

Life Design Lab

2025-26 | Block Week - 3



Student Feedback

(Students name was made optional for student comfort)

Life Design Lab at  ISB
with Professor Navyug Mohnot

Block Week

3

Course Dates

Feb 9th-14th

Survey Respondents

27

*Out of the 32 present

**63% Students
voted Life Design
Lab in the
Top 10% of the
courses attended
at ISB**

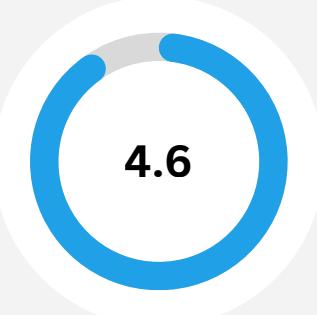
(and several voted it as “one of the best”)

Life Design Lab Course Ratings

— (Survey of 27 respondents out of the 32 present)

On a scale from 1-5

Overall, how **valuable** did you find this course?



4.6

On a scale from 1-5

How likely are you to **recommend this course** to others at ISB?



4.8

On a scale from 1-5

How would you rate the **effectiveness of the instructor and the methods** used?



4.8

Qualitative Student Feedback

“No course has made me think like this.”

Tanisha Nathi

“Highly reflective with actionable insights for future.”

Shivani Gupta

“I’ve flipped the narrative... not making failure my identity.”

Shreya Khurana

“The course had a perfect mix of lectures/theory/reflection and in class exercises.”

Vikrant

“Values exercise helped her recognise myself deeply.”

Khushi Bansal

“I recognised that life needs meaning beyond work.”

Khushi Bansal

Qualitative Student Feedback

“Best experience at ISB.” (Odyssey & Improv Activity)

Rhythm Garg

“Activities helped surface forgotten dreams and deeper conversations.”

Rhythm Garg

“Reframing and wayfinding are my lifelong tools.”

Tanisha

“I am the master of my own life... (helped me develop) a strong agency mindset.”

Avani Yadav

“It was a reflective journey and frankly quite eye-opening.”

Priya Baid

“Fantastic facilitation, so receptive and engaging.”

Mahima