



# THE CENTRE FOR SOCIETY AND POLICY

Invites you to a workshop on

## Self Explorations

*A workshop on Psychology*

Most of us go through life without engaging with our identities, that is, we do not dig deeply into our thoughts, feelings, and attitudes. This workshop involves taking a look at our own feelings and behaviour, and exploring the same with respect to the society and the family. In other words, develop a little better understanding of who we are and how to deal with the world.

The sessions will be discussion based, and conducted using exercises and games. As part of the workshop each participant will have to write an autobiography.

**Venue: CSP Seminar Hall, IISc (formerly CCS Seminar Hall)**

**TIME: 10am – 1pm**

**Module 1: Exploring the Self**

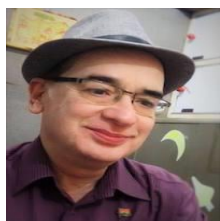
**Date: Saturday 2 Feb 2019**

**Module 2: Self and the Society**

**Date: Saturday 9 Feb 2019**

**Module 3: Dealing with the Family**

**Date: Saturday 16 Feb 2019**



**Dr. Ali Khwaja**  
Banjara Academy,  
Bengaluru



**Prof. Anjula Gurtoo**  
IISc, Bengaluru



**Bhuvana Nataraj,**  
Christ University,  
Bengaluru



**Naomi Menon,**  
InclusivED, Bengaluru

**HIGH TEA BREAK @ 11.30**

**Scan To Register**

