

Call 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!*

Our Organizers



Our Partners



heartfulness
advancing in love

**YOUTH
UNITE**

presents

L.I.G.H.T

Lead through Inner Guidance using
Heartfulness Techniques





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.

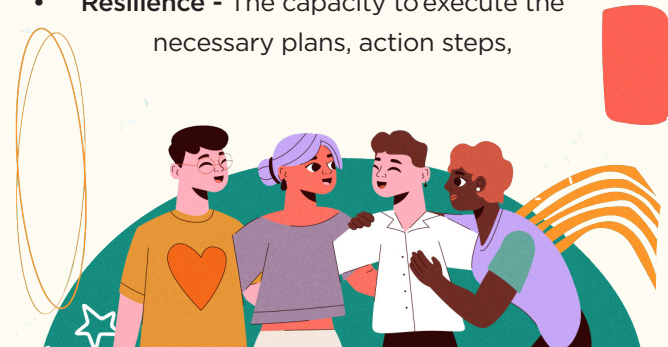
Program Objectives:

- 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:
 - i. Forest by Heartfulness
 - ii. Yoga Trainer Certification
 - iii. Heartful Communication
 - iv. Sthithaprajna - Gitopades