

# SADBHAVNA YEAR IN REVIEW

Newgen incepted its **Sadbhavna** program in 2006 as a philanthropic activity to assist children of Newgen's support staff and the children coming from lesser privilege communities to support their education and holistic development. The sessions are conducted every second Saturday of the month. During the pandemic the program shifted online.

The program also took care of the mental health of the children. Newgen collaborated with an external mental health organization '**IAM Well-being**' to conduct specialized sessions focusing on various mental well-being topics and activities.

Post-pandemic, student feedback on IAM sessions was highly positive. Therefore, these sessions were continued offline as well. As of now, 121 children have participated in the SADBHAVNA in 2023–2024.

The topics discussed in these sessions range from understanding the needs and feelings to conflict resolution. These sessions discuss non-violent communication as well to enhance interpersonal relationship between the students.

## **Students have reported a positive impact from these sessions: -**

*"I used to feel nervous at first, but through these sessions, I have become more confident and self-aware. There is no fear here because there is no right or wrong, we are free to express our feelings openly."* - **Sunita**

*"We learned to understand ourselves better and helped others recognize that everyone has their own strengths and weaknesses. It is important to not only be aware of our own feelings but also to understand the emotions of others."* - **Aarti**

*"I didn't pay close attention, but now I have learned to listen carefully. As a result, I notice details in everything and have developed a deeper understanding of even the small things."* - **Roshni**

*"Earlier, I lacked the confidence to speak in front of ten people, but now I can do it with easy. That is a huge achievement for me."* - **Preeti**

*"I have learned to control my anger. I used to get angry very quickly, but I realized it only harmed me. Through this session, I learned that anger can be destructive, and it is important to manage it."* - **Komal**

*"We have learned that while it is important to take care of our own needs, we should also consider the needs of others in our relationships with friends, siblings, and others. We should never impose our feelings on any relationship."* - **Shilpa**

*"I have learned to understand myself, my emotions and needs and I have also started to understand the feelings of others."* - **Kanchan**

*"I used to suppress my emotions to the point where I didn't even share them with my parents or siblings. I believed that if I expressed my feelings, people would judge me. But through this session, I realized that these emotions and feelings are completely normal, and everyone experiences them."* - **Neha**

## **Feedback from the facilitators: -**

*"Facilitating these sessions for adolescents and young adults has been an incredibly enriching experience. Each session is designed to be interactive, reflective, and engaging, allowing participants to navigate real-life challenges while building essential life skills. While some participants initially struggled with the more nuanced concepts, their persistence, dedication, and eagerness to learn were truly commendable. Their insights, reflections, and questions demonstrated their growing self-awareness and emotional intelligence. Group activities played a pivotal role in solidifying these concepts, fostering a sense of community and mutual support."*

**(I Am Wellbeing Facilitator- ISHI)**

*"What makes these sessions truly impactful is the transformation in perspective—participants leave with a deeper understanding of themselves, along with the skills to navigate relationships, set boundaries, and communicate assertively. Hearing them reflect on their growth and how they have integrated these skills into their daily lives brings immense pride and gratitude. This year's journey has been deeply fulfilling and we look forward to continuing this momentum by offering additional sessions to further integrate these learnings into everyday life."*

**(I Am Wellbeing Facilitator- Preeta)**

*\*The names have been changed to protect child's identity*

**- Raveena CSR**

