

#### COVID RESPONSE

Period

## April 2020 - June 2020

Programs

Fund raising, Relief supplies purchase and distribution



July 2020 - March 2021

April 2021 - July 2021



(Online)
Workshops, training programs and sessions on
anxiety, stress, and resilience
Ex. https://www.facebook.com/page/
826421157450776/search/?g=resilience
-

Workshops with Corporates and organisations about wellness, mindfulness and morale.

Fund raising, Food and Medical supplies purchase and distribution Primary trainer and facilitator for the JSA (Jan Swasthya Abhiyan) helpline

A psychosocial tele-support service	How does this work? The grid below has the contact numbers of our volunteers on the days and time at which they can be reached. Feet free to call them and speak-your mind an bara out. We want you to aprece in a language you are confortable and so we have itsed the languages, alongside the numbers, we are there it.							
ARE YOU	Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Under to focus? Freing for: 2 Freing for: 2 Freing for: 2 Freing to wrk from home & wrk		8770198122 Hind, English	9960238375 Hindi, English, Marathi, Konkani	9717490795 Hindi, English, Kashmiri	9152402979 English, Dengali	9152402979 English, Bengali	9971019557 Hindi, English	8766849237 Hind, English
	10:00 am to 1:00 pm	9152998202 Hindi, English	9867665886 Hindi, English	9321687680 Hindi, English	7005369311 Hindi, English	8828341774 Hindi, English	9706067266 English	9057205920 Hindi, English, Maradhi, Tamil, Kannada
		6282364153 Hindi, English	9004098060 Hindi, English, Marathi	9496278675 Hindi, English, Malepalare	9960238375 Hindi, English, Manathi, Konkard	7430479066 Hindi, English, Bengali, Dojarati	8879525875 Hind, English	9699580007 Hindi, Dogliah
	1:00 pm	9322415163 Hind, English 9869126696	7898050919 Hindi, English 7645055899	9322415163 Hindi, English 9342335106 English,	7898050919 Hindi, Erglish 7710011513 Hindi,	9167125150 Hind, English 9792100339	9920016060 Hindi, English, Gojarati 9372838505 Hindi, English,	9920016060 Hindi, English, Gujandi 8939006722 Hindi, English,
for home?	to 4:00 pm	Marathi	English	Taml	English	English	Marathi	Nalopalam, Tamil
Very and the second sec		9167125150 Hindl, English	8692927859 Hindi, English, Marathi, Konkani Dujarati,	9792100339 Hindi, English	9373554997 Hineli, English, Manalhi, Koekani	9373554997 Hindi, English, Marathi, Konhani	9987495102 Hindi, English, Malayalam	9699580007 Hindi, English
	4:00 pm to 7:00 pm	9342335106 English, Tami	9706067266 English	9349631360 Hindi, English, Marathi, Korikani	8975058576 Hind, English	9933329825 Hindi, English, Bengali	B879525875 Hindi, English	9967206920 Hendi, English, Marathi, Tamil, Karwada
		8779665674 Hindi, English. Marathi	8975059576 Hindi, English	7738236036 Hindi, English, Marathi	9167301373 Hindi, English	7738236096 Hindi, English, Marathi	9869126996 Mindi, English, Marathi	8879525875 Hindi, English
		8850852442 English, Marathi	9702740760 Hindi, English, Gujanati	9167301373 Hindi, English	9702740760 Hindi, English, Gajanati	SCO4058050 Hindi, English, Marathi	7738236036 Hindi, English, Marathi	7666264013 Hindi, English
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August 2021 - October 2021

Online workshops, seminars and sessions continued













### COME JOIN ME!

Dr. Nivedita chalil Art based Therapist, Founder- ARTH

The Reflective Practitioner

**66** Creating a deliberate pause to simply stop and reflect on ourselves, and explore how that influences their presence.



December 3-5, 2021

JUST BEING

#### Deer Park Institute presents a webinar on

#### "Finding Balance in Challenging Times"

We might find ourselves thinking "I feel hopeless... I feel stuck... Is there any light? The world feels so dark...How do we work with this mind? We are so fragile, what can we do? My emotions are tormenting me... Everywhere I look, I see suffering! How can I find inner strength amidst the outer chaos?"

These days, social, environmental, and personal disruptions are everywhere. We will explore the role of the Buddhadharma as a vaccine that supports relief and resilience to meet the challenges of our times.

We have leading exponents in this webinar, who work around mental health, resilience and contemplative practices from both Buddhist and contemporary systems of mind and body work.

Deer Park Institute is fortunate to host this interactive webinar led by Ani Pema, Dr Elaine Yuen and Dr Nivedita Chalill and chaired by Dr Kaveri Gill.

> 27th Feb | 1900-2100 hrs IST The webinar will be on Zoom app.

Open to everyone, there is no charge. Please drop an email to info@deerpark to register and obtain login details.

# Speakers



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