



**kamp**  
KNOWLEDGE & AWARENESS  
MAPPING PLATFORM

PRESENTS  
57th Fortnightly Workshop  
on

# TRANSFORM YOUR LIFE

## SIMPLE STEPS TO BUILD GOOD HABITS

By: **Anjali Arora**  
(Life Coach)

For Students from Classes 3rd to 12th  
(Parents/Teachers can also Participate)

**JOIN US**

**August 1st,  
04:00 PM IST**

**zoom** **LIVE STREAM**

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## KNOWLEDGE AND AWARENESS MAPPING PLATFORM

KNOWLEDGE SESSION 2024: EPISODE 57

Organized By: Knowledge & Awareness Mapping Platform (KAMP)  
In Knowledge Alliance with CSIR -NIScPR and M/s NCPL

**Topic:** Transform your life - Simple steps to build good habits

**Category:** Scientific and Life Skills

**Speakers/Presenters:** Ms. Anjali Arora

**Organized for:** Students

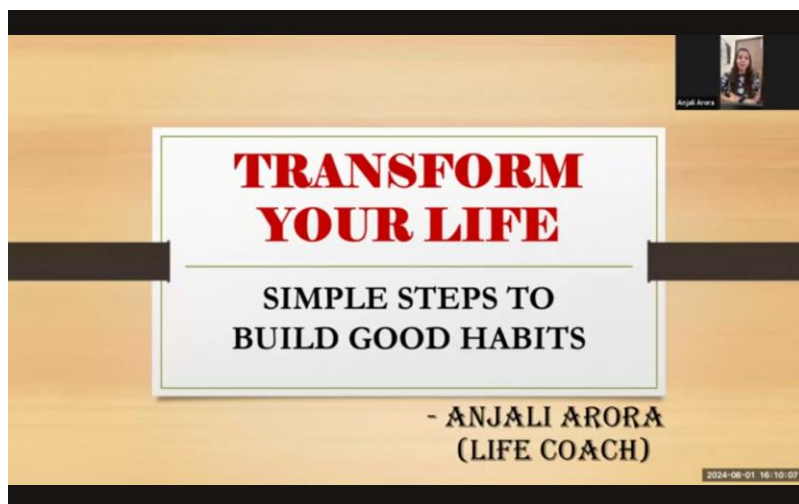
**Date:** August, 01st, 2024

**No. of Participants:** 500+ Students from different schools across India

### Overview:

On 1st August, KAMP hosted another edition of its exclusive Fortnightly Session, titled "Transform Your Life: Simple Steps to Build Good Habits," tailored specifically for students from grades 3 to 12. This insightful session was led by Ms. Anjali Arora, a Life Coach known for her expertise in personal development and habit formation. The session aimed to equip students with practical strategies for building good habits that can bring about lasting, positive changes in their lives.

Ms. Arora began by highlighting the transformative power of habits, explaining that they are the foundation of long-term success and personal growth. She stressed that habits shape not only our actions but also our mindset and overall well-being. Students were encouraged to view habits as powerful tools that, when developed correctly, can significantly improve various aspects of life, including health, academic performance, and personal fulfillment.



One of the central themes of the session was the importance of developing a strong foundation of good habits. Ms. Arora explained that consistent routines help students stay organized, focused, and productive. She elaborated on the psychological benefits of habit formation, noting that once a behavior becomes automatic, it reduces mental strain and allows individuals to focus their energy on more complex tasks.

To illustrate the impact of habits on personal growth, Ms. Arora discussed several key areas where students could make immediate improvements. These included:

1. **Health and Well-being:** Ms. Arora explained how daily habits related to exercise, sleep, and diet directly affect physical health and energy levels. She encouraged students to make small but meaningful changes, such as incorporating a short exercise routine, eating balanced meals, and ensuring they get sufficient rest each night.

2. Productivity and Growth: Students were guided on how building habits around study schedules, time management, and goal-setting could help them perform better academically and personally. By setting clear goals and developing habits that support those goals, students can create a pathway to sustained success.

Ms. Arora also discussed the importance of selecting role models who embody the habits and values that students aspire to. She advised them to observe how successful individuals

approach their daily routines and to incorporate similar practices into their own lives. This can serve as inspiration and motivation to stay committed to their habit-building journey.



The concept of habit stacking was introduced as a practical method for making habit formation easier. By linking new habits to existing ones, students can create natural triggers that help reinforce their new behaviors. For example, pairing a

new habit like reading with an existing habit such as brushing their teeth can make it easier to remember and follow through consistently.

In addition to the theoretical aspects of habit-building, Ms. Arora provided students with concrete examples of healthy habits that can have a profound impact on their lives:

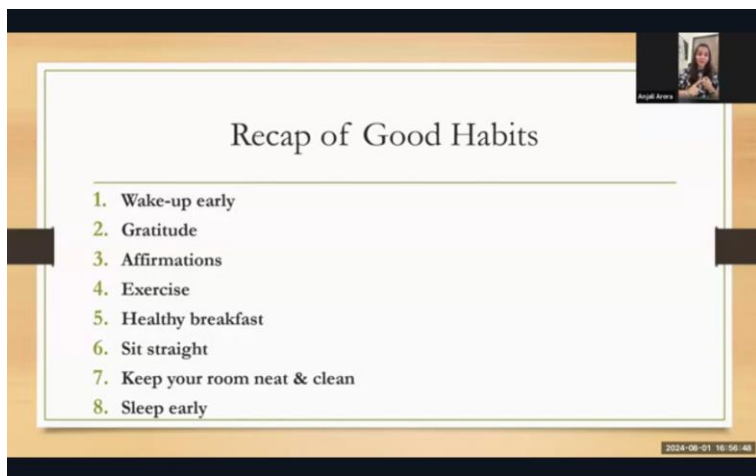
- Gratitude and Affirmations: She emphasized the importance of practicing gratitude daily, which helps cultivate a positive mindset and fosters emotional resilience. Similarly, positive affirmations help build confidence and self-belief.
- Physical and Mental Health: Simple habits such as maintaining good posture, keeping their environment clean, and ensuring proper sleep were highlighted as key contributors to overall well-being.
- Balanced Lifestyle: Ms. Arora encouraged students to find balance by making time for hobbies, relaxation, and connecting with loved ones. This, she explained, is essential for maintaining mental clarity and avoiding burnout.

Throughout the session, Ms. Arora stressed that while the process of forming new habits requires effort and consistency, the rewards are well worth it. By cultivating habits that align with their goals and values, students can experience positive changes not only in their academic performance but in all areas of their lives.

The session concluded with a Q&A, where students had the opportunity to ask questions and share their thoughts on the challenges they face when trying to develop new habits. Ms. Arora provided personalized guidance and tips, ensuring that each student left with actionable steps to begin their habit-forming journey.

Overall, the session was highly informative and empowering, providing students with a comprehensive understanding of how to transform their lives through the deliberate and intentional cultivation of good habits.

KAMP's fortnightly workshops aim to help students develop creativity, meaningful learning, and critical reading and thinking skills, bringing out their inherent abilities. The vision of KAMP is to identify and capture the Scientific and Technological temperament in students, contributing to making India a Global Leader in the fields of science, technology, and the humanities.



These workshops, conducted by KAMP, cover various topics falling under the categories of science, technology, and innovation, Scientific and Life Skills, Career and Professional Development, Academic development, and training trainers and teachers.

KAMP believes that exposure to such topics from experts within specific fields helps students become aware of real-life situations and challenges, develop a problem-solving nature, understand their core values and personal interests, evaluate their skills within the given area, and achieve their best in their most desirable way.

**Organized By:**  
**Knowledge and Awareness Mapping Platform**  
(KAMP Operations and Coordination Office)

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