

CGS Newsletter Special Supplement

## The Keynote Speakers

In her keynote speech, Debra Efroymsen shared anecdotes from her life that focused on **Resolve, Resilience, Rejuvenation**, which was the theme for this year. She talked about two types of fear. The first where you avoid trying out the things you are afraid of and the second type where you accept your fears and not let it control you. She further went on to explain how life would be all too simple if we did not push ourselves out of our comfort zone which was mainly the key focus on the Annual CGS Conference at camp Mati-ta.



Conference Chair, Nuren, with **Debra Efroymsen** (Co-Founder and Executive Director at Wellbeing Bangladesh) at senior conference (March 23, 2022)



Keynote speaker, **Irina Rezwan** (CGS '18, Creative Strategist at WebAble Digital at Grade 10 conference. (March 20, 2022)

## Resilience and Reconnection

After the long lock-downs everyone was ready to set out on an exhilarating outdoor adventure. Inspired by Round Square, the 13<sup>th</sup> CGS Annual In-House Round Square Conference 2022 was all about reconnecting with class mates in the beautiful setting of Mati-ta outside Chittagong.

The conference aims to help delegates develop skills in the areas listed here:

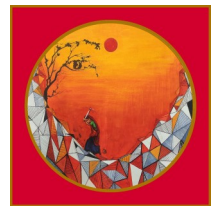
The outdoors setting at Mati-ta was a great backdrop for activities that helped delegates to work in teams, challenge themselves and find joy in nature. A resilience challenge commenced in December and students were urged to build stamina and physical fitness. A series of mental wellness activities helped students to rejuvenate after the long lockdowns.






Delegates also took a quiz as one of the activities and this is still available online. Follow the link: <https://www.bwcharity.org.uk/resilience-check>

Baraza discussion followed the outcome and groups discussed five of the key aspects of resilience.

**Purpose:** Having a sense of purpose gives meaning to your life. This sense of purpose helps you get through difficult experiences.

**Perseverance:** Perseverance is your ability to stick to your goals and not give up even when it is difficult. Developing this ability helps to get through rough patches and achieve long term goals.



-  **Reconnection and community**
-  **Resolve and challenge**
-  **Resilience and stamina**
-  **Rejuvenation and well being**
-  **Reflection and adapting**



**Self reliance:** Self-reliance is an important component of resilience. The concept is connected to feeling you can change what happens to you and that you have the ability to deal with difficulties.

**Equanimity:** Equanimity is about being able to not feel overwhelmed in the face of a stressful or unpleasant experience. It is important to develop a sense of calmness and balance in one's life.

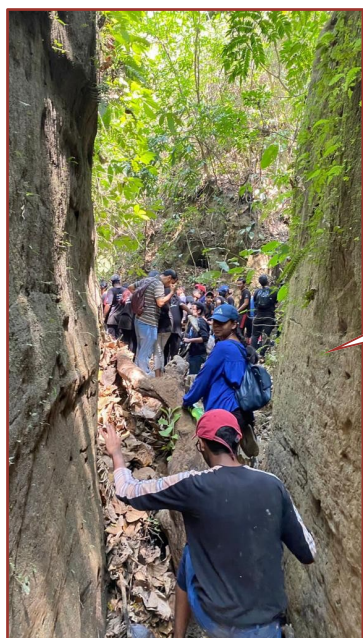
**Network:** Sharing things with and who you believe you can depend on is known to contribute to your overall health.



## The Team



Alumni from the Class of 2021 (pictured left) accompanied by staff members, set about organising the thirteenth Round Square conference at CGS! Standing left to right, **Riva Shariq Khan, Sadika Wafiha, Midrar Ibtehaq, Motasallim Hoque.** Seated left to right, **Samira Jannat, Shafayat Hasan, Nuren Alahee (chairperson), Mahdia Mahfuz, and Humayra Zannat, Ummehani Sultana Saoda** (not in the photograph) worked relentlessly as a tight knit team supported by staff members **Moni, Ruhbayna, Maha, Shompa, Rosy and Zia** to pull off an amazing experience for **602 delegates**, over a three-week period.



"My experience in Mati-ta was amazing! We did so many activities, played many games, and my favourite was the trek up to a hill which took a long time but it was worth it! Even the bus trip to Mati-ta was enjoyable! I had so much fun with all my friends. The activities were a little tiring, but also exhilarating! For my first time, it was an incredibly memorable experience that I will never forget."

**Student delegate, CGS Class 5**



"After 2 years of staying at home, Mati-ta was a great ice-breaking session for us. I look forward to attending all the other In-House conferences we will be having in future."

**Student delegate, CGS Class 9**

"This outdoor trip provided us with the long awaited break we needed from our online life. The activities like abseiling, zip lining and trekking provided new and challenging experience. Finally the keynote speech provided us with great aspects from a very amazing individual." **Student delegate, CGS class 11**



## The Activities

This year the steering committee had an action packed conference for 602 student delegates with a spectacular range of activities. The aim was to incorporate and embrace the theme in every way possible and deliver traditional activities and sessions with a new twist.

**Barazza sessions:** Students were divided into five barazza based on the quiz outcome to discuss five of the key aspects of resilience.

**Games:** Brought out the competitive side of delegates, as they competed in teams in games like "Scavenger Hunt" and races as pictured below.



**Online Quiz:** Developed especially for the conference, the quiz was based on reflecting on theme, 'Resolve Resilience Rejuvenation.'

**Trek at Mati-Ma:** Senior groups (classes 8upwards) set out for a 3- hour challenging trek in the beautiful hills surrounding our city at Mati-ta while classes 5 to 7 set out for a shorter trail with equally scenic beauty.

### Outdoor Challenges at Mati ta:

- |                     |                                |
|---------------------|--------------------------------|
| 1. Zip Lining       | 8. Tic Tac Toe (water version) |
| 2. Chopsticks       | 9. Tripod                      |
| 3. Human Foosball   | 10. Tree Top Obstacle Course   |
| 4. Scavenger Hunt   | 11. Leaky Pond                 |
| 5. Capture the Flag | 12. Human knot                 |
| 6. Turnover         | 13. Jumaring                   |
| 7. River crossing   | 14. Rappelling                 |

