



LAUNCHING OUR ANNUAL EVENT

Awaken '20

**Mental Wellness through a
Contemplative Lens**



A 4 day online festival of learning for students, teachers & professionals of psychology, mental health and allied health faculties

Reach out to us to know more: 9035098990/ www.evolveed.in

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Awaken '20: A Glance

Brief

A 4 day learning online
learning festival

Dates

27th to 30th June, 2020

Theme

Mental Wellness through a
Contemplative lens

Footfall

Between 1500-2000
participants for the event

Audience Demographic

Educators, Students &
Professionals of Psychology,
Mental Health & allied fields

Events

Courses, Workshops, Round
Table Discussions, Meditative
Circles

Story of Awaken

In 2017, while attending a seminar, perfectly organised with eminent speakers disseminating some noteworthy concepts at a prestigious college in Bengaluru, the EvolveED team strongly felt that something was missing. Post the seminar, our team silently reflected on their learnings and understanding as well as innate observations and a strong, very vocal brainstorming session followed. This was the moment when the idea of 'Awaken' was born. The simple idea of providing a shared learning space for a very focused audience was the grounding principle of this event, named 'Awaken' later, a name that tied the philosophy of the organisation neatly into the intention behind the event.

With close to 200 participants, 5 speakers, Awaken '17 opened with a bang. Awaken '19 was a close affair with a very niche audience of close to 70 participants from all over Karnataka joining us in the quest.

Awaken '20 is a much more expansive learning carnival, it transforms into a 4 day event inclusive of collectives, courses, workshops and round table discussions.

Our intention for Awaken '20

Is to co - create a learning festival with like-minded people who believe in supporting others to find strength, nourish resilience and live a wholehearted life during difficult times. As COVID-19 encircles the globe, drawing us closer together even as we need to be apart, we hope to create—and feel—waves of loving-kindness, supporting, healing, and work on the strength of inter-connectedness

Awaken '20 is a 4 - day learning carnival on Mental wellness through contemplative practices

For more information call on 9035098990 or mail us on info@evolveed.in

Awaken '20

Awaken '20 is just for you...

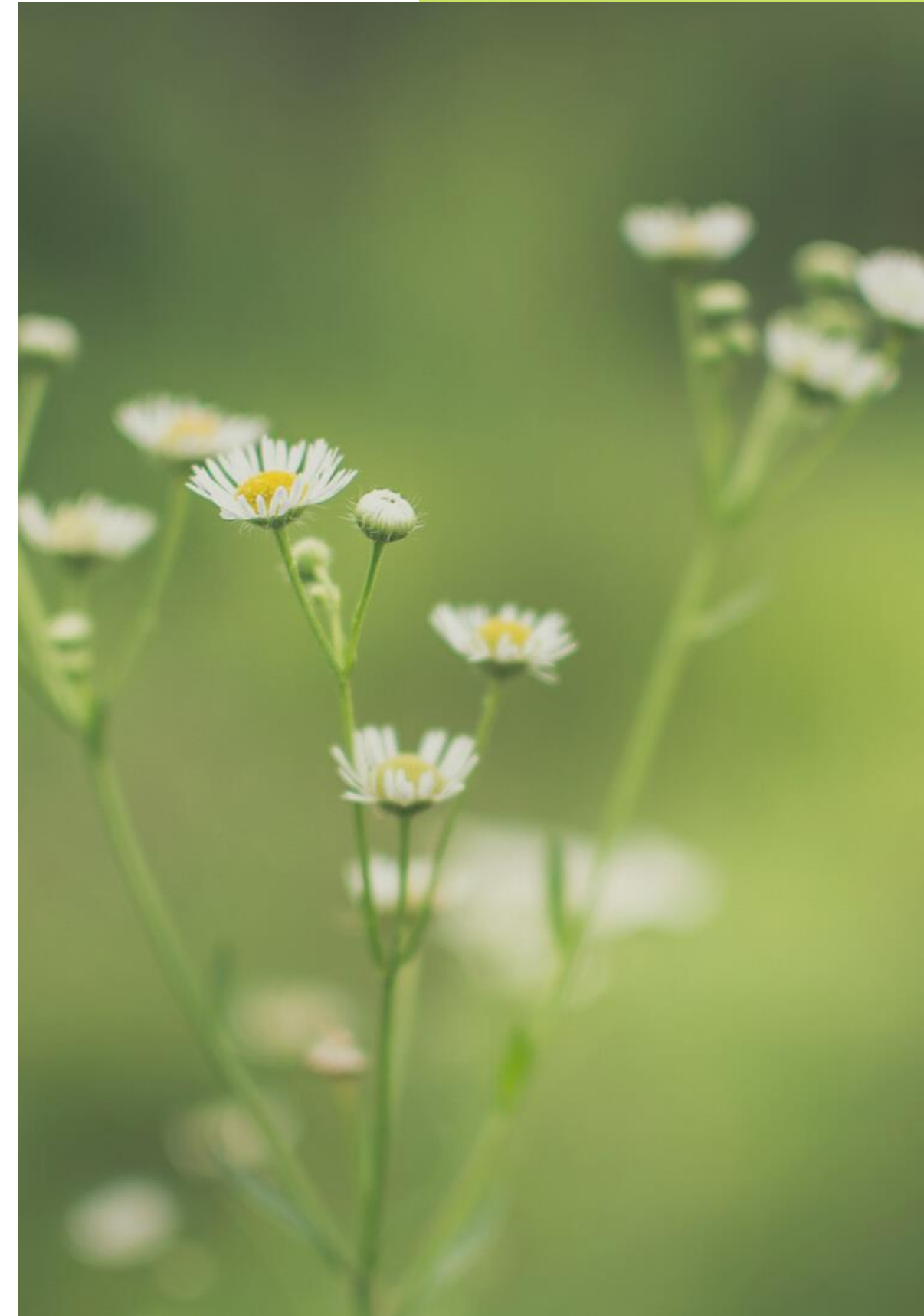
Awaken is a festival of learning. This year we put Mental Wellness in perspective looking at it from a Contemplative lens.

We have a range of topics that we look at through an interactive and hands on engagement.

If continual learning excites you, then Awaken '20 is for you!

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Awaken '20

DAY 1

Awaken '20

DAY 2

COLLECTIVE CIRCLE

Self Care Tools by Prajna Living
Wisdom Centre

8- 8:30 am

COURSES

Re-boot your life

9- 10:30 am

Daily Mindful Living

11- 12:30 pm

Whole hearted living with ARK

13- 14:30 pm

Our Body: Vehicle of Mental
Resilience

15- 16:30 pm

WORKSHOPS

Mindful Communication

11- 12:30 pm

Introduction to MBCT

15- 16:30 pm

ROUND TABLE DISCUSSION

Acceptance & Commitment Therapy

16:30- 18:00 pm

COLLECTIVE CIRCLE

Self Care Tools by Prajna Living
Wisdom Centre

8- 8:30 am

COURSES

Re-boot your life

9- 10:30 am

Daily Mindful Living

11- 12:30 pm

Whole hearted living with ARK

13- 14:30 pm

Our Body: Vehicle to Mental
Resilience

15- 16:30 pm

WORKSHOPS

Presence Oriented Psychotherapy

11- 12:30 pm

Lesser Stress and More Clarity of
Thoughts Through Mindfulness

15- 16:30 pm

Mindfulness & Money

16:30- 18:00 pm

DAY 3

DAY 4

COLLECTIVE CIRCLE

Self Care Tools by Prajna Living
Wisdom Centre

8- 8:30 am

COURSES

Re-boot your life
Daily Mindful Living
Whole hearted living with ARK
Our Body: Vehicle of Mental
Resilience

9- 10:30 am
11- 12:30 pm
13- 14:30 pm
15- 16:30 pm

WORKSHOPS

Self Compassion during intense time
How to be a Healing Presence

11- 12:30 pm
15- 16:30 pm

ROUND TABLE DISCUSSION

Why they don't teach money in schools, yet.

16:30- 18:00 pm

COLLECTIVE CIRCLE

Self Care Tools by Prajna Living
Wisdom Centre

8- 8:30 am

COURSES

Re-boot your life
Daily Mindful Living
Whole hearted living with ARK
Our Body: Vehicle to Mental
Resilience

9- 10:30 am
11- 12:30 pm
13- 14:30 pm
15- 16:30 pm

WORKSHOPS

Psychological flexibility
Introduction to Focusing Techniques

11- 12:30 pm
15- 16:30 pm

ROUND TABLE DISCUSSION

Social Connection in times of Social
Distancing

16:30- 18:00 pm

Awaken '20

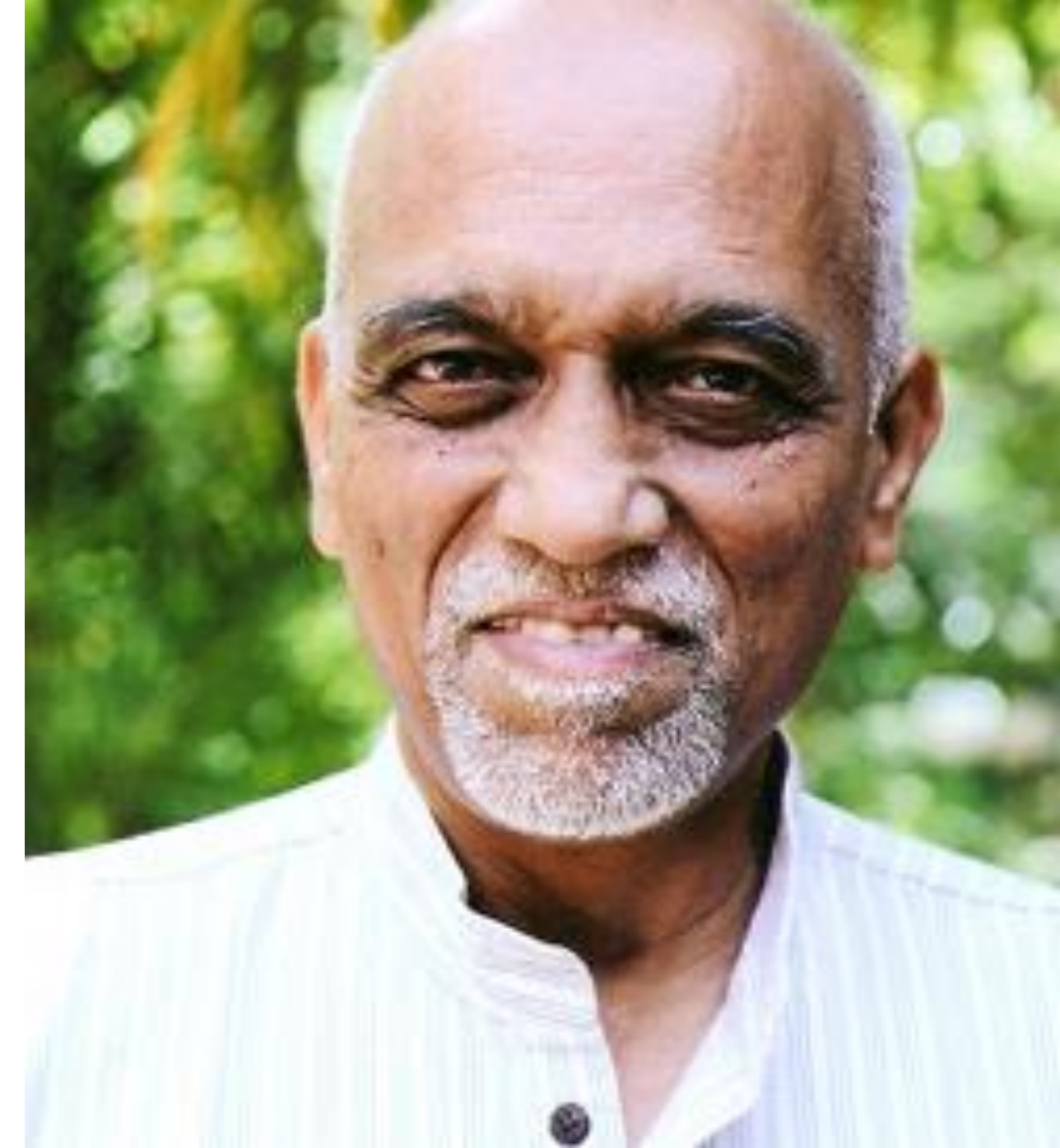
Presents Course Leaders

Dilip Patel is an Engineer, Entrepreneur, Learning Facilitator, Counsellor, TEDx speaker, Happiness Coach and Certified Zentangle Teacher. 'Rebooting life' is a 6 hours course spread over 4 days to understand life, the reasons to reboot it, and learning a few powerful keys principles that will help participants reboot when needed. He is joined by Malathi Karpur to facilitate the course.

Re-booting life addresses:

- Introduction to Life Balance Sheet 1 & 2
- Introduction to Zentangle - A meditative art form
- Integrating Life Balance Sheet & Zentangle for deeper inner cleansing
- Daily 'Rebooting' practices

Awaken '20 is a 4 - day learning carnival on Mental wellness through
contemplative practices



Eligibility: UG/PG Psychology students, educators ,
health workers and parents.

Registrations fee: INR 1500 (Students) & INR 1700
(Professionals)

Date: 27th - 30th June, Time: 9:00 - 10:30 am

Presents Course Leaders

Fathima Khader is a mindfulness educator and self compassion practitioner. She focuses on developing mindfulness skills that help you be present with clients/children, to be attentive to what is actually occurring in the present moment, for them as well as for ourself.

Mindful Living course covers :

- Paying attention on purpose
- Mindfulness through Body & breath work
- Mindful Gratitude - Looking for joy, happiness and contentment.
- Bringing Pause & Reflective self care.

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Eligibility: UG/PG Psychology students, educators , health workers and parents

Registrations fee: INR 1500 (Students) & INR 1750 (Professionals)

Date: 27th - 30th June, Time: 11:00 - 12:30 pm

Awaken '20

A learning festival to look at Mental Wellness through Contemplative lens

Our Courses

Course 1: Re-boot your life

Facilitator: Dilip Patel

(Certified Zentangle Teacher)

Brief about the course:

Understand life, the reasons to reboot it, and learning a few powerful keys which will help you reboot whenever needed. Learn about the framework, and the tools which will last you a life time.

**Join him for the course from
27th-30th June from 9:00-10:30**



Course 2: Daily Mindful Living

Facilitator: Fathima Khader

(Founder & Director of EvolveED
Mindfulness Educator)

Brief about the source:

How do you pay attention with intention through focused listening, observation? Learn Mindfulness of the body, practice breathwork and build a practice of Mindful Gratitude.

**Join her for the course from
27th-30th June from 11:00-12:30**



Kiran G



Krishna



Rohit



Arjun S

Awaken '20

Presents

Course Leaders

Wholehearted Living: A 4 session deep dive course from Ark that helps you discover clarity, courage, and possibilities in vital areas of your life:

Your Passion: *Explore what is your purpose and how to sing your heart song.*

Relationship with time: Discover how to lead a spacious life.

Intimate Relationships: Nurture relationships that are honest, meaningful, and passionate.

Inner Freedom: Get in touch with the truth, wisdom, and silence within.

Eligibility: UG/PG Psychology students, educators , health workers and parents

Registrations fee: INR 1500 (Students) & INR 1750 (Professionals)

Date: 27th - 30th June, Time: 1:00 - 2:30pm

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Presents

Course Leaders

Shamira Pujani is a Yoga and Well - being coach and founder - Yoga of living. She uses yoga, fitness, health and food as tools to make well-being a way of life. Her course focuses on Body: The Vehicle to Build Mental Resilience.

You will learn

- Physical and mental practices for a stronger mind
- Food and food habits that boost mental immunity
- Spine & mind : How your posture can make you stronger or weaker
- Ancient yogic practices that build physical and mental resilience

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Eligibility: UG/PG Psychology students, educators , health workers and parents

Registrations fee: INR 1500 (Students) & INR 1750 (Professionals) for 4 sessions.

Date: 27 - 30th June, Time: 3:30 - 5:00 pm

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Our Courses

Course 3: Whole hearted Living with ARK

Facilitators: Kiran Gulrajani, Rohit Sasavehalli, Arjun Som, Krishna

Brief about the course:

A deep dive course from Ark that helps you discover clarity, courage, and possibilities in vital areas of your life: Your Passion, Your Intimate Relationships and Your Inner Freedom

Join the course from

27th-30th June from 13:00-14:30



Course 4 - Body - The Vehicle to Mental Resilience

Facilitator: Shamira Pujani
(Yoga & Well-being Coach & Founder, Yoga of Living)

Brief about the course:

Physical & Mental practices for a stronger mind.
Food & food habits that boost mental immunity
Spine & Mind: How your posture can make you stronger or weaker? Ancient Yogic practices that build physical & mental resilience

Join her for the course from

27th-30th June from 15:30-17:00



Awaken '20

Presents

Workshop Leaders

Kapila Ramakrishnan is a Mindfulness and Energy Work teacher and practitioner, serving as Head of Programs at Prajña Wisdom Centre, Bangalore. Her proficiency lies in integrating various modalities: Emotional Intelligence & Wellbeing, Inner Child Work, Rebirthing Breathwork, Compassionate Communication, Mindfulness, Positive Psychology, Energy Healing and Past Life Regression. **Mindful Communication** focuses on self-awareness, empathy and skills to communicate with compassion: all of which will help you strengthen relationships and resolve conflicts mindfully.

Eligibility: UG/PG Psychology students, educators, health workers and parents.

Registrations fee: INR 350 (Students) & INR 500 (Professionals)

Date: 27th June, Time: 11:00 - 12:30 am

Awaken '20 is a 4 - day learning carnival on Mental wellness through contemplative practices

Workshop Coverage:

- Roots of Conflict
- Mindful Communication – meaning, process, benefits
- Basics of Prajña's 7 Steps to Mindful Communication

Presents Workshop Leaders

Ashwini N.V is the founder- director of Muktha Foundation, an organization committed to prevent interpersonal abuse and promote mental health. She is a counselling psychologist with practice and research interest in the area of intervention and prevention of interpersonal violence.

Her workshop addresses:

- The basic principles of Mindfulness based Cognitive Therapy
- Key practices for counselors or therapists

Awaken '20 is a 4 - day learning carnival on Mental wellness through contemplative practices



Eligibility: UG/PG Psychology students, educators , health workers and parents.

Registrations fee: INR 350/- (Students) & INR 500 (Professionals)

Date: 27th June, Time: 3:00 - 4:30 pm

Awaken '20

A learning festival to look at Mental Wellness through Contemplative lens

Our Workshops

Workshop 1: Mindful Communications

Facilitator: Kapila

(Founder, Director; Muktha Foundation & Counselling Psychologist)

Brief of the workshop:

How to make conversations more meaningful? Learn tenets of Mindfulness and Communication, a step towards constructive dialogues. An introduction to '*Prajna's 7 Steps to Meaningful Communication*'

**Join the workshop on
27th June from 11:00-12:30**



Workshop 2: Introduction to MBCT

Facilitator: Aswini N.V

(Founder, Director; Muktha Foundation & Counselling Psychologist)

Brief of the workshop:

Foundational concepts, of Mindfulness-Based Therapy, Tools and Techniques in MBCT, Application of MBCT

**Join her for the workshop on 27th June from
15:00 to 16:30 pm**

For more information call on 9035098990 or mail us on info@evolveed.in

Presents

Workshop Leaders

Sandy Dias Andrade is a mindfulness and presence oriented psychotherapist. She is also an internationally certified therapist in Mindfulness Based Cognitive Therapy (MBCT). She is the founder-director of Just Being Center for Mindfulness & Presence.

Her workshop addresses:

- The basic principles of Mindfulness incorporated in therapy
- Key practices for the counselor or therapist
- How can we deepen into Presence through Deep Listening

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Eligibility: UG/PG Psychology students, educators , health workers and parents.

Registrations fee: INR 350/- (Students) & INR 500 (Professionals)

Date: 28th June, Time: 11:00 - 12:30 pm

Professor
Dr Ushy Mohan Das

Doctor | Leadership Coach | Academician and Researcher
Diversity and Inclusion | Faculty Development Programs | Student Orientation
Author | Columnist | Media Consultant | Lifeism | TongueFu Master | Iron Lady
Music for Healing | Entrepreneur Mentor | Behaviour Augmentor

13+
Careers

50+
Workshops

10,000+
Women Transformed

25,000+
Meditating Minds

2,00,000+
People Value Added

18yrs old + **40yrs** of wisdom



TEDx
SPEAKER

Dr Ushy's
WISDOM WORKS
Founder

www.ushymohandas.com

IHRO
International Human
Rights Organization

Regional Head

Karnataka, Kerala, Telangana,
Andhra Pradesh and Tamil Nadu

THE MIND
WORKSHOP

Founder CEO
and Principal Mind Coach

www.themindworkshop.com

DAC
(Doctors against
Corruption)

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+
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MEMBER

Health Universities across
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Advisory BIS, National
Education Commission
and UGC.

THE
ALPHA
MEDITATION

DrUshyMohandas ushymohandas UshyMohanDas Ushy Mohan Das

"Where there is a will there is a highway"

writetoushy@gmail.com

Eligibility: UG/PG Psychology students, educators, health workers and parents

Registrations fee: INR 350/- (Students) & INR 500 (Professionals)

Date: 28th June, Time: 3:00 - 4:30 pm

Awaken '20

Presents

Workshop Leaders

Dr Ushy Mohan Das addresses "Lesser
Stress and More Clarity of Thoughts
Through Mindfulness"

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Awaken '20

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Our

Workshop 3: Presence Oriented Psychotherapy Workshops

Facilitator: Sandy Dias Andrade

(Founder & Director of Just Being)

Brief about the workshop:

What is Mindfulness & Presence?

The basic principles of Mindfulness incorporated in therapy. Key practices for the counselor or therapist. How can we deepen into Presence through Deep Listening

**Join her for the workshop on
28th June from 11:00-12:30**



Workshop 4: Lesser Stress and More Clarity of Thoughts Through Mindfulness

Facilitator: Prof Dr. Ushy Mohan Das

(Leadership Coach, Academician & Researcher)

Brief about the workshop:

The mindful practice of paying attention to the present moment helps us control the racing, repetitive, and non-productive thoughts that lead to stress.

**Join her for the workshop on
28th June from 15:00- 16:30**

For more information: Call on 9035098990 or mail us on info@evolveed.in



Awaken '20

Presents

Workshop Leaders

Rahul is a Financial Coach & founder of Ashoonya Financial. He had his first real tryst with money at 17 & got financially free at 32. For him true financial freedom comes with financial intelligence & mindfulness, something he calls financial well-being.

His workshop on "Mindfulness & Money" focuses on:

- The real essence of Financial Intelligence
- What is Financial Mindfulness & how it helps our relationship with money
- A simple mindfulness practice with money

Eligibility: Teenagers, UG/PG Psychology students, educators, health workers and parents.

Registrations fee: INR 350 (Students) & INR 500 (Professionals)

Date: 28th June, Time: 4:30- 6:00 pm

Mindfulness & Money is scheduled on 28th June, 2020 from 16:30 to 18:00

Awaken '20

Presents

Workshop Leaders

Dr. Khwaja is an Engineering graduate of Institute of Science and IIT Bombay, MIE, MIIM, with a Ph.D in behavioral sciences.

He is invited regularly to conduct workshops or lectures for Defence, Central Government, prestigious National Institutions

He addresses Self Compassion during trying times



Dr. Ali Khwaja

Awaken '20 is a 4 - day learning carnival on Mental wellness through contemplative practices

Eligibility: UG/PG Psychology students, educators, health workers and parents
Registrations fee: INR 350/- (Students) & INR 500 (Professionals)

Date: 29th June, Time: 11:00 to 12:30 pm



Presents

Awaken '20

Workshop Leaders

Nithya Shanti is an internationally acclaimed teacher of joyful and conscious living. He lived as a forest meditation monk for six years.

His workshop addresses:

- Four Dimensions of Conscious Living: Pause, Feel, Intend, Connect.
- Principles and Practices for Self Care
- Tools for Stress Release and Emotional Integration

Awaken '20 is a 4 - day learning carnival on Mental wellness through contemplative practices

Eligibility: UG/PG Psychology students, educators , health workers and parents

Registrations fee: INR 350/- (Students) & INR 500 (Professionals)

Date: 29th June, Time: 3:00 - 5:00 pm

Awaken '20

A learning festival to look at Mental Wellness through Contemplative lens

Our Workshops

Workshop 5: Self Compassion in trying times

Facilitator: Dr. Ali Khwaja

(Ph.D in Behavioral Sciences
Founder, Banjara Academy)

Brief about the workshop:

Enhance your ability to look inward, do you react or respond? Reflect on: Is something outside challenging me? What are my strength? Let's take responsibility of our lives!

**Join him for an enlightening workshop on
29th June from 11 am to 12:30 pm**



Workshop 6: How to be a Healing Presence

Facilitator: Nithya Shanti

(Internationally acclaimed teacher of joyful and conscious living)

Brief about the workshop:

Four Dimensions of Conscious Living: Pause, Feel, Intend, Connect. Principles and Practices for Self Care. Tools for Stress Release and Emotional Integration

**Join him for the workshop on
29th June from 15:00-17:00**



Awaken '20

Presents Workshop Leaders

Baijesh Ramesh is a clinical psychologist, a psychotherapist, mindfulness guide, trainer, wellness consultant, resource person to various universities in India and a researcher. Psychological flexibility is where participants learn basic Acceptance and Commitment Therapy (ACT) skills to apply in their personal and professional life.

Key take aways:

- Understand the Psychological Flexibility model
- Learn and practice Acceptance, Mindfulness and Cognitive Defusion strategies to cultivate psychological flexibility

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Eligibility: UG/PG Psychology students, educators , health workers and parents.

Registrations fee: INR 350 (Students) & INR 500 (Professionals)

Date: 30th June, Time: 11:00 - 12::30 am



Awaken '20

Presents

Workshop Leaders

Fiona Parr is a Focusing-oriented therapist, and Certifying Coordinator for The International Focusing Institute (TIFI). In this workshop Fiona will show you how to build your inner strength, enhance your self-awareness, support your day-to-day emotional regulation and strengthen your connection with others.

Introduction to Felt Sense Focusing will:

- Give you the ability to listen to yourself, in a way that is accepting, friendly and kind.
- You learn how to develop a sense of your Self-in-Presence, and to create a positive inner relationship with yourself.

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Eligibility: UG/PG Psychology students, educators , health workers and parents.

Registrations fee: INR 350 (Students) & INR 500
(Professionals)

Date: 30th June, Time: 3:00 - 4:30pm

Awaken '20

A learning festival to look at Mental Wellness through Contemplative lens

Our Workshops

Workshop 7: Psychological flexibility

Facilitator: Baijesh Ramesh

(MSc., MPhil Clinical Psychology & Life Coach)

Brief about the workshop:

Understand the Psychological flexibility model, Learn and practice Acceptance, Mindfulness and Cognitive Defusion. Learn strategies to cultivate Psychological flexibility

**Join him for the workshop on
30th June from 11:00-12:30**



Workshop 8: Introduction to Focusing Techniques

Facilitator: Fiona Parr

(BFA recognized Focusing practitioner & Mentor)

Brief about the workshop:

Paying attention to the 'felt sense' in specific ways proved to be the key component of successful psychological change. You will learn the specifics of Focusing, see a demonstration or do an exercise; and then practice what you are learning with each other.

**Join her for the workshop on
30th June from 15 pm to 16:30 pm**

HOW DO YOU REGISTER?

We are glad for your interest in "Awaken '20". This learning festival is closest to our hearts

We would love to have you with us for the entire program, you may also choose the courses/ workshops that you wish to.

To register, head over to the registration form, fill it up, choose your courses/ workshops. You will receive a confirmation mail from us.

All the courses and workshops will happen virtually, the links for your registered courses & workshops will be shared with you 24 hours prior.

AWAKEN '20 INITIATIVE

A circle of gratitude: Pay it forward is an initiative by EvolveED that puts acts of kindness and open-heartedness into action. The idea is what you want or receive, offer it to others. When you enroll for a course/workshop consider the fee already paid by someone else. All you need to do is pay for someone else. E.g: If you wish to enroll for 2 workshops of Rs 700/- consider it as paid. What you do is pay Rs 700/- as a contribution for the other. All receipts will be accounted for pay it forward program.

Scholarship: If you wish to avail our scholarship, please click on the option and mail us on info@evolveed.in clearly stating the reason of availing this offer and how much you can contribute. Based on your case, we will get back with the right offer to you.



REGISTRATION FEES

EVENT	STUDENT/TEACHERS	PROFESSIONAL	OUT SIDE INDIA
Course	1500 p.c.	1750 p.c.	\$25 (USD)
Workshop	350 p.w.	500 p.w.	\$10 (USD)
PACKAGES	STUDENT	PROFESSIONAL	PROFESSIONAL
1 course (+1 complimentary workshop)	1500	1750	\$25 (USD)
2 courses (+2 complimentary workshops)	3000	3500	\$50 (USD)
3 courses (+3 complimentary workshops)	4500	5250	\$70 (USD)
4 courses (+4 complimentary workshops)	6000	7000	\$100 (USD)

We would like to express our deepest gratitude to



for their support for Awaken '20

Phone : +91 7899917213 / +91 9945135715

Email Id: pragya@thehealingcircle.in

EvolveED

Contact: 9035098990

Website: www.evolveed.in

Facebook: @TheEvolveED

Instagram: [evolveed_2019](https://www.instagram.com/evolveed_2019)