



WORKSHOP ON

# SCIENCE OF HAPPINESS

Psychology Department

JOIN US,

We're diving deep into **Martin Seligman's Positive Psychology**, where **it's all about thriving** and not just surviving! **Learn about the magical state of flow and flourishing!**



Date

4th October, 2024



Time

10am-11am



Venue

SVC BLIND CELL,  
Ground Floor

[REGISTER NOW](#)





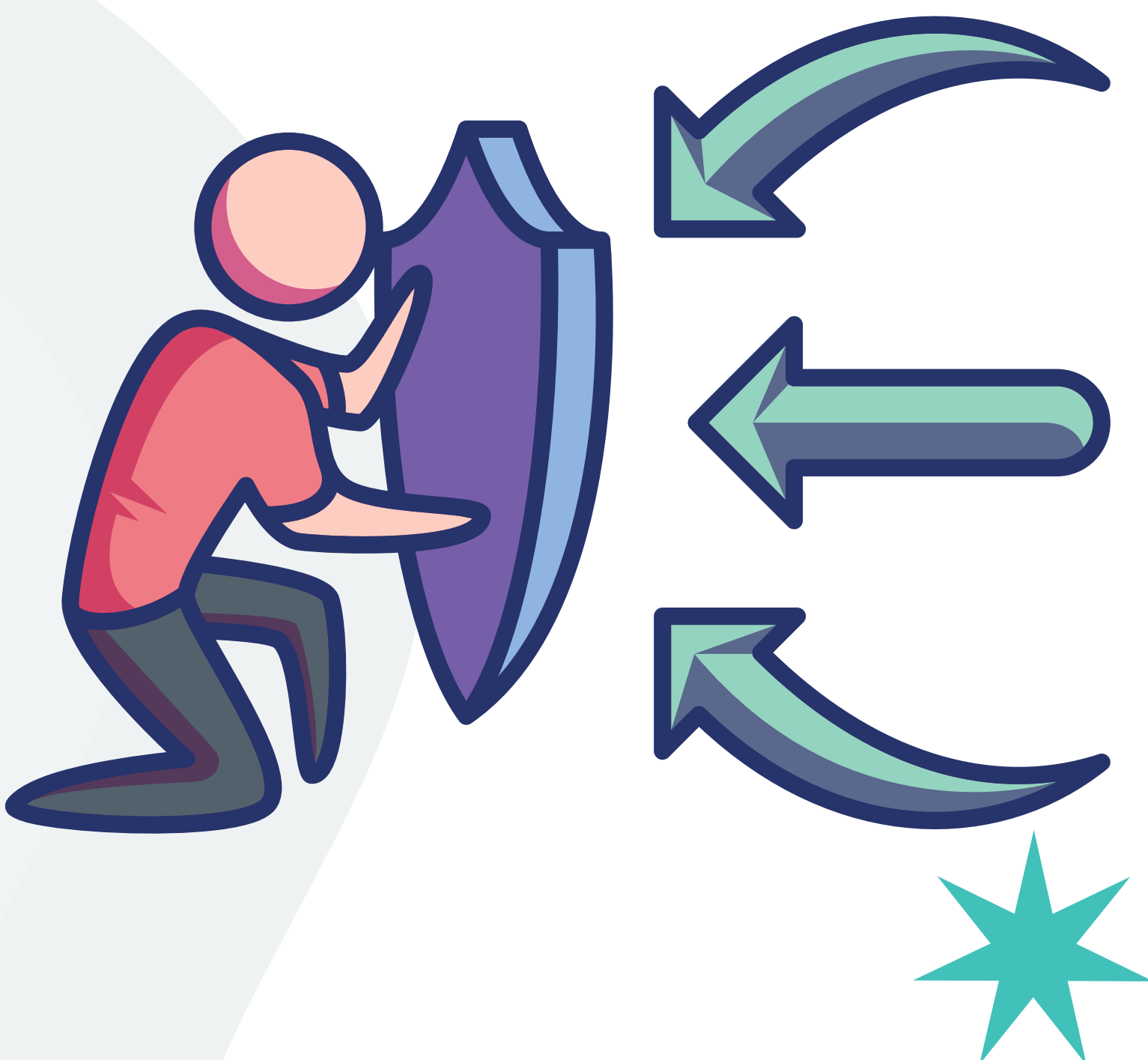
WORKSHOP ON

# ★ COLOURS OF STRENGTH

Psychology Department

JOIN US,

**Be the rubber band of your life and snap back stronger!** 🧐 In this hands-on workshop, you'll learn how to turn life's challenges into character development moments with an excellent blend of **Expressive arts therapy**



Date

4th October, 2024



Time

12pm - 1pm



Venue

SVC BLIND CELL,  
Ground Floor

[REGISTER NOW](#)





# WORKSHOP ON PAUSE AND REFLECT

Psychology Department

JOIN US,

*Breathe in, breathe out... and repeat. But mindfulness is not just that! This session is all about **finding your calm in this chaotic world.** Dive into guided imagery—it's like a mini mental vacation without needing a plane ticket! ✈️🌴*



Date

4th October, 2024



Time

2pm - 3pm



Venue

SVC BLIND CELL,  
Ground Floor

[REGISTER NOW](#)

