

Nurturing Relationships – 2

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What the session was about:

The session by Professor Dipti Misra Sharma continued from where she left off in the previous talk about relationships. The objective of the session was to explore more about what a relationship meant, and how we must handle relationships to ensure that they stay healthy.

What I liked about the session:

- Today's session was interactive as well, which was nice.
- Got to learn about new perspectives from different people, and various opinions, to contrast and compare.

What I did not like about the session:

- Nothing at all, it was a very informative and enlightening session.

My takeaways from the session:

Respect is something that is integral to the existence of a healthy relationship. We often misinterpret what respect means, as explained in the session. We tend to overestimate, underestimate, or otherwise-estimate the other person, and such estimates lead to misunderstandings between people. These misunderstandings can pile up and grow, deteriorating the condition of relationships. We must learn how to cooperate with other people to help maintain a good relationship where we can understand and help each other better, leading a much nicer atmosphere.

The talk also mentioned five dimensions of a relationship, the five dimensions being Education (Sanskar), Health (Sanyam), Production, Justice (Suraksha) and exchange. In my opinion, Justice is a very important factor in any relationship. A relationship can only be successful if it is fair to all parties involved. No one must feel like they are being pushed around or taken for granted. Any such gestures will cause strain in the relationship. On the other hand, people must also understand that they cannot be in a successful relationship without an equivalent compromise. So, we must compromise and adapt accordingly, while maintaining fairness to everyone involved.