



Hey, IITDh folks!

***"Help thyself before helping others."*** Does this quote sound familiar to you? It's okay if it does not, but have these thoughts crossed your mind?

Are you ready to kickstart your journey by empowering people and lifting others?

We've got you covered! We are thrilled to invite you to a workshop that dives into conversations about inclusivity, equality, and empowerment. Together, we can unveil the power of fostering a respectful and inclusive environment for you and your peers.

### Uplifting Self and Others

- Understanding the challenges that college can bring
- Staying motivated in the face of challenging situations
- Learning to accept oneself
- Taking care of one's emotions
- Thriving towards inclusion

With

**'Uplifting Self and Others'**

A workshop by

**Ms. Rakshitha Ghadge**

**When:** 14th October 2023 , Saturday

**Time :** 4 P.M - 5:30 P.M

**NOTE:** We will also have Blockbuster booth from 1:30 p.m - 3:30 p.m on the same day. We eagerly wait for you to join us there as well.

Led by experts, this workshop promises to be an enlightening and engaging experience that will lead you to a path to a brighter, more equal tomorrow!

**Standing with you,  
Team YourDOST**

Event organized by IITDh Counselling Center, led by the Dean Student Welfare.