



South Asian (Desi) Forum

Fall 2018 • Weeks 2-9 • 4-5 PM

@6th College • Provost Conf.Rm. • 2nd fl, Pepper Canyon Hall

This drop-in forum is for all South Asian (International & Desi American) students pursuing their undergraduate, graduate & professional degree at UCSD. Join us to discuss the following topics:

10/9: Dealing with academic stress

10/16: Culture, patriarchy & inter-generational differences

10/23: Love & Relationships (i.e, dating, arranged marriages)

10/30: De-stress using mindfulness

11/06: Colorism in South Asian culture

11/13: Desi Women's Circle (open only for Desi Women)

11/20: Gender roles, identity & heteronormity in South Asian culture

11/27: Change your mindset: Redefine Failures into Success

Facilitated by: **Niyatee Sukumaran, Ph.D.**

(858) 534-9057 • <https://caps.ucsd.edu/groups.html>

This forum is NOT counseling/psychotherapy, If you would like counseling, please call CAPS at (858) 534 3755.

