**About**

**I am Flow.**

*“The plain fact is that the planet does not need more successful people. But it does desperately need more peacemakers, healers, restorers, storytellers, and caretakers of every kind.”*

* *David W. Orr*

Flow began with a question that, ‘What was something that was not a part of my education, but I wish it was!’. There began the quest of creating what was not given. In the process, bigger questions emerged, ‘How can I be a better student of life?’, ‘How can I work with my intellectual, emotional and social self?’, ‘How can I be successful and happier?’, ‘How can I know my inner world better?’, ‘How can I explore all facets of myself?’

With these questions, Flow was founded by Jenis Lunkad. With an enthusiastic and passionate team who want to make a social change, we at Flow, envision a future where students are not only taught to be intelligent, but rather learn from an early age the spirit of togetherness, who are emotionally learned and empathetic towards others, kinder and smarter kids, happier and successful, people who look at the Earth as their home understanding that it’s wellbeing is in their hands & not just dwell here as if they are living rent free in an apartment that they can do whatever with, people who see other people as people, people who can create and not just curate, self-empowered beings who honor their own sense of personal power, people who can communicate business proposals as well as their own colorful inner world with all of its storms and beautiful landscapes and flowers, people who can actually be around people, students who are human beings not just human doings. That’s the dream we have.

We say our first hello to the world with our flagship programs, **Free to Learn Our Way & Workshops on Learning and Facilitation**.

Come tap into the Flow with us!

**Feedbacks**

Mr. Gaurav Kiran: I liked it very much, the whole program was well organized, the meditation and group activities part was amazing. This program can help students be more social and practical about their life.

Teaching experience: More than 2.5 years

Mrs.Anju Sood (**Principal**) : An excellent program for teachers & students. It can aid schools in preparing the students to navigate the downsides and difficulties of life. It is a program that will definitely make a positive impact.

Teaching experience: More than 34 Years.

Mrs. Laxmi Purana: The training was engaging. It works on the social and emotional development of teachers and students alike. This program can help students be ready for what’s to come ahead.

Teaching experience: More than 15 years.

Garima singh: The session was nice and refreshing. The program will have a great impact on the holistic development of all. I would recommend the program for the overall personality development of students and they can feel more confident about themselves.

Very happy with the initiative and your dedication and passion towards the cause. Keep up the good work!

Teaching experience: More than 6 Years

Mrs.Shubhangi Maheshwari: I would recommend the program, especially the 9 modules for the students. It will help students in a holistic way adding to the academic studies inculcated in schools.