

Youth Adda 1

Date:	2nd October, 2024
Theme:	Mindful Photography
Location:	Varitea Cafe, Jetalpur Road, Alkapuri
Highlights:	<ul style="list-style-type: none"> • <u>No. of participants: 18</u> • Invited guest speaker Ami Gandhi - contemplative photographer and also a friend of AURA • It was a unique experience for participants to be able to connect and reflect about their emotions through photography • Most participants were comfortable and able to talk about their feelings and emotions freely
Testimonials:	<ul style="list-style-type: none"> • <i>"The session provided a valuable perspective on how photography can be used as a tool for self-expression. Photography is often associated with capturing moments, but this session showed us its potential as a therapeutic tool for addressing personal experiences and expressing oneself more deeply" - Parth</i> • <i>"It was an unique experience for me. I was expecting to learn something new... and Iearnt many things about my self, my emotions and how it translated to my photos" - Pranali</i> • <i>"I was not aware about mindful photography before this session. I truly enjoyed the hands-on experience where we were asked to reflect on our emotions and capture our surroundings while keeping those feelings in mind. It was fascinating to hear different perspectives on how people view the world. Overall, it was a wonderful experience for me" -Vansh</i>

Youth Adda 2



Date:	17th November 2024
Theme:	Express and reflect
Location:	Rithambara Yoga Studio, Gotri
Highlights:	<ul style="list-style-type: none"> • <u>No. of participants: 12</u> • Celebrating new participants • Participants connected with our work and felt a sense of unity. They were able to share their thoughts and feelings openly • The group had a candid discussion about the choice between following one's passion vs following the herd race • Participants shared diverse perspectives and concluded the conversation by acknowledging and appreciating individual voices • Participants showed keen interest to be a part of Sambhav community
Testimonials:	<ul style="list-style-type: none"> • <i>"This was my first time attending Youth Adda. I was a little hesitant about opening up to others initially. However, as the session progressed, everything happened so organically - it felt like coming up for fresh air. My favorite part of the session was when we all sat in a circle and were simply talking. It was lovely how we all came together for some simple conversation. I look forward to attending more of these Addas"</i> - Rushali • <i>"There was a different life before Sambhav and now there's a different life after Sambhav. Earlier, due to many small reasons, I was afraid to talk. Sambhav has helped me to see the world through different perspectives"</i> - Pranali

Conversation Circle 1

Date:	8th September 2024
Theme:	Your Story, Your Strength (This conversation circle was organized for youth to share their thoughts, experiences, and challenges during the floods in August)
Location:	Rithambara Yoga Studio
Highlights:	<p>No. of participants: 20</p> <ul style="list-style-type: none"> • A heartfelt conversation emerged • Participants could step in and step out of the conversation being more mindful of each other's space • Various emotions were expressed about the impact of the recent floods • The group felt a sense of relatability and acceptance for each other • Participants empathetically listened to one another
Testimonials:	<ul style="list-style-type: none"> • <i>"It was really good and actually this was my first time attending such session. Everyone is very great and have feelings for our society. I truly felt that humanity is still alive" - Krish</i> • <i>"Attending the Sambhav Youth Adda, even with exams around the corner, turned out to be a game-changer for me. The energy, the interactions, and the inspiring discussions reminded me why taking a pause to connect with like-minded individuals can be so empowering. I'm so grateful for the nudge—it was exactly what I needed!" - Suzzan</i> • <i>"I loved today's session it really impacted my mind. My favorite part of the session was the final group discussion. I was looking forward to this conversation circle i will surely join the next one too" - Kruti</i>

Conversation Circle 2

Date:	20th October 2024
Theme:	Spill the TEA - Thoughts, Emotions, Acceptance
Location:	Rithambara Yoga Studio, Gotri
Highlights:	<ul style="list-style-type: none">• <u>No. of registrations: 14</u>• Icebreaking activity helped the group to mingle and create a cohesive environment• Participants took ownership in creating agreements, noticing small things that would make them feel more comfortable to participate• As usual the group was not ready to leave the space :)
Testimonials:	<ul style="list-style-type: none">• <i>“This was a new experience for me. I have never attended a session like this before. Different people coming together and talking about their experiences, emotions, and strengths. We don't get a chance to talk about such things on a daily basis. I really want to come again. The icebreaker was a game-changer. We were able to relate and connect to complete strangers. I would love for such sessions to happen more often so that they could reach out to more people. I really liked the management. Everything felt so close to us. I felt very comfortable here” -<u>Sakshi</u></i>

SYIA Workshop 1



Date:	27th October 2024
Theme:	Youth Leadership/Introducing work of self
Location:	Suncity Resort, Vadodara
Highlights:	<ul style="list-style-type: none"> • <u>No of participants: 40</u> • Participants of all ages and backgrounds had the chance to meet each other and learn about their projects. This helped everyone feel connected. Participants also had the opportunity to meet the entire Sambhav team • Participants were introduced to the work of self leadership such as self-awareness, emotions, team work, critical thinking and empathy • Participants felt welcomed and motivated throughout the day
Testimonials:	<ul style="list-style-type: none"> • <i>"People from small and large groups talked about their projects, shared personal stories. It was great to learn about everyone's unique journey and realize that while our paths are different, we share many similarities. Seeing how everyone has lived their lives in their own way has created a sense of familiarity and understanding. This experience is valuable as we begin to work together in the future. It's a great start to building strong relationships." - Anish Vohra</i> • <i>"During our group discussions, we talked about youth and how to express emotions in different situations. We also did many other activities. I learned a lot from everyone, but my favorite part was the first half of the day. We got to interact with each other through various small group activities. It was a great way to meet everyone and learn from each other. Overall, it's been a really good experience." - Mahenoor Shaikh</i>

SYIA Workshop 2



Date:	24th November 2024
Theme:	Power and Privilege
Location:	Suncity Resort, Vadodara
Highlights:	<ul style="list-style-type: none"> • No of participants: 37 • The workshop focused on sensitizing the participants about the existence of power differentials in groups/society, notice its impact on their behavior/choices, understand team dynamics and develop emotional intelligence • Through activities, participants were able to reflect on their experiences and how power affected them. They shared their voices openly in group discussions.
Testimonials:	<ul style="list-style-type: none"> • "જ્યારે અમે નાના ગ્રુપમાં લાગણીઓ વિશે ચર્ચા કરી રહ્યા હતા, ત્યારે મને અનુભવ થયુ કે હું નાના ગ્રુપમાં વાત કરું છું તે રીતે હું મોટા ગ્રુપમાં વિશ્વાસપૂર્વક વાત કરી શકું છું" - હિરલ (Translation: <i>"While we were discussing about emotions in small group, I realized I can talk confidently in large group in the same way I talk in small groups"</i> - Hiral) • <i>While examining the socio-economic disparity that exists within our society, we touched on the topic of gender inequality. Certain points were made that triggered me because it felt like they were dismissing my experiences and even those of others. What helped me calm down was Altaf's remark that "We all need to do more research on this topic," which reminded me that our perspectives are often limited by personal experiences, and to be effective in community work, we must expand our understanding beyond our own worldview.</i> - Gouri

