

## APPENDIX - VI

## REFLECTIONS AND FEEDBACK

**Names:**

**Class:**

**Section:**

**Gender:**

**Age:**

**D.O.B.:**

**Mother's Name:**

**Contact No. :**

1. What attitudes of yours got changed through this program?

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2. Enumerate some positive emotions which you could recognize and develop through this program.

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3. What are some of your negative emotions identified during the program?  
How did you deal with them?

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4. What are some positive relationships developed at home as well as in school through this program? Briefly discuss.

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5. What are some of the behavioral changes experienced by you through this program?

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6. What are your other personal learnings through this program?

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7. Would you recommend this program for other adolescents? Yes / No? Why?

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