

Youth Adda 1



Date:	23rd June
Theme:	Art with Heart Medium: Collage
Location:	Rock Soul Café, Gotri-Sevasi Road
Highlights:	<ul style="list-style-type: none"> • <u>No. of Participants</u>: 29 (4 walk ins included) • Increased <u>audience reach</u> (6 people could not be accommodated due to late entry and all the seats being taken) • Active <u>engagement</u> of the participants (Tempo remained strong throughout the event, participants showed eagerness to participate in upcoming Sambhav sessions, and shared their contact details).
Testimonials:	<ul style="list-style-type: none"> • <i>"Biggest takeaway for me was that I got a chance to come out of my bubble...and interact with people from different backgrounds and got a chance understand and listen to different perspectives "</i> – <u>Abdurehman</u> • <i>"I am from Jharkhand, this space helped me to express myself, hearing to different stories and experiences made me realize the diversity we have within us yet we were able to connect with each other"</i> – <u>Satish</u> • <i>"I came to youth adda to get out of my shell the team here is warm and makes a safe environment for us to share our thoughts; interacting with different people and getting know new things made me reflect on my self better."</i> – <u>Suzzan</u>

Youth Adda 2

Date:	14th July
Theme:	Find Your Voice (conversation circle)
Location:	Rithambara Yoga Studio, Gotri
Highlights:	<ul style="list-style-type: none"> • <u>No. of Participants:</u> 11 • Ideation: Participants who liked the concept of Youth Adda wished for a space to talk about things more deeply. Hence Sambhav introduced <u>conversation circle</u> where participants could delve into the work of self and connect with each other on a <u>deeper level</u>. • Unlike the youth adda where the facilitator led the conversations, these conversations were <u>participant-led</u> with regards to theme, flow and structure of conversation.
Testimonials:	<ul style="list-style-type: none"> • <i>“I felt I fit in the circle ... talking about things you usually don't talk about with people you meet every day...and if you have someone to talk to about such things then I feel you are a very lucky person.” - Arsh</i> • <i>“Everyone was listening very patiently, allowing each other to complete and then adding their points. This is a space where we are putting our voice and being comfortable”. - Smaranika</i> • <i>“It was a great experience for me...to listen, to understand others, getting to know different perspectives. I didn't open up much I was taking it in...after attending 2-3 sessions more I will surely open up” - Durva</i>

Youth Adda 3



Date:	11th August
Theme:	Embracing one's unique identity
Location:	PAC Dance Studio, Sama-Savli Road
Highlights:	<ul style="list-style-type: none"> • <u>No. of participants</u>: 21 (4 repeats, 3 participants from MSU orientation) • <u>Ideation</u>: The idea was to explore deeper aspects of self in Youth adda. <u>Wabi-sabi</u> is a Japanese philosophy that embraces <u>the beauty of imperfection</u>, and simplicity. It encourages people to accept the flaws and limitations of people, objects, and situations, and to <u>find beauty in their unique characteristics</u>. Wabi-sabi also promotes <u>mindfulness</u> and <u>gratitude</u> for life's imperfections. • Participants could to connect with the concept through activities conducted and reflect on self with a new perspective • Multiple participants expressed their interest to join in sambhav volunteer team
Testimonials:	<ul style="list-style-type: none"> • <i>"We got a chance to express ourselves here, our thoughts are being valued here, I dont think I could be this open and real in any other place. This was a golden time spent" – <u>Jatin</u></i> • <i>"We were asked to color the drawing sheet everyone was completely engrossed with that. After coloring we were told to tear it apart and create something out of it. This made me realize that something new and unique emerges when something is broken down" - <u>Akshay</u></i>

SYIA Conversation Circle



Date:	28th July
Theme:	Introduction to SYIA
Location:	Rithambara Yoga Studio
Highlights:	<ul style="list-style-type: none">• <u>No. Participants</u>: 17 (including 6 volunteers)• Participants were actively engaged in the group discussions• 4 participants have shown <u>keen interest</u> towards SYIA• Sambhav volunteers group may join as SYIA participants. There's a possibility they might bring in a project
Testimonials:	<ul style="list-style-type: none">• <i>"While interacting with participants here at Sambhav I realized there are three people who have faced a similar issue like I did. We have been through a phase of grief. We barely managed to come out of it on our own we had no support. I would want to take this up and talk about it so that people don't suffer the way we did. Getting to know about SYIA motivated me to do something about it." - <u>Vaishali</u></i>

SYIA Open House



Date:	25th August
Theme:	Building Clarity
Location:	AURA office
Highlights:	<ul style="list-style-type: none">• <u>No. Participants:</u> 12• 5 project ideas• Screen ideas and give feedback

Sambhav Level 1 (Foundational Stage)



Date:	19th July
Theme:	Introduction/Reconnecting with audience
Location:	Tarkhanda
Highlights:	<ul style="list-style-type: none"> • <u>No. of participants</u>: 18 (5 new participants included) • A special movie screening “Laapata Ladies” for girls at Tarkhanda was organized empowering them to chase their dreams one step at a time, followed by a discussion of its impact on everyone.
Testimonials:	<ul style="list-style-type: none"> • “<i>Yeh movie se muje ek sikh mili hai ke hum ghar ke sab logo ke liye jite hai toh hume khud ke liye bhi jina chaiye aur me khud ke liye roz thoda sa time nikalungi jaha mein khudko ache se jaan saku</i>” - <u>Nehal</u> (Trasnalation: This movie made me realize that we often live for others but ourselves. From now on, I will take some time for myself to know myself better) • “<i>Muje mere liye bahot kuch karna hai, pairo pe khada hona hai kisi pe adharit nahi rehna</i>” - <u>Meena</u> (Translation: I want to do a lot for myself. I want to be able to sustain myself so that I don't depend on others)