

THE ART AND SCIENCE OF HELPING

Session Anchored by: * Gauri Nigudkar



“World belongs to humanity, not this leader, that leader or that king or prince or religious leader. World belongs to humanity.” ~ The Dalai Lama

Being helpful is inherent to all of us. It is fundamental human nature. But we are not necessarily always helpful in the ways we offer help. Sometimes we end up harming more than helping consciously or unconsciously. The central theme of this session is learning to be an effective “Helper” as best as we can. This becomes more relevant especially in times of Covid where helplessness is taking root in our hearts. It’s time to remember that all of us can help, if not everyone, at least someone!

Broad learning objectives of the session:

- Learning how to offer, receive and give help in an effective manner.
- Discovering why my help is not helpful sometimes.
- Discovering what blocks, me from receiving or asking for help.

Methodology: Experiential learning. Participants will largely engage in conversations about helping and learn from each other. Some theoretical inputs will be included to build a greater understanding of the concept of “Help”.

Fees:

- Fees per session per participant: pro bono
- Voluntary payment of INR 500/- (all inclusive) is accepted as fees on a “gift it forward” basis.
- What is a gift it forward? – Your participation in one session is already paid for by someone. When you pay the said amount, you are paying for the next person who wishes to join the session. And so on.

Voluntary Payment details:

- Bank: Canara Green Park extension
- Account Name: Indian Society for Applied Behavioural Science
- Account Number: 90482010014884
- IFSC: CNRB0019048 MICR: 110015367

Session Dates: 23, 30 May, 6, 13, 20 June
Session Timings: 4pm to 6pm for all sessions

Important Note: each session is a stand-alone session.
You can participate in any one as per your convenience

For Registration: visit us on <https://www.isabs.org/outreach>

For queries: please write to us on dean.programmes@isabs.org

*Gauri is Professional member of ISABS.