

INTROSPECTION AND DIALOGUE AT ASIA PLATEAU

Listening to the inner voice is essential, especially at a time when global scenarios are changing almost everyday. Even a spark can create an impact and Initiatives of Change (IOFC) has definitely sparked the idea that change starts with the individual.

On September 29, 2019, students of Symbiosis School of International Studies visited Asia Plateau, a training and conference centre, which is a part of the global trust Initiatives of Change (IOFC), located in the Western hills of Maharashtra at Panchgani.

The experience at Asia Plateau was an insightful and explorative journey for students of International Studies, helping them understand the importance of personal change in order to be able to address global needs. From early morning reflection sessions to various sessions on effective living and leadership, to a night of Expressions, Initiatives of Change was able to tweak the emotional psyche of the students, allowing them to explore their world of possibilities, not succumbing to their inner 'chatterboxes'. Students were also exposed to effective leadership skill activities alongside close knit family sessions providing a sharing platform in groups of 7-8 people. Interactive sessions with people from various parts of the globe was also a major highlight of the visit, clearly representing unity in diversity. The students also had the opportunity to visit Grampari, Asia Plateau's rural and environmental wing which is also committed to empowering the rural population.

Besides the thought provoking sessions, the scenic beauty of Asia Plateau added to the effectiveness of the visit, drawing attention to the need to preserve nature and its beauty.