

Day spent well with Sadbhavna Kids

It was a chilly Saturday morning. I walked into the office at 10 and headed to the cafeteria. As I ordered for a cup of tea, I observed a bunch of young Sadbhavna students. After patiently observing the students, I was compelled to walk up to them. In the middle of the conversation, I decided to take a step further and be a part of the Sadbhavna session.

The day started off on a lively note with 'I am' conducting a session on 'Self & Future'. The students gathered for prayer, followed by some rejuvenating warm-up exercises. Now, was the time to show some team spirit through their group activities. The facilitators asked the students to form a circle holding each other's hands. They had to pass a loop to each other, in that very circle, without letting the hands go. As the students were asked to start the game, they burst into giggles. Watching these happy faces enjoy was purely a magical sight to behold. The fun-filled activity imparted lessons of trust and belongingness.

For the next lesson, 6 teams consisting of 6 participants each had to brainstorm and come up with some interesting ideas. During the process, the students were asked to explore the meaning of -Happiness, Sadness, Inspiration, Failure, Ambition, and Skill. They were then asked to pen down associated words or situations with these 6 words. It was an overwhelming moment for me to watch these students come forward with different approaches. After they had brainstormed with their teammates, they were given a task to think of symbolic representation for the same. Each member had to represent one of the six words as a statue. After enough practice time, the teams were to perform and present their statues. Some of them were a bit hesitant but were encouraged by their fellow mates to perform.

After a short while, the students gathered for a group discussion on the topic - Gender Sensitization. Followed by some initial hesitation, the group members actively participated. Each of them presented their viewpoints. The discussion unfolded many stories and debunked some of the prevailing myths and notions of society.

The urge to learn new things and perform tasks with utmost diligence was quite evident. The joy-filled Sadbhavna session culminated with a sumptuous lunch. I feel privileged to be a part of the session. It is a remarkable opportunity for Newgen employees to give back to society.

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