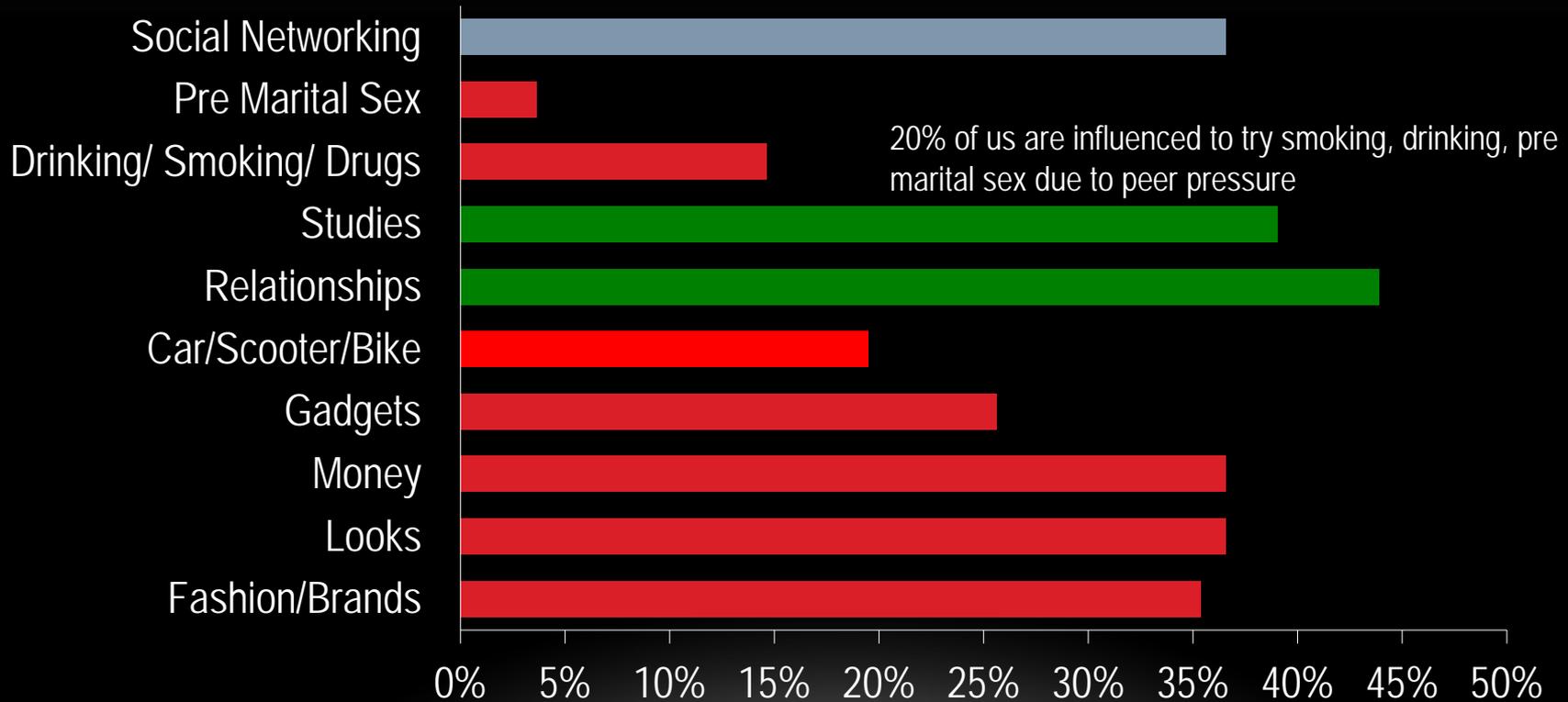


DO YOU DO THINGS  
BECAUSE YOU LOVE  
THEM OR FOR OTHERS?

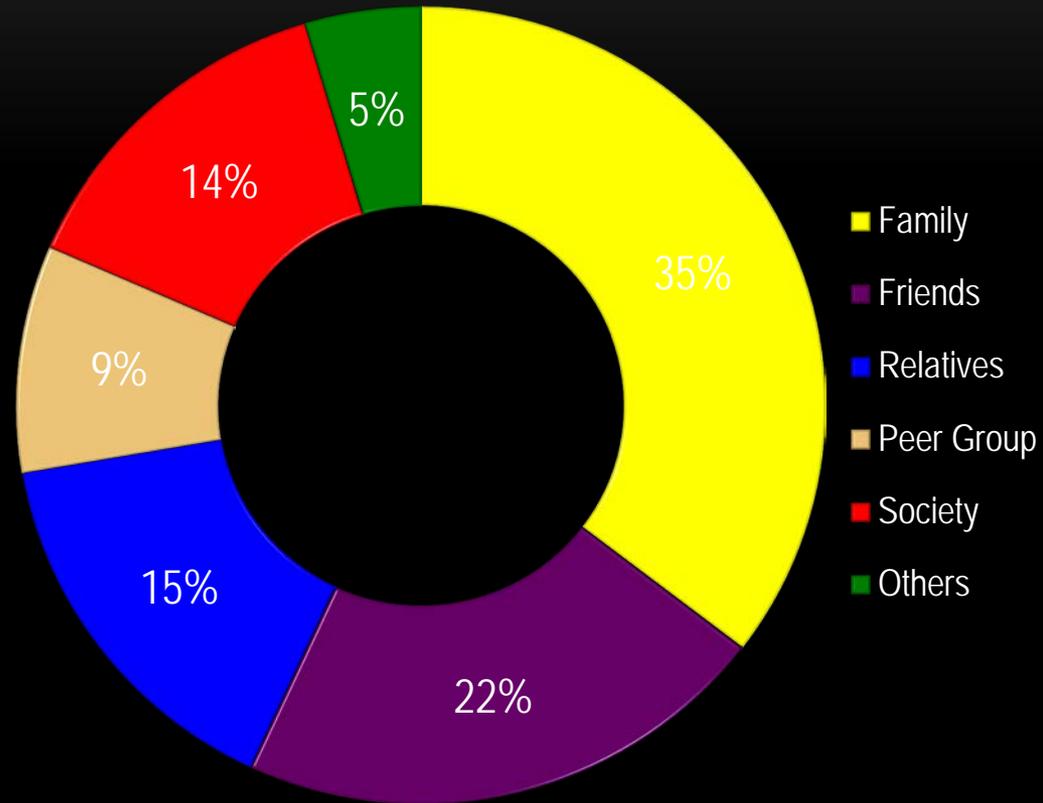
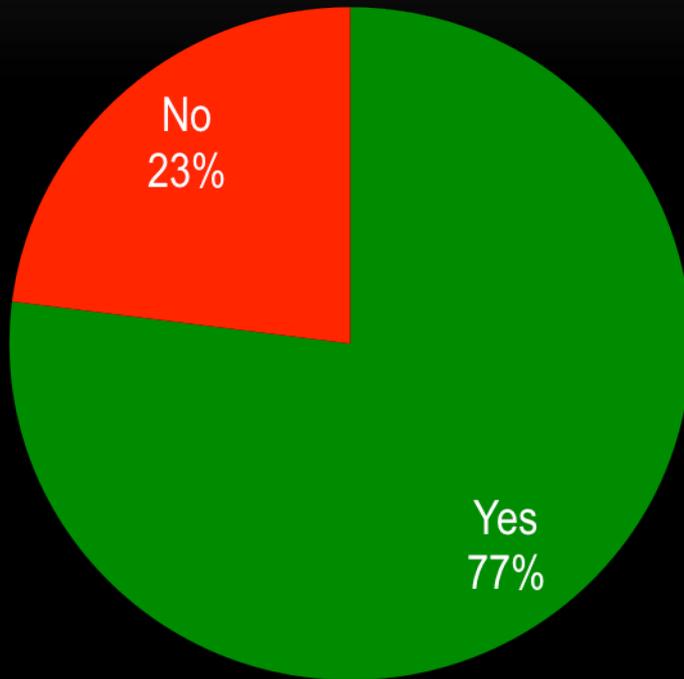


# 53% OF THE YOUTH IS INFLUENCED BY PEER PRESSURE

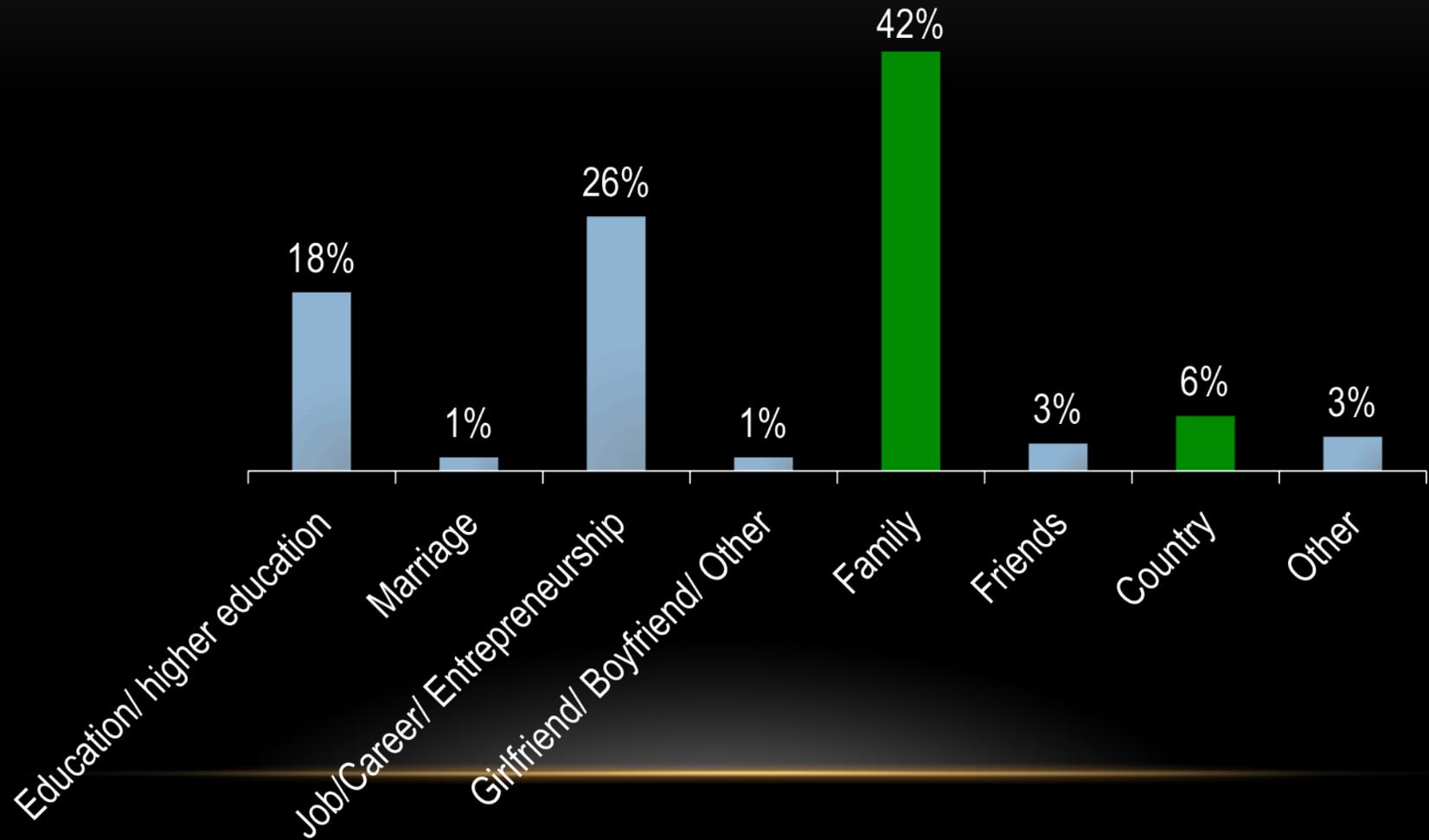
## How Does Peer pressure affect you?



# ARE YOU GOVERNED BY YOURSELF? IF NOT, WHO DOES?



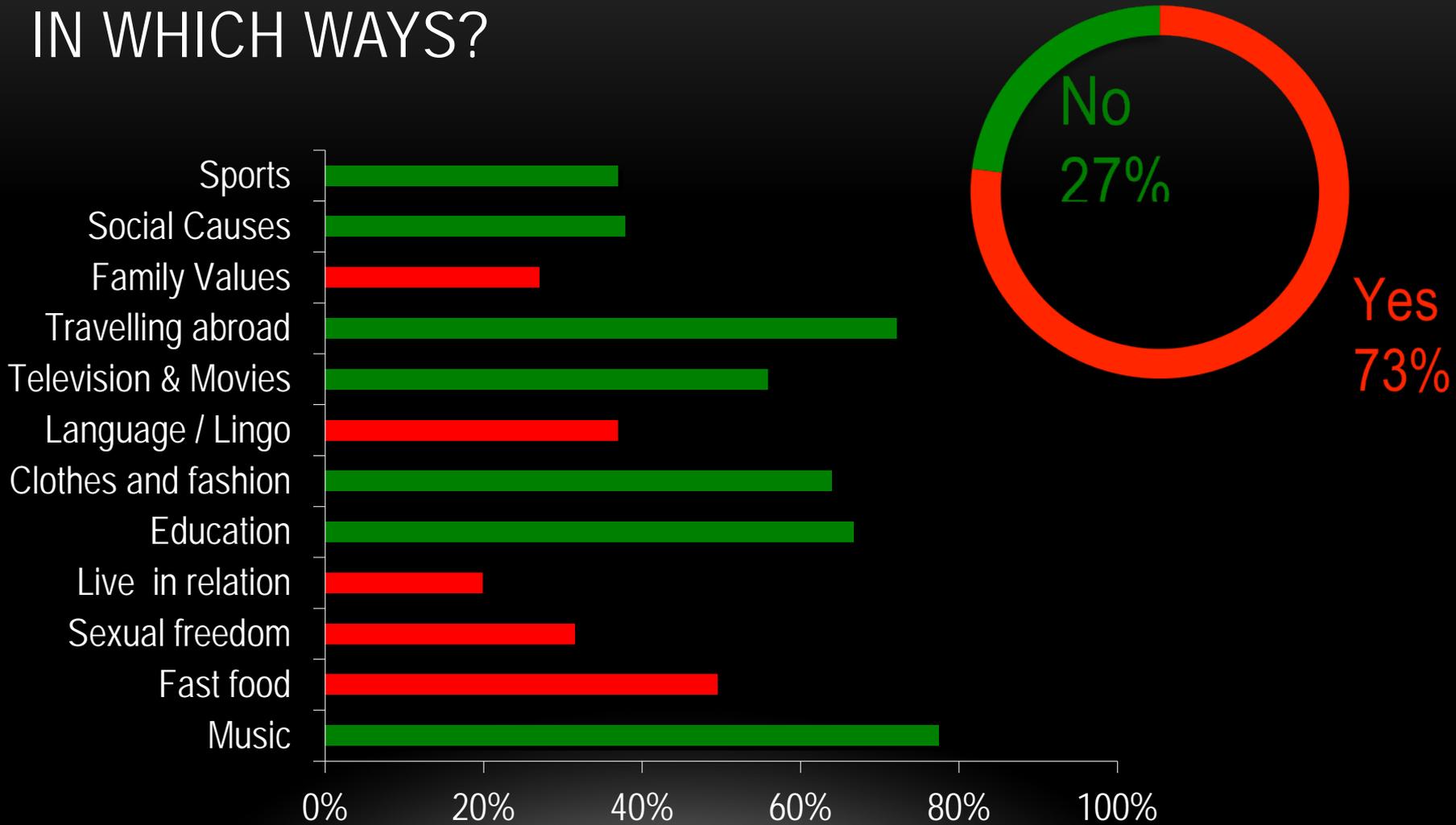
# WHAT IS THE MOST IMPORTANT PRIORITY IN YOUR LIFE



# HOW DO YOU SPEND YOUR POCKET MONEY?



# ARE WE INFLUENCED BY WESTERN CULTURE? IN WHICH WAYS?



# WHO ARE YOUR ROLE MODELS?



30%



15%



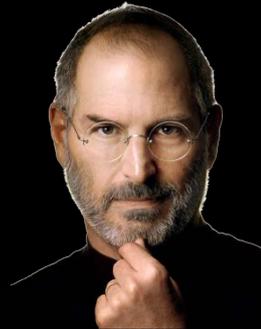
29%



18%



13%



21%



68%

# 9 OUT OF 10 FIND IT DIFFICULT TO MAKE DECISIONS

*"I am confused"*

*"Because I m very afraid of my own decisions and I do not want to harm anybody because of my decisions"*

*"Not confident about my decisions"*

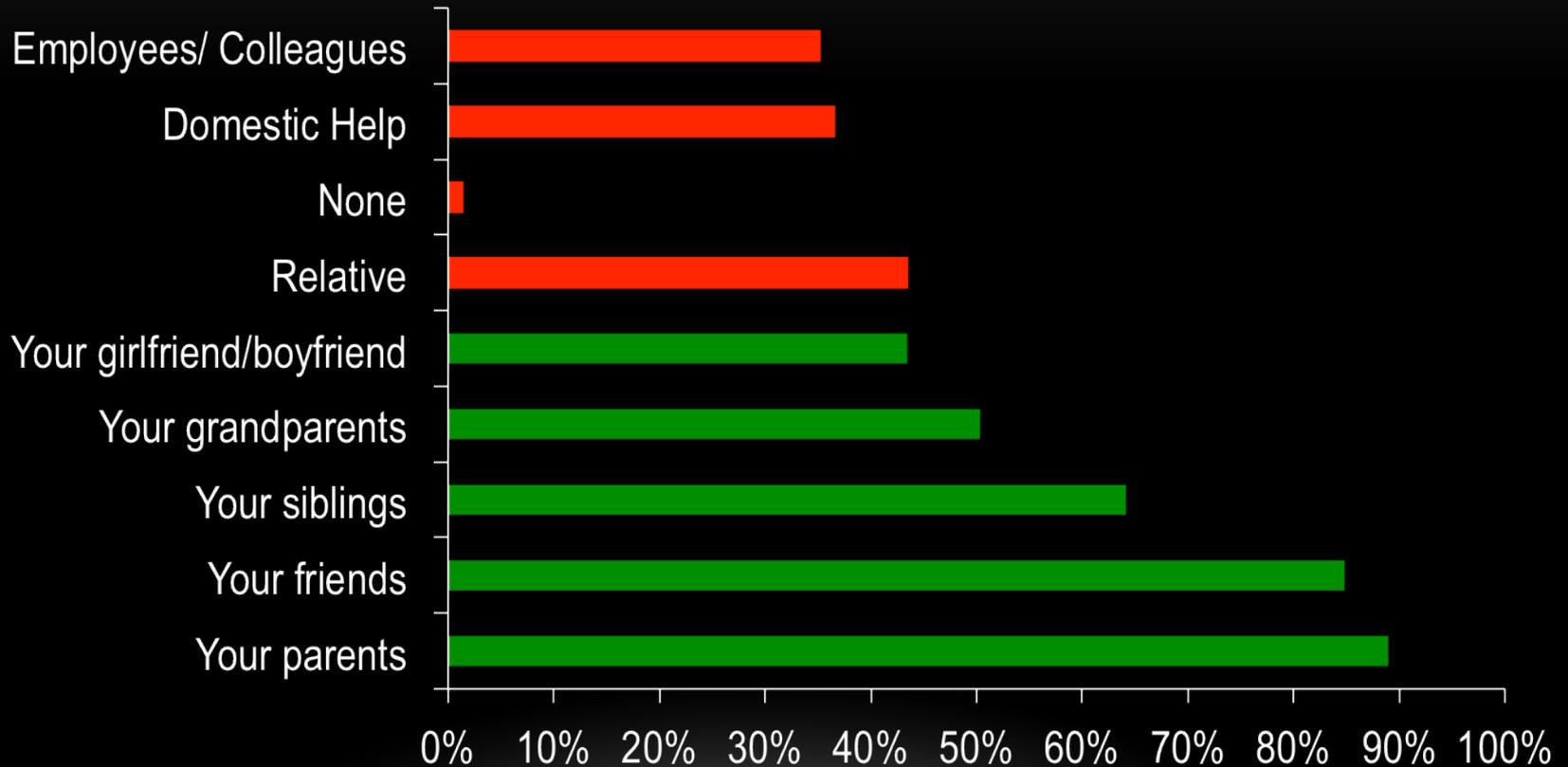
*"Fear of failure"*

*"I think about the consequences way too much"*

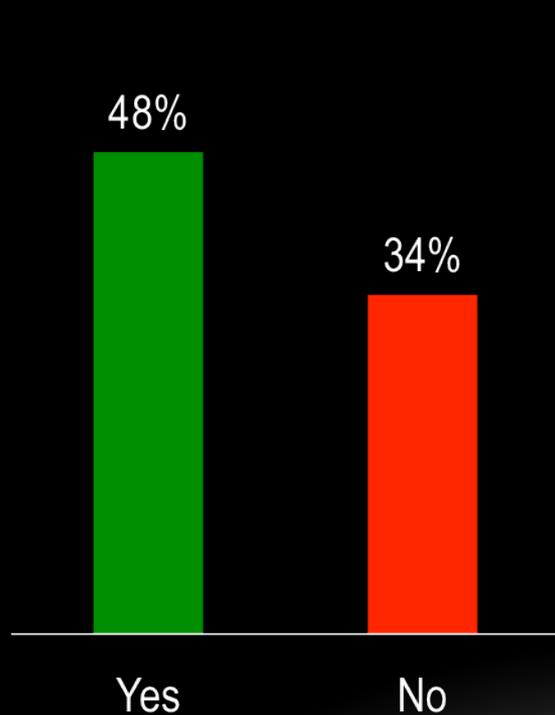
*"I lack trust in self"*

*"Dilemma to judge what would be best for me"*

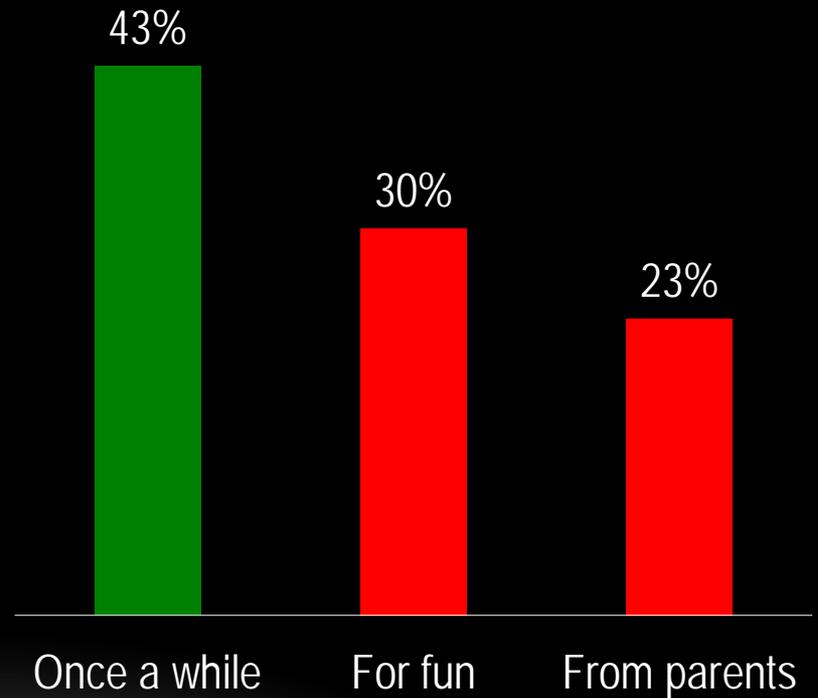
# DO YOU EXPRESS YOUR CARE / CONCERN TO ANY OF THE FOLLOWING?



# HAVE YOU EVER STOLEN ANYTHING?



# HOW OFTEN DO YOU STEAL?



DO YOUR PARENTS TRUST YOU?  
ARE YOU WORTHY OF THE TRUST?  
HOW OFTEN DO YOU LIE TO THEM?

9 out of 10 parents trust their child

60% of the children think they aren't worthy of the trust

8 out of 10 youth have lied to their parents at  
some point

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# FOR WHAT PURPOSE DO WE USE THE INTERNET?

**3 in 10**

use internet for  
Pornography

**8 in 10**

log in to social  
media every  
day

**7 in 10**

use internet for  
Online  
Shopping

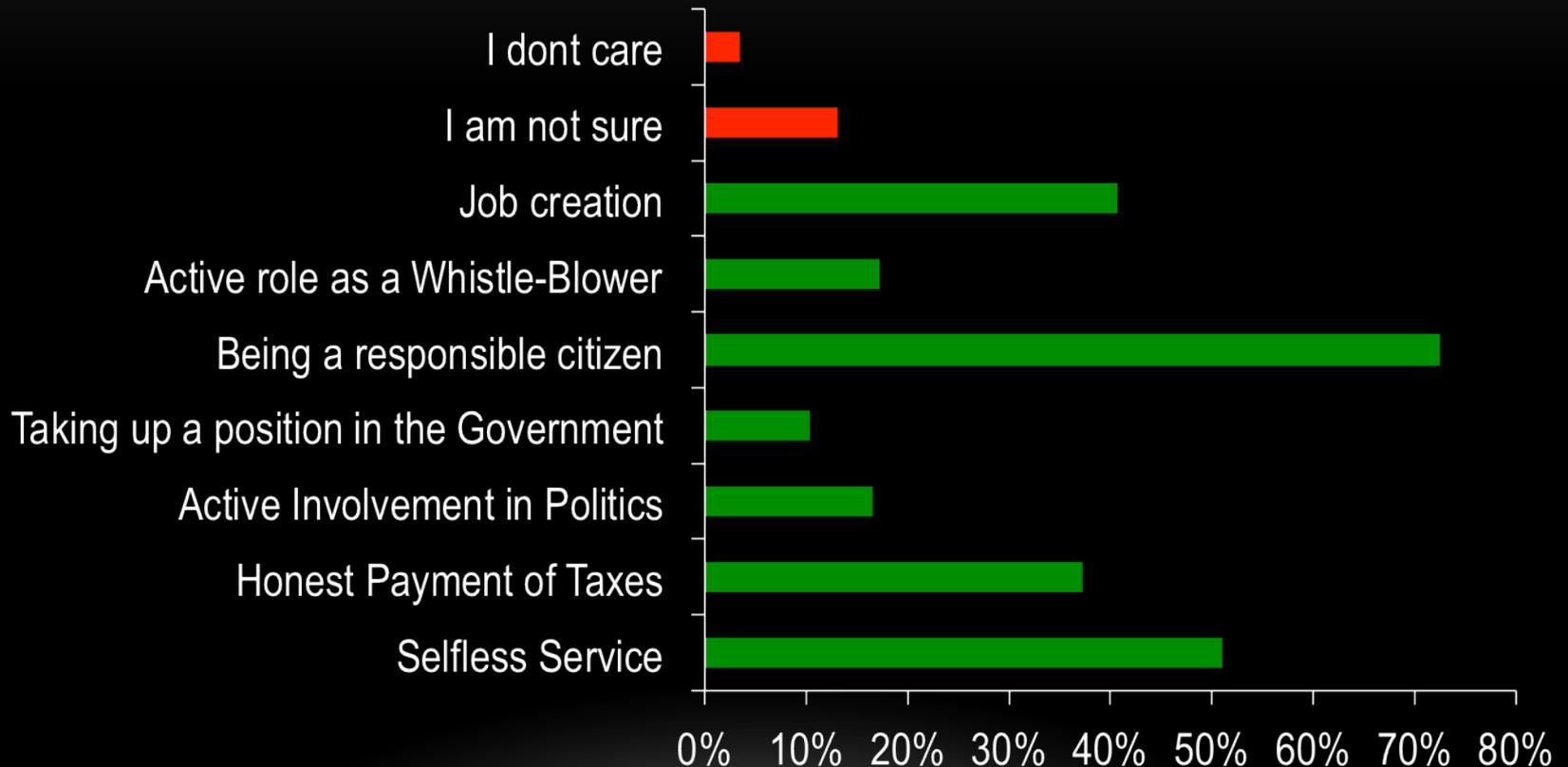
# THE TEMPTATION TO TRY WRONG HABITS AMONGST THE YOUTH IS ON A RISE

Around 85% of the youth have tried one of these

Sex	Porn	Gambling
Smoking	Drinking	Drugs
Prostitution	Dance Bar	

Also, 25% claim to not be well informed about  
sex education

# HOW DO I PLAN TO BUILD THE INDIA OF MY DREAMS?



## ARE YOU ENVIRONMENTALLY CONSCIOUS?

- 86% of the youth are environmentally conscious
  - 94% understand the consequences of global warming
-

# INSIGHT

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Today's youth seldom resort to professionals for advice on most important aspects of their life, relying solely on self-decisions or being governed by peers, while under indexing on reading anything except educational books. Most of us are getting into inappropriate habits like sex, drug, alcohol, but lack proper guidance on topics like sex education.