



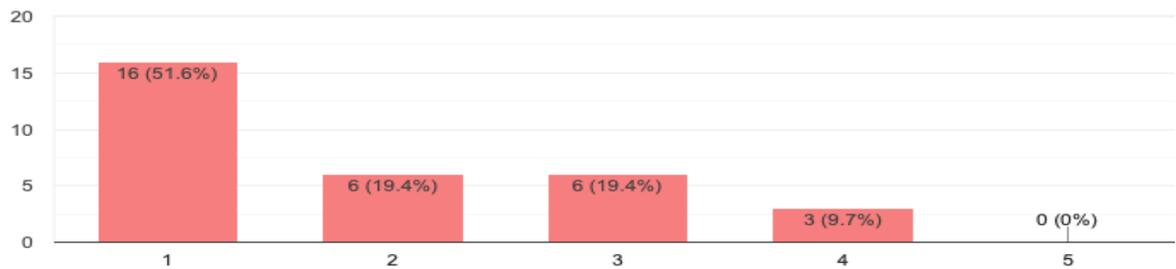
FEEDBACK OF THE SESSIONS: WORKSHOP ON UNIVERSAL APOSTOLIC PREFERENCES.

DAY 1 : 22ND JULY, 2021

DAY 2 : 23RD JULY 2021

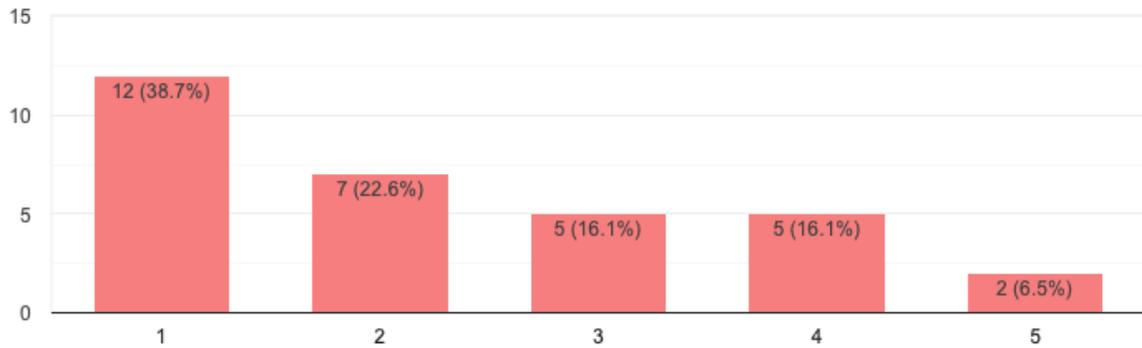
2. How well did the resource persons relate to you?

31 responses



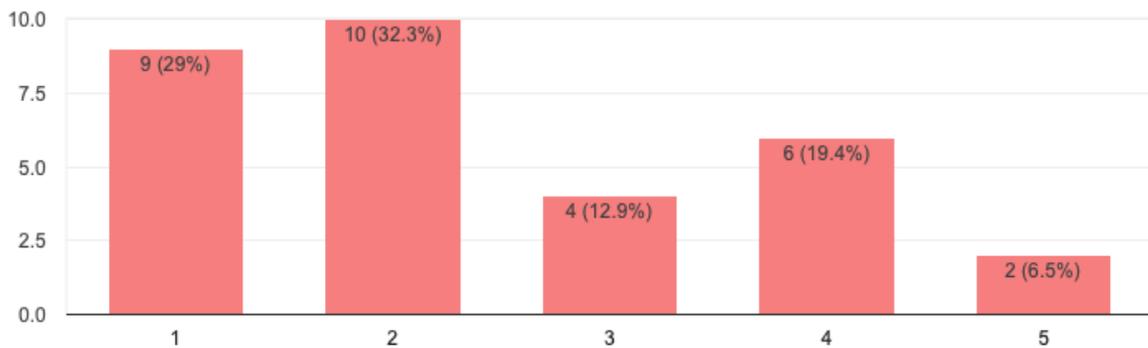
3. The workshop provided an insight into the Universal Apostolic Preferences

31 responses

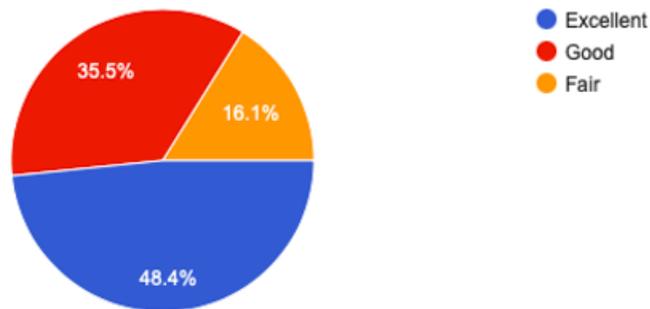


5. Rate the impact of the workshop on you

31 responses



OVERALL EXPERIENCE OF THE WORKSHOP



The activities in the workshop were...(describe in your own words)

activities

Eclectic

Different, unique, interactive, action based, open and filled with relaxing experiences.

Dancing to connect with the aspects of mother earth. Breakout room sessions with a partner to understand the aspect of wind water and fire in our life and how it nourishes us in our life.

Energetic, simple, inclusive and thought-provoking.

Dance moves ,breakout room, sharing of ideas sharing views on particular topic

Talking with your partner Earth and fire), reflecting with partner (nourishing)(, dancing (with funny moves) , singing (yum) and all the fun we had together

I liked the relation of the elements, and how we can relate to it.

Dance, Sharing of thoughts and awareness about the Environmental issues.

Interactive

very interactive and fun

Discussion and dancing.

Nice, made my self so relaxed

Related to nature

Good, enjoyed, related to nature.

Enriching, brought rhythm to the body and spirit

Short introduction to UAPs, focus on the UAP - caring for our common home. Dance, movement of body parts, interactions with partners and much more.

The breakout rooms which gave us opportunity to share our viewpoints and the touch of dance in between was very refreshing.

Discussion with a partner and dance movements.

fun

It was an interesting workshop.

Not relatable to the theme, UAP or the b.ed course

Got me thinking a bit about the elements present in nature and how they are effected today.

We were allotted partners with whom we exchanged our feelings of associating with any animal bird .. we also had a section where we spoke about what keeps us going .. we had activities that help lessen ourself and be one with the rhythm of earth

Refreshing

Very enriching, interesting and enthusiastically conducted. Everyone was given a chance to express themselves through dance. Also, through breakout rooms we got a lot insights from our partners and even got share it with them. The activity was something new and creative.

There were break out rooms where we have to be wind fire and water and speak about what we notice and what nourishes us. There was physical Activity where we were to just move our body to the music to see our connections with the nature. General discussions on videos.

engaging! They were simple, yet very rewarding. Each activity struck a cord and helped us to ponder on "the need to reconnect". Re - connect with ourselves and the world at large, along with all its components.

Very lively and the speaker brought the session to life with creative presentations, videos, real life situations and actions through a sense of feeling.

Reflecting on the elements that describe oneself the most- earth, water, fire, air, space and what qualities of that element I relate to the most. There were two videos shown on how humans are polluting the environment and the other video was about a girl who stood for change in the environment. Breakout rooms with two people in a room and having a conversation about noticing the positive as well as negative changes in the environment. Later, again making breakout rooms and one participant being fire

and other being water had to have a conversation. There were dances relating ourselves to nature and to appreciate the beauty of nature. Breakout for one more time with partner and a discussion for about 3-4 minutes and then the session ended with a dance.

Reflecting on the last apostle, relating ourselves to the 5 elements and describing the world from their perspectives, reflecting on the two videos shown and expressing and dancing on music.

planned properly and were in line with the 4th UAP , i.e., caring for our common home. All the activities were interactive and full of fun and learning.

What were your learnings from this workshop?

Be sensitive to our planet and responsive.

To be sensitized to the Mother who cares for us, to let that inner light be burning to help do at least one thing for the Mother Earth, to care for the one who cared us back.

To care for the environment and to create awareness to care for the environment.

Our responsibility towards nature.

Our place in nature.

The connection of our body and nature.

And how to nurture our common home, nature by nurturing our home, body.

Learnt nourishing myself will indirectly or directly nourish our mother earth. Got to know about the different UAPs.in short love and care yourself and our mother nature.

Be free to feel the energy around you, live in the moment and nourish everything around you!

I need to start looking after my home my body in relationship with earth

Apart from getting more exposure about the environmental issues prevailing, the workshop also helped me in learning ways of getting rid of stress and relaxing my body and mind.

Importance of mother earth

To respect the elements of nature and to take some time off our busy lives in attempt to be free and relax and admire the nature and be grateful for its abundant blessings.

UAP were understand more clearly

Protect the environment

About protecting the environment and not harming the nature

Connecting to oneself and letting Mother Earth nourish me as I nourish my Mother Earth

We're all a part of our common home that is Earth and we need to take care of it.

We need the nature and for that we must protect it.

Protect the environment

The importance of caring for environment and need for change.

Nothing significant. It's high time we act to protect our environment.

There are people sitting at home who think everything is OK and don't know that Nature needs their doctoring.

To be positive and let our body be in rhythm with the earth

That being one with nature and a part of it is important

To begin with as I have already stated above it was a very enriching session. The music got a feel to the session and somewhere even we could connect with it. The videos shown were thought provoking and while I was watching the video I could feel the pain and sufferings of the earth and today's young generation is going through as I believe that our earth and us humans are one and interdependent. So if one gets hurt the other one suffers. We see what harm we are doing to our earth but tend to ignore so it is really essential to be a part of it and work towards protecting it because then it is really difficult to imagine a better future.

We learnt that we have to protect nature as it is a part of us. And spread awareness and educate other people about it and bring to the notice the harm we are causing to the nature.

1. Helped me understand that we are a part of the universe around us, and not apart from it.
2. Helped me learn more about myself and what makes me feel alive!
3. Gave me an opportunity to explore a new way of rejuvenating, i.e. through movement and music.

We need to nurture nature to nurture future and always stay alert and concerned towards our mother earth.

We need to care for the environment before it is way to late and things get out of hand.

We are so engrossed in ourselves we forget to notice and protect our environment. And we all need to do our part and take a step forward in protecting our environment. Also self care is important and valuing the things we have and received from God.

I got a reality check of how important it is to think about the mother Earth and try hard to improve the worsening conditions in today's time.

STAFF – IN – CHARGES

- DR. GEETA SHETTY
- DR. VINI SEBASTIAN

