CMS ACTIVITY – 6

1. What are you “Aha” Moments from all the 5 CMS sessions?

Honestly speaking, each and every moment or sessions are my aha moments. As in every session I learned so many new things which I was not aware about earlier. Starting from the **first session**, **how to be happy**, I think, and this session was like first impression is the last impression, means it was so informative for me because most of the time we went into a state of depression but not able to get out of it so, this session help me to be aware of myself and spread happiness to everyone around me. Second is **ready to be a change maker**, such a mind-blowing session, which says that change is the only constant thing in life so, be flexible and welcome it with open arms as life can never be a straight road, it always have bumps and this makes our more interesting to live on. Third is **leading a productive life**, from my perspective, I believe this is a gem of the all session for me, as this class taught me to a productive person, means schedule our time, as time never stops for anyone even if he is the wealthiest person across the globe. Thus, manage our time, do not control by the needles of the clock. Be productive as if in managing time; see what the days have hidden inside. Forth is **Civic sense**, that you should grateful for all the things you have now, and thank you at all the person who have put so much efforts to comfort our life and also return it in our ways. Fifth is **Helpful nature,** this is such a good quality of a person to be kind, nice, and sincere towards the creatures made by almighty god.

1. What are your “oh-no” moments from all the 5 sessions?

Frankly speaking, not a single moment I can guess, which I do not like. All the session were so knowledgeable and unforgettable.