



# South Asian & Desi Forum

Spring 2019 • Weeks 2, 4, 6 & 8 • 12-12:50 PM

@The Cross Cultural Center (CCC) Conf.Rm. 2nd fl, Price Ctr

This drop-in forum is for all South Asian identified students, including South Asian International & Desi American students pursuing their undergraduate, graduate & professional degree at UCSD. Join us to discuss the following topics, and to learn from each other:

Week 2 (4/9): Love & Relationships (i.e, dating, arranged marriages)

Week 4 (4/23): Unfair & Lovely: Colorism in South Asian culture

Week 6 (5/7): Stress Management: A crucial tool to academic success!

Week 8 (5/21): Self-compassion: A form of self-care

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.

