

Department : Psychology

Date: 25/09/2020

Activity: Workshop

Resource Person: Ms. Sohini Bahttacharya



The poster is for a workshop titled "MOVE TO EXPRESS" presented by the Psychology Association in collaboration with Meraki. It features a green background with a dark border. At the top left is a crest. The title "MOVE TO EXPRESS" is in large, bold, blue letters, with "A Movement Therapy Workshop" below it. A central text block describes the workshop as a dive into mindfulness and expression through movement therapy with Sohini Bhattacharya. To the left of this text is an illustration of two people in a yoga-like pose, and to the right is an illustration of a person in a dynamic pose. Below the central text is a photo of Ms. Sohini Bhattacharya and a paragraph about her training and goals. At the bottom, it states "Limited Seats Only" and "25TH SEPTEMBER", and "E-certificates for Participants" and "MICROSFT TEAMS". A contact box at the bottom left provides a phone number. Logos for Meraki and a psychology symbol are at the bottom right.

Psychology Association in collaboration with Meraki
Presents

MOVE TO EXPRESS

A Movement Therapy Workshop

Dive into the world of mindfulness and expression through a movement therapy workshop with Sohini Bhattacharya. Come join us to bring about a feel good experience and ignite your senses.



Ms. Sohini Bhattacharya has been trained in Movement Therapy from Kolkata Sanved in collaboration with TISS. She founded "Meraki" and she aims to create a safe environment to express, heal and empower one's true self.

Limited Seats Only **25TH SEPTEMBER**
E-certificates for Participants **MICROSFT TEAMS**

For further details, contact-
Ekta: 8584914943



Move To Express- Psychology Association Event

01:05:37

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Sohini (Meraki-healing...

KHUSHI M SANGHANI

SAIMA AZAM

KEERTHANAA J

EKTA AGIWAL

VASUNDHARA V NIMB...

THARSHINI UMAPAT...

SHUBHANGINI PAREEK

PRANATHI HARIHAR

SABAA TAHER

ISHA SAVLANI

LAVANYA VERMA

NISHAA

SAI SRIYA PASUPULETI

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