



THE CENTRE FOR SOCIETY AND POLICY

Invites you to a workshop on

SELF EXPLORATIONS

A workshop on Psychology

Self Relationships and Society



Dr. Ali Khwaja

Banjara Academy,
Bengaluru

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.

Saturday, 9 Feb 2019

Time: 10 am – 1 pm

@

**Centre for Society and Policy
(CSP)**

HIGH TEA BREAK @ 11.30

All are Welcome

Scan to Register

