

**Title:** **Nurturing Relationships**

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### **What was the session about?**

- The session about how one can care for relationships and protect it.
- In this session we were taught how an individual is related to another individual.
- And for being happy, the individual strives to have.
- What are common relationships?
- One can have expectations in relationship or not.

### **What I liked about the session?**

- For being happy, the individual strives to have.
- Harmony in self, Harmony in Family, Harmony in the society, Harmony in Nature.
- I liked the story that the speaker said in the session. The moral is we should not blame or fight with others for the mistake which was not done by them. We should think a bit before doing so.
- Because it can ruin the relationships. No matter how you are before a single incident of this type can change everything.

### **Something I did not like/agree**

- We should not Expect from relationships. It is wrong doing so.
- One should have trust, respect, affection, care, guidance, Love etc.,
- Understanding these feelings and ensuring them within leads to happiness.
- Expressing these feelings to the other leads to his/her happiness.

### **My takeaways from the session**

- Lack of misunderstanding, Perseverance, not recongsing the value of the person ruins the relationships which results lack of bonding. So, we should not do it.
- Make ourselves happy, and make others happy.
- Trust to be assured, Trust to have the clarity that the others want to make happy and prosperous.