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Date: Wed, 10 Jan 2024 12:07:41 +0000 (UTC)

[All headers](#)

From: "Dr. Katare" <drkatare@yahoo.com>

Reply-to: "Dr. Katare" <drkatare@yahoo.com>

To: Dui <dui@pu.ac.in>

CC: "vc@pu.ac.in" <vc@pu.ac.in>

[All](#)

Subject: Fw: Youth Unite Movement on National Youth Day

[attachments](#)

Dear Madam,

Greetings of the day , Happy New Year

I visited your good office to have your favour for an event relating to youth empowerment activities, YOUTH UNITED NATIONAL MOVEMENT.

The event is scheduled for January 12, 2024, commemorating National Youth Day and the birth anniversary of Swami Vivekananda is a unique opportunity for our PU affiliated college youth as it will help in inculcating HUMAN VALUES in the them and will serve to comply with the NEP 2020 objectives.

The details are attached herewith for the perusal of your kindself as well as for the college colleagues on leadership role.

It is my professional and personal humble request to give your support in reaching out to all the associated colleges so that they can use the opportunity in this respect. Our volunteer teams all over the places are also ready to help facilitate the program as proposed, they will then approach them for.

Heartfully Grateful to you... Indeed.

My personal regards,

Professor O.P. Katare

M. Pharm, Ph. D (Pharmaceutics)

Founder Director, Research Promotion Cell (RPC) (2015-2017)

Chairperson, University Institute of Pharmaceutical Sciences (2005-2008)

Dean Faculty Pharm Sciences (2012)

University Institute of Pharmaceutical Sciences, UGC Centre of Advanced Studies (CAS)

Panjab University, Chandigarh, 160014 INDIA

Mob: 9915898701

Contact Person: Vikram Singh (PA)

Mob: 9988244799

Cevinate

Dr

PS: EVENT RELATED DETAILS

<https://heartfulness.org/youth-unite/>

The central purpose of this movement is to foster a community of 125,000 youth leaders united by a common goal to evolve into resilient individuals dedicated to the service of humanity. Youth Unite is built on the fundamental pillar:

LIGHT: Lead through Inner Guidance using Heartfulness Techniques

In this program, young leaders will be undergoing heart-centric leadership training, instilling in them the art of leading through inner guidance using Heartfulness techniques. This holistic approach aims at nurturing personal excellence.

The outcome of the L.I.G.H.T program is GRIT: Growth, Resilience, Intuition, Transformation. We aim to foster sustainable and enduring transformation in youth.

Our focus is on empowering each individual to bring out the best version of themselves.

We cordially invite all the youth between ages 15-35 to partake in this monumental event where 125,000 young pioneers will meditate collectively, delving deep into their inner selves. Youth Unite provides a unique opportunity for participants to enable meaningful connections, idea exchange, and the exploration of diverse perspectives, thereby nurturing a culture of collective growth.

In the words of Swami Vivekananda, "The goal of human life is to realize the ultimate truth, to know the self within." We invite you and your students to join us in this journey towards self-realization and becoming the best versions of ourselves.

We believe that your presence and support can help make "Youth Unite" an even more powerful and transformative experience. Together, we can inspire and guide the youth towards unity, self-transformation and inner growth.

We look forward to your participation in this remarkable event.

Attachment 2: Trifold Print.pdf (7.4MB) [Delete](#) [WebDisk](#)

Type: application/pdf

Encoding: base64

[Download](#)

Attachment 3: Poster.png (1.5MB) [Delete](#) [WebDisk](#)

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Attachment 4: qr-code.png (99KB) [Delete](#) [WebDisk](#)

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Attachment 5: Promo Message.docx (9KB) [Delete](#) [WebDisk](#)

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heartful
campus

From Wonder,
Wisdom
Heartfulness
Education Trust



YOUTH UNITE

Arise Aspire Achieve

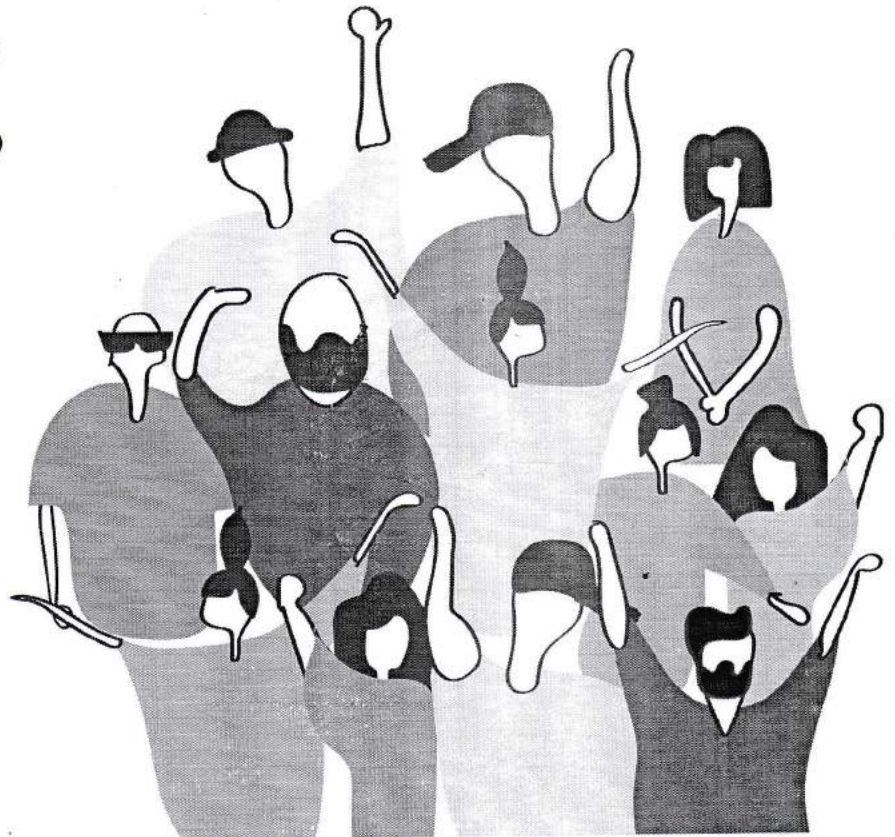
Uncover your hidden potential
and join us in the movement
empowering youth worldwide
towards personal excellence!

Inviting All Youth to join us on a Journey!

This Journey begins on

12 Jan 2024

Scan here for more info
& to Register!!





YOUTH UNITE



presents
L.I.G.H.T

Lead through Inner Guidance using
Heartfulness Techniques

all to action

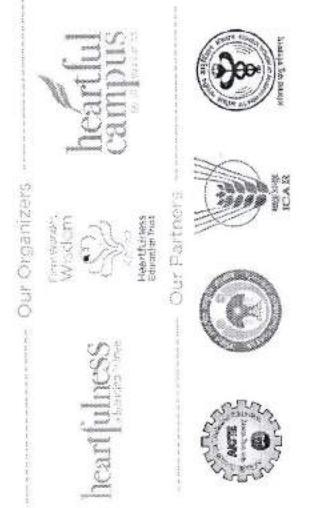
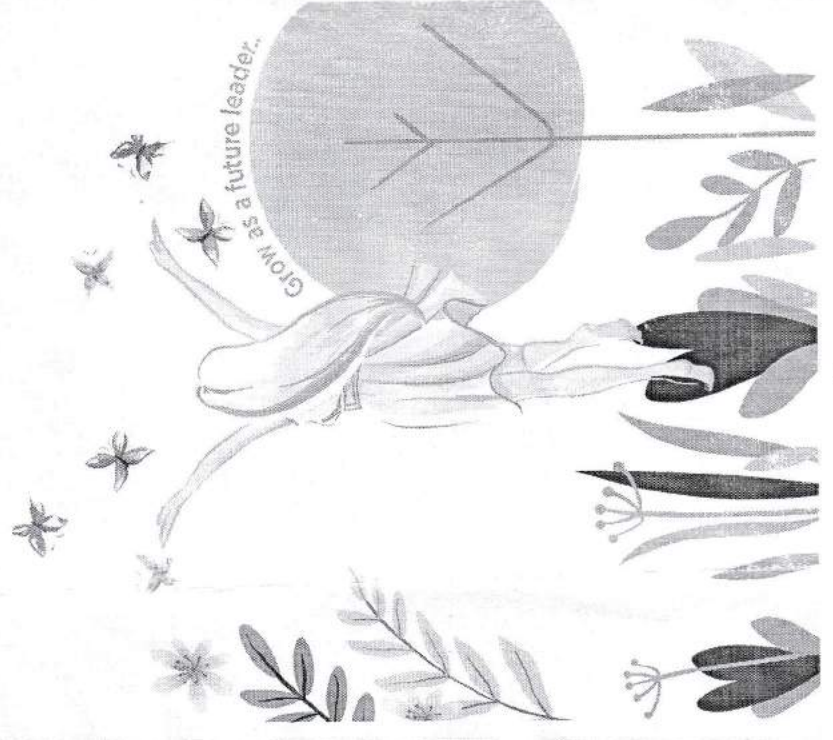
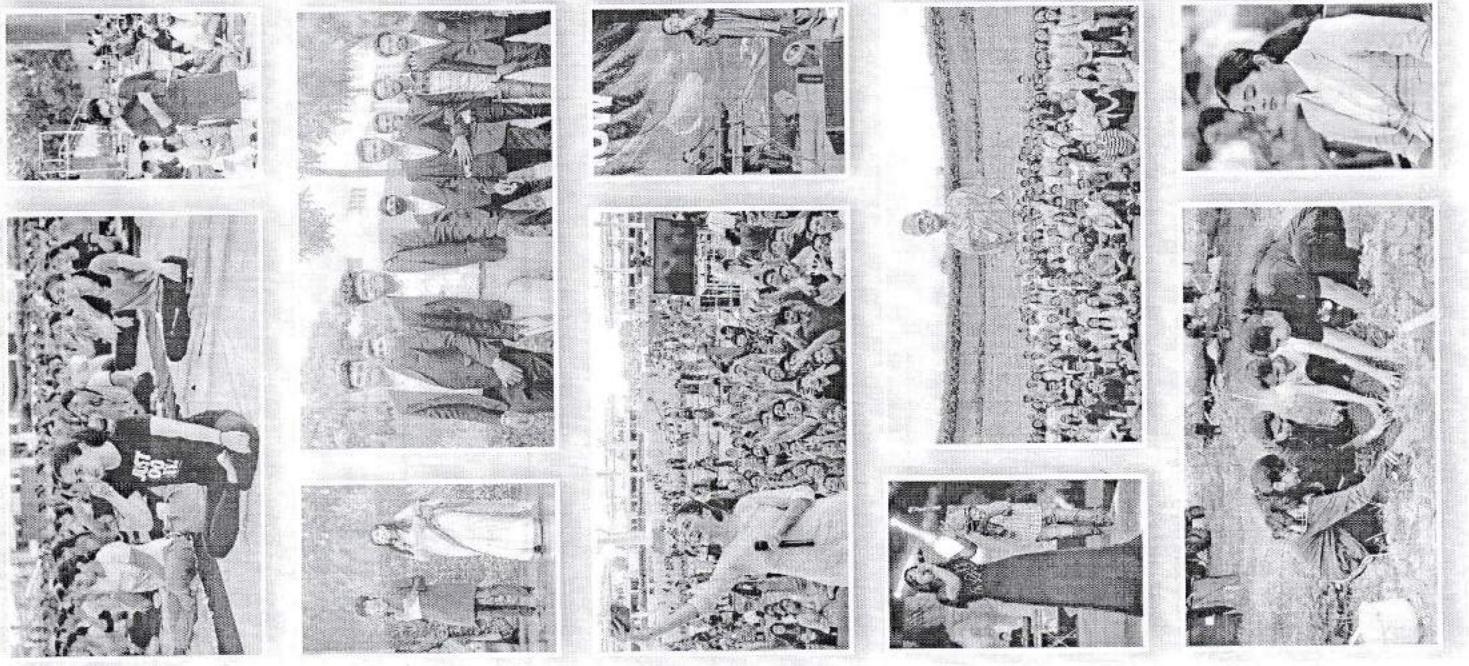
Join us at the
Youth Unite Event
as we celebrate the
Birth Anniversary
of the champion of Global Unity,
Swami Vivekananda,
on the occasion of
National Youth Day
on **January 12, 2024**
and be a part of this transformational journey.

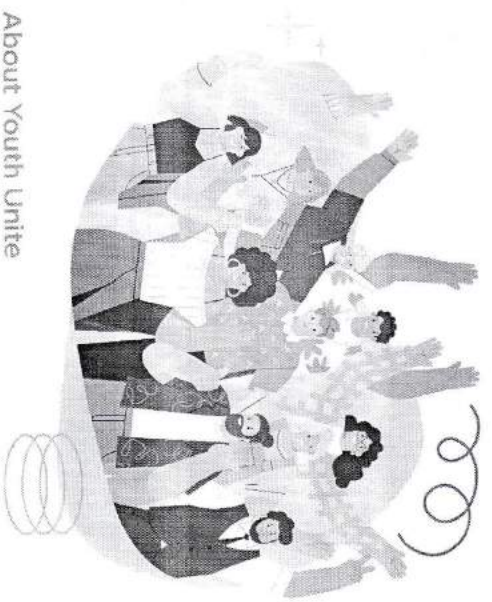
*Scan the QR code to
Register Now!*



For additional information and FAQs visit our website
www.heartfulness.org/youth-unite

*Don't miss this opportunity to ignite your
passions and grow as a future leader!*





About Youth Unite

The "Youth Unite" movement endeavors to unite diverse youth communities, cultivating social connectedness and promoting collaborative growth and development. Serving as a steadfast pillar of support, the Youth Unite Community acts as a catalyst for igniting strong teamwork dynamics and an expansive networking space. This platform enables meaningful connections, idea exchange, and the exploration of diverse perspectives, thereby nurturing a culture of collective growth.

Lead through Inner Guidance using Heartfulness Techniques (L.I.G.H.T) program aims to empower young individuals by fostering their holistic development. Through a range of resources, workshops, and mentorships, the program cultivates essential communication skills, emotional intelligence, and leadership proficiency. Its ultimate goal is to enable individuals to embody personal excellence and amplify their leadership capabilities.

Mission

The purpose is to cultivate and nurture a community of 125,000 youth pioneers united by a shared objective to evolve into resilient individuals dedicated to the service of humanity.

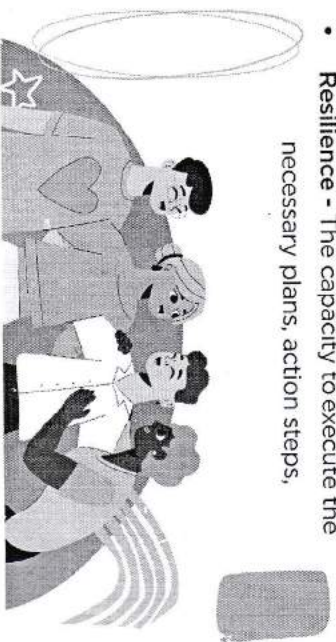
Program Objectives:

- To develop heart-centric leadership traits manifesting qualities of kindness, compassion, and the ability to develop personal excellence.
- Understanding the approach to attain work-life balance for a holistic lifestyle.
- Aspire to empower individuals develop personal excellence, driven by a commitment to societal well-being
- Provides an opportunity to network with a vast diversity of Youth worldwide and foster social connectedness, promoting collaborative growth and development.

Program Outcomes:

G.R.I.T. (Growth-Resilience-Intuition-Transformation)

- **Growth** - Overall development and moving towards a shared goal or common purpose.
- **Resilience** - The capacity to execute the necessary plans, action steps,



and tasks in pursuit of our predetermined objectives, even in the face of adverse circumstances and various challenges.

- **Intuition** - The ability to tune into ourselves and listen to our heart. This cultivates the ability and discrimination power to shift from purely using our intellect to using our innate wisdom.

- **Transformation** - Throughout the program, the cultivation and refinement of these three outcomes naturally precipitate transformation and growth.

Program Offerings:

- **HOPE 4 YUVA** - A hybrid course with three levels - Explore, Expertise, and Excel. It includes curated content, blending practical and experiential sessions by experts, complemented by the HOPE Course Workbook and online resources. All the participants will also receive certificates from the Heartfulness Education Trust, validating their achievement.

- **EXPLORE YOUR PASSION** - Interests based internship will be offered at the last level of Hope 4 Yuva Course for enhancing your skills and expertise in a domain that aligns with your individual interests. Participants can choose from these exciting options:

- Forest by Heartfulness
- Yoga Trainer Certification
- Heartful Communication
- Stiththaprajna - Gitopades



Are you ready to experience an unforgettable Youth Festival like never before?

Be a part of our community of 1,25,000 spirited young minds from across the globe participating in the journey of self discovery!

Introducing YOUTH UNITE Movement - Arise Aspire Achieve.

Let's make Swami Vivekananda's Birth Anniversary, 12th January 2024 an unforgettable celebration of unity and inspiration!

□□

Simply scan the QR Code and secure your spot in this electrifying global youth movement NOW.

All youth in age-group 15-35 can register and join the YOUTH UNITE Movement starting with a global Youth Festival on 12th January, 2024

Website link: <https://heartfulness.org/youth-unite/>

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