

## A day to be cherished again

Day XI

March 25, 2017; Saturday

As usual, at 8:00 am in the morning of fifteen minutes mindfulness practice, participants had good breakfast. Then the morning session was started at 9:00 am in the conference hall, RTDC Hotel. Firstly, participants had in depth discussion in family group about reflections, road maps and many other issues related to the programme. As the discussion goes in detail, participants were with a tea interval at 10:40 am. Again, at 11:10 am we sat in project group for peer discussion on project proposal and started preparing power point presentation of project. The session was continued till lunch at 1:00 pm.

Afternoon session was started at 2:00 pm by Mrs. Shaloo Sharma, an expert on 'Visual Art'. She guided us to creatively express anger and happiness in the form of visual art using transparency sheet and plain white paper and marker. This session was conducted till 4:00 pm at which participants were offered tea and snacks for refreshment.



Mrs. Shaloo Sharma leading the afternoon session on visual arts



Participants busy painting their own potrait

Afterwards, we left RTDC hotel for activities at Pallavan School. At Pallavan School, all the participants enjoyed playing different games and sports. Thereafter, at 6:40 pm we the teachers had a session with Ms. Pema Chomo, a coordinator about our reflections and about the participants family group reflections and road maps. Later on at 7:30 pm, we took cab from Pallavan school to RTDC hotel.

After dinner at 7:55 pm, we the participants had privilege to gather for a passion sharing session by photographic and art group. Its very cherishing to see creative arts work made by art group and to watch the video and listen to the poems prepared by photography group.



Photography group members presenting their thought