

INTERACTIVE SESSION WITH DR SHANKAR GOENKA

On 20th December 2024, the students of Class 12 attended an interactive session by Dr. Shankar Goenka, a renowned motivational speaker, author, educationist and master trainer. Dr. Goenka, a visionary who transitioned from his family's successful business legacy to establish *WOW Factors India Pvt. Ltd.* in 2006, has since dedicated his life to refining human capital and organizational excellence.

In the session, he guided the students on how to identify and align their personal goals, offering practical insights that could help them build a brighter, more focused future. His message revolved around the power of positivity and self-awareness, emphasising that changing one's thoughts is the foundation for transforming one's feelings.

One of the key takeaways from Dr. Goenka's talk was his assertion that happiness is not defined by money, but rather by the continuous pursuit of progress and self-improvement. He shared invaluable life lessons drawn from his own experiences. He emphasised the importance of respecting parents and valuing communication as tools for personal growth.

According to Dr. Goenka, life is simple, but we often complicate it with unnecessary judgments and expectations. He urged the students to understand that every individual is different and therefore should never engage in comparisons with others. His views that it's essential to build bridges, not walls, in our relationships were well appreciated by all. He reiterated the importance of having the right mindset and attitude in achieving success, regardless of external circumstances.

He encouraged the students to work on developing their unique identity so that they could stand out and be recognised for their distinct qualities. He highlighted that one should always look within for true understanding and growth.

His thoughts on using 'influence' instead of 'power' resonated deeply with the students, urging them to use their influence to inspire and motivate others than being authoritative.

In his one-hour session, Dr. Goenka used short, meaningful videos and poetic lines to reinforce key messages, particularly the importance of respecting parents, and the power of empathy and communication in relationships. He also shared a valuable insight that leadership is not just about knowing, but about understanding people—highlighting that understanding is an art and not everyone is an artist.

The interactive session with Dr. Shankar Goenka was an enriching experience for the students of Class XII. By the end of the session, the students were inspired to face life's challenges with a positive mindset.