

THRIVE

Impact Summer School



Organiser:



Competence Center
for Social Innovation

University of St.Gallen

in
partnership
with

 COLUMBIA CLIMATE SCHOOL
Climate, Earth, and Society

About THRIVE Impact

University of St.Gallen, through the Competence Center for Social Innovation (CSI) hosted the “Thrive Impact Summer School” at St.Gallen. Columbia Climate School was the university partner of the programme which was held from 18-25 August 2023 and brought together 40 students from universities globally. 11 Students from Columbia University were fortunate enough to participate in the program. The selection of these participants was very competitive and special care was taken to ensure possible diversity in their terms of “background, life experiences, ethnic origin, and nationality”.

THRIVE convenes collaboratively leaders of tomorrow, empowering them with the tools and mindset to co-create a regenerative future for all.

Theme 2023 – Climate Justice

Grand challenges are complex and interconnected. As a global society, we are not all equally vulnerable to the worst effects of climate change, nor have we been equally responsible for causing them. It’s well known that we have less than seven years to curb greenhouse gas emissions to remain under the threshold of 1.5 degrees Celsius. But this is one facet of a deeper challenge, and movement. Alongside the race to Net Zero, people and communities impacted by climate change grapple with fear, loss, and transformation. They carry with them knowledge, experience, questions, families, livelihoods and hopes for the future.

To realize a regenerative future, we need to bridge the discourses around emissions, nature, and people. We need to change the rules, the conversation, and ourselves.

That’s why in 2023, THRIVE was focus on Climate Justice.

Funding

The participation of students would not have been possible without the funding from our sponsors. Their generous support in covering the overall program cost has been instrumental in providing valuable educational experiences to our students. Their commitment to education has made a significant impact, ensuring that our program remained accessible to all students, regardless of their financial situations.

Organisers

Dr. Skyller Walkes

(Associate Dean of Diversity, Equity, Inclusion, and Anti-Bias, Columbia Climate School)

Dr. Walkes is a energized, human-centered, goal-oriented innovator with over 20 years of experience in various educational and international settings serving diverse populations, where I successfully developed and implemented interdisciplinary K-20/adult education and juvenile justice curricula, fostered community partnerships, and coached staff toward data-driven outcomes through inclusive, strategic leadership. She did her Phd from Texas State University on Adult, Professional and Community Education and has Masters in Juvenile Justice, Crimal Justice, and Early Childhood Education.



Dr. Rachel Brooks

(Head of Executive Education, CSI, University of St.Gallen (CSI-HSG))

Dr. Rachel Brooks is Head of Executive Education at the Competence Center for Social Innovation and also a co-founder of Thrive. Her research and teaching focus on supporting practitioners across government, private and social sectors in cultivating the mindset, skills and tools to nimbly take action towards impact in an environment of mounting complexity and uncertainty. Previously, she worked in Custom Programs at the Executive School at the University of St.Gallen, and in Latin America at the nexus of business, agricultural producers, government and non-profit organizations in the global food industry.



Julia Bahlmann

(Co-Founder and Head of Thrive)

Together with Rachel and Justus, Julia co-founded THRIVE and is leading the Summer School with great passion. She is a PhD Candidate at the University of St. Gallen, with a specialization on Impact Finance at the Institute of Finance and Financial Law at the University of St.Gallen. In addition to that, she works as Associate Director and Project Manager at the FERI Cognitive Finance Institute, where she has been involved in the founding phase and concept design of the FERI Institute since 2015. She completed her studies in Heidelberg and Marburg (Germany), accompanied by study visits in Europe as well as America, and graduated with a German-French double master’s degree in International Business Management.



Dr. Justus von Grone

(Co-Founder of Thrive and Managing Director of CSI-HSG)

Justus leads the Competence Center for Social Innovation (CSI-HSG). His research is rooted in the areas of impact entrepreneurship, entrepreneurial achievement, and motivation. Justus is deeply committed to ecosystems and actively promotes collaborative efforts towards sustainability.



Support Team



Fabiola Capiello
Programme Manager of CSI-HSG



Charlotte Muller
Communication and Marketing Lead of CSI-HSG



Dino Darmonski
Project Manager of CSI-HSG

Speakers



Dr. Ruth D. Förster

Ruth's passion and expertise lies in designing and facilitating transformative learning journeys toward more sustainable living and working, fostering collaborative leadership, and building resilience. As a former systems analyst in Life Cycle Assessment, a researcher and educator in transformative learning for sustainability, and a coach, she knows how to integrate analytical and intuitive methods for personal and systemic change. She holds a diploma in mechanical engineering (RWTH Aachen), a PhD in environmental engineering and a postgraduate degree in didactics (both ETH Zurich).



Dr. Anaïs Sägesser

As an impact driven educational entrepreneur & learning designer, Anaïs co-creates pioneering programs that effectively integrate impact project incubation, entrepreneurship & regenerative leadership development and personal growth. With her own experience in large corporations, SMEs, academia, and NGOs she knows how important it is to fuse theory with practice and works with immediately applicable tools and approaches. Anaïs holds a doctorate from the University of St. Gallen, currently serves as an expert for Innosuisse and was recently elected as a member for the scientific advisory board for transdisciplinarity at the Swiss Academies of Sciences.



Prof. Dr. Jennifer Hehn

Jennifer is a professor at Bern University of Applied Sciences and a longstanding lecturer in Design Thinking at the University of St. Gallen. She is deeply committed to exploring imaginative and innovative solutions that effectively address complex business challenges. By giving special consideration to the human aspect within the context of sustainability, she strives to create solutions that not only benefit businesses but also resonate with the needs of individuals and our planet. Leveraging her extensive collaboration history with the Competence Center for Social Innovation, her contribution to this year's summer school will center around foresight and future thinking.



Till Kellerhoff

Till Kellerhoff is the Programme Director of the Club of Rome and Coordinator & National Engagement Lead of the Earth4All initiative as well as contributing author of Earth for All: A Survival Guide for Humanity. He is mostly working on themes around „Rethinking Economics“ and concepts around societal wellbeing for all within planetary boundaries. The Club of Rome is a platform of diverse thought leaders who identify solutions to complex issues and promote policy initiatives to enable humanity to emerge from emergencies.



Michael Tuil

Michael Tuil is a former consultant from BCG's Zurich office turned social entrepreneur and co-founded not only a social coffee-start up but also Solarbalkon for a more climate-friendly world. Michael is caught up making sustainable energy consumption accessible, has an unstoppable can-do attitude, and a personal motivation to leave the world a better place for future generations.



Michael Fritz

As a conceptual activist for a better tomorrow, Michael Fritz co-founded Viva con Agua and works since 2005 in the company. Viva con Agua promotes access to clean drinking water, sanitation and hygiene. Their vision is: "Water for all – All for water" because water is life.



Vanessa Rueber

Vanessa is of Canadian and Swiss descent and has been working at Patagonia since 2014. She is currently Community Marketing and Impact Manager at Patagonia and sits additionally on the board of Protect our Winters Switzerland.



Marie-Claire

Marie-Claire is a youth advocate, change-maker and public speaker for a just transition towards sustainable development and ambitious climate action. She believes that youth and future generations are the receiver of today's decisions – therefore it is her goal to empower youth to take meaningful actions to create a momentum for change, to achieve the Sustainable Development Goals, and to fight the climate crisis and its impact on all of us. This led her to participate in the Sustainability Week International, become UN Food Systems Summit Vice-Chair on youth and chair the Youth Constituency YOUNGO of the UN Framework Convention on Climate Change.



Bea Albermann

Bea is a medical doctor, planetary health advocate and environmental justice activist, based in Switzerland. Following her passion for health equity, she has been involved in various youth-led initiatives on public and planetary health on a local, national and international level. She is the youngest catalyst of the very first future laboratory of Collaboratio Helvetica and the co-founder of Health for Future Switzerland movement. The former WHO youth delegate currently works at the Centre for Planetary Health Policy (CPHP) in Berlin on health governance within the planetary boundaries.

Participants



Columbia University Cohort

Aurelie Laborde

She is an exceptional young professional who is dedicated to fostering professionalism in her various roles as an analyst, content creator, and graduate student. With a dynamic and forward-thinking approach, she consistently strives for excellence in all her endeavors. Currently pursuing her masters degree in Sustainability Management at the Columbia University Aurélie adeptly combines her academic pursuits with her passion for her Afro-Caribbean heritage. Recognizing the importance of community-based climate advocacy, particularly in her hometown of Brooklyn in New York City, she actively incorporates her cultural background into her advocacy work, creating a unique and impactful approach. Aurélie's unwavering dedication lies in environmental sustainability and social justice, and she continuously seeks to bridge the gap between corporate culture and sustainable development.

Daniel Leal de Moraes

He is currently a rising Senior enrolled in the Dual BA program between Columbia University and Sciences Po Paris, majoring in Sustainable Development and Business Management. In his pursuits, he has honed his understanding of Climate Justice, specifically as it relates to ESG Investing within Latin American capital markets, carbon markets, and the lithium industry. His experiences have allowed him to explore the intersection of economic development, environmental sustainability, & social equity, key pillars of Climate Justice. Additionally, Daniel holds a position on the Executive Team of the Brazil Climate Summit at Columbia Business School. Daniel's interests lie in understanding how Climate Justice can be embedded in business strategies, and policy-making, to ensure sustainable and equitable growth for all.

Hallyena Risfenti

He is a full-time Sustainability Management masters student from Indonesia who received a full-ride scholarship from the Ministry of Finance of Indonesia. Before pursuing a masters degree, she had a mixed job as an Account Executive at TikTok and a B2B Manager at CarbonEthics. This social enterprise provides natural-based climate solutions. She is keen to improve and develop the reporting system in Indonesia. During her first semester at Columbia University, she landed a position as a pro-bono graduate consultant under SUMANI (Sustainability Management Net Impact); assisted Capgemini in formulating ESG Scorecard focusing on Environment to help Capgemini evaluate its clients strengths and weaknesses, allowing Capgemini to offer ESG solutions to clients.

Himanshu Panwar

He is a Sustainability Management Graduate candidate with extensive experience in urban planning, sustainable tourism, and environmental management. He has worked on numerous multi-sectoral projects in various geographies across India and Bangladesh. He specializes in the domain of urban biodiversity, air pollution, climate action plans, and sustainable development and has about 7 publications and a patent. Having worked in regions that are highly vulnerable to climate change, he has witnessed the urgent need for climate justice and how extreme weather events disproportionately affect marginalized communities. He aspires to work in climate change risks analysis in the built-environment sector.

Mikayla Byfield

Mikayla Byfield is a sustainability strategist and environmental justice advocate. As a student in the SUMA program, she has enjoyed learning from some of the greatest leaders in the Sustainability field. Growing up in an immigrant community in Texas, Mikayla was exposed to many environmental justice issues within her neighborhood. As a result, she takes an intersectional approach to her sustainability work and believes that the journey towards improving our planet and businesses' operations can be synonymous with equitable environmental and socioeconomic support of the underserved communities most impacted by climate change. Outside of grad school, Mikayla heads Sustainability Strategy for the Rideshare company, Lyft, where she works with internal and external stakeholders to transition the vehicles on Lyft's platform to electric, reduce Lyft's carbon footprint, manage current and emerging climate risks, and position Lyft as an industry leader in Sustainability overall.

Ponce de Leon Tidwell III

Ponce de Leon Tidwell, III is an undergraduate junior at Columbia University pursuing bachelor's degrees in sociocultural anthropology and sustainable development. Ponce is interested in exploring how the principles of human rights can provide guidance for climate adaptation strategies. As an intern for the Founding Dean of Columbia Climate School, he has a plethora of experience supporting innovative research in the science, consequences, and human dimensions of climate change, including the methods of achieving a more sustainable and just world. Moreover, as an intern at the Smithsonian Institution and Whitney Museum, he has participated in various initiatives to improve global learning opportunities by creating culturally responsive climate education materials

Rashawn Merchant

Originally from Atlanta, Georgia with roots in New York City, Rashawn Merchant is a graduating student in Columbia's Climate and Society Master's program. Rashawn's interest lie heavily within the intersection of climate change and education. During his time as a student, he served as a teaching assistant in the course Geographies of Environmental Justice and Sustainability. For Rashawn, it is important to communicate climate information that is diverse and accessible even for non-scientist. Furthermore Rashawn has created an environmental awareness magazine titled Earth Shiners. The magazine's focus is to spread environmental information in ways that include urban and popular culture. He is proud to have worked with many of his fellow classmates on producing monthly issues.

Shivalika Rana

Shivalika Rana is a graduate student of Sustainability Management. With an insatiable curiosity and passion for understanding the complexities of our planet, Shivalika is committed to making a positive impact on environmental and social sustainability. Having completed a Bachelors degree in Sustainable Manufacturing and Supply Chain Management from NYU, Shivalika joined Columbia to delve deeper into the intricate interplay between Earths systems and human activities. In addition to her academic pursuits, having had experience in the fashion industry, she is working towards a start-up focusing on social and environmental impact in her area of the world of South Asia. With her relentless commitment to environmental and social stewardship, Shivalika hopes to become a trailblazer in the field of sustainability.

Tiffany Hodge

She is currently a graduate student in the Sustainability Management program. Prior to joining SUMA, she studied economics and environmental justice at John Jay College of Criminal Justice. Throughout her undergraduate years, Tiffany researched the intricate relationship between socioeconomic factors and the creation of environmentally unjust communities. She has dedicated herself to learning more about the preservation of biodiversity and recognizing its vital importance to the overall health of our planet. She has served on the board of the Sustainability Management Student Association (SUMASA) as VP of Events and Community Outreach. In addition to her academic pursuits, she also serves as junior board member of Big Brothers Big Sisters New Yorks Young Professional's Committee, where she takes on the role of Spring Fundraiser Chair. In this role she manages one of the organization's annual signature fundraising events.

Titi Akinade

Titi is a rising junior studying Sustainable Development and Middle Eastern, South Asian, and African Studies at Columbia University. She was born in North Carolina to a Nigerian family and raised in Doha, Qatar. This summer, Titi is working as an intern at the Sabin Center for Climate Change Law at Columbia Law School. She has also worked as a research assistant intern at the Wilson Center in D.C. and as an ecological monitoring intern at Stone Barns Center. She has a wide range of sustainability-related interests and has researched issues ranging from regenerative agriculture and ecology to environmental policy in the Arabian Gulf Through participating in the THRIVE program, Titi hopes to deepen her understanding of climate justice and the ways that collaboration across sectors and communities can encourage innovative solutions for sustainable development.

Yashvi Shah

She is currently pursuing her Master's in Sustainability Management at Columbia University. She is interested in the topics of carbon neutrality, climate change, DEI, and corporate ESG. Over the summer, she will be interning at the Port Authority of New York & New Jersey working on the organization's Net Zero Strategy and Roadmap, grant opportunities for sustainability projects, GHG process improvement and mapping, and more. Yashvi has previously worked in the Education and Communications sectors, gaining expertise in strategy, business development, communications, partnerships, and content writing. In her pastime, she likes writing sustainability-focused blogs to raise awareness on key topics of waste trading, climate justice, and more.

Other Participants

- 1 Student from *WHU - Otto Beisheim School of Management, Germany*
- 2 Students from *University of Applied Sciences and Arts Lucerne (HSLU), Switzerland*
- 1 Student from *Maastricht University, Netherlands*
- 2 Students from *Zurich University of Applied Sciences (ZHAW), Switzerland*
- 2 Students from *University of St Andrews, Scotland*
- 1 Student from *University Rotterdam, Netherlands*
- 1 Student from *Bern University of Applied Sciences, Switzerland*
- 19 Students from the *University of St. Gallen (HSG), Switzerland*

*Check Appendix for list of participants



Activities



Nature Immersion

THRIVE began with a weekend excursion in nature, where from 18th-20th August, against the backdrop of the Swiss Alps, participants had the time and space to connect with others, with nature and with yourself. Through this experiential learning journey in the mountains, students learnt to define their own individual and collective agency to redefine success - from economic growth, to a safe and just space for humanity.



The design of the Summer School was based on different theories, concepts, methodologies and practices. Aim being to harness the collective wisdom and selforganizing capacity of groups of any size using personal practice, dialogue, facilitation and the co-creation of innovation to address complex challenges.



During this weekend session, students were divided into four sub-groups for exchanging their experiences after each activity and realigning everyone's thought to build a small community. Further, smaller groups or triads were created for students to learn how we relate to ourselves and others. By encouraging open-mindedness, respectful curiosity, and safety, to create a space of perspectives, leading to more profound and authentic connections. About 10 different activities were planned for the students with the objective of creating a community, being self-aware and connective to nature. The objective was to appreciate the diversity and interconnectedness of life, fostering a sense of harmony, gratitude and stewardship towards the natural world and community we are part of.

"The time spent in the mountains was profoundly impactful, fostering self-discovery, self-interrogation, self-reflection, while at the same time strengthening our interpersonal relationships and bonds.."

- Yashvi Shah

"The weekend in the Alps allowed me to be vulnerable and go outside of my comfort zone while the week of classes allowed me to view climate justice with a new lens of global need and global collaboration that I have not been exposed to coming from the U.S.."

- Mikayla Byfield

"The connection, friendship, and memories my climate peers and I have made between the Alps and the City at St. Gallen will always be something special to me because the program allows us to gain insights and exchange experiences and discussions that led us to aspiring climate leaders in the future.."

- Hallyena Risfenti

Impressions

Navigating towards climate justice

After the immersive experience in the Alps, students started their lecture series at St. Gallen University. At first, they engaged with the framework of Doughnut Economics, and explored the definitions of a safe and just space for humanity. They critically engaged traditional economics, and the role existing structures play in climate change and climate justice. Thereafter, students were taught to engage the concept of a regenerative economy and explore hurdles and opportunities in building a future within planetary boundaries. The intent of the first few lectures was to introduce students to these concepts and create a base which they can further in their respective case work with the invited clients in the summer school. All the sessions were conducted in the new "Square" building of the university except the one on "Regenerative Activism". It was conducted in the backdrop of the meadows, near the campus to provide students the experience of nature. Students really had a motivating discussion with the speakers and truly connect with them while exploring the challenges faced by them and what drives them continuously for activism.



Foresight Thinking for regenerative futures

For another workshop, the students were divided into transdisciplinary teams and using foresight thinking, they were motivated to have shared vision for a safe and just space for humanity, and then define the strategic steps needed to get there. For which, they critically engaged questions of privilege, equity, power, and the potential unintended consequences of our actions. Numerous other lectures on the topic of impact measurement, including Science-Based Targets (SBTi), and Life Cycle Assessment (LCA) were undertaken.

"Besides all the lessons, the most significant insight I gained was from the people I met. I realized that despite our differences, we were fundamentally alike at our core, primarily due to the shared purpose of bringing a significant change in the world."
- Himanshu Panwar

"It was inspiring to be around so many different people who shared similar core values around sustainability. I learned strong necessary principles regarding climate justice from so many great experienced leaders across industries..."
- Aurélie Laborde

"I am inspired and infinitely grateful for this deeply nourishing and rewarding experience. It was surreal to say the least and an experience that will continue to give to all that participated even in the moments when we least expect it."
- Tiffany Hodge

Impressions



The Square, St. Gallen University, Switzerland



Accelerating Climate Justice in Practice (Case Works with clients)

After the lecture series, students got the opportunity to engage with facilitators, experts, and themselves around the topic of Accelerating Climate Justice. Everyone had the opportunity to select one of three possible streams in social innovation, namely (social) entrepreneurship, intrapreneurship and extrapreneurship. The teams worked on real-world cases for three days, bringing to these the perspective of climate justice. The company that students got the chance to work with have been mentioned here.

Endress+Hauser

Endress+Hauser is a global leader in measurement and automation technology for process and laboratory applications. The family company, headquartered in Reinach, Switzerland, achieved net sales of approximately 2.9 billion euros in 2021 with a total workforce of more than 15,000. Endress+Hauser is a reliable partner worldwide. Its own sales companies in more than 50 countries as well as representatives in another 70 countries ensure competent support.

Collaboratio helvetica

The organisation catalyses the societal transformation of Switzerland by cultivating a cross-sectoral innovation ecosystem, building capacity for systemic change and convening stakeholders around the complex challenges addressed in the Sustainable Development Goals (SDGs). Collaboratio helvetica empowers committed people and organisations to shift deeply ingrained attitudes and mindsets, conduct dialogues more effectively, implement new forms of collaboration and thus collectively imagine and shape the Switzerland of tomorrow.

BAUMANN Group

BAUMANN (international market presence BAUMANN Springs Ltd.) is an independent, international group of companies with headquarters in Ermenswil SG, Switzerland. With more than 1500 employees in ten countries, the company develops, produces and sells more than four billion springs, stampings and bent components per year according to customer specifications in the automotive, electrical and medical industries.



MYBLUEPLANET

MYBLUEPLANET is a non-profit, independent Swiss climate protection organisation. We inspire people to make a contribution toward climate protection. Together we search for creative and practical possibilities and implement them with tangible projects to reduce CO2.

Radicant bank

Radicant bank is the first digital sustainability bank in Switzerland aligned with the 17 UN Sustainable Development Goals. Together with community and partners, they are working on the personal finance experience of the future and making sustainable banking and investing accessible to everyone 24/7. One of their many innovative feature of radicant app allows users to check the carbon impact of each payments and track the overall carbon footprint.

Social Entrepreneurship

At the 'Social Entrepreneurship' event, students delved into the world of ideation and sustainability startup development. They learned how to identify social issues, brainstorm innovative solutions, and confidently present their startup ideas to their peers. This event not only promoted creativity but also fostered a strong sense of community among our participants, as they shared and supported each other's entrepreneurial aspirations.

Clients Logo:



Global Leadership Challenge

Every year, the Global Leadership Challenge convenes 100 young leaders from over 50 countries to advance leadership that makes a difference in the world. Working with experienced experts in their fields, they co-create impact projects for the UN Sustainable Development Goals. Last December, GLC 2022 featured over 20 speakers and senior advisors, including, including Luis Guillermo Solis, the former President of Costa Rica, Justine Sass, Chief of UNESCO’s Section of Education for Inclusion and Gender Equality, and Arunma Oteh, former Vice President and Treasurer of the World Bank.

3 finalists got through our THRIVE Summer School into the exclusive pre-selected seats for the Global Leadership Challenge by St. Gallen Symposium!

- **Tiffany Sun** (MBI, University St.Gallen)
- **Aur lie Laborde** (Sustainability Management, Columbia University)
- **Mikayla Byfield** (Sustainability Management, Columbia University)

Wishing Tiffany, Aur lie and Mikayla all the best for the upcoming GLC in December 2023!



Participants (other than CU Cohort)

Dhruv Aggarwal
Julia Ahlberg
In s Arbogast
Sami A
Marie-Amelie Aymon
Cyril Bhend
YannikMarc Breitenstein
Flavia Conti Rossini
Sofia Deblue
Johanna Firley

Jose Flores
Melissa Foscari
Lucien Frei
Nicole Gilli
Deborah Habermacher
Pierine Imboden
Sofia Jordan
Sara Koeferli
Hannah Lucey
Charlotte Mueller

Adrian Preussner
Leonie Pulfer
Andrea Ramsbacher
Clementine Robert
Sebastian Rosatzin
LeaAlina Stupp
Mascha Jennifer Theiler
Tiffany Sun
Neli Ovcharova
Jeremy Proz

Interested in applying for Thrive 2024? use the following link : <https://www.thriveimpact.ch/>

A student even wrote his experience of the programme in a poetic way and was open to share it with all, about the whole “Thrive” Journey

“The Story of Thrive”

Last night, my friend called and asked how i am feeling here,
I thought for a while and i shed a tear.
My mind went all drizzling with so many memories suddenly from nowhere
I cut the call and thought for a while about whats unclear.

There was no one specific moment that changed it all,
But a series of experiences that were lived
And if we start writing, we will fill up a wall.

Living in constant state of emotions, feeling of heart pounding every now and then, about what can happen when,
Walking into the woods at night, exploring unknown territories and Yhal how foolish we were, trying to find the whole lake with our mobile flashlights in the middle of nowhere
Lying on grass, looking up to the million stars, making our small wishes whenever we saw a shooting stars.

Laughing endlessly on an evening trek on some lame jokes
Ohh wait! Did i talk about laughing, well i don’t even remember when was the last time I laughed wholeheartedly.
Without any purpose, just endlessly laughing till you loose breath.
The feeling that was supposed to be poured out, was restricted within with our notions of professionalism and social dig in.

Getting connected to few so deeply that sometimes just looking at their eyes was enough and it said everything which words couldn’t
How can i miss the volleyball, sneaking out after every session to play it even though we were terribly wrong.

And here comes the nightwalkers, hoping to reach the top with only 3 hours of sleep, getting late to catch the sun but still stopping for a while to talk about aliens,
The sense of peace and hope looking at the sunrise, with the cool breeze touching our skin, with no thoughts and emotions in our eyes.
Of how magnificent the mother nature is and how small we are in our size.
It wasnt like I haven’t done all these things before- i am old and have done it million times, but sometimes it feels so good just be alive.

The feeling of being around with Everyone having a common goal to leave a better impact before we are done
Look at me, a back bencher who never asked questions or paid attention to lectures, was moved by someone
Who told me to do so; Was it trust, was it respect or something else.

The question that came in my mind
“What changed”, was it the perspective or being comfortable in the state of vulnerability or was it my inner child
I don’t know why people name or theme these programs but this time it really made sense for me to name it “Thrive”

- Himanshu

