

Expert Speakers



FAZLANI

L'ACADÉMIE GLOBALE

A School Where Leaders Evolve



DR. HARISH SHETTY

MBBS, M.D. (Psychiatry)
Clinical Psychologist

Day & Date:
Wednesday, 11th September 2019

Timings:
9:00 am to 10:30 am



Love

Life

Learning

EMPOWERING
GRADES
11 & 12
TEENS

- O Self-regulation**
- O Self- awareness**
- O Enhanced focus**
- O Improved performance**

The focus of this session would be on empowering teens with mindful tools. The session would be interactive and designed to impart techniques that will help students realize benefits in terms of self-regulation, increased self-awareness, enhanced focus and improved performance.



Reflection by students:

A very interactive session, educating us on life skills. Dr Shetty's Jovial nature made it a humorous and lively hour. Time flew by and sir shared his stories and provided benfital advice that we can use in our day to day life.

By Yahyaa Bootwala

Dr. Harrish Shetty's presentation was so interesting and interactive! There wasn't a second where I was disinterested, his approach to bringing and discussing such serious topics was incredible! I loved how he made every Thing so funny!!.

By Mallika Chhowala

Dr. Harish Shetty's session was great fun and interactive. He used the tool "Humour" while teacheing us about Love , Life, Learning as it kept us wanting more. The fact he shared his own life experiences as well as made it a conversational talk helped us understand better. The advice that he gave us will stay with us throughout our lives and help us in every aspect of our life.

By Zahbiyah Tinwala



“EMPOWERING TEENS WITH MINDFUL TOOLS”

Mind Health and Nutrition Solutions

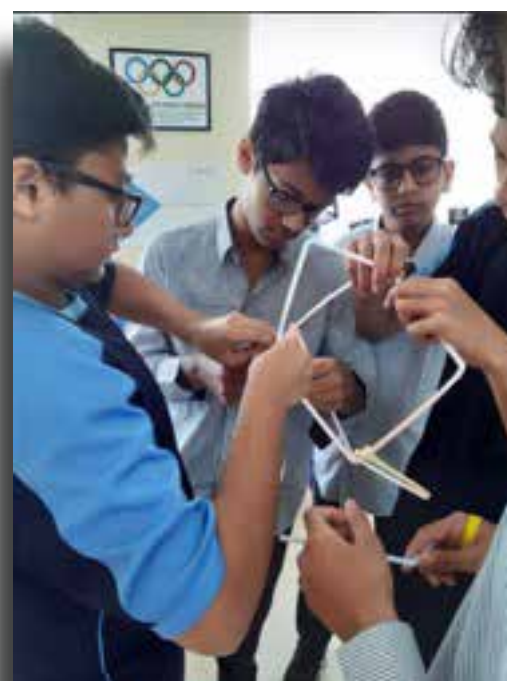


Reetu Seth

M.A. in Clinical Psychology (RCI accredited)

Reetu Seth, Co-founder “Katalystt” is a registered Clinical Psychologist and School Counsellor practicing over almost two decades in the city of Mumbai. Her core expertise lies in her dealings with children and teens to address their mental health concerns and provide the necessary interventional support from time to time. In her capacity as an expert she has been associated with the best schools in South Mumbai such as Hill Spring International School, G.D Somani Memorial School, Fazlani L’ Academie Globale, Walsingham House School, Kangaroo Kids etc.

Workshop : “Empowering Teens with Mindful Tools”
Venue : Fazlani L’Academie Globale
Event Date : Wednesday, 28th August 2019
Timing: 8.30 a.m. (Grade 10A) and 10 a.m. (Grade 10B)



Reflection By Students

The Workshop was very interactive, but it also made me realise what I need to do in order to be a calm and composed individual

By Kaira suneja

NEUROHACKING

YOUR WAY TO SUCCESS

THERE ARE ABOUT 84 BILLION NEURONS IN OUR BRAIN. EVERYTHING WE LOVE, HATE, ADMIRE OR DETEST ARE JUST CHEMICAL EQUATIONS IN YOUR BRAIN. LEARN TO DECODE YOUR BRAIN, UNDERSTAND HOW YOU MAKE DECISIONS AND STEER YOURSELF TOWARDS SUCCESSFUL HABITS AND DECISIONS OF YOUR LIFE, SIMPLY NEUROHACKING!



OMKAR PANDHARKAME

Omkar currently is a PhD candidate at Higher school of economics, Moscow. His research field includes finding common ground between social psychology and Neuroscience.

Previously, he was the associate director at DICE, India's largest youth urban innovation ecosystem. He has trained more than 12000 students, 600 Teachers and 200 corporates. He has been actively involved in the Startup space launching startups in the domain of HR analytics, sharing economy and retail fashion. He has mentored over 25 student entrepreneurs and has been an active angel investor.

Omkar loves helping students to find their calling, serve as a coach and develop their personalities.

Date
14th September 2019

Time
2:00 PM to 3:30 PM

Venue
Multipurpose Hall



Reflection By Students:

Professor Omkar was a compelling and empowering speaker, making many significant points throughout the duration of his presentation. His advice on training the brain and its potential applications in real life were interesting. His idea about Neurohacking as well as thinking differently came at the right time and I am incredibly grateful that we had an opportunity to meet him.

By Zahabiya Mukadam