

Personality Development with 'I Am' Organization

Team 'I Am' successfully conducts 'Rubaroo' session for Sadbhavna students.

It's said that knowing yourself is the key to success. At Sadbhavna, we believe in this and aim for all our students to excel in every sphere of their life. And, as a step towards this, team 'I Am' conducted the 9th session of 'Rubaroo' on 10th December 2016.

The session is part of our ongoing adolescent education program with Sadbhavna students. The session centred on exploring oneself, knowing one's strengths and limitations, and bringing a positive feeling towards oneself.

The session started with distribution of name tags and with a quick recap of previous sessions by one of the participants. The room was filled with excitement as students celebrated Sadbhavna's 10th anniversary and also because of the new seating plan.

Ms. Akanksha Singh Chandele, the facilitator then commenced a meditation session, focussing on self and one's thoughts. The calm environment set the tone for young minds to introspect themselves, their fears and worries. Keeping confidentiality, anonymity, and mutual respect as strict guidelines, students helped each other in finding possible solutions for their concerns. The activity ensured that each participant's concern was heard and they receive solutions for their respective concerns. It encouraged students to speak confidently, think, voice out their opinions, respect differences and not mock others' fears, and connect with themselves.

The session concluded with participants showcasing their love for themselves by creatively writing and adorning their names on a sheet of paper. Seeing the look on students faces, it was all worthwhile as it instilled in them optimism and self-love.

- Team 'I Am'



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