


**BE SMART -
STRESS MANAGEMENT THROUGH ART**

DATE  13 FEBRUARY 2021

TIME  11:30 AM

VENUE  ZOOM meeting online

A TALK BY - KINTSUGI FACILITATORS

- NEHA (PSYCHOLOGIST)
- KRITI (EXPRESSIVE ART THERAPIST)
- ADITYA (FOR MEDITATION)
- VASU (EXPRESSIVE ART THERAPIST)

PLEASE CLICK ON THE
BELOW LINK TO REGISTER:

<https://forms.gle/rk36CSbRPkCbwoZ7>

 **ORGANISER:
WOMEN CELL, RCASC**



KINTSUGI 金継ぎ
Art Heals

An ancient Japanese art of putting broken pottery pieces back together as a whole using gold to fill the cracks

A metaphor for us as humans too, teaching us to embrace our flaws & imperfections.

TO BECOME STRONGER & MORE BEAUTIFUL

OBJECTIVES OF THE PROGRAM:

1. To help the faculties and students analyse the positive/negative stress around them & to identify the causes of unwanted stress.
2. To develop a balanced lifestyle in order to control stress in the long term.
3. To utilise effective relaxation and stress reduction techniques.
4. To develop a personal action plan for stress management.
5. To know the resources available that can help them overcome stress.
6. The main objective of the program is to introduce wellness & mental health for all.

ABOUT THE COLLEGE

Ramaiah College of Arts, Science & Commerce was established in 1994 by our founder Late Dr M S Ramaiah offering both under graduate and post graduate degrees offered by Bengaluru City University in Arts, Science and Commerce and Management streams. The college is approved by AICTE, New Delhi, recognized by the Government of Karnataka. The college is re-accredited "A" grade by NAAC.

ABOUT WOMEN CELL


Women cell of RCASC have long been engaged in pertaining to important issues of women. Institute is committed to maintaining a professional learning and working environment for its students and employees. One of the women cells' mandate is to prevent gender discrimination and inappropriate sexual conduct. This is best achieved through promoting gender sensitivity and justice amongst all. The committee works to maintain a harmonious atmosphere at the Institute, to enable women/students to pursue their work with dignity and reassurance. The cell has been working to raise awareness on gender equality issues and promote women empowerment.


PATRONS

Dr. M R Jayaram Chairman GEF
Sri. M R Janakiram Director GEF
Sri. M R Kodandaram Director GEF
Sri. B S Ramaprasad Chief Executive GEF (E & GS)
Sri. G Ramachandra Chief of Finance GEF (E & GS)

FREE REGISTRATION

For more information pls contact:

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(Convenor, Women Cell)

Dr. Vidya M  9008488931
(Member, Women Cell)

*Please keep few papersheets & small set of colours handy to enjoy bit of doodling activity during the seminar.



**RAMAIAH COLLEGE OF ARTS, SCIENCE
AND COMMERCE**
BENGALURU - 560054



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