The facilitators used participatory tools like games, exercises, individual reflection, group work, joyous singing, interactive discussions, films, role plays, humor, art and other creative modes of self-expression. They believe that these methods help make the world a better place to live in.

They build conceptual understanding of power, gender, patriarchy & sexuality, examine these concepts in the context of our Constitutional rights.

Move from individual reflection to collaborative learning by designing campaigns on issues of concern.

Discuss creative ways to challenge oppressive structures and bring about social transformation through peaceful resistance.

A self reflective workshop, Buland Iraade is a basic Gender, Sexuality and Rights workshop that has been annually organized at Sambhaavnaa Institute since 2015. In 2017, Buland Irade was organized twice, once in February and the second one in October.

The facilitators of this workshop were Nandini Rao and Dhiviya David, they have been co-facilitators since 2015.
Utsavpurn Ho Hamare Sangharsh

Utsavpurn ho hamare sangharsh was a healing, rejuvenation and self-care workshop organized for women community workers, who work on issues of women/violence against women. The focus of this workshop was to facilitate a release of several residual emotional baggages that develop over time while working on issues of women, and to engage the participants in practices of self care and reconnection. The workshop was facilitated by Bharat from Vishakha and Pragya Lata, a freelancer whose area of work is self care and healing.

The workshop started off with introductions and a ritual of exchanging love and sweetness amongst each other. The methodology that was used during the course of the workshop was dance, body movements, games, catharsis (with happiness, sadness and anger), meditation, concept sharing about self-care, art therapy and nature walks. The focus was on acknowledging and releasing past emotional residues, understanding the concept of self care and to plan ways to sustain the process of self-care in time to come.
People who saw the potential in art and activism coming together to encourage artivism. The idea was to encourage a process in which political story telling, through the visual medium is experimented with. Junuka Deshpande, Arundathi, Mir Suhail were the facilitators. This 5 day workshop focused on sharpening the participants’ skill to appreciate, identify and analyze stories and the politics they represent. It was also equip the participants with a set of tools/methods to construct the form and expression of a story, visually while staying in tune with its essence.

The workshop adopted a participatory approach and focused on drawing from experiences of the participants in constructing stories. The participatory nature of this workshop enabled the participants to listen to and share stories with each other and address questions about the politics of the teller and how it contributes to the story in various ways. We also used multiple media as teaching material such as films, books, music, posters, paintings and written stories told and made by others as examples to learn from.
Students from various collages and universities from America visited Sambhaavnaa Institute as a part of their semester in India. They spent 6 days with classes on selected topics in India’s transition and critical issues in its experience.

The core premise of this course was to understand the complex socio-spatial dialectic embedded within the production of urban and rural as one intervenes in varied geographic settings. The course located itself within contemporary rural-urban debates while fundamentally trying to understand rural-urban as sociological, numeric and spatial concepts. Students from AUD participated in this workshop.
This Barefoot Media Workshop offered a complete guide to become a barefoot journalist or a community communicator. When we see some social, political or cultural relevance to an event or incident, and start sharing the facts, views and opinions about that event, it starts evolving to be media. When this process culminates in a concrete form like a newsletter, a blog or a radio program and reach out to a particular community of people, it is called Community Media, or as we fondly call it Barefoot Media.

Kiran Shaheen is a long time journalist, film maker and poetess. She has held senior positions in various media organizations in print and TV that includes BBC, NavBharat Times, Nayi Duniya and Business India Television, facilitated the workshop. Himanshu Kumar spoke about his writing skills of social media. 23 participants from various organisations participated in this workshop.
To work with some of the skills of participatory communication could help us acknowledge the people we work with, and discover the ways in which we collectively dialogue towards change. ‘Participatory communication and facilitation’ is about enabling ourselves to engage more effectively and creatively with the communities and groups we work with and processes.

Vikalp Kriya and Sambhaavnaa Institute collaborated to organise a 5 day program called Sanjha Manch.

Sanjha Manch was facilitated by Prabir Bose and Anju of Vikalp Kriya. Anju facilitates intense and engaging participatory processes with groups and communities across the country. Prabir Bose has designed a range of tools, methods and communication resources for workshops, community-level processes and research that challenge the norm, provoke a rethink and enables collective reflection and action.

Activists, change-makers and communities mobalizers from various organisations participated in this workshop.
Nazariya and Sambhaavnaa organized a workshop, especially aimed at people working in the social sector, to enable not only awareness of LGBT*QIA+ issues, but also a more holistic understanding of gender and sexuality issues. Facilitators, Queer feminist activists Ritambhara and Rituparna were the facilitators.

This 3 day workshop was about interactive sessions that deploy audio-visual material (films clips and images) about LGBT*QIA+ lives, real life case studies. Participants from various organisation like Feminist Approach to Technology, Jagori Delhi, Love matters, Action India, The Kutumb Foundation, JNV Foundation and The Earth Saviours Foundation came for the workshop.
Activities @ Udaan

Life skills: eating inside a tent and then taking down the tent and packing it in its case

Nature study: social insects, termites

Pottery workshop at Udaan

Creative art work

Learning to weave

Learning about various professions: masonry
Activities @ Udaan

- Nature study: The caterpillar
- Session on bamboo shoots
- Life Skills: operating locks
- Storytelling with toffee wrap puppets
- Sing and dance
Activities @ Udaan

Nature study: rice plant

Nature study: a horn worm that looks like a baby alligator

Octopus, wriggling in the water

Morning exercise with an Odyssey rhyme

Children's play

Environment Studies

Udaan Ke Parinde...
Activities @ Udaan

- Obstacle course
- Nature study: Monocot and dicot seeds
- Writing on slates
- Creative work: the spiral snake and the geometric fish
- Life skills: repairing things that one has damaged
- Cultural program of the school
Activities @ Udaan

- Life skills, motor skills: digging, planting, watering plants
- Aim and throw: developing eye-hand coordination
- Introducing a traditional game: Pittu
- Cooking together and treating ourselves

- Diya making with walnut shell molds
- Trip to Deer Park Institute, Bir
- Udaan Ke Parinde...
Activities @ Udaan

Preparedness to write

Building coordination and balance through the spoon and the tea seed

Transition activity: 2nd day with the Kullu bus with Maria as driver

Stretching and bending activities

Visit to a mushroom farm

Studying light
Crayons School from Baijnath visited us with their kids. Learning center team created an adventure trail for children to enjoy fun learning, followed by a dance session, hand print, Co-ordination and team work based sports activities.
Farm To Plate

In this season our gardens are full of vegetables like cauliflower, eggplant, peas and bok choy.

Gup Shup Chabootra

A new cobbled path from Sambhaavnaa to Udaan