



Introduction

COY14 is a three-day international summit which precedes the deliberations of the United Nations Conference for climate change – COP24. ... The aim of COY is to motivate youth to commit to fighting climate change and give them a space to brainstorm about global climate policies. LCOY is an offshoot of COY allowing youth to participate in the discussion at a local level.

LCOY-14

The Brahma Kumaris were invited to run a program by The LCOY team, as we participated in the LCOYs during 2015 and 2016. Kartikeya Sarabhai, the founder of CEE was very glad to meet and discuss future prospects of Brahma Kumaris and CEE working synergistically to create more climate literacy. Kartikeyan ji was also a guest of honour at the 'Spiritual Expo on Science Spirituality and Environment' held in Shantivan in October.

Br Shantanu and Br Shrinidhi from Shantivan participated in LCOY (India and South Asia), which was held at Centre for Environment Education (CEE) in Ahmedabad 22-24 November.

WORKSHOP

We chose to run a workshop on the third (final) day of the event, just before the plenary session. The workshop was titled 'Life - Edited' and its contents were drawn from contents of 'Workshop on 10 ways' and the [Simple living](#) workshop, available from the Brahma Kumaris ECO website. Even though the time slot allotted was 45 minutes, thanks to the enthusiastic participation, the meditation and closure activity happened only after an hour and a half.

Experience

The participants thoroughly enjoyed the two sessions. During the first session, it was interesting to see that many of them were new to this idea of simplicity. They were also introduced to the idea of power of intent, awareness and their role in bringing about a change.

The second session challenged them to choose things that were absolutely necessary for living. As young people, they were surprised with outcomes of what they chose and how little is actually needed, what their consumption patterns really looked like, and how easy it was to be simple.

The meditation experience was just amazing. It immediately followed the closure activity. At that time, each person wrote on cards what they chose to change (one positive personal statement). The whole experience was very powerful. The reflective mood and the silence it created in the youngsters, who were all enthusiastic and 'jumpy' in the previous sessions, was just beyond comprehension. When the organisers wanted to start the plenary session, they pointed out that the participants had all become 'meditators'. When asked if the participants needed an 'energizer' activity to bring them out of the 'meditative' mood, many participants said 'no' and that it was really nice to start a plenary session, when they already have a personal take-away of a meditation experience.

The flow-

1. Introduction to Brahma Kumaris
2. BK environment initiatives - Solar, UN Conferences, retreats and events
3. Workshop
4. Meditation and closure activity
5. Blessing cards and 10 ways poster (given to all participants)

Group size - 30 participants

Age group - 20 to 40 years

Back ground – Students, Professionals, NGOs and Environment enthusiasts.

Feedback from participants -

“The conference was a great opportunity for me to interact with people who are change makers and climate protectors. All the speakers were extremely inspiring and it has truly empowered me to be a conscientious citizen. As a long-time follower of Brahma Kumaris, my determination and faith just increased tenfold. One of the take-aways from the BK session was how my thoughts can tremendously affect my surroundings; how my thoughts are converted to energy.”

Ms Heli N.Shah

2nd year Economics Student, Pandit Deendayal Petroleum University

“The last session of LCOY14 was conducted by Shantanu and Shrinidhi of Brahma Kumaris. This session helped us to understand and analyse our thoughts better. It was a great conclusion to a great conference. It guided us to contemplate on what we are doing and, more importantly, how we approach things. It was good that we saw a video on “why attitude matters” at the beginning of the session. The other activities too were thought-provoking. They helped us to understand and appreciate our goals in Climate Action in Personal Life. The talks by both speakers helped us to know how to approach things with optimism and positivity while still being grounded. At the conclusion of the session, we took the first step towards the advice: “Be the change you want to see in the world”. The encouragement we received in terms of advice and cards made us feel much more empowered, especially after dealing with enormity of the issue in the earlier session. So, I am grateful to Brahma Kumaris and CEE for this unique session.

Ms.Aditi Kale,

Pune International Centre, Pune



BK Shrinidhi Conducting "LIFE-EDITED" Workshop



Participants associating their experiences with the virtue of simplicity



Group photo, at the right-side corner is Yugratna Shrivastava the global focal point south for YOUNGO



Bro. Dr. Kartikeyan Sarabhai putting up CC to participants.



BK Shantanu conducting " LIFE-EDITED" session.