



SANGHAMITRA SCHOOL

Session with Mr Sudheer Sandra psychologist, career counsellor and motivational speaker



Class VIII to X students assembled in the auditorium for a session with Mr Sudheer Sandra. A engineering graduate took to psychology out of his passion and today is a prominent psychologist, career counsellor and motivational speaker. He addressed the students on the topic "Know Myself".

Mr Sudheer Sandra, the speaker was highly energetic and interacted with the students. He gave tips on the art of listening, need to seek guidance and follow, to dream and the importance of achieving short term goals for fulfilling dreams. He used examples of Sachin Tendulkar, Anil Gaurav , Milkha Singh . He focussed on the importance of dreaming but also the need to put in the required work towards fulfilling the dreams by achieving short term goals at every stage of life.

He also asked students to prepare a ME chart where they could highlight their positive qualities, create an acronym which describes them using describing

words, strengths, areas of improvement, identify themselves with an animal and explain why, and finally their message for life.

Students in their feedback thanked Sudheer Sandra for the informative session and promised to follow the tips for a better life.

The speaker energy for the entire session was highly motivating and truly inspired the teachers and students.





