

Session No.	Module	Schedule
1	Introductory Session- Visioning, Goal Setting & Career, Playing to one's Strengths	22-04-2021 (Thursday) 10 am- 12 am
2	Astra 1: Mindfulness, Reflection, Contemplative Competence	24-04-2021 (Saturday) 10 am- 12 am
3	Human Values: Moral & Ethical compass: Cultivating the values of fairness and equality,	29-04-2021 (Thursday) 10 am- 12 am
4	Astra 2: Creativity & Design Thinking	01-05-2021 (Saturday) 10 am- 12 am
5	Developing a holistic perspective: Self-esteem, building Sportivity quotient, learning mindset	06-05-2021 (Thursday) 10 am- 12 am
6	Astra 3: Working in harmony with self & others – Emotional Social Competence	08-05-2021 (Saturday) 10 am- 12 am
7	Becoming a unique and independent person: Systems thinking: Tendency to Oneness; Interconnectedness, the big picture, Developing wholesome perspectives	13-05-2021 (Thursday) 10 am- 12 am
8	Valedictory Session	15-05-2021 (Saturday) 10 am- 12 am



IITM-ICSSR WORKSHOP

ON

UNIVERSAL BEING-VALUES: AN INTERVENTION INQUIRY

For First/Second Year UG/PG Students

A project approved by the prestigious Ministry of Education's Indian Council for Social Science Research's Impactful Policy Research in Social Science (IMPRESS), executed by Faculty of IIT Madras.



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