

Empathy Building Mental Health Workshop

Dates: 24th to 28th July, 2023

Time: 10:30 am to 1:45 pm

Convened by:

Prof. Jayashree Deshpande | Director, COA-TRC, Pune

Conducted by:

Suha Riyaz Khopatkar

B. Arch | P.G. Diploma in Arts Based Therapy

Certified in Cognitive Behavioral Therapy

Certified in Stress and Anxiety Breakthrough Programme



Workshop Brief :

This workshop aspires to engage with the shapers of young minds; the teachers. As great education starts with great teachers, this program targets to build on honest acts of caring in the teaching community to create an environment that fosters creativity and self-actualization which is essential to all of our well-beings and ultimate success.

Key take-aways for the participants :

- * Understanding Stress
- * Identifying patterns of unhelpful thinking
- * Effective communication
- * Developing Emotional IQ
- * Conflict Resolution
- * How to be a Mentor
- * Exercises to work of Personal Development
- * Exercises to work on Group Interaction
- * Building empathy

To register :

• **Registration fees:** Rs.1,500/-

• **Link to register:** <https://forms.gle/Ao4XS2jH9E7PZRseA>

• **Link for online payment:**

<https://eazypay.icicibank.com/eazypayLink?P1=KOOkQYjNFb8LZHkyuUDx6Q==>

Colleges may nominate faculty under CTP 2022-23

• **Link for Nomination form under CTP 2022-2023:**

https://drive.google.com/file/d/1zWCFkSLqbGAXc7OVgOTzuFx4M9lwJlac/view?usp=share_link

• **Last date for Registration:** 21st July, 2023

Notes :

- Teachers/ architects who wish to register for the training program either under Collaborative Training Program (CTP 2022-23) or as independent individuals may do so by filling up the Google form available on the given link
- To confirm registration, kindly upload proof of payment towards the registration fees or nomination form on college letterhead before submitting the registration form
- Link to join the program will be shared one day prior to the program
- This program is not for students
- E-Certificate of said training program shall be send via email on registered email id of participants, after successful completion of training program by participant i.e. attending all sessions and submitting all assignments, EOPT and feedback form of training program
- Participants can attend with a drawing book, crayons, pen, pencil, water colours, painting palette, washcloth and a sketchbook
- Participants are to attend from a space with minimal noise disturbance and plenty of room to move around for them to engage in all activities better