



**SHRIMATHI DEVKUNVAR NANALAL BHATT
VAISHNAV COLLEGE FOR WOMEN (Autonomous)**
OWNED AND MANAGED BY CORK INDUSTRIES CHARITIES TRUST
(Affiliated to University of Madras & Re-Accredited with 'A+' Grade by NAAC)
Chromepet, Chennai- 600 044

A Creative Change – An Experiential Workshop on Healing through the Body

INVITATION:

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV
COLLEGE FOR WOMEN (AUTONOMOUS)
AFFILIATED TO UNIVERSITY OF MADRAS -
RE-ACCREDITED WITH 'A+' GRADE BY NAAC

IN COLLABORATION WITH IQAC
OUTREACH CLUB

WE CORDIALLY INVITE YOU FOR THE
WORKSHOP
**TOPIC - A
CREATIVE
CHANGE :- AN
EXPERIENTIAL
WORKSHOP ON
HEALING
THROUGH THE
BODY**

MS SANJANA SETHURAMAN
MSC., APPLIED PSYCHOLOGY, PG
DIPLOMA IN BUDDHIST
PSYCHOLOGY
PSYCHOLOGIST,
A HEAL YOUR LIFE TEACHER AND
CORE TRANSFORMATION
PRACTITIONER.

MAY | FRIDAY | 06 | 2022 | VENUE MINI AUDITORIUM
MEDIA BLOCK
11:30 - 12:30

**CHIEF PATRON
DR. R. GEETHA(PRINCIPAL &
CLUB PRESIDENT)**

STAFF COORDINATOR
MRS. V. SUBASSHINI (VICE PRESIDENT)

STUDENT COORDINATOR
S. HARINI (MSC FND 1ST YEAR) -SECRETARY
V. SUBASREE (BSC CND 2ND YEAR- JOINT
SECRETARY
M. K. S. AKSHARA (BSC NFSMD 2MD YEAR) - JOINT
SECRETARY

REPORT:

On May 6, 2022, the workshop was held. The resource person was MS. SANJANA SETHURAMAN, a psychologist, heal-your-life instructor, and core transformation practitioner. The programme emphasized the value of change and the many possibilities in life. It emphasized the advantages of establishing awareness via bodily sensations, creating space through breathing, creating movement through music, and creating the new through affirmations to distress the mind. The club participates in IQAC programs, and its president is respected principal Dr. R. Geetha, while its vice president is Dr. V. Subasshini, assistant professor and dean of New Age Sciences at the PG Department of Home Science's Food Science, Nutrition, and Dietetics.

PHOTOS:

