



**Indira Gandhi Delhi Technical University for Women**  
**(Established by Govt. of Delhi vide Act 09 of 2012)**  
**Kashmere Gate, Delhi-110006**

**Master class on Self Compassion**

Department of Applied Sciences & Dept. of Management jointly organized a Google Meet on Master class on Self Compassion – the Transformative Power of Being Kind to yourself on 26th June, 2020 by Agrima Bhasin. The event was attended by a total of 65 students in an online mode.

INDIRA GANDHI DELHI TECHNICAL UNIVERSITY FOR WOMEN  
KASHMERE GATE, DELHI

Department of Applied Sciences and Humanities  
&  
Department of Management

Jointly Organize Masterclass on  
**Self-Compassion**  
The Transformative Power of  
Being Kind to Yourself

Date: 26 June, Friday  
Time: 11 am - 1 pm  
Google Meet: fsk-uich-ane

**Speaker: Agrima Bhasin**  
Educator | Writer | Trainer | Social Policy Analyst

It is easy for us to offer love, understanding and acceptance to those around us. But often the person most in need of love and understanding - is ourself. This Masterclass on self-compassion is a one of a kind platform to understand the importance and power of being kind to ourselves, to be introduced to exercises and self-care routines that equip us to nurture ourselves to lead balanced and wholesome lives away from stress, anxiety and depression.

*(A photograph of a woman sitting on a chair reading a book is included on the right side of the poster.)*

The session featured a knowledgeable and experienced speaker who specializes in mindfulness, psychology, or well-being. The speaker guided participants through a comprehensive exploration of self-compassion and its various dimensions.