



RELATIONSHIP BUILDING: RELATIVES AND FRIENDS GET-TOGETHER

CASE STUDY/INSIGHT

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All of us are leading a busy life spending most of our time working in a hectic schedule, improving our skills and proving our abilities in office. It seems like we are living a materialistic life mostly governed by the motive to work and earn. In such a hectic lifestyle, are we spending adequate time with our relatives and friends? This is a question that we have to think in depth and analyse it. Life is not only about work but it is about relationship with relatives and friends, spending quality time with them and cherishing the importance of relationship.

So what can be done to spend time with our relatives and friends? One way to enhance relationship is to organise get-togethers and gatherings among relatives and friends. This will provide a platform to improve relationships by overcoming misunderstandings, disputes or conflicts among relatives or friends. Get-togethers will be an event where people can spend time together and talk from their hearts, share their emotions, relish memories, laugh wholeheartedly and enjoy being with their favourite people.

Get-togethers can be organized among relatives, school and college friends to meet and spend quality time. This will also help in networking of people and may help in many aspects in future.



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For example, the contact you get from get-togethers may help you in work or education aspects of your children or other social needs. Social time with relatives and friends will help us combat stress, boost happy mood and is beneficial for mental wellbeing. It increases your sense of social belonging, purpose and happiness.

Such gatherings can be organized at convenient frequencies upon discussing with relatives and friends. While organizing gatherings and reunions, if possible, some money can be collected from the group of relatives or friends for charity supports. The collected amount can be spent for charity such as orphanage, old age home and welfare of differently abled people. The amount can be used to support the families of our own relatives and friends. These kind of activities will definitely give a sense of purpose of being a relative or friend to the needy.

Such get-togethers, besides giving us breaks from daily schedule, also improve our mental and social wellbeing. It is fun to have such get-togethers with our well-wishers and enjoy the moments. Get-togethers can be used to enhance our relationships and provide support to the needy around us, as it is our social responsibility.