

OE2110

CREATING IN THE TIME OF COVID



INSTRUCTOR

SHRINKHALA AREN

NID

Shrinkhala was always interested in healing and consciousness. Since the time she was a teenager, she remembers reading books and learning various modalities like Reiki, Pranic Healing, and Access Consciousness. She has recently completed a MA in Psychology from IGNOU.

<http://www.nid.edu/people/faculty/shrinkhala-aren>



CO-INSTRUCTOR

JAYA MADHAVAN

Jaya is a poet, an author, comic strip writer and an illustrator. Her book "Kabir the weaver poet" is a CBSE recommended text. Jaya completed her fourth novel during the time of Covid, a book she has been working on/struggling with for the past 16 years.

https://en.m.wikipedia.org/wiki/Jaya_Madhavan

OVERVIEW

Covid has been a different time for all of us. Most people were struggling to remain sane and stress free during this time, but for some, this time was a very productive time to be creative and to produce work that had been pending / in the anvil. It is all about not letting the stress get to you and to use coping tools to keep the stress away.

OBJECTIVE

Acceptance and acknowledgement are the first steps towards change. Knowing that we are stressed, becoming aware of our thoughts, feelings and emotions and eventually being able to name those can bring about a world of change. When the cog of our inner wheel is changed, the world outside transforms too. The aim of this workshop is to facilitate a space that is safe and nurturing and also learn how to cultivate a healthy relationship with oneself through regular self-care and through building safe relationships.

METHODOLOGY

Well thought out exercises, interactions with the faculty and other participants, creating a connect with oneself through activities, conversations around core emotions, knowing the difference between 'doing' and 'being' etc - will form the broad framework of the workshop. The free expression can take any form viz- painting, dancing, singing, miming, talking, playing. Anything at all. The idea is to allow the creative side to emerge and express itself in the outer world with trust and joy.

KEYWORDS

Creativity, Connection,
Nurture, Joy,
Pandemic, Reflection

ONLINE
APRIL 5-16 2021
openelective.nid.edu