

**The Six-Day Power Packed Program**

**21<sup>st</sup> Young Leaders Conference-PEHCHAAN**

**DAY -  
July 23,  
2022**

**Realize and Recognize; Personal Leadership**

To start the journey of knowing ourselves, we must realize where we stand in the grand scheme of the universe and to realize we must dive deep within and question; who we actually are and what we are doing. Only then, we would be able to see how for years we have been a prisoner of our limiting beliefs and socially imposed identities. We have forgotten the essence of being a human. It is important to realize that the identities we are stuck with so rigidly are not what make us different. It is our character and values that we carry within us. It is what makes us stand out even in billions of human species with the same social and professional identities.

This day is all about rebooting our limiting beliefs and recognizing the essence of being ASHRAF, the power we have, the potential we don't see and the fundamentals that make us unique. So that we become more conscious about our responsibility as humans; showing humility and spreading love.

**DAY 2 -  
July 24,  
2022**

### **Reconstruct; Developmental Leadership**

As Rousseau said; "Man is born free but everywhere he is in chains. One man thinks himself, the master of others, but remains more of a slave than they are." Day two is a personal development day which is only possible when one sets itself free from chains of stereotypes and taboos.

Developmental leadership is all about developing one's personality and mindset that creates a safe space to sit and discuss the taboos of society with an open mind and a will to understand. With 64% of Pakistan's population comprising youth, it is crucial that we address issues of emotional, physical and social wellbeing with great importance. From birth control to sexual hygiene, from mental health to social inclusion and from water scarcity to climate change, it is our responsibility to take initiative.

The goal of this day is to get a conversation started and develop a growth mindset. Even though our independent cultural roots push us to be accepting, it is only done by convenience. With a day specifically about Developmental Leadership, we have to create awareness to magnify such a subject and impact the youth of Pakistan.

<p><b>DAY 3 - July 25, 2022</b></p>	<p><b>Rejoice; Art, Culture &amp; Diversity</b></p> <p>Pakistan is a country of many different cultures and all these bring their unique cultural heritage. When we stand together as a nation, our diversity is what makes us look beautiful and strong at the same time. Hence, this day is to celebrate and embrace the cultural beauty we have, the unique art we create and the folk music we produce with our own melodious musical instruments.</p> <p>Furthermore, this day seeks to create an intellectual space, promoting the diversity and pluralism in Pakistan's society and beyond its borders. It will provide opportunities through which the participants can see and connect with the literature, culture, society and moral ethos of Pakistan. With a goal to encourage counter narratives, cross pollination of ideas and a-political views; this day will be a representation of our true culture, traditions, language, artistic discipline and will open the floor to those unsaid secrets that our communities have held in for generations.</p>
<p><b>DAY 4 - July 25, 2022</b></p>	<p><b>Revive; Enterprise and Employment</b></p> <p>In order to attain higher stages of development and efficiently perform socio economic activities, it is important to develop a strong and productive relationship between two of the most essential factors of production; Labor and Enterprise. This involves spotting unexploited opportunities, making most of what is available, identifying the gaps in the market and in turn providing strategies to boost results and increase efficiency.</p> <p>Technological innovation also contributes to higher levels of economic output and can deliver new goods and services. This day shall hence give participants the chance to experience and understand themes like Social Entrepreneurship, Innovation, Customer Relationship and many other similar themes that carry a growing need in an exponentially growing world. Instead of waiting for employment, we aim to direct our youth's mindset towards innovation in employment according to the need of time and introduce them with some skill-set that can help them throughout.</p>

<p><b>DAY 5 - July 27, 2022</b></p>	<p><b>Re-think; History, Politics &amp; Religion</b></p> <p>As history, politics and religion are the subjects that have multiple narratives, often our people, especially the youth, easily get manipulated for the personal interests of some power abusers which in turn lead to many societal ills. Thus, it is important to understand the complexities of these various subjects and at least realize that holding any perspective rigidly to the extent of blindness is a major reason for our limited growth.</p> <p>Rather than complaining about bad governance, or blaming everything on others, it is crucial to turn around and recognize personal responsibility to see where we can make things better. Hence, Day 5 aims to make the participants reflect on these very subjects of life while having an in-depth understanding and exploration that further gives them a constructive approach.</p>
<p><b>DAY 6 - July 28, 2022</b></p>	<p><b>Rise Unstoppable! Way Forward- The SAP</b></p> <p>Last day of YLC '22, supposedly the first day of participant's journey as free and responsible souls. Ones who recognize their responsibility towards society as an integral part of them being a Young Leader and carrying forward the impact of the conference to a larger community through the Social Action Projects.</p> <p>Social action is about people coming together to solve the problems that are important in their communities. It involves people giving their time and other resources available to them for the common good. From volunteering and community-owned services to community organized or simple neighborly acts, the day aims to inculcate active citizenship through thoughtful, cooperative, critically engaging, and practically responsible action.</p>

## Day 1

### Realize and Recognize; Personal Leadership

Time	Session	Category
0700 – 1200	Arrival, Registrations, Luggage Placements and Health Check!	
1200 – 1300	Let's Mingle	
1300 – 1400	Welcome Lunch	
1400 – 1600	YLC 2022 – Inauguration	
1600 – 1630	Tea	
1630 – 1730	Moments of Mentoring	
1730 – 1830	YLC In Its Third Decade	
1830 – 1900	Team Building: Symbol, Slogan, Mantra, Rituals	A
1900 – 2000	The Scavenger	A
2000 – 2100	Dinner	
2100 – 2200	Unlearn Yourself	KN
2200-2300	Meri Pehchaan kya he?/who am I?	S
2300-0000	Team Hurdles	

## Day 2

### Reconstruct; Developmental Leadership

Time	Session	Category
0700 - 0745	Wake, Shake and Get Ready	
0745 - 0830	Start with Stillness	A
0830 - 0915	<b>Breakfast</b>	
920-955	Sex vs Gender	KN
1000 - 1045	Id, Ego & Superego	KN
1050 - 1130	Streets to Court	KN
1130 - 1210	<b>Tea/Coffee</b>	
1215 - 1330	This is us	T
1335 - 1420	Taboos not Taboos	KN
1420 - 1515	<b>Lunch</b>	
1520 - 1650	Self Defense	BO
	Include The Excluded	BO
	Global Education Opportunities	BO
	Menstruation; A Normal Physiology	BO
1655 - 1815	Privilege Walk	S
1820 - 1900	<b>Tea/Coffee</b>	
1900 - 1945	Harassment and law	KN
1950 - 2035	Defining your Fears instead of Goals	KN
2040 - 2120	Fresh Up & Get Ready	
2120 - 2220	Dinner	
2225 - 2430/0100	<b>Let It Go!</b>	S

## Day 3

### Rejoice; Art, Culture, & Diversity

Time	Session	Category
0700 - 0800	Wake, Shake and Get Ready	
<b>0800 - 0830</b>	<b>Breakfast</b>	
0835 - 0850	Meditation	A
0855 - 0910	Day Briefing	
0910-0955	Art Is Regardless/Art Connects Us	KN
1000-1045	Stories of Artists	KN
1050 - 1120	Show Your Art	A
<b>1120-1140</b>	<b>Tea/Coffee</b>	
1140-1220	In sync	A
1225 - 1325	Cultural dilemma	KN
<b>1330 - 1415</b>	<b>Lunch</b>	
1420 -1800	Cultural Tours	V
<b>1805 - 1835</b>	<b>Tea/Coffee</b>	
1835-1935	Dress Your Heritage	
1940 - 2110	Drum Circle	A
2115 - 2245	Cultural Night	
2250 - 2430	Qawali Night	
<b>2435 onwards</b>	<b>Team Huddles</b>	

## Day 4

### Revive; Enterprise & Employment

Time	Session	Category
0700 - 0800	Wake shake and get ready	
0800 - 0915	<b>Enterprising Breakfast</b>	A
0925 - 0945	Day Briefing	
0945 - 1015	How Ideas Are Born	KN
1020 - 1120	Excel with the masters	PD
1120 - 1140	<b>Tea/Coffee</b>	
1145 - 1245	<b>Mentoring</b>	
1250 - 1350	What you need to know/Future of work & currency	KN
1345 - 1430	Business Ethics	KN
1430 - 1530	<b>Lunch</b>	
1535 - 1705	Money Matters	A
1710 - 1750	Investing in Relationships	KN
<b>1755-1840</b>	<b>Create your B Model</b>	A
1840 - 1900	<b>Tea/Coffee</b>	
1905 - 2035	INTERVIEWS & BREAKOUT	A
	Freelancing	BO
	Critical Thinking	BO
	12,000 vs 2	BO
	Brand Yourself	BO
2035 - 2125	Dress Up!	
2130 onwards	<b>Red Carpet Dinner</b>	S
<b>0000 - 0100</b>	<b>Mentoring</b>	



## Day 5

### Rethink; History and Politics, & Religion

Time	Session	Category
0730 - 0800	Wake, Shake and Get Ready	
<b>0800 - 0845</b>	<b>Breakfast</b>	
0845 - 0900	Day Brief	
0900 - 0950	How factual is the history	KN
0955 - 1040	Formation of Narratives- Construction and deconstruction	KN
1045 - 1125	Why was Pakistan created?	KN
<b>1125 - 1200</b>	<b>Tea/Coffee</b>	
1200 - 1300	Clash of civilizations	KN
1305 - 1350	Case study: Cultural Analysis	
<b>1355 - 1730</b>	<b>Hunger Banquet</b>	A
1735 - 1835	Create your own Island	A
1840 - 1920	<b>Tea/Coffee</b>	
1925 - 2015	Turning Activism into Action	KN
<b>2015 - 2100</b>	<b>Fresh up &amp; Get Ready</b>	
<b>2105 - 2235</b>	<b>Your dinner is locked....</b>	S
2240 - 0000	Purpose of Life	KN
0000 onwards	Explore the Dreamworld	

## Day 6

### Rise Unstoppable! Way Forward - The SAP

Time	Session	Category
0800 – 0900	Rise and Shine	
0900 – 1000	<b>Breakfast</b>	
1000 – 1115	SDGs & Your Responsibility	KN
1115 – 1130	Tea Break	
1135 – 1215	YLC Alumni Success Stories	
1220 – 1330	SAP Planning	A
1330 – 1430	<b>Lunch</b>	
1430 – 1450	Team Acknowledgement	
1450 – 1515	Your Journey	
1515 – 1615	The Closing	
<b>1620 – 1700</b>	<b>Live Photo Booth</b>	A

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