



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION



Report

“Soulful Wisdom: Trust, Empathy, and Unconditional Regard through the Feet in Another Shoe”

Date: 21/01/2025

Time: 1.30 PM.

Venue: Yoga Room, Recreation Centre, C Block

Event Type: Skill-Based activity

Mode of Activity: Offline

Target Audience: Pan-University Students

Faculty Coordinators: - Dr Manju Rani (Assistant Professor, SOHS)

Organized by: CHETNA SOCIETY

Number of Participants: 45

Introduction

On January 21, 2025, the Chetna Society hosted a skill-building activity titled *"Soulful Wisdom: Trust, Empathy, and Unconditional Regard through the 'Feet in Another Shoe' Activity"*. Held in the serene Yoga Room of the Recreation Centre, this interactive session aimed to foster interpersonal trust, cultivate empathy, promote positive regard, and strengthen communication and analytical skills among students from across the university.

Objective

The activity was designed to provide participants with experiential learning opportunities, encouraging them to step into another person's shoes—both metaphorically and literally. Through carefully crafted exercises, participants explored the concepts of trust, empathy, and unconditional positive regard, building a deeper understanding of others' perspectives.

Session Highlights

- 1. Foster Interpersonal Trust:**
- Participants engaged in trust-building exercises that emphasized reliance on others and building confidence in group dynamics.

3. Cultivate Empathy:

Activities focused on role-playing and perspective-taking, allowing participants to experience emotions and challenges faced by others.

4. Promote Positive Regard:

Discussions highlighted the importance of unconditional acceptance and respect for diverse viewpoints.

5. Enhance Communication and Analytical Skills:

Interactive exercises and guided reflections enabled participants to articulate their thoughts effectively and analyze interpersonal scenarios critically.

6. Facilitate Experiential Learning:

By immersing participants in hands-on activities, the session bridged theoretical concepts with real-life applications.

7. Strengthen Community Bonds:

Collaborative activities fostered a sense of unity and mutual respect among participants, reinforcing a supportive campus community.

Participation and Engagement

The event witnessed active participation from 45 students representing diverse disciplines. Each participant contributed to the discussions, role-play activities, and group exercises with enthusiasm and openness. The interactive nature of the session ensured high levels of engagement and learning.

Outcomes

- Participants developed a heightened awareness of trust, empathy, and positive regard in interpersonal relationships.
- The activities encouraged meaningful reflections on personal biases and communication styles.

- Enhanced collaborative skills and strengthened bonds among participants from different backgrounds.

Conclusion

The "*Soulful Wisdom*" activity successfully achieved its objectives, leaving participants with a renewed sense of trust, empathy, and community. The Chetna Society, under the guidance of Dr. Manju Rani, created a safe and enriching environment for experiential learning.

The feedback from participants was overwhelmingly positive, with many expressing appreciation for the opportunity to engage in such a transformative and reflective experience.

Glimpse:



Dr. Manju Rani explaining the objective of this activity



Sohna Rural, Haryana, India
Canteen, Kr Mangalam University, Sohna Rural,
Haryana 122102, India
Lat 28.27186° Long 77.068996°
21/01/25 02:32 PM GMT +05:30



Students participating in activity



Active engagement of students



Picture with banner