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# MumbaiMirror

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## Things to do in Mumbai today

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*Lead, Govern, Scale, Repeat*

*Check out what can you do in Mumbai today.*

### **WORK IT**

*Bored of sitting at home and being anxious? Sign up for these online workshops.*

#### **A mindful meditation course**

Ahimsa, a volunteer non-profit organisation representing spiritual leader Thich Nhat Hanh and his community in India, has organised an extensive five day online course, which begins tomorrow. In these times of stress, uncertainty and anxiety, this course will help you take care of your mental well-being, focus on mindful meditation, and show you positive ways to engage with negative energies

**The pre-recorded summit sessions will be available free for 48 hours, starting at 6.30 pm on Mar 25. To register for the summit: <https://promo.lionsroar.com/free-summit-thich-nhat-hanh/>**

#### **A music workshop for kids**

Keep the little ones busy by enrolling them for these online music workshops conducted by The Sound Space. The classes, which are held every Tuesday and Thursday, is aimed at kids between the age of two and four. This session will include music and songs of different languages, fun rhythm and tapping pulse practice, playing percussion instruments (if they are available to children at home), story-telling and lots more.

**Classes are held every Tuesday and Thursday at 4 pm. Rs 250 per session. Call: 9820821296**

#### **A creative writing workshop**

Pen Paper Dreams, a Kolkata-based startup founded by Indian-American singersongwriter/poet/filmmaker Amanda Sodhi, is set to conduct a creative writing workshop later this month. "During this time of self-quarantine, it's important to help one another out with healthy coping mechanisms - and, creative writing is definitely a great stress-buster," shares Sodhi.

**The class is free and open to all. Registrations close on Thursday morning. To sign up, shoot an email at [penpaperdreams@gmail.com](mailto:penpaperdreams@gmail.com)**

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### **Tune in**

*Three informative webinars for you to check out.*

#### **Lead, Govern, Scale, Repeat**

Originally planned as a four-city seminar which was to take place this month in Delhi, Mumbai, Kolkata and Bangalore, Lead, Govern, Scale, Repeat is now an online seminar. Presented by the British Council, this event focuses on festival building and management in India. The speakers at the seminar are: Harishankar Krishnaswami, secretary, Narada Gana Sabha Chennai; Lubna Shaheen, programme director, Ziro Festival of Music; Sanjoy Ganguly, artistic director, Jana Sanskriti Centre for Theatre of the Oppressed; Srikrishna Ramamoorthy, co-founder, Bangalore Literature Festival; Tom Wilcox, senior partner, Counterculture; Varun Gupta, co-founder and director, Chennai Photo Biennale; and Vikram Iyengar, founder and director, Pickle Factory Dance Foundation.

**The webinar will be held on Mar 27, 4 pm to 6 pm. To RSVP, visit [bit.ly/BCFC03\\_27MARCH](https://bit.ly/BCFC03_27MARCH)**

#### **Coronavirus Updates with Prof Marc Lipsitch**

As part of their Coronavirus Updates webcast series, Asia Society will feature Marc Lipsitch, professor of Epidemiology at the Harvard TH Chan School of Public Health and Director of the Center for Communicable Disease, on this week's episode. He will discuss recent developments about the pandemic and what efforts are being taken by governments across the world to contain the virus. The talk will be moderated by S Alice Mong, executive director of Asia Society Hong Kong Center.

**The talk will be held on Mar 26, 5.30 pm as a FB live stream on Asia Society Hong Kong Center's page (<https://www.facebook.com/asiasocietyhongkong/>). If you have a query for the professor, send it to [app.sli.do/event/6qkobrue/live/questions](https://app.sli.do/event/6qkobrue/live/questions)**

#### **Be a Fe-money-ist**

If you need help with financial planning and acquiring money management skills, then sign up for this seminar by Wealth Cafe right away. It's not just a lecture on telling women to stop spending — it is a financial remodeling of one's behaviour with respect to one's income, expenses, saving and investing. The two-day-long session, will focus on an introduction to investing, understanding risk and return, credit cards, compounding, health insurance, emergency funds and inheritance laws.

**The session will be held from Apr 4 to Apr 5, 10 am onwards. Rs 1,199. Visit: [www.insider.in](http://www.insider.in)**

*To feature an event on this page, send the details and photographs to **Vijayeta Basu** on [mirrorfeatures@timesgroup.com](mailto:mirrorfeatures@timesgroup.com)*