

We INVITE YOU IN –

Utsavpurn ho hamare Sangharash

A Reflective journey for nurturing Harmony, Care & Creativity

Background

Our society does not consider women as primary citizens. They are always seen as service providers & confirm their set roles imposed by the society. Situations like War, epidemics, emergencies increase the pressure & violence on women. COVID-19 impacted to women, child and old age persons most but we all have in grip of the situation resulting loneliness, anxiousness, depression resulting in 'pandemic fatigue' and have reached a bit of a mental health breaking point. The coronavirus has brought with it a number of stressors—including job losses, social isolation, child care challenges, break down in relationships, disturbance in daily routine, uncertainty, control and violence—that tax the mental health of millions of people worldwide. Our own space, expression, mobility has shrunk. Our emotions and energy didn't get channelised. We have been living suffocated & repressed life.

This is more-so for people involved with activism and social work. While some people have invested in self-care many have ignored or stopped energizing and nurturing themselves.

In such situation, there is a need to love oneself, to give energy, to increase inner creativity & quality of life, to rejuvenate self from within, to accept self as it is.

"Utsavpurn ho hamaresangharash" is a collaborative initiative to create and sustain beautiful experiences of celebration & re-energisation for activists/social workers who are countering discriminatory values & nurturing rights. Vishakha has been organising this type of workshop for last ten years.

Why this workshop

Through this beautiful life journey you would be able to:

- **Release & Recharge** again your whole being by releasing your negative emotions
- **Recreate** harmony and balance between your body, mind, heart and soul.
- **Experience** a deep state of relaxation and become aware of your inner resources of serenity, joy and peace.
- **Deal** and manage with routine stress and difficulties.
- **Sharing & understanding** about our fears and shame, in context of self and moving-on from its impact, using discussions, lecture & film
- **Collective healing** by creating group energy



What would be used: various active and passive meditation techniques, therapies, body awareness movements, laughter, yoga exercises, being situated in nature, cathartic dance, and interactive group sessions and guided relaxation

Who can Join

Any adult, who is working in development sector and want to work with self through reflective process,. Women are encouraged to participate.

When:

This workshop will be organised from **20th -24th March 2021**. Workshop will start by 11:30 am on 20th and will be concluded by lunch (1:30 pm) on 24th. You are requested to reach the venue timely on 20th March 2021

Where and how to reach

Sambhaavnaa Institute, Village: Kadbadi, Post – Kamlehad, Tehsil-Palampur, Kangra -176061. **How to reach:** Please visit, [getting here](#)

By Whom:

FAKEERA is an emotional intelligence and freedom coach working across age groups with a mandate to help individuals take a reverse journey into themselves through the process of 'Social Unconditioning'. She uses a repertoire of tools contextually to guide individuals and groups in identifying layered inhibitions, fears and detrimental behavioural patterns which enslave us discreetly, yet so fully.

The operating paradigm of her work is a core belief that while our conscious self continues to evolve, imprinted conditioning from our childhood often remains stagnant and entrenched in our subconscious, preventing us from living our lives the way we truly yearn to.

Founder of Jump Inward and cofounder of Creative Movement Therapy Association of India (CMTAI), Fakeera has a pan-India presence and a growing international clientele; Her approach involves techniques such as positive psychology, provocative coaching, psychodrama, awareness through body, humour, movement metaphors and encounters with the Naked Self.

Bharat has a long & first-hand experience of working on health, education, gender, combating VAWG, transformation and right based work with diverse group & communities. He has been facilitating transformative process by using theatre, movement, breath work and reflective pedagogy with psycho-social approach; creating discourse to build understanding on interlinkages between ecosystem, individual & collective wellbeing. His facilitation take individual /group through reflective journey which creates space to understand body, emotion, inner creativity with different dimensions by focusing on self

Participant Contribution: We hope that the participants would contribute an amount of Rs. 12,000 for 5 days towards workshop expenses, inclusive of all onsite workshop costs: boarding, lodging, and all the materials used in the workshop.

Limited Seats: Due to the corona virus pandemic we have reduced the size of the batch to only 20 participants. All government-issued guidelines will be adhered to during the program.

Organiser

Vishakha and **Sambhaavnaa**, in collaboration have been organizing **Utsavpurn ho hamreSangharash** from last 3 years, for people engaged in working on issues of social justice and equality struggles.

Contact us

For any other info: WhatsApp or call –

Shashank: 889 422 7954 (between 10 am to 5 pm), and e-mail: programs@sambhaavnaa.org

Sudarshan +91-141-4455100, email :admin@vishakhawe.org

For registration please visit: <https://www.sambhaavnaa.org/program>,