

## **Thematic Analysis of Feedback**

The feedback for the workshop was collected from students on voluntary basis. A total of 1,912 students provided their responses. A thematic analysis of the same was done and the following themes and subthemes emerged:

### **Theme 1. Personal Growth and Self-Awareness**

#### **A better understanding of health**

'Health' 'holistic understanding' 'new concepts' were the codes for this sub-theme. This theme reflects student's emerging understanding of health as a holistic concept rather than one limited to physical well-being. As one student noted, "Before this workshop we did not know about spiritual, social and other aspects of health".

Students demonstrated increased health literacy by recognizing how different aspects of life contribute to overall well-being. Students highlighted learning new concepts such as the gut brain connection, with one stating, "I learn about gut and brain...about the microbiome and they are very important", while others emphasized gaining practical knowledge about caring for their health, "I like workshop 1 because it teaches me about health and how to take care of our health".

#### **Improved Self-Understanding**

The code 'self' captured this theme highlighting students' reflections on personal growth and increased self-awareness. Many students reported that the sessions supported them in developing a deeper understanding of who they are, in fostering self-kindness, and learning to value and care for themselves. "The workshop taught me how to find myself" Another student noted, "It has help me to feel confident and be myself and the facilitator has help me understand how to stand up for myself and believe in myself". Students also shared "I feel happy because now I know how to take care of myself" "It really helped me express myself in someway"

#### ***Navigating life challenges and life choices***

Students highlighted that the workshops helped them navigate life challenges by learning how to make better decisions and understanding the decision-making process "I learnt about how in life it's important to make important decision", "I will forever be grateful for their efforts to help us choose the right path in life". They shared that the sessions addressed root problems, showed how personal choices can influence their lives, and supported them in reflecting on and changing unhelpful habits "These are helpful because they are honest and target to the root problem....how our life choices affect our life", "Your workshop

helped me to change my bad habits”, “The workshops help me move forward even though if it means impossible I will still move forward”. The codes were ‘decisions’ and ‘choices’.

### ***Gratitude***

The code for this sub-theme is ‘khublei shibun’ ‘thank you’ and ‘grateful’. Students expressed strong feelings of gratitude, noting that they felt good and appreciated our presence in their schools “I am ever grateful”, “Khublei shibun ba phi la wan ha skul jong ngi bad ba phi la ai jinghikai kiba sngewtynnad bad kiba bha”. They were thankful that the sessions were made easy to understand and that they gained new information from us “Thank you for teaching us...we got to learn such important things”, “I want to thank you for working hard to teach us new things”. Some shared that they were glad we visited and conducted the workshops “If you guys would not have come it would have been boring but I am glad you guys came and we were so happy”, “We love it when you guys come we get excited and enjoyed a lot”.

## **Theme 2. Emotional Well-being and Regulation**

### **Enhance emotional regulation**

This captures student’s experiences of developing emotional regulation skills where most students noted that the workshops supported them in controlling strong emotions and handling stress more effectively where students shared, “I also know how to control my anger”, “It helps to manage my stress”, “It help me a bit in controlling my emotion”, “I really like the workshop it help me a lot with my anger” The safe and supportive environment helped students feel emotionally secure, enabling them to regulate their reactions. The codes include ‘emotional regulation’ ‘coping skill’.

### **A sense of calmness and happiness**

Many students shared their view about the workshops with positive emotions, describing feelings of happiness, calmness and emotional comfort, where most of them described feeling ‘jai jai’ a Khasi term expressing calmness, and inner peace. “Nga sngew ka iarap bha ban pyn kmen ianga,” while another shared, “Ka pynhun mynsiem, ka pyn jai jai ianga haba dom iakiwei”. Students also expressed a sense of security, with one stating, “I feel secure, happy and calm with you”. In addition, students convey genuine happiness for learning something useful through the session as reflected in the statement “Nga sngew kmen eh mynta ba phi wan hikai iangi khnang ban ngin ioh jingmyntoi”, ‘happiness’ ‘calmness’ ‘emotional comfort’ ‘secure’ were the codes for this sub-theme.

## **Theme 3. Social and Interpersonal Development**

### ***Relationship with others***

Student responses highlighted positive learning around relationships, with many indicating that the workshop helped them learn how to co-operate and work well with others “I learnt to cooperate with others”. Several participants shared that they developed skills in showing kindness, care, and respect toward others “I also know how to make friends with new people”. The importance of helping, loving, and treating people well was also commonly noted in the feedback “Kumno ban sbun mynsiem ia kiwei pat bad ban iarap ia kiwei pat, ban ieied ia ki...”. Additionally, some noted that the workshop supported them in opening up and expressing themselves more comfortably with others “These workshops help me to be expressive with others”. The codes were ‘co-operation’ ‘relationship’ ‘friends’.

### **Limited Expressive Language Ability**

The code ‘okay’ represented this sub-theme. The repeated use of phrases such as “ka biang bha,” “nga sngewtynnad bad ioh jingmyntoi”, “shibun ki jingmyntoi” and “Ma’am nangni skia nama” seems to be common feedback used by Khasi and Garo speaking students when they are not yet able to articulate more detailed feedback. This suggests that some participants experienced challenges in fully expressing their thoughts and emotions. The theme also reflects students who are still developing confidence in using English, as seen in responses like “I like at all”, “thank you for teaching us” and “I like it” which show genuine engagement and appreciation as they continue to build their ability to express ideas more fully.

## **Theme 4: Engagement Through Experiential Elements**

### **Activity**

The codes were ‘fun’ ‘breathing exercises’ ‘storytelling’ ‘activities’.

Students described the sessions as fun, interactive, and engaging, with many particularly appreciating the breathing exercises. These activities were seen as both helpful and enjoyable, making it easier for students to stay involved. “This workshop is the workshop that I like the most and it helps us to learn about breathing exercise,” while another noted, “I will always remember your breathing skills”, “I really like the exercises you have taught us so I really appreciated that”.

Some students reported using the breathing exercise to manage their anger describing as helpful in calming themselves during moments of emotional distress “If I have anger issues I always do that breathing exercise that they teach me because it helps me in many ways.”

Students also enjoyed the variety of activities, stating that they were mentally refreshing, “You give a lot of exercise you make my brain fresh.” In addition, storytelling was highlighted as a source of enjoyment and engagement “Nga sngewtynnad bha iaka story jong i Dame.”

## **Theme 5: Workshop Design and Facilitation**

### **Facilitator's Approach**

The codes were 'friendly' and 'supportive', emphasizing the central role of the facilitator in shaping students' experiences. Students consistently highlighted the facilitator's patience, warmth, and approachable nature as key factors that contributed to a safe and trusting learning environment.

The facilitator's supportive approach appeared to encourage openness and honesty, enabling students to participate more actively in discussions and experiential exercises, "I love how the hosts treat us calmly, nicely and not being harsh on us", "They are very nice and interactive, and it helps me to be very open", another student shared "This was one of the most memorable years, thanks to you". Additionally, a student commented, "I like the teachers who taught us, they're so friendly".

### ***Overall workshop***

The code for this sub-theme is 'overall'. Students perceived the workshops positively, many reflected that they had learned a lot across the sessions, with some saying "I can't even name all the benefits that you've given...May God bless you for all that you are doing for a better future for all of us", "I like sister's workshop because they are conducting workshop for our own benefits", "All the workshop from 1 to 4 are the most useful and good for our life...I wish this workshop will keep on moving forward to the future and make all children's future bright", "The workshops are very helpful to me in the present and will be helpful to me in the future".

Phrases such as "I like it all", "This was overall one of the best experiences I have ever had all the way from workshop 1 to workshop 4", "I will never forget this" and "Love all workshop" implies general satisfaction by stating they liked all the workshops, though most feedback remained broad and non-specific.

## **Theme 6: Varied Student Experiences**

Student feedback reflected diverse preferences, with some students demonstrating varying levels of engagement that appeared to be influenced by individual interests rather than perceived shortcomings in workshop design or facilitation. Some students described certain sessions as boring, however, this was attributed to personal preference rather than overall quality, with students noting, "All the sessions are fun but I am not interested on one of it", "I like everything but it was a little boring".

At times, the workshop was perceived as a free period or a break from regular academic classes, particularly mathematics. This perception contributed positively to student acceptance by offering relief from academic demands and schedule flexibility. As one student explained, "I feel good that they come to our class because I don't have to listen to the boring lectures".

Student feedback also revealed diverse preferences across workshop sessions. While some students favored workshop 1, others preferred workshops 3 and 4, and some engaged less with workshop 2. Despite these differences, many students still acknowledged the workshop as well-organized and beneficial overall, indicating constructive rather than negative feedback. This variation is reflected in comments such as, “I like the most is workshop1, I don’t like the most is workshop 2,” and “I like workshop3 the most”.

ANNEXURE – COPY OF FEEDBACK

I like this workshop very much. It has help me learn new things. It has help me understand good habits, good habits. It has help me to feel confident, to be myself. Being a teenager now, I know it's hard and Miss Rose has really help me understand how to stand up for myself, to believe in myself, to make a good choice in life. Thank you for Miss Rose who has worked really hard from the beginning of the workshop, in making us good kids and teaches us how to learn and respect elders and be good in life.

I like <sup>your</sup> teaching its very understandable and I like the information you have given us, I really like the exercises you have taught us so I really appreciate that.

I Like the workshop & it help me alot with my anger,

Thank you for giving us knowledge we appreciate you. I don't know how to say much but I just want to Thank you for teaching us good knowledge like exercise, to be good person in the future and I wish one day I will meet you somewhere.

Feedback: I like about your workshop, I like the way you teach us and the way you speak to us. And we feel ~~thankful~~ thankful for you opportunity that you have given to us with respect and love.

"BEST bha"  
Nga ngenw hynad bha

I like everything about the workshop that it was a little boring

Feedback: This workshop has taught us many things. We learn many things and I hope they <sup>come</sup> back again to our school. We are truly happy that we get to do many things in this workshop.

Me am nangni sria nama  
Anga nangpo nomukongang nangpo  
A sanga nang songa' wabajok ba  
Metela bejok me am  
Thank you  
Maam I like how you teach us and we love it when you guys come and we get excited and enjoyed alot ~~about this~~ Thank you.

I feel happy and secure with you

If help me to manage my stress and live a perfect life

Kame ka project jang phi ka ai jing myntai ia nga  
Shibun bha ka pynkylla ia ka jinglang jang nga.

Feedback  
it helped me a bit in controlling my emotions

Ka Biang bha fi  
Khudei Shibun fi:

All the workshop from 1 to 4 are the most useful and are good for our life ~~that we~~ until our future even though it's take short time to finish and I wish that this ~~workshop~~ workshop will keep on moving forward to its future and make all children future bright

I would like to thanks for the workshop you given us. It really help me move forward even though if it mean impossible I will still ~~still~~ move forward.  
Thank you.  


I like the 3 ~~workshop~~ more than other workshop.

You guys are the best because you help me handle my situation better and I really like the breathing exercise. I like everything that you teach us but I wish though I could see you guys more often. So thank you so much.

ongzongz Abini workbp skia ko rone nika  
maia aki chizhi ranghinas skia.  
I like Sister's workshop because they are conducting workshop for our own benefits and I am ever grateful.

You teach us how to breathe exercise and you teach how to have a responsibility, I like when you are explain the story of a Dame, Joy and other story I like it. And the miss I am best is Miss Nappi, Rose I know only two of you but other sir or miss also I like. I like when you are teach us good healthy.  
Thank you  
Miss Teacher.