

WORKSHOP ON HARMONY & WELL-BEING – FR. BLAISE D’SOUZA

On the pleasant morning of 20th October, 2016 at St. Xavier’s Institute of Education, the students both First year and Second year along with teaching staff were introduced to new meaning of Harmony by Fr. Blaise. Not only did he make us understand Harmony but also experience the process of attaining Harmony. The workshop was not lecture based but included various activities leading to awakening of 6th sense which is vital for a student teacher. Fr. Blaise used the inductive method in which he gave various activities and then arrived to the theory or reflection related to harmony. The various activities included



Activities	Values
Find space on the carpet: The students moved around the carpet as the music was playing and stood on the carpet while the music stopped, constantly reducing the size of the carpet.	Whether we have plenty or very little, we need to share with others and there is a way to handle each situation which brings harmony among us.
Grouping: The students moved around in a circle till the music stopped and formed groups of different numbers as it was called out.	Fr. Blaise led us in to question our self that, “Can I form a community including the weaker section”?
The students were divided in to 6 groups and formed a row; each group was provided with a coin and asked to pass it from the first person to the last with a folded fist without dropping the coin down. At the end, father rewarded each group with four points.	God has provided us with ample wealth but why are we fighting and amassing that at the cost of somebody’s suffering. Can’t we bring harmony by sharing our resources equally?
Each group was provided with two tumblers one inside the other and asked to separate it without touching it, but only uses the mind.	We need to think out the box and there is a solution for each and every problem, never give up.
Each student was provided with a piece of rope and asked to hold the rope with the thumb and index finger. Then Fr. Asked to put a knot without leaving the fingers.	We save ourselves, grow and develop together, not individually but together. To solve the knots in our lives we need to analyse first.
The students were asked to tie their hands with the rope entangling with the other and asked to free themselves without opening the knot.	We should learn to liberate ourselves from problems and difficulties. Believe that there is a solution for every problem.

<p>A parcel was placed on the table along with four articles they were a coat, goggles, cap and a fork and knife. A dice was passed around and whoever gets six could go and wear the articles and start opening the parcel.</p>	<ul style="list-style-type: none"> • The few powerful people make the rules for others, bringing disharmony for the rest by making us compete with each other. • Let us know our rights as a democratic citizen of India and share the resources with everyone and promote peace and harmony wherever we are.
<p>During the last activity each group was provided with a lit candle and asked to go around the building.</p>	<p>Each one plays an important role in carrying the light forward and keeping the light burning. As SXIE, we have the greater responsibility to keep the light burning.</p>

The group and individual activities included participation, reflection and sharing of the insights with each other added to our understanding of well – being and harmony. The whole session was high lighting on the importance of sharing our resources with equity and respect for our fellow members which paves the way to build harmony and in turn brings the best out of us.

Fr. Blaise concluded the session saying, “Let us become a little light which dispels the darkness and share it with everyone where the darkness can’t over power it in order to brighten the many more young generations’.

The students participated with lot of enthusiasm and got induced with the value of sharing, caring, unity, and joy.



WORKSHOP ON HARMONY

The Harmony session was led by Fr Blaise the manager and the main participants of this session were the students of FY B.ED and SY B.ED. It was held on Saturday 11th March, 2017. The main objective was to have an interactive and an enjoyable experience with the B.Ed. students. This event was organized to bring in harmony among the students and teachers.

There were a number of activities that were held in this session. And each activity had a message brought out by Fr. The first activity the students were told to tear small pieces of paper and make 10 small paper balls and Fr. drew a triangle on the board and with the 10 small paper balls we had to make a triangle. Through this activity we learnt that we must adjust ourselves with others. The second activity the students were told to form groups of 11 members and with the help of these members the students had to make the longest line. Some of the groups made a longest line with the help of a dupatta, belts and handkerchief. Through this activity the students learnt that we must also self- sacrifice in order to achieve our goal.



The third activity the students were told by Fr. to put their precious items on the floor. Fr called two strong students and they were given 2 long sticks to guard the items so that they were not taken away by the students. The students tried to take some of the items which were precious to them. Through this activity we learnt that if we want to bring harmony we must give away our precious things to others. The fourth activity that was held was for called one strong person and another smallest person out and he told the strongest person to close their fist tight and the other person had to open the fist. But the other person could not manage to open the fist of the person. Then Fr. closed his fist and the other person could open his fist easily because Fr. was easily allowing his fist to be opened. Through this activity we learnt that we must be open to other people.



The event ended by Fr. telling the students to live in harmony and always to be united and to be open with other people. At the end of the event there was more interaction with the students and teachers.