

## **Thematic Analysis of Feedback**

The feedback for the workshop was collected from students on voluntary basis. A total of 1,034 students provided their responses. A thematic analysis of the same was done and the following themes and subthemes emerged:

### **Theme 1. A better understanding of overall health**

The codes for this theme included ‘health’ and ‘new concepts.’ Most of the students shared that they have a deeper understanding of overall health. Many were previously unaware that health encompasses not only physical aspects but also emotional, social, and spiritual health. This concept was new to them, as they had not considered the interconnectedness of these various facets and how they can influence one another. Learning about the gut brain axis was something new to them which they found interesting. One student shared that, “It was better than the other workshops I visited! I had fun while learning about my physical, mental and social health. You taught us in a way that we could understand easily”. Another mentioned “Every session brought more knowledge and understanding on what we are and what are our thoughts making our perspective wider”. The codes for this theme included “health” and “new concepts”

### **Theme 2. Enhanced Mental Health**

#### ***Enhanced emotional regulation***

Students reported an improved ability to manage their emotions following the workshop. They indicated greater awareness and control over their emotional responses. A student shared that, “the workshop has helped me a lot with my health and how to control my emotions.... The best part about this workshop is that it healed me a lot”. A majority of the students also mentioned that the workshop provided them an opportunity to express their feelings better. One student shared that, “I get to learn new things and I love that I get to express my feelings”. Another expressed, “It’s kind of good to be here, got to share feelings, how I feel..... I had a great time with it”. The codes for this subtheme were ‘express feelings’ and ‘control emotions’.

#### ***A sense of calmness***

Students shared that the workshop brought a sense of calmness to their life. A lot of the students shared how the workshop made them feel ‘relax or jaijai’. A student shared, “I felt very

comfortable and calm...Your teaching makes my mind come at peace". Another mentioned, "I feel more relax when I come here". 'Calm' and 'relax' were the codes for this subtheme.

### ***Activities aiding in stress and anxiety management***

Students mentioned that the activities and the stories incorporated helped them understand the concepts better. They also mentioned that the breathing exercises helped them when they are experiencing stress or anxiety in their lives. They mentioned that the activities can also serve as a tool for them in the future when they are feeling overwhelmed. A student mentioned that, "your activities have often helped me when I was stress and I know it will also make me feel relived in the future". Another goes on to say, "I love all the sessions and the breathing exercise really helped with difficult situations". 'Activities', 'breathing' and 'stories' were the codes for this subtheme.

### **Theme 3. A better understanding of self**

'Self' was the code for this theme. Students mentioned that the workshop has helped them in understanding themselves better, to be kind to themselves, and how to love themselves. The environment created for them made them to be more expressive about their feelings, which made them more comfortable in exploring their own emotions in getting to better understand themselves. One student shared that "I used to think that I'm not perfect, but when you guys came it was so amazing and I changed my mind, because you guys lightened my mood", another shared "I do like it, it actually helped me because I am more likely an introvert, so it actually helped me a lot". Another shared that the workshop helped in "how to love myself, me".

### **Theme 4. Facilitator's approach**

The codes for this theme were 'friendly', 'patience' and 'supportive'. Students mentioned that the facilitator's patience and friendliness created an environment in which they felt safe and comfortable expressing their feelings. This supportive atmosphere contributed to students' openness and willingness to engage in the activities and discussions. A student shared that, "It was a happy journey with you all. I felt secured a lot with you all". Another expressed that "It was a good experience. We can interact with adults who are creative, friendly, matches our vibe and understands us". Another student shared that, "I felt very safe with you, it's like I have known you for so many years"

Overall, students revealed that they loved the workshop and that the workshop has helped them in a lot of ways, one of the ways is in helping them in making better decision “I like the workshop because I can make myself calm when I am angry and make a good decision”, some has also mentioned that it has also made them more confident “The workshop just made me feel a lot better and made me to build a lot of self-confident”, some students have also reported that the workshops has motivated them “It helped me a lot because my life was going bad and it makes me feel motivated”.

## ANNEXURE – COPY OF FEEDBACK

Feedback - I really like all the sessions. Jos is funny, Nigini is very pretty and kind and Rose is so sweet and kind and the last teacher (I forgot the name sorry) is really nice. I love all the sessions and the breathing exercise really helped with difficult situations. I just hope that this will be the last one. I really look forward to other workshops in the future.

It was a happy journey with you all. I felt secured a lot with you all. Thank you so so so much for being here. I want all of you to come again next year. 😊 Bye, see you all soon.

I am happy because the teachers are honest, kind, nice and they are very good at explaining and I get to learn new things and I love that I get to express my feelings.

I love it, it helps us a lot it helps us to control our feeling. It helps to love our self to care about our self. It helps to learn about our brain and health and about our feeling. I thank you for you inspire us to be better person.

Feedback - I enjoyed what you guys taught us the past few months, it was really really fun and I really hope you guys come again. We all will miss you. I have about 1000 that you gave us was so helpful. I because I can share my emotions and my feelings. I used to think that I was not perfect, but when you guys came it was so helpful and I changed my mind, because you guys helped my mind. So I hope you guys will do great in your future sessions.

It was great experience, The workshop helped me a lot with self confidence, emotional, and mentally. I feel very relieved after the sessions. I hope to see you all next year!  
THANK YOU ♥  
LOTS OF LOVE

I love it, it helps us a lot it helps us to control our feeling. It helps to love our self to care about our self. It helps to learn about our brain and health and about our feeling. I thank you for you inspire us to be better person.

Feedback - I feel really nice and enjoy all the sessions, especially the breathing exercise, I feel calm and positive after all of these sessions. Thank you for your help and positivity. ♥

I like Sir Jos and Mrs Nigini, Rose and Shweta because they were very helpful and 'for you' his workshop was fun and I hope I will see them again in the future and my overall word is

I.L. was great to meet you. You have made your activities more fun. Please help me when I am stressed and I want to be a better person. Thank you for helping me. I hope we meet again.

It was better than the other workshops I visited. I had fun while also learning about my physical, mental and social health. You taught us in a way where we could understand easily. Thank for teaching us! ♥

Bery Good!

FEEDBACK: I've learned a lot about how to make my own decisions, choices. How to communicate with others. I've learned more about how to be more mature. Thank you so much for coming.

Through out all the sessions, every session brought more knowledge and understanding on what we are and what we can thought and make our mind and perspective wider. And I will like to spend more time with the workshop, it self and learn more about what it has to offer to us.

When I have a smile on it makes me feel that my parents are beside me even though if they are not there smile makes me feel so good and it helps me to forget any bad things that happened to me, and any pain that I feel cause's me these workshop are good but I like the first one and it helped me a lot and so it made me smile.

Workshop 1, 2, 3  
Learning about the health about brain and our body  
to help me to control the anger

Through out all the sessions, every session brought more knowledge and understanding on what we are and what we can thought and make our mind and perspective wider. And I will like to spend more time with the workshop, it self and learn more about what it has to offer to us.

It help me a lot because I was going my life was going bad and it make me feel motivated.  
THANK YOU ♥

Feedback: It feels good, it made me more mentally strong. After the second session I made me breathe that what a good friendship is and what type of people we should be with.

I. In most of the sessions that we did in the last session it was really helpful and my mind health. I was also very happy and enjoying about really. I will like to spend more time with the workshop, it self and learn more about what it has to offer to us.

Feedback: It was a good experience. We can interact with adults who are creative, friendly, matches our vibe and understands us. They teach us about new stuff and also about ourself. Which we can also apply in our long run and show to our people out off our life, which it could guarantee we need to know and apply them in our future.

I do like it, it actually helped me because I am more likely to interact so it actually helped me a lot, I hope you guys will come back next year too. But, I think you should be a bit strict because class VII my cat class is really naughty helping me gain more trust in people and helped me socialise more. ♥  
THANK U  
MISS ROSE  
MISS NAFI  
AND  
SIR ROSE

It was interesting and also fun. It has helped me a lot with my health and how to control my emotions. It also helps me to find time for myself and how to love myself. I was also very happy and enjoying about really. I will like to spend more time with the workshop, it self and learn more about what it has to offer to us.

Feedback: I wish that we would have workshops all the time because this helps me to express my feelings and helps me face anxiety!  
With love  
- Azaria  
Lilene  
Khatongon  
(happy feelings)

at school. I enjoyed the kind but friendly and fun, with the teachers and with the other students. I hope you guys will come again.