

## **Empowering the Future: The Orchid School's Youth Summit**

In its third triumphant year, The Orchid School's Youth Summit once again illuminated the path to a brighter, more prepared future. This youth-led conference, a testament to the school's commitment to nurturing young talent, proved to be an inspiring and enlightening experience.

The theme for this year's summit, "FUTURE-READY HEALTHY WORKFORCE-INDUSTRY 4.0," couldn't have been timelier. Divided into four subtopics, the summit offered a holistic exploration of the challenges and opportunities that lie ahead:

**Leveraging technology in the future workspace:** This set the stage for thought-provoking discussions on the integration of technology into the workforce. Speakers drew from their personal journeys along with their research, demonstrating how technology can reshape our work environments.

**Physical Fitness for the Future Workforce:** As Industry 4.0 looms, the importance of physical health comes to the forefront, but it is not enough to know that it is important, we must act on our knowledge. Speakers, hailing from diverse backgrounds, shared their research and experiences, motivating the audience to prioritize their well-being.

**Ethical use of technology - an urgent requirement:** In today's digital age, ethical considerations are paramount. This subtopic delved into the ethical dimensions of technology, urging participants to ponder their roles in responsible tech usage.

**Shaping your mind to shape the future:** The summit concluded with a deep dive into mental fitness—an often-overlooked aspect of our preparedness for the future. Speakers underscored the importance of cultivating a resilient, adaptable mindset.

The summit featured a remarkable lineup of 14 speakers, with 3-4 experts for each subtopic. Each student speaker delivered a captivating 7-8 minute talk, with each subtopic followed by an engaging 40-minute Q&A session.

The event's inauguration, graced by the Conference Chair, Sia Hadgaonkar, and a lamp-lighting ceremony, set a solemn tone. Dr. Lakshmi Kumar, The Orchid School's Director, delivered an inspiring address, followed by keynote speeches by Mr. Anand Krishnaswamy and Mr. Mahendra Gokhale.

In her address,, Lakshmi Di talked about how we must equip ourselves with technology, because that is the future. Instead of looking at it as a distraction, technology can help us increase efficiency of work in much less time as well. She mentioned that when the school did the theme 'Health is Wealth' four years ago, they noticed that everyone is becoming more and more lazy and unhealthy. They noticed that the quality of the workforce itself is decreasing due to poor health. Hence, she felt it was imperative to use technology is a way that is growth-oriented, ethical and responsible because technology is the only thing that will travel with us in the future.

Mr. Anand spoke to the audience members about how important learning about these concepts is for their future. He asked them to introspect about why attendance for the event was so low and took their feedback regarding the format of the event and how it could be improved to encourage students to attend.

Mr. Gokhale talked about his fitness journey, especially as a fitness trainer for many professional teams, such as the Mumbai Indians. He commented on the state of fitness among the youth, how time spent

playing sports has gone down drastically and the sedentary lifestyles led by the members of the workforce affect morale and overall happiness.

Throughout the summit, students showcased their talents with mesmerizing dance and music performances, punctuating the intellectual discourse with artistic flair. The grand finale featured a plenary session by Conference Co-Chair Mihir Apte, leaving attendees inspired and motivated to embrace the challenges of Industry 4.0.

The Orchid School's Youth Summit is more than just a conference; it's a platform that empowers young minds, fostering a future-ready generation capable of tackling the complexities of the modern world with wisdom, ethics, and resilience. As it concludes its third edition, it remains a beacon of hope and inspiration for tomorrow's leaders.

























