

Brief overview of Seminar held on Youth empowerment at Rajawadi Municipal School, Vidyavihar on 9th May 2010

It is the month of May and most of the students are done with their SSC and HSC exams. Students from different graduation streams are also enjoying their vacations. It is the time when most of them consult many experienced people from various streams for guidance in order to choose a stable and lucrative career for themselves. Also, the constant pressure to perform and the changing lifestyles have given birth to a new problem among the youth i.e. STRESS and DEPRESSION. Satguru Baba Hardev Singh Ji Maharaj says, "You cannot change the fruit if you do not change the root". In order to discuss the root cause of these problems and to come up with solutions saints from Mumbai organized a program on "Youth Empowerment" at Rajawadi Municipal School, Vidyavihar on 9th May 2010 with the blessings of His Holiness.

In the opening session Rev. Dhiraj Malhotra Ji (MBA, Consultant) said that today most of the students choose their career on the basis of external influence (Parents/Immediate Family members) or Market trends i.e. the trend which most of the people or students are following. Although what should happen is that they should choose a career based on their own priorities, likes and dislikes. Then he introduced a concept known as "SWA-DHARMA" where he emphasized that one has to retrospect and analyze oneself and then choose a career as it is a proven fact that when a person works in an environment which is according to his likes then the probability of him having job satisfaction is more than when the selection is based on some external influence or market trend. This thought provoking session on "SWA-DHARMA" was followed by a session on "How to achieve success in life" by Mr. Vilas Mungekar Ji who held the audience spellbound for almost two hours. In his dynamic speech he beautifully quoted that the, "The Ladder of success is always crowded at the bottom". He further elaborated that the one who takes pain and works hard to walk through this ladder is the one who leads a successful life.

He emphasized on the significance of self motivation and the qualities of positivity and optimism in one's life.

Lunch break was followed by a very interesting short film on "Stress Management" shot and sent exclusively from Singapore by the young saints there. Rev. Vrushali Garde Ji (Doctor and psychologist) elaborated upon the various reasons for stress and depression among the youth and discussed various ways to cope with it. Rev. Samta Joshi Ji shared a few clips from Hindi films on stress management and discussed how practically we can tackle it. Rev. Ashok Kalulkar Ji (Scientist, B.A.R.C) expressed his views on the need for spirituality in today's busy life and further explained how spirituality can be used as a catalyst to solve the problems which arise in one's daily life. He also urged everyone to look up to Satguru Baba Hardev Singh Ji Maharaj as He is one of the biggest motivators and requested everyone to learn from every word and action of the True Master.

The program had an attendance of around 200 youth from various regions of Mumbai Zone. Rev. Suhas Patil Ji gave the vote of thanks and requested the entire guest panel to continue giving their precious time for such programs in future too. Rev. Bhavesh Mandlik Ji who was hosting the entire programme which lasted about 9 hours ensured that audience was on its toes and focused throughout each and every session. Finally, Special thanks to Rev. Prakash Joshi Ji who had planned the programme very meticulously chalking out guidelines to the minutest detail. He also ensured that it was executed in the most systematic and professional manner.

The workshop was appreciated by all those who attended, and a very positive feedback was generated. Many participants later called to say that they were highly influenced and motivated by the positivity generated by the speakers. Some participants shared their personal feelings that they were very much confused before attending the workshop, but were leaving with a clarity that would shape their careers and their personal decision making. Everyone was grateful to the organizers for granting them an opportunity to be a part of this inter-active seminar, and there was a general feeling

that such programmes be held more frequently and in various areas and regions of Mumbai, so that more and more youngsters could take advantage.

This was the first time that such a Workshop had been held exclusively for the youth of our mission in Mumbai. It was truly a workshop 'of the youth, for the youth, and by the youth'.