



INTERACTIVE WORKSHOPS

HEAL THE MIND, HEAL THE HEART

Day 1 Events

Cultivating a positive leadership mindset in our youth", by Anitha Kurup

Date: 6th October, 2023

Time: 2:00pm-3:00pm

Venue: BIA Auditorium

Panel Discussion with Guest Speakers and Students

Date: 6th October, 2023

Time: 3:00 pm-4:00 pm

Venue: BIA Auditorium

"Finding calm within – navigating waves of emotions", by Dr. Ali Khwaja

Date: 6th October, 2023

Time: 4:00pm-5:00pm

Venue: BIA Auditorium

Day 2 Events

Workshop by Dr. Ashwini from Muktha Foundation on "Supporting children in distress: Skills for parents, teachers and therapists"

Date: 7th October, 2023

Time: 10:00 am-11:00 am

Venue: Open Auditorium

"Navigating Stormy Waters: Conflict Resolution Essentials", by Mr. Mayank

Date: 7th October, 2023

Time: 2:30pm-3:15pm

Venue: BIA Auditorium