

“Rediscover the beauty that is within you”



Rediscovering yourself is a lifelong process. It is a way for people to assess their skills and qualities, consider their aims in life and set goals in order to realize and maximize their potential.

A workshop on “Re-dis-covering yourself” was conducted by Mr. Gaurav Shorey, an architect and environmental consultant. The foremost aim of this workshop was to make the audience realize that there is a need of practicing new techniques of rediscovering yourself. The workshop began with a discussion on Five developmental domains of early childhood, which made us all rethink and discover that our expectations from a five year old child is next to impossible. This helped everybody to rediscover the way we see, analyze and respond in a given situation.

The discussion was taken forward with a question for the audience to think about how a child’s reaction in a particular situation is different from an adult’s reaction. He explained this via abstraction ladder stated by a great American scholar Alfred Korzybski, where a child reacts at an event level (prime level of the ladder) without being predictable and therefore remains excited and happy whereas an adult reacts after experiencing the complex level of ladder and therefore makes his/her life dull and boring. Also language plays an important role in how a child or an adult see things. The language sometimes become a barrier for an adult to respond in a limited manner, whereas a child thinks freely and learn each time.

Alfred Korzybski quoted “The map is not the territory” which illustrates each person has a different mental map of looking at things, it doesn’t have boundaries. So there is no limit of knowing about things.

The session went on with an activity comprising of five volunteers wherein a picture was shown to one of the volunteers and was asked to explain the same to the second volunteer, second one explained the same to the third and so on. The fifth volunteer drew the picture after interpreting information from the fourth volunteer. Through this exercise we were able

to conclude that each person has a different way of discovering and interpreting things, so we should not limit ourselves, instead be free to learn every day.

Another pair activity named “Non Allness” was practiced where everyone got a chance to know about each other and in this way we were able to realize that it is not possible to know everything. One must always be ready to discover and learn new things every day. The session was followed by an activity of listing “is” for people around us and our correlated “am” to it. This helped us to explore the fact of perceiving a relationship in a positive manner. Our guest speaker, Mr. Shashank imparted the importance of “listening” in enhancing our relationship with others

It was an enlightening and empowering session where learning happened in a fun and interactive way.