



**ALERT NGO**  
**ESSENTIAL SAFETY WORKSHOP**  
**GET CERTIFIED IN CPR AND**  
**FIRST-AID**  
 📍 PREM VIHAR



**SUDHA SHANKAR**  
**COMPASSIONATE CONNECTIONS:**  
**A BRIEF INTRODUCTION TO**  
**NONVIOLENT COMMUNICATION**  
 📍 ANNEXE



**THIRUPURASUNDARI**  
**FROM CHAOS TO CALM:**  
**A TOOLKIT WORKSHOP**  
**ON TRANSFORMING YOUR SPACES**  
**FOR WELL-BEING**  
 📍 QUADRANGLE



**MARK BROWN**  
**NAVIGATING GRACE: CULTIVATING**  
**UNITY THROUGH DIALOGUE AND**  
**COMMUNICATION**  
 📍 AUDITORIUM



**OPEN MIC**  
**MIC CHECK, HEART CHECK**  
 📍 SLATE

**DAY 1**

**SATURDAY, FEB 24**

**2:30PM - 3:30PM**



INTERNATIONAL  
**KINDNESS**  
 FESTIVAL **2024**

# WORKSHOPS



**DAY 2**

**SUNDAY, FEB 25**

**2:30PM - 3:30PM**



**KIIRAN PATEL**  
**NOURISH & THRIVE: HOLISTIC**  
**NUTRITION AND COMMUNITY**  
**WELLNESS**  
 📍 SLATE



**APOLLO PRO HEALTH**  
**GOLDEN EMPOWERMENT:**  
**A WORKSHOP FOR SENIOR**  
**SAFETY & WELL-BEING**  
 📍 ANNEXE



**NITHYA SHANTI**  
**KINDFULNESS IN CLOSE**  
**RELATIONSHIPS: THREE MYTHS**  
**AND THREE METHODS**  
 📍 AUDI



**OUT OF THE BOX**  
**CARDBOARD CRAFT: A BUILD-**  
**YOUR-OWN SUSTAINABLE**  
**SEATING WORKSHOP**  
 📍 QUADRANGLE



**SARVESH SHASHI**  
**GLOW WITH THE FLOW -**  
**LLUMINATE YOUR BODY AND**  
**SPIRIT THROUGH YOGA**  
 📍 PREM VIHAR