

The Six-Day Power Packed Program

20th Young Leaders Conference – ALIF

<p>DAY - Sept 01, 2021</p>	<p>The Journey Starts Now! – Ibtidaa</p> <p>In the chaos of our every day lives, we often get so caught up that we forget to pause and look within ourselves. It is important to take a breath and knock down these doors that have been tightly shut as the first step in initiating a journey of self is to be grounded and clear on one’s basic values. It is important to understand that everything you want begins with you. It starts within. To live in the world of your dreams, one must first recognize what is needed and then become a physical manifestation of that change. Dream big and start small as one can not grow as long as they believe they are the smartest person in the room.</p> <p>This day will be about self-realization and getting equipped with the morals and values of Alif. It will be about stepping out of our comfort zone and stepping up, all while building a deep bond with yourself and others around you.</p>
<p>DAY 2 - Sept 02, 2021</p>	<p>Developmental Leadership - Almiya</p> <p>Developmental leadership is all about expanding one’s mindset. It empowers us to come together and have difficult conversations, regarding subjects that may be considered taboo in our society, with an open mind and the will to understand.</p> <p>With 64% of Pakistan’s population comprising of the youth, it is imperative that we address matters of emotional, physical, and social wellbeing with great importance. From mental health to sexual hygiene and from sustainable development to climate change, it is our responsibility to grow and take initiative.</p> <p>The goal of this day is to develop a growth mindset and get a conversation started. Even though our cultural roots encourage us to be accepting, it is often done only when convenient. With a day specifically about Developmental Leadership, we hope to equip the youth with tools to be informed about the world around them, empathize with others, and encourage them to promote growth within and in the communities around them.</p>

<p>DAY 3 - Sept 03, 2021</p>	<p>Art, Culture & The Society - Aiwan</p> <p>Pakistan is a country of many different cultures, each bringing its unique cultural heritage. Each of us is part of a system larger than any one of us, where forces such as our family, culture, religion, and the art forms we consume heavily shape our personalities, and our societies at large.</p> <p>In order to inspire change, one must be at the highest level of self awareness, and have the ability to express their position in a world of diverse opinions. On this day, we aim to encourage self awareness, strong communication, and a shared sense of community.</p> <p>Through encouraging counter-narratives, cross-pollination of ideas, and self-expression, this day seeks to create an intellectual space, promoting diversity and pluralism in Pakistan's society and beyond its borders while providing an opportunity for participants to connect with the art, culture, society, and moral ethos of Pakistan.</p>
<p>DAY 4 - Sept 04, 2021</p>	<p>Enterprise and Employment - Aitebaar</p> <p>In today's age of rapidly developing technology, economic uncertainty, and restructuring of working conditions due to the Covid 19 crisis, anxieties regarding the future of work are high. To excel in such circumstances, one must take massive action to rise up to the challenge.</p> <p>To reach the highest stages of productivity, it is important to create an attitudinal shift, by encouraging a proactive mindset. One must be equipped to identify the gaps and the opportunities in the market and recognize how they can use their skills to bring value to the table.</p> <p>On this day, we aim to recognize the human skills that are becoming increasingly important in today's technology driven world, along with equipping participants with the practical and technical skills needed through creating an environment where participants can understand and experience social entrepreneurship, the importance of innovation, and its growing need in today's world.</p>

<p>DAY 5 - Sept 05, 2021</p>	<p>History and Politics - Iktedaar</p> <p>We often find ourselves stuck in a paradox where we are constantly regarded as the leaders of tomorrow yet are rarely given opportunities to exhibit these skills. As a result, many of us find it easy to complain about our circumstances from a distance as we believe we are not the ones in control.</p> <p>By delving deep into global history and the events that have shaped the world as it is today, along with understanding politics as something larger than corrupt governments, but rather as a power struggle that affects our daily life, this day encourages the youth to get involved and take control.</p> <p>The involvement of the youth in politics and the understanding of the impact of historical events is critical for a country's viable future. This day encourages the youth to take ownership and provides them an opportunity to immerse themselves in the history and politics of our country and the world at large. Pushing them to question the narratives they have heard, and encouraging them to take an informed position and work towards the greater benefit of the community.</p>
<p>DAY 6 - Sept 06, 2021</p>	<p>The Way Forward – SAP - Istiraab</p> <p>An integral part of being a Young Leader is carrying forward the impact of the conference to larger communities to build stronger circles through the Social Action Projects.</p> <p>Social action is about people coming together to help improve their lives and solve the problems that are important in their communities. It involves people giving their time and other resources for the common good. From volunteering and community-owned services to community organizing or simple neighborly acts. This day shall aim to inculcate active citizenship through thoughtful, critically engaging, and practical responsible action under the mentorship of prominent figures working towards the betterment of our communities.</p>

Day 1

Personal Leadership

Time	Session	Category
0700 - 1200	Arrival, Registrations, Luggage Placements, and Health Check!	
1200 - 1300	Let's Mingle	
1300 - 1400	Welcome Lunch and Prayers	
1400 - 1600	YLC 2021 - Inauguration	
1600 - 1630	Tea	
1630 - 1730	Moments of Mentoring	
1730 - 1830	2 Decades of YLC	
1830 - 1900	Team Building: Symbol, Slogan, Mantra, Rituals	
1900 - 2000	The Scavenger	A
2000 - 2100	Dinner	
2100 - 2200	Mera ALIF kya hai?	KN
2200 - 2300	Vulnerable - to be or not to be?	KN
2300 - 0000	Team Hurdles	

DAY 2

Developmental Leadership

Time	Session	Category
0700 - 0745	Wake, Shake and Get Ready!	
0745 - 0830	Start with Stillness	A
0830 - 0915	Breakfast	
0920 - 1005	Fight, Flight and Freeze	KN
1010 - 1045	Affirmative Consent	KN
1050 - 1130	From Streets to Courts	KN
1130 - 1210	Tea/Coffee	
1210 - 1410	The Amazing Race	A
1415 - 1515	Lunch	
1520 - 1650	Self Defense	BO
	Emergency Medical Services	BO
	Sign Language	BO
1655 - 1815	Privilege Walk	S
1820 - 1900	Tea/Coffee	
1900 - 1945	Emotional Intelligence and its Impact on Mental Health	KN
1950 - 2035	Defining Your Fears Instead of Goals	KN
2040 - 2110	Attitudes Towards Health Care in Pakistan	KN
2115 - 2200	Fresh Up and Get Ready	
2205 - 2335	Diversity & Inclusion Dinner	S
2340 - 0030	Capacity Building	CB

Day 3

Arts, Culture and Society

Time	Session	Category
0700 - 0800	Wake, Shake and Get Ready!	
0800 - 0830	Breakfast	
0835 - 0920	Crossroads	KN
0925 - 1010	Power of Individual Thought	KN
1015 - 1100	Expression Through Art	A
1100 - 1140	Tea/Coffee	
1140 - 1225	Culture and Religion	KN
1230 - 1315	The F-Word	KN
1320 - 1405	The Subcontinent's Psychological Makeup	KN
1405 - 1505	Lunch	
1510 - 1640	Generational War	A
1645 - 1730	Exploring the Pakistani Drama Industry	PD
1730 - 1810	Tea/Coffee	
1810 - 1930	Cinepax - It's Movie Time!	V
1935 - 2025	Lets Dress	
2030 - 2300	Culture Night and Qawali	

Day 4

Enterprise and Employment

Time	Session	Category
0700 - 0800	Wake, Shake and Get Ready!	
0800 - 0915	A Grand Breakfast	
0920 - 0950	How Ideas Are Born	KN
0950 - 1035	Innovation In Times of Crisis - Realities in Pakistan	PD
1035 - 1120	The Evolution of Exchange	KN
1120 - 1220	Human Skills Needed in IR 4.0	A
1220 - 1300	Tea/Coffee	
1300 - 1345	Generalist vs Specialist	D
1345 - 1430	Imposter Syndrome	A
1430 - 1530	Lunch	
1535 - 1605	Start Ups	KN
1605 - 1735	Money Matters	S
1740 - 1820	How To Finance Your Idea	BO
	Giving and Receiving Feedback	BO
1820 - 1900	Tea/Coffee	
1905 - 2035	Corporate Interviews	A
1905 - 2035	New Era Selling	BO
	Business Communications Unzip	BO
	12,000 vs 2	BO
	Personal Branding	BO
2035 - 2125	Dress Up!	
2130 onwards	Red Carpet Dinner	S

Day 5

History and Politics

Time	Session	Category
0730 - 0800	Wake, Shake and Get Ready!	
0800 - 0845	Breakfast	
0850 - 0940	The History of Human Struggle	KN
0945 - 1045	Sach Ka Samna	D
1050 - 1120	General Election (1) Who are we?	S
1120 - 1200	Tea/Coffee	
1200 - 1240	Rights vs Responsibilities	KN
1245 - 1345	Rewind & Forward	A
1350 - 1450	Lunch	
1455 - 1655	General Election (2) Alliance Formation	S
1700 - 1740	Diplomacy or Hypocrisy?	KN
1740 - 1820	Tea/Coffee	
1820 - 2020	General Election (3) The Final Countdown	S
2025 - 2125	Dinner	
2130 - 2210	Ban Gayee Government	R
2215 - 2315	The Final Sit-Down	CB

Day 6

Pay it Forward

Time	Session	Category
0800 - 0900	Wake, Shake and Get Ready!	
0900 - 1000	Breakfast	
1000 - 1030	Introduction to Social Action Projects	KN
1030 - 1100	SAP Success Stories	KN
1100 - 1300	SAP Planning	A
1300 - 1400	Lunch	
1400 - 1415	Time Lapse	V
1415 - 1445	A Thorough Reflection	R
1450 - 1600	Closing Ceremony	

Key	
Simulation	S
Keynote	KN
Debate/Discussion	D
Panel Discussion	PD
Activity	A
Break out/Syndicate	BO
Reflection	R
Video	V
Capacity Building	CB