



## INSTRUCTOR

### YASH B. MAKWANA

Entrepreneur

Designer by training, I have been working in the mental health sector for the last 4 years. Collaborating and co-creating with mental health experts, designed programmes for various issues and difficulties using arts as a medium.



## CO - INSTRUCTOR

### NABHIRAJ S. MEHTA

Child-n-You

Working in the mental health sector for more than 15 yrs. Heading a school for special needs children. Arts Based Therapy educator

## OVERVIEW

Looking at the current scenario, a lot of games and day to day activities are focused heavily on cognition, leaving behind the body. Through the workshop the students will get a deeper understanding of the use of play, how the human being develops with play, the effects of modern day needs and how we are reinventing play constantly. This elective will explore through experiential play the various types and levels of play. Based on that understanding the students will co-create play spaces, structures and design purposeful games to build a deeper connect and a balanced body and mind. A playful way to benefit the holistic development of the human being.

## OBJECTIVE

Explore through experiential play the various types and levels of play (use of body, body and prop, roles, mind and body, cognition, combination of different methods). Through the lens of play, understand the stages of human development. Based on this learning and understanding, co-create various play spaces and structures and design purposeful games.

## METHODOLOGY

Hands-on experience. Exploring and discussing the four pillars of play and the integration of the same. Application of theory and practical learning in day to day life by creating various play structures and spaces ( from simple to complex & tiny to gigantic). The elective follows a transformative and inclusive methodology aiming to look into the vertices of storytelling in space, meaning-making through collaborative exploration, joy and curiosity driven questioning of our familiarity, awakening the inner child and simply having fun during and after the elective.

## KEYWORDS

Play spaces, Redefining play, Immersive, Co-Creation, Fun

## WORKSHOP MODE

Online

February 14 - 25, 2022  
[openelective.nid.edu](https://openelective.nid.edu)