

Worksheet: Identity with Reflection Walks

1- List some important relationships in your life

2- Write about one particular discussion around an anniversary (Birthday, festival, anniversaries)

3- How does the world look like, feel to the other person

4- What does this tell one about one's life journey

Prompt: In the blog, the story of the family as lived in the 1970s, 1980s is discussed by two brothers who look back at the paths taken and not taken.

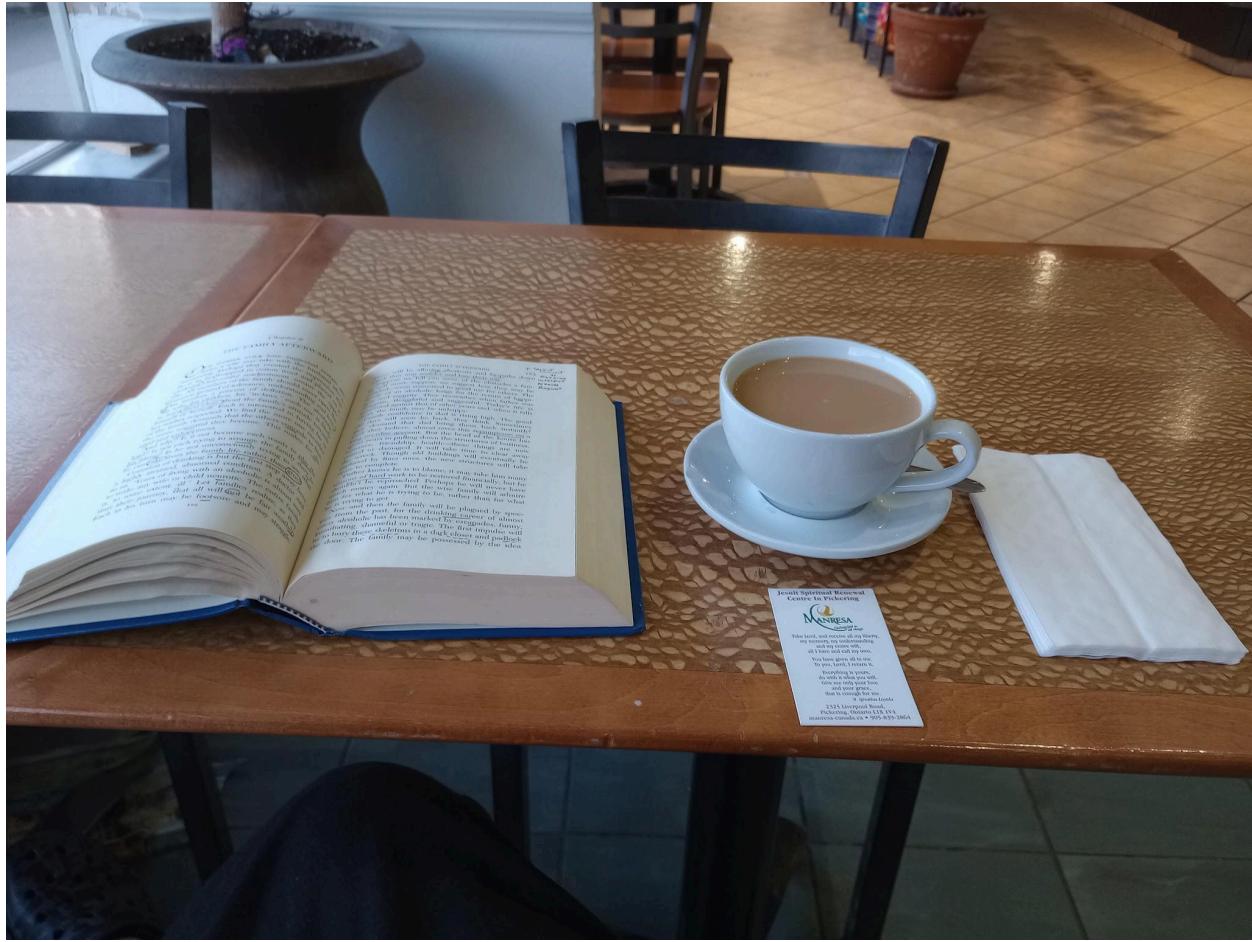
5- Go out for a walk, and afterwards read, reflect upon one story which has appealed to you

Prompt: What does the character- Anant Velankar-Ardh Satya tell about conflict between personal ethics and institutional decay. How does his frustration boil into violent outbursts, trapped within the very system he is support to uphold, raging against its hypocrisy

Dilip Chitre- Poem- Chakravyuh



Central Island Toronto-Walks in Fall-October 2025- A thinking place



Caldense -Symington- Toronto- A thinking place- October 2025: Met an old friend here for coffee and reflections, one fine Saturday morning.

Suggested Further Readings

My father was one of my best friends ever. He lived by the principle that a son is a son till 16, after that he is your friend. He remains, one of my best friends ever. [Family Photographs](#) , [Shafshoofa Maleshi](#) and [Humber](#) are three blogs which tell of some associations which have enriched life in many ways.

Copyright-Prashant Bhatt, MD, MA

Registered Psychotherapist

October 2025