

HOLISTIC LIFE SKILLS WORKSHOPS

Gargi college had taken an initiative in 2011 to infuse education with human values in order to groom students of character in society, with the focus on the paradigm of “Integrated Wholeness”, the belief which makes us feel that we all are ONE. At the initiative of the then Principal, Dr. Meera Ramachandran, Sri Sathya Sai Seva Organization started a series of 8 workshops on holistic life skills management under their programme '*Life is a Game, Play it*', that aimed to provide students with a better understanding of the skills for living life more meaningfully and purposefully, thereby channelizing their capabilities towards self- rewarding services.

Objectives

- to encourage holistic personality development and help the students bring out their inherent human values.
- to raise their self-confidence with development of life-skills that empower them to overcome challenges of their everyday lives .
- to encourage them to seek and find a higher purpose of their existence.
- to establish in the young minds interdependence of all relationships
- to train the students on leadership, stress management and time management skills
- To inspire to be good, compassionate, patriotic, selfless and disciplined
- to develop attitudes that will enable them to contribute to the society positively while enriching their own lives.
- to enable students to have a smooth transition from adolescence to purposeful & joyous life

Programme Modules

The programme has been designed as an exciting journey through audio-visual presentations, experiential exercises, interactive games and discussions presented in a manner that engages the young minds, using multimedia tools that they are used to. The program consists of seven modules, of around 2 hours each and a community service program. While the message is based on human values, it has been packaged and presented in a manner that is not just palatable but connects deeply with today's youngsters.

The eight modules of '*Life is a game, Play it*' are

- 1. Life Skills**
- 2. Personality Development**
- 3. Key to Relationships**
- 4. Managing Negativity Stress & Time**
- 5. Community Service project (An On-site Exercise)**
- 6. Ceiling on Desires**
- 7. Leadership**
- 8. Power of ONE**

1. The first module on Life Skills draws a parallel between Life and a Game. Inspiring students to play with positivity. Accepting challenges and hurdles in their stride and find joy in their random acts of kindness for those around them.
2. The module on Personality Development stresses that physical appearances makes a small part of the overall personality. A wholesome personality includes – Physical, Mental, Intellectual and Spiritual attributes that are radiated from within.
3. The module on Relationships focuses on what is important for strong and meaningful relationships that is love, understanding, giving and forgiving.
4. The fourth module is on Stress Management. Challenges in life can be a source of stress. This module focusses on our attitude that helps us to maintain equanimity in life.
5. Students spend a day with the underprivileged during an onsite Community Service. They are filled with gratitude for the abundance in their life and spontaneously they develop a compassionate heart that prompts them to – Help and Serve. After all we are all a part of one big family – ‘Vasudev Kutumbhkam’.
6. The sixth Module is on Leadership which brings forth the qualities that one must possess to be a good Leader. A leader can succeed only if he possesses the qualities of Character, Will Power, Courage, Knowledge and Initiative. However, one can be truly called a leader if he backs it up with the foundation of an Ideal Vision and Selfless behaviour. This module on Leadership is relevant for students not only post they join their corporate careers but also help them in being a leader in their daily lives.
7. There is ‘enough for everyone’s need but not for everyone’s greed. This old age saying is ingrained into the young souls through our module on ‘Ceiling on Desires’. Brining a moderation in their desires and thinking for the higher good of the society, country and the world at large can bring an overall well- being of all.
8. The final session on ‘Power of One’ is culmination of the entire series. The module stresses on how each one of us has the power to bring in the change in the whole world. With the first step being – of bringing a transformation within our own selves. ‘Be the change that you want to see in the world’. The message is echoed through this final module where students are urged to follow their inner conscience and strive to live lives that are worthy of their true nature.

The profile of the mentors for the programme are as follows:

Ms. Bharti Dudeja has a corporate experience of 20 years in Banking and Corporate Training.



Worked with HDFC Bank as National Head Training. Her job entailed designing strategies for developing training solutions for Banking professionals handling high level revenue targets. She was closely working with Business & HR for developing customized learning solutions and facilitating training presentations for the Relationship Management portfolio of the Bank. Prior to HDFC Bank, Bharti has worked with ICICI Bank as a Cluster Head, handling Business, Sales and operations of Retail Branches in Delhi.



Mr. Kapil Jawa works as Vice President for the Analytics Business at Genpact Gurgaon, India. He carries an overall work- experience of 19 years.

Kapil has been instrumental in setting up, transitioning and piloting varied processes for Corporate Banking, Commercial Lending and Investment Banking clients at Genpact since 2005. He has been involved in managing and front-ending complex processes & developing business strategies for his company along with developing and maintaining relations with customers, enabling knowledge transfer and creating career paths for his team.



Parikshit works with Allianz Partners India as the Head of Sales. He is a business growth and expansion specialist with a forte in building new businesses and re-energizing existing ones. Parikshit carries a work experience of 18 years in the corporate arena.

All the 3 mentors have been associated with the LIGP program of Sri Sathya Sai Sewa Organisation since 2011 when the programme was initiated at Gargi college. This programme gradually spread to various other government and private universities in Delhi-NCR.

Workshop experiences and learnings: Feedback from students

“It is not every day that you see life from a vantage point that is not only different and appealing but also pure. But when it happens it sometimes becomes a turning point in the course flow of your life. One such turning point were the workshops conducted as a part of holistic development program. The workshops focused on how life is not just about college, students, a job or even money. It is more about identifying and getting to know one’s own real self. The workshops compelled us to look at life as God’s most beautiful creation. Nature has given to each human, an amalgamation of the most exceptional qualities. All we have to do is to identify, appreciate and improve on them.”

Ms. Mohina Bhatnagar, Applied Psychology (Hons.) IIIInd year

“The workshops gave us a new perspective of looking at others as well as ourselves. It made us realize that one should rise above physical appearance and work towards developing oneself as the inner good and the core of the person is what ultimately comes to light”

Ms. Bhavya Arora, Physics (Hons.) II year

“The workshop on ‘Key to Relationships’ was successful in making us actually feel about the importance of giving time and value to our relationships. In today’s fast paced world we tend to take our relationships with our loved ones for granted not because we want to but because we are somewhere not fully equipped with the skills and understanding required to deal with them. And it was through this workshop that we got to learn about the importance and management of meaningful relationships.”

Ms. Manya, Philosophy (Hons.) IInd year

“The workshop on Life skills made us realise that life is a game and it depends on us how well we play it. The workshop also taught us to never give up on struggles, rather appreciate them as they will only make us stronger. This workshop as a whole, made us appreciate the little things around us and introspect ourselves so that we could understand how our actions impact us as well as others. It is the need of college students to build and prepare themselves to be a better person in life, and all these workshops have been able to add quality in our lives”.

Ms. Akanksha, B.A.(Programme) IIIrd year

“After attending these workshops, the first thing I realized was that I always had a comfortable, secure and good life but I was never thankful for anything. I started practicing gratitude for even the smallest of things like my pillow, hot water supply, warm and sunny days, auto bhaiyas, teachers who taught me in class etc. Most of the times we only keep complaining, but if we look around there is a lot to be thankful for. Every morning I wake up with a smile.

This thought of being grateful for everything further strengthened when we visited the Cheshire home” as part of these workshops only. I personally realized the importance of basic things like a fully functional body and the importance of love in our lives. It’s really unfortunate how we take things for granted and only realize their importance once it’s taken away from us. It’s also extremely important to lend a helping hand to the less privileged. We can do whatever little bit that is in our hands to ensure a deep sense of actualization. Lots of people were in sheer pain and had tears in their eyes in that home. However, I can’ vouch for what we gave, but I can promisingly vouch for all the learning’s, teachings, love and smiles we received from them, which truly transformed my life”.

Adishree Kumar, B.Com. (Programme) II year

“The best part of these workshops has been the amazing mix of technology and interaction which held so many people together for such a long time. It wasn’t a typical lecture kind of a workshop. The use of videos and the different perspectives which were shared during these sessions were one of the things which have altered my thinking and which I am taking back with me for life. The one thing which I absolutely loved about these workshops was the way it always started with a prayer seeking blessings”.

Mohini Thukral, Hindi (Hons.), IIIrd year

Convocation



Community service at Cheshire Home





Holistic Workshops in progress

