



ABOUT US

YouTheFuture is a youth empowerment community based in Pune, India, it was founded by Sushrut Waghmare and Tanish Khot in 2019.

Our mission is to help youth gain credibility and help them get heard through this platform. Our mission is to empower the youth, who will later turn into the adults of the world. The world needs purpose and purity, and the world can have it under strong and capable leadership. The youth are the leaders of the future, leading the world towards betterment.

YouTheFuture is a community which promotes youth. Helps their words and voices reach out to people via different platforms!

We do podcasts and episodes with youth who are doing something different in their field.

Check out our Podcast on Apple Podcast, Google Podcasts and many more platforms.

We also print the writings from our page into attractive posters, so contact us if you want a poster!

Here is our latest podcast:

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YTF SCOOP



THE MONTHLY RELEASE FOR THE YOUTH BY THE YOUTH.
JULY 2020

We bring you one inspirational person with their birthday every month!

*This month's person is,
PM Narendra Damodardas Modi
Birthday: 17th September, 1950*



In the 2014 General Elections Narendra Modi won by the vast majority. He became the 15th Prime minister of India. Modi became the first prime minister after many years to get the whole majority of votes. On the day of 26th May 2014, he swore the oath as a prime minister. From that day onwards various amendments in our constitution took place. Modi is a man of vision, he had a dream of digital India.

Because of which he started various campaigns to promote it. Furthermore, he wanted a corruption-free India and to imply this he took a major step. He ordered demonetization in the entire country. Under it the current currency became invalid. In order to get the new currency, people have to exchange it from the old ones.

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This was only possible by depositing all the money in the respective bank accounts. This was a major event in the history of India. Furthermore, various campaigns for the safety of women also were initiated. Campaigns like Anti- Romeo Squad were in action to catch the eve-teasers on the roads. Also, a major amendment was made in the country, the punishments for a pedophile rapist was been declared as hang till death. These were the steps that made him an outstanding prime minister. Because of which he was again elected as a prime minister in the 2019 general election



HARD WORK NEVER BRINGS FATIGUE, IT BRINGS SATISFACTION.

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ITS NOT ABOUT ME, ITS ABOUT WE

Recent events have forced us to look at ourselves and just think about what really matters and what is actually worth taking care of. We all went through a rough patch where we had to experience the death of an amazing artist and it impacted a lot of us on a deeper level than we thought was possible. Moreover, it brought a lot of things into perspective.

Mental Health awareness became a movement and rightly so.

When I hear about such incidences where a person harms themselves, my thoughts immediately reach out to the person's family because they are the ones who keep living the pain for all their lives. They are the ones who have to bear the weight and sometimes even the blame.

We at YouTheFuture have this strong belief that you should make your mental health your topmost priority. Your psychology defines your physiology so you need to keep your mind healthy.

We wanted to help somehow, someway so that we can create atleast a minor impact if not more.

So we decided to come up with these series of positively reinforcing posters and wallpapers. These wallpapers are designed to boost your mental health.

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They are certified by mental health professionals and psychologists to boost your state of mind and have a positive impact on you and we are giving them away for free.

We are not doing this because we want something in return, we are doing this because we believe that no one deserves to suffer, we are doing this because we believe in human beings and their ability to contribute once they have had the chance to experience it and not talk about it.

A big thank you to the whole team at Emotional Wellbeing Helpline, they are doing an amazing job with helping out people and spreading the message of positivity and how it is okay to not be okay. We thank you.

If you want a physical poster or a digital wallpaper feel free to contact us on email.

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What is Social Media?

Social media is not followers. It is not the pride you have in your followers to following ratio. Not the pride you take in the number of like you get on your post, neither the number of comments.

Neither is it the time within which you get a hundred likes on your post. Nor is it taking pride in the number of people who view your stories.

It is not scrolling down the feed to entertain yourself through the boredom you have in your daily lives. It is not the first thing you have to check daily to see how happy people are and get sad in the morning. What is social media then?

Would you still be using Instagram if they stop showing your number of followers, like or comments, in which you take pride showing off? It is using it to connect to the people with whom you cannot spend time. Social Media is reaching out to people over from all over the world. It is making contacts all over the world. It is seeking inspiration through pages.

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It is about informing yourself about the activities happening around you. The better part of the story is when you use social media to customise your image in the society. You can really well manipulate it to help yourself grow and alter the perspective of people.

Use social media positively, to grow, to connect. The world has really turned into a small place because of Social Media. Be grateful and be happy. Do not use it to keep yourself sad.

To check out our podcast episode about social media, click here.

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Feature of the month.

Taking A Breath Podcast - Parker Mayes

After spending two years in college, I felt like I had been able to learn so much from experiences and people in my life, and I wanted a way to share the people and experiences that meant so much to me. In May of 2020, I started the Taking A Breath Podcast as a means for personal growth in leadership and mentoring. At first, I asked myself what I could provide people that they couldn't get from somewhere else, but what I quickly realized is that people are looking for something unique, and stories, experiences, and personalities are all unique. I realized that being who I was and sharing that with others was an amazing way to help continue to grow while sharing this experience with those around me.

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I realized that not everyone is going to listen to what I have to say, but that even if I could make a difference in the life of one person, then that could be life changing for many more people who they impact. My goal is to grow every day to become the person I want to be, and this podcast concept has helped to continue to build and shape me so that I can make the most of everyday, and I would encourage anyone reading this to do the same. Don't keep saying you're going to start tomorrow, start today. That first step will be hard, but it will be so worth it.

Check out 'Taking a Breath' podcast [here](#)



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WAKE UP CALL!

In this month's edition for Wake Up call we bring you the reason of WHY WE DO WHAT WE DO!

What is the exact point behind some of the purposeless and meaningless activities that you do?

Let me get this straight to you. Try answering this to yourself- "Why do I get out of bed every morning?" What is it, that makes you get your ass out of your warm blanket every morning? A lot of you would say, "Well, I do it because every one else does it." .

Let me take you to a research long back in the last century.

The survey asked the same question to various people. And the results were horrifying. 19 out of 20 people don't know why they get out of bed every morning. They just don't. And they will never try to find an answer because they are indifferent. They don't care.

Earl Nightingale, in one of his audio clips (that you can find on YouTube) says, "The opposite of courage these days is not cowardice, it is conformity." People confirm to whatever it is

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that they're doing. They just don't know why they get their lazy asses to work every day. They do it, because every one around them is doing so.

And here's another thing- The system of the rat race is so well laid out, that as you progress through the system that as you progress through the system, you keep getting enough dopamine shots (the pleasure hormone) that keeps your head down and makes you love the system so much, that you never really are **ABLE** to look at the bigger picture. You get so busy enjoying the dopamine, that you just love it all the way it is, and never really work about it.

Here's the deal, "You become what you seek this dopamine in." Read that again. Let me type it our here again, "You become what you seek dopamine in."

The people who seek this dopamine in music, are called musicians. The people who seek this dopamine in art, are called artists, the people who seek this dopamine in studies, are called nerds

Life is all about finding dopamine in your purpose. Find your dopamine, connect it to a purpose, and keep working.

You need to follow your dream.
You just need to know the **WHY** and **WHAT** and the **HOW** will eventually follow.

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