

Student feedback – Realizing our Potential through work

Course coordinator – Dr Anuradha Balaram

What students appreciated in VEV 741 A – Realizing our Potential through work

Most students (over 50 students) were highly appreciative and commented along these lines

“The current sessions were great, as it is. I honestly can't think of anything better :)” Sarrah

Most of them kept writing “amazing” and many clearly indicated how they benefited in areas such as trying to become more sattvic; accepting and working on anger, jealousy, excessive desire etc.;

They thoroughly enjoyed reading about contemporary role models and seeing how their attitude to work and life made all the difference – many of them started practicing acceptance, handling criticism constructively, calming their mind, introducing fun and creativity into their work, setting realistic goals, showing consistent improvement by taking incremental steps, believing more in themselves etc.

The style of facilitating learning:

- I feel the professor made sure to give every student an opportunity to express their views on the topic being discussed. The protocol that every session would have a new person from each group take the lead was brilliant, as sometimes a shy person might not speak unless given the proper opportunity. I personally enjoyed the course very much. 10/10 would recommend it to any student :). Gautam
- I think that most of the sessions were geared towards group discussions and ways to learn from each other's experiences and without that, I wouldn't have learned half of what you were setting out to achieve. So, for me, this pedagogy is something that you should keep in future sessions too. Rishav
- I loved the course focused more on action instead of learning. We know & hear a lot of things but fail to take action. Therefore, I would have absolutely loved to take a dedicated course upon 'Converting learnings into action'. Digvendra
- I personally found the method of teaching very apt and good. I have seen many students in IIT who aren't expressive with their thoughts and because of that they generally refrain from speaking. We can increase their participation by motivating them to speak up or even write if they aren't comfortable with the language of communication. Chinmaya
- It'd be great to have more group assignments like the one we had in the end. The Kaizen assignment was very great, it'd be really helpful and fun to have more such assignments. Overall, the sessions were great. Thank you for organizing the sessions. Rakshita
- Every part of this course added value to our lives, but the assignments that we did, where we

intentionally put ourselves to work and actually improved our lives by a little, added much more value. Shreyansh

And many more

One major regret expressed:

Online classes can never be as good as physical classes. (They appreciated the effort made to have break -out rooms, group mentoring in between classes etc. though)

What courses can be considered by NRCVEE based on student feedback

Coping with Life's challenges by having a constructive mindset

The issues which students want guidance on include:

- How to avoid procrastination and manage time better – how to say no -
- How to stay happy despite the unfavorable external conditions
- How do I know I am overthinking an issue – other mental health issues
- How to proactively look for opportunities – not wait for life to happen
- How to overcome the shadripus
- How do I cope with addiction
- How to develop courage

Some further comments:

• I think other ways to improve is to maybe help students identify their individual goals - short term and see how they are able to accomplish it and review their progress by them and ask how each week gave them a new perspective with their goal . Other than that, maybe one extra session with madam as the guest speaker with ma'am's experience as she has such an amazing life with a lot of experience and learning, it would be wonderful to know her experiences, learnings and ideas. Like the last session ended in such a beautiful note about ma'am's understanding of happiness, I can literally sit for two hrs. and try to grasp such aspects as well. We would know how ma'am taps her potential each time through work. Sarthak Singh

- Teachings of Swami Vivekananda – many wanted to know more about this
- Yogic practices
- Alternate career options