



OE24A04

Mindful Design: Co-Creating Cultures of Care

ABOUT

Isabelle Dechamps is part of the joint PhD program Eco-Social Innovation by Design from NID and HSLU, researching "Conscious Co-Creation for Social Transformation." Her work explores how mindfulness can enhance participatory design processes for social change. Since graduating in 2011, Isabelle has been active in social design and education, founding the social design collective "be able e.V." to promote inclusion of marginalized groups. The organization runs programs for people with disabilities, ethnic minority craftsmen, migrants, refugees, and prisoners. Isabelle has led projects and workshops globally, including in India, South Africa, Bangladesh, Colombia, Ecuador, Cuba, Vietnam, and Indonesia.



Isabelle Dechamps

www.be-able.info

S Guruprasad is a senior faculty in Strategic Design Management under the Faculty of Interdisciplinary Design Studies at NID. He teaches and involves in Design Strategy, Innovation Methods, Design Leadership, Systems Design, Design Process, Behavior Studies and NSD. Guruprasad has more than a decade of experience in New Product Development, Product Design, Engineering Design and Manufacturing.



S Guruprasad

www.nid.edu/people/detail/guruprasad-s

OVERVIEW

Mindful design facilitates a process of conscious decision-making by creating awareness of self and shifting the focus from an external to an internal locus of control through mindful reflection. This Workshop invites the students to experience, explore, and reflect on a mindful design process, which provides them with a structure and mindset to design "cultures of care". In the workshop we will form interdisciplinary teams among students, define cultures of care through a mindfulness lens for a chosen context and co-create innovative concepts of care while testing a new paradigm for design methods and approaches.

METHODOLOGY

The two weeks will have an underlying structure of the process and methods from Design Thinking which will be inspired and supplemented by elements from Dragon Dreaming and mindfulness practice. 1. Phase - Growing our own culture of Care for Teamwork 2. Phase - Exploring the field around us with a Design Brief at hand: Immersion, Interviewing, Observation, Sensing and Dreaming 3. Phase - Prototyping and Testing with several Iterations - making Ideas tangible 4. Phase - Harvesting and celebration Each day will make also use of methods for reflection, personal growth, team growth, and documentation.

KEYWORDS

Conscious-Co-Creation, Holistic-Design, Decision-Making, Locus-of -control, Mindfulness.

LOCATION

Ahmedabad

MAXIMUM PARTICIPANTS

20