

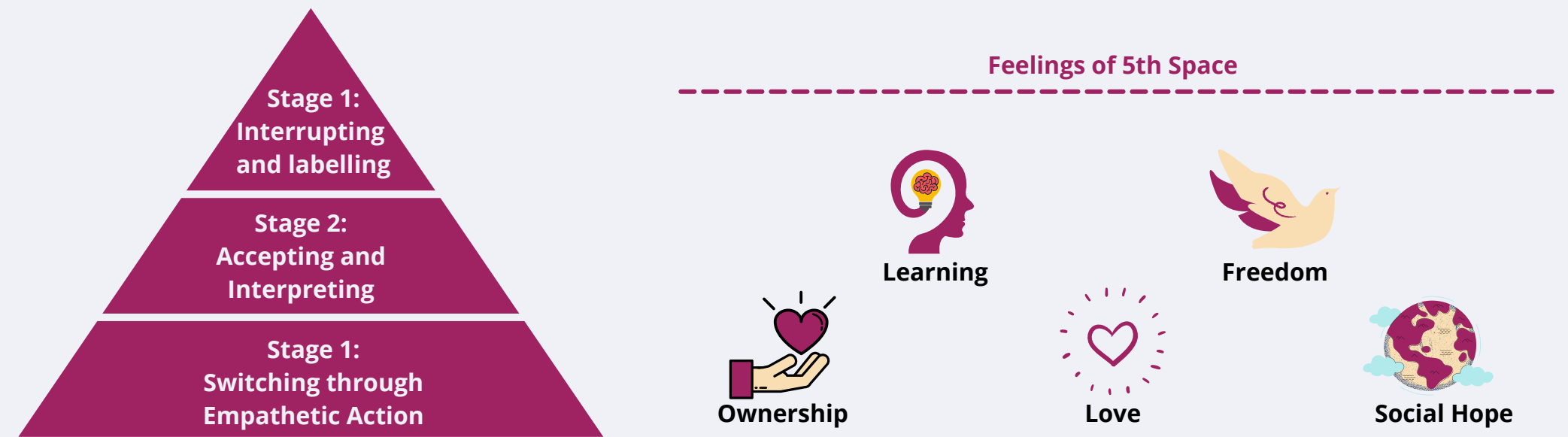
The Togetherness Table Wellbeing Edition focuses on building 'feelings literacy' so that the participants can better take care of themselves while also taking care of each other. It offers a unique experience that opens up dialogues in the inter-generational settings by creating a safe space. It is essentially a game in the form of 'refl-action' tasks centered on the 5th space feelings of Love, Ownership, Freedom, Learning and Social Hope, where each task creates an opportunity for deep dialogue and conversations.






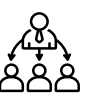
*Togetherness table is our first innovation at vartaLeap. The first edition (launched in 2019) is designed as a game on constitutional values for families and other intergenerational groups.

👍 The Approach 👍

Each journey includes 3 sessions with an intergenerational group of 25-30 people. Participants in each session are divided into 5 tables (sub-groups) where each table is designed for one of the 5 feelings of 5th space and goes through the three stages of processing a feeling.



» Impact So far «

 3240 Young People	 105 Youth Workers	 11 States	 35 Organizations
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📅 How can you engage? 📅

- Participate in the Togetherness Table session to be held with Catalyst 2030 Learning Planet on Jan 22 from 2 - 5 PM
- Host a Togetherness Table session with your community

To engage with Togetherness Table, please reach out to akshit.jain@commutiny.in