

LIBRA

FIVE-DAY ECO RETREAT PROGRAM

LIBRA is an initiative of the Vathil Foundation for Mental Wellness Training and Research in Kottayam in association with Mitra Niketan Vagamon.

Resource persons



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Exclusively for teenagers
DATE : **AUGUST 30 TO SEPT 03**
VENUE : **MITRA NIKETAN VAGAMON**
LIMITED SEATS AVAILABLE



CONTACT US: +91 9526725476, +91 92077 77551 | www.vathilfoundation.org

1. Do you find it difficult to separate yourself from your mobile phone even for a moment?
2. Do you feel that life without your phone would be boring and incomplete?
3. Even while engaged in other activities like playing with your friends or studying, do you feel that nagging urge to pick up your phone and scroll through some Instagram posts or reels?

My friend, you need some serious digital detox. Take a moment to discover the beauty of the world around you. We at Libra will show you how to have fun without your phone. Libra is a five-day eco retreat program that helps people find **BALANCE, PEACE, and CONTENTMENT** in their lives and lead a harmonious life in connection with their own self and nature. We help you improve your emotional well-being, social skills, life style, and re-connect with nature, with a special focus on finding a **HEALTHY BALANCE** between the digital world and the real world.

We believe in learning using natural instincts; therefore, Libra combines fun indoor and outdoor activities. We strive to **NURTURE CURIOSITY** and **DEEPEN OBSERVATIONS** in participants through nature art, education, and journaling, which cultivates an appreciation for the world around us.

The resource team at Libra includes experienced mental health professionals, trainers, and naturalists. Our team is committed to supporting our participants in achieving a balanced relationship with technology and developing skills to enhance their real-life relationships to make meaningful and healthy connections. Our dedicated team also offers personal counselling and feedback to ensure that each participant feels supported throughout their journey.

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ACTIVITIES FOR PARTICIPANTS

- NATURE WALK
- NATURE ART
- BIRD WATCHING
- STARGAZING (IF SUPPORTED BY WEATHER)
- MINDFULNESS EXERCISE
- PERSONAL COUNSELLING
- MENTORING
- PSYCHO-EDUCATION



JOIN US AT LIBRA, TO RELAX,
REJUVENATE AND MAKE MEANINGFUL CONNECTIONS
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