

Snug as a Bug (In a Rug): Relaxation and Imagination

‘The first and most important person you must believe in is yourself’.

A workshop on ‘Relaxation and Imagination’ was conducted for the students of class III on 11 May 2017 by eminent educationist Ms. Shuchi Sharma. The session aimed at stimulating the awareness in the young minds towards common situations in their day to day life. It was an interactive workshop and focus was on the most vital power of human brain... 'Imagination', and how if we train the brain to imagine, it can help unravel the undiscovered goodness in our personality.

Few visualisation drills were exercised with the students to help them experience the state of happiness for themselves, realizing the goodness in their own self, self-confidence, knowing and believing in their strengths, situation and things that make them feel happy or not so happy.

The students were explained the need to increase their self- esteem and have a positive approach about everything in life. Most importantly, it was emphasized that they should love themselves and never lose confidence. It was a well thought - out session for motivating the students to discover themselves.

