



Red Cross Bhawan,
Madhya Marg,
Sector-16 A,
Chandigarh 160016

To whom it may concern

I am writing to wholeheartedly commend Pratham Aggarwal for his exceptional contributions and dedication in organising a series of "Self-Defence & Mindfulness" workshops for over 300 students in our community. Through his efforts, he has made a significant impact on the lives of over these students by leveraging the Red Cross' network of partner organisations.

In early 2023, Pratham approached us with a proposal to develop and lead a series of workshops focused on two vital aspects of teens' personal development: self-defence and mindfulness. Drawing from his extensive experience in meditation and competing in martial arts at the national level, he skillfully leveraged his expertise to design and facilitate these workshops, providing students with invaluable knowledge and skills to navigate various challenges they may face in their lives.

The significance of Pratham's work becomes particularly apparent when considering the rural area he hails from. In such communities, where limited opportunities and resources often leave the youth vulnerable to substance abuse, Pratham's workshops have played a pivotal role in providing alternative avenues for personal growth and engagement. By actively involving students in productive activities, Pratham has effectively contributed to the prevention of substance abuse in the community.

It is worth noting that Pratham's workshops have seamlessly complemented the ongoing efforts of the Red Cross in our community. By aligning his objectives with our organisation's mission to raise awareness about substance abuse prevention, Pratham has not only expanded our outreach but has also brought in a fresh perspective and approach to the cause.

Pratham's dedication, enthusiasm, and commitment to creating a positive impact on the lives of young individuals are truly commendable. He has demonstrated exceptional leadership and organisational skills throughout the entire workshop series, ensuring its smooth execution and maximising the benefits for the participants.

I wholeheartedly recommend Pratham for any opportunity or endeavour he chooses to pursue. His passion for community service, combined with his unique blend of skills and experiences, makes him an asset to any organisation or initiative. I am confident that Pratham, with his unique blend of empathy, initiative and passion, will continue to make significant contributions wherever he goes.

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