

LIVE EVENTS SCHEDULE

JOIN US IN OUR SEQUENCE OF LIVE TALKS, DELIVERED BY AUTHOR, STORYTELLER, COUNSELLOR, LIFE COACH, AND A TECHIE! EACH OF OUR EVENTS REVOLVE AROUND THE THEME OF "READING IN THE TIME OF NETFLIX", AND HOW WE CAN COPE BETTER DURING THIS PANDEMIC.

ALL THE EVENTS WILL BE CONDUCTED DURING THE WEEKEND, VIA ZOOM. IN CASE YOU MISS THE DATE, YOU CAN ACCESS THE RECORDING LATER ON AS WELL.

1

"To the stars and beyond"

A Multisensory Exploration of space

Sharanya Sriram

Storyteller, Educator
Founder, *S.L.A.T.E*



17th July, 12:00 p.m (IST)

Stories inspire one and all. They give us a reason to chase our dreams with more fervor and determination.

In this explorative session, we will look at the stories of 2 superwomen who broke barriers and achieved their dreams:

- 1) Kalpana Chawala: The first woman of Indian origin to go to space.**
- 2) Mae Jemison: The first black woman to fly into space.**

Recently, there is a lot of buzz about our neighboring planet Mars. What is unique about this planet and why are we sending missions to Mars?

Let's find out about this and our 2 powerful stories together on Saturday 17th of July with Sharanya, the storyteller.



17th July, 12:00 p.m (IST)

2

"Pause"

An interactive mindfulness session

Neha Murali, Arva Dilawar

Counselling Psychologists
Co-founders, Knit A Tale



24th July, 7:30 p.m (IST)

The life of an individual in today's world is affected by numerous things. There are external factors, internal factors, unpredictable events and so many other things that can have an impact on their lives. This can create a lot of distress for the person. The aim of this session is to understand what these factors are, and how to regulate them effectively as they move forward.

This will be an interactive session, wherein you will be asked to introspect about your daily life, the stress that you face, and how it affects you.

Finally, you will learn how to regulate stress: Physically, Emotionally, Cognitively, and Behaviourally.



24th July, 7:30 p.m (IST)

3

"Accelerated Learning Principles"



Abhay Valsangkar

Confidence Coach, TedX Speaker,
Founder, Alter Ego Learning



25th July, 12:00 p.m (IST)

Abhay Valsangkar's vision is to make every student, a potential leader. In this informative session, you will learn about The Modern Day Learning Cycle, and how we can build a strong foundation of knowledge through active participation.

We will then look at the Data-Information-Knowledge-Wisdom (DIKW) pyramid. You will learn how to ascend to each level of understanding.

Finally, Abhay will talk about The Learning Priority Matrix, and how - by choosing the right learning activities - we can make the very most of our time and opportunities.

Whether you are a student or some new to the workforce, this session will truly help you learn how to learn better



25th July, 12:00 p.m (IST)

4

"A Writer's Tale"

A virtual book reading and interview



Nick B. Ponter

**Author, Connor Jackson and the
Memory Thieves**

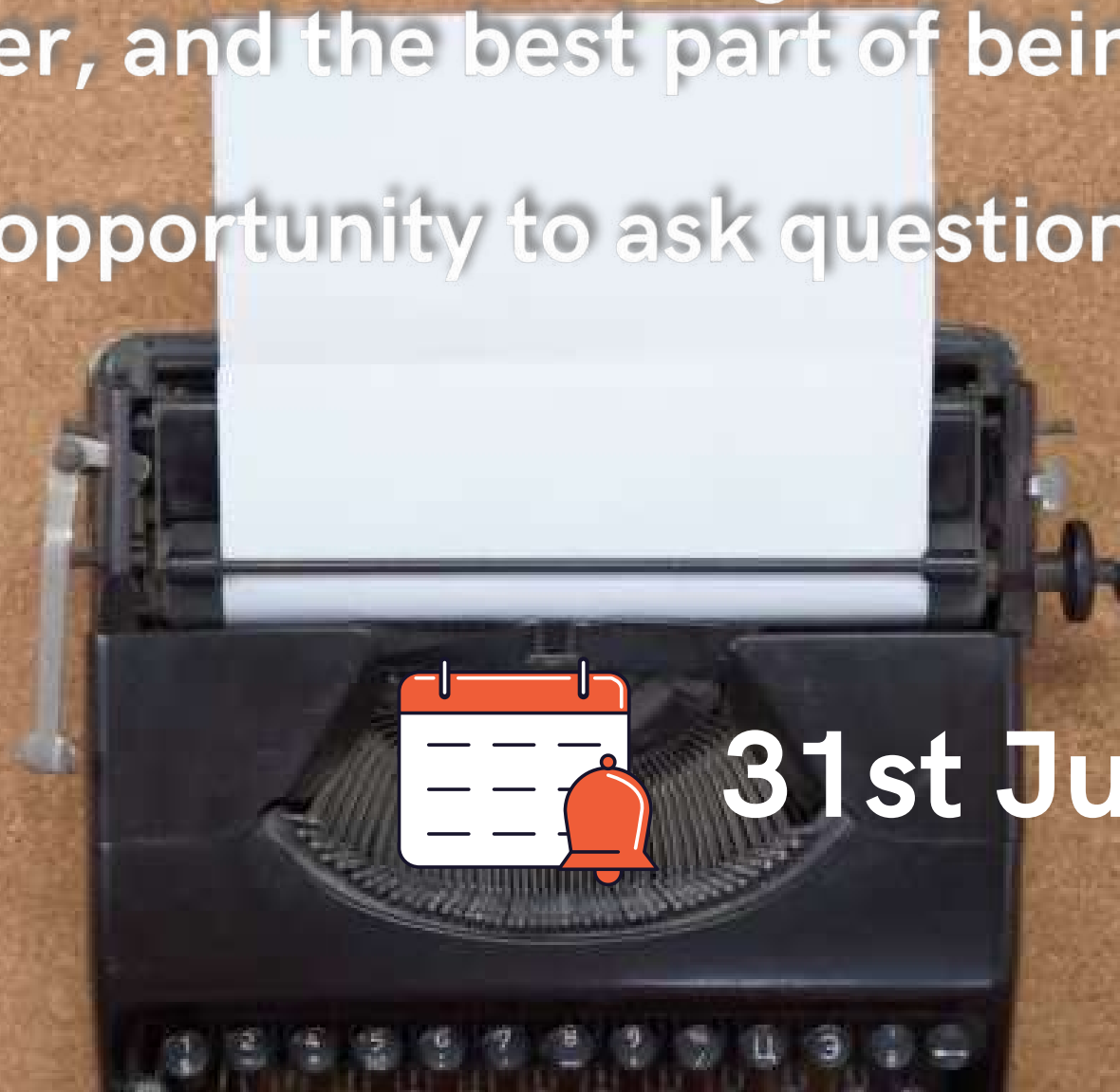


31st July, 12:00 p.m (IST)

Nick B. Ponter is the author of Connor Jackson and the Memory Thieves. He is appearing live to talk about his writing experiences from the inkling of an idea to worldwide online readings.

This session will include coming up with the initial idea, the long thinking phase, gathering notes together from various sources, how to plan a book, why he wrote by hand, and different writing styles such as descriptive and dialogue. He will also talk about the challenges on his writing journey, how to find a publisher, and the best part of being an author.

Finally, you will have the opportunity to ask questions, so start thinking now!

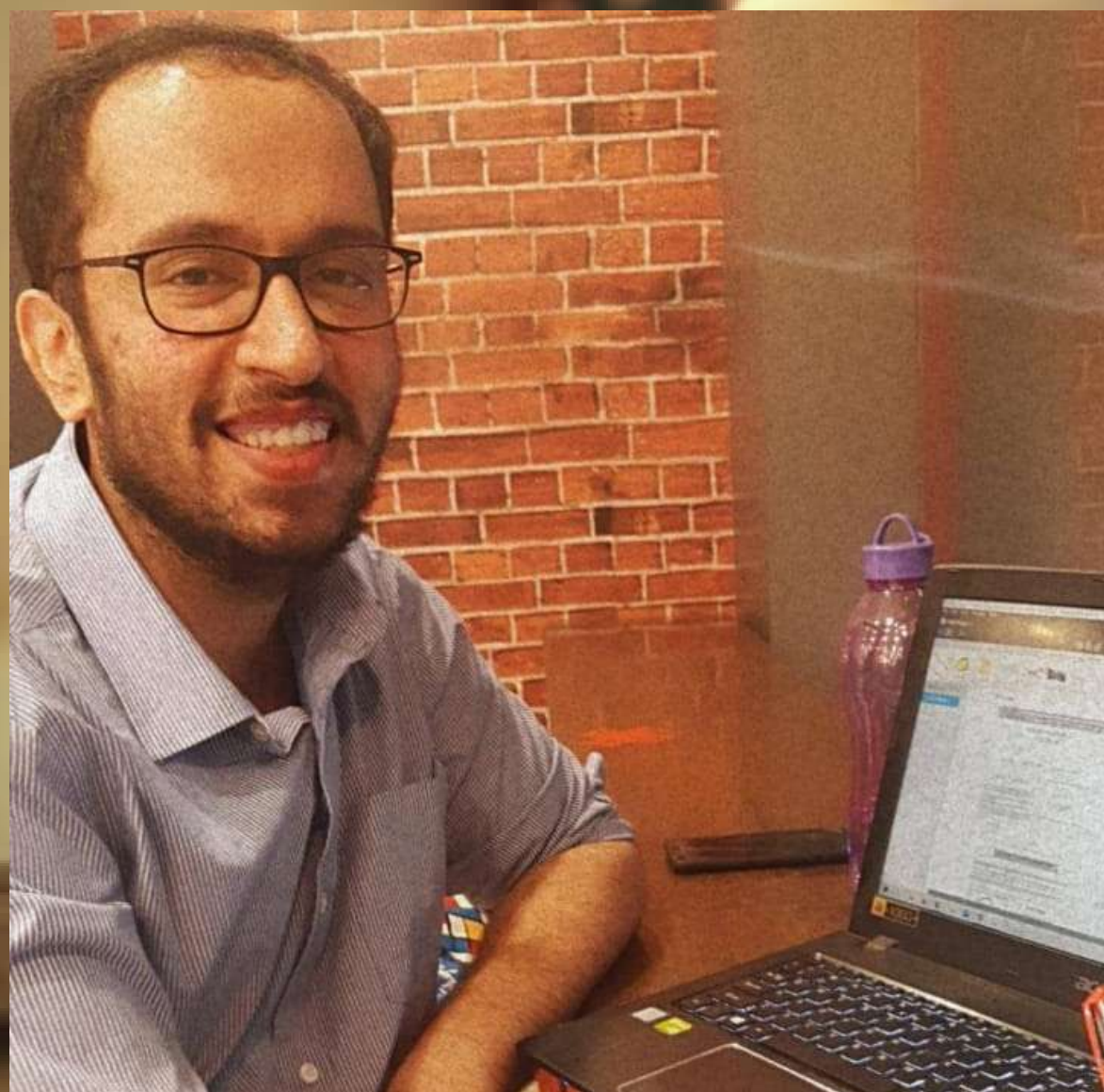


31st July, 12:00 p.m (IST)

5

"Addiction by Design"

How Apps are designed to be addictive



Junaid Khan

Software Engineer,
Founder, Ilmtech



1st August, 12:00 p.m (IST)

We obsess over our emails, Instagram likes, and Facebook feeds; We binge on TV episodes and YouTube videos; we work longer hours each year, and we spend an average of three hours each day using our smartphones.

App makers use deliberate techniques to attract your attention. They aren't simply relying on you to come to them whenever you have downtime.

In this session, we will identify the tactics used by some of the most popular smartphone apps on the planet. Some of these techniques clearly serve no purpose other than to manipulate your behavior, whereas others are not necessarily insidious and are part of what makes the product useful.



1st August, 12:00 p.m (IST)

GAME NIGHT – BOOK DISCUSSION NIGHT

IN OUR OPINION, ONE OF THE BEST WAYS TO BOND WITH FELLOW BOOK-LOVERS IS TO ENGAGE IN SOME FRIENDLY COMPETITION. JOIN US, AS WE HOST GAME NIGHTS & BOOK DISCUSSION CLUBS!



OUR PREVIOUS SESSIONS!

