

THE LEADING LIGHT

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World Healthal Trust conducted an interactive Workshop on, '***Positive Thinking & Self Development***' for students of class VII, Genesis Global School, Noida, on 10th April 2015.



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FOUNDER'S MESSAGE



Adolescents face a multitude of challenges in the context of rapid changes occurring at physiological, mental, emotional and psychological levels. Lifeskills act as tools that can effectively equip the growing children with high self esteem, physical and emotional strength, loving relationships, and understanding this transitional phase of adolescence in a healthy and holistic manner. Inculcating an attitude of positive thinking can go a long way in shaping their personality. Learning simple mind-calming exercises can help in stress relieving and anger management, while channelizing the youth energy in productive areas.

Workshops on this theme are conducted by us for students, of class VI onwards, of various schools, with the idea to empower adolescents with basic lifeskills to cope the upcoming challenges of life. One of such workshops was conducted for Class VII students of Genesis Global School, Noida. The enthusiastic response of students, while participating in various fun-filled activities and games, goes to show their receptivity to learning new skills in a friendly environment.

Dr. P. Cheena Chawla

Story of the Month

One day workshop on '*Positive thinking & Self development*' conducted in Genesis Global School, Noida (U.P)

World Healthal Trust conducted a Workshop on '*Positive Thinking & Self Development*' at Genesis Global School, Noida, on 10th April 2015 from 9:00 am to 11:30 am. The aim of the Workshop was to emphasize the benefits of 'positive thinking' in daily life, as it brings inner peace, confidence, better health, happiness and satisfaction. Having a positive attitude brings optimism in one's life and gives strength to cope with various challenges.

The Workshop was attended by students of class VII of Genesis Global School, Noida. The participants were addressed by Dr. P. Cheena Chawla, Founder President, World Healthal Trust and Swami Vijay (Mr Lawrence Girard) of Ananda Sangha who were assisted by Gunnika Chawla, a student of Genesis Global School, Dr. Seema Chaudhary, Scientist, World Healthal Trust and Ms Megha Singh, Trainee, World Healthal Trust. This event was organized with support of Mr. Vivek Pant, Dean Academics, Genesis Global School along with the Faculty members of the school: Mrs. Anuradha, Mrs Richa and Mrs. Bansal among others, who actively participated in conducting various activities. The interactive games focussed on self esteem and building confidence in oneself by identifying one's strengths, while engaging students in writing positive statements of admiration for their fellow colleagues/classmates. Leadership, honesty and importance of team work were highlighted in other group exercises. Emphasis on physical activity was also laid as a simple exercise was demonstrated to encourage youngsters to become positive, energetic and enthusiastic!

"Self awareness is the key to positive interaction with our external environment," said Dr Chawla. "A greater awareness about ourselves helps us to know our unique strengths that we are gifted with, which makes each one of us special as we can strengthen our positive qualities and achieve success in our chosen areas of interest," she added.

Swami Vijay emphasised on taking deep breaths as it evokes a state of profound rest, mental peace and progressive muscle relaxation. "Taking just two deep breaths, several times in a day, would greatly help in decreasing mental stress," he said. All the students performed this activity with Dr. Chawla and Swami Vijay along with Ms. Gunnika Chawla, Dr. Seema Chaudhary, Ms. Megha Singh, Mrs. Anuradha and other faculty members of the school. The

students shared their views about this activity as many felt deeply relaxed instantly through this act of conscious deep breathing.

In the next activity, named '*The Protective Shield*', paper plates were distributed to all the students and they were asked to write on them their name, their lucky symbol, the best qualities about themselves and the qualities they would like to develop. Students were given five minutes for this activity. To understand the essence of this activity, Dr. Chawla invited a few students to discuss what they had written on the paper plate. The idea was to encourage the students to identify their positive qualities in order to boost self esteem, self confidence and respecting themselves for their inherent personality while making them think for developing qualities they would like to build in themselves.

In another activity, all the students were asked to stand up in a row with ample space around them. An exercise was demonstrated by Ms. Gunnika Chawla where one had to extend his/her arms sideways, then in front followed by moving them forcefully upwards while jumping before coming to the initial position. This whole exercise was conducted by saying the magical words: 'I am Positive, Energetic and Enthusiastic'. By performing this exercise many times during a day, one would remain active to perform any task efficiently.

Another activity was conducted where small cards were distributed among the students and they were asked to write their name on it. After that, all the cards were collected, shuffled and redistributed to them all. Every student was now having the card of some other class fellow. As the name of the activity was '*Secret Admirer*', students were asked to write all good qualities, they could think of, about their classmates in five minutes. The cards were subsequently collected and the teachers were requested to pin up/paste all cards on the notice board/wall so that everyone could see the positive comments about themselves penned by their colleagues. This activity encourages the students to think positively about their classmates and appreciate their good qualities. On a broader perspective, it helps in developing good attitude towards people, in general, ensuring harmonious co-existence.

All the students were then asked to make separate groups of 7-8 students and stand in different rows. In this activity, lead by Swami Vijay, all the students were asked to close their eyes except the last student of all the rows. Then they were asked to complete a round of the auditorium. The last student of each row guided the path to all the students in that group. All the rows completed the circle without opening their eyes. The group which reached the starting point was the winner. This activity was performed under the supervision of Team

WHT and the teachers of Genesis Global School. All the students were very excited and actively participated in this activity.

Last but not least, an activity was performed in which students were made to stand in rows comprising 7-8 students. All students were asked to close their eyes. A balloon was handed over to the first student of each row. The game started with passing of the balloon to the student standing behind the one in front till the balloon reached the last student in each row, followed by the reverse movement till the balloon reached the first student again. The time of the activity was recorded and the team which performed it in shortest duration was the winner. Through this activity, the power of 'Leadership, Honesty, Teamwork and Co-operation' were emphasized to the students, which they all appreciated well.

At the end of this session, Mrs. Anuradha of Genesis Global School congratulated the WHT Team and all facilitators of this Workshop. All the teachers present on the occasion expressed their deep appreciation and importance of conducting such Workshops for students of other classes and even for the teachers! Mrs. Bansal emphasised the importance of positive thinking and appreciated all activities conducted by WHT Team. Later, Dr. Chawla expressed her sincere gratitude to Mr Pramod Sharma, the School Principal; Mr. Vivek Pant, Dean Academics, all the faculty members and the students for providing WHT Team an opportunity to conduct this workshop in their school.

Glimpses of the Event



