

**Tentative Program**  
**Workshop on**  
**Mindfulness Integrated Cognitive Behaviour Therapy in Palliative**  
**Care**

**Date: 2<sup>nd</sup> February 2018**

**Time: 10.00 am -5.00 pm**

**Venue: All India Institute of Medical Sciences (AIIMS), New Delhi**

**Program Details**

<b>Sl. No.</b>	<b>Topic</b>	<b>Time</b>	<b>Resource Person</b>
1.	Mindfulness-Based Interventions: An Introduction	10.00 am - 10.30 am	Dr. Mahendra P. Sharma
	<b>TEA BREAK</b>	<b>10.30 am-10.40 am</b>	
2.	Key Mechanisms in Mindfulness: Group Discussion/Activity	11.00 am - 11.30 am	Ms. Amanpreet Kaur Dr. Mahendra P. Sharma
3.	Sitting Meditation: Demonstration	11.30 am - 12.00 pm	Dr. Mahendra P. Sharma
4.	Understanding Death and Dying	12.00 pm - 12.45 pm	Dr. Mahendra P. Sharma
5.	Body Scan Meditation: Demonstration	12.45 pm – 1.00 pm	Ms. Amanpreet Kaur
	<b>LUNCH BREAK</b>	<b>1.00 pm – 2.00 pm</b>	
6.	Identifying and Understanding Stress Inducing Thoughts: Group Discussion /Activity	2.00 pm –2.45 pm	Dr. Mahendra P. Sharma Ms. Amanpreet Kaur
7.	Mindfulness Exercises: Demonstration (Raisin Exercise, Mindful Walking, Mindfulness of Sound, Mountain Meditation)	2.45 pm - 3.30 pm	Dr. Mahendra P. Sharma
8.	Self-Care: Emotion Regulation & Time Management	3.30 pm – 4.00 pm	Ms. Amanpreet Kaur
	<b>TEA BREAK</b>	<b>4.00 pm – 4.10 pm</b>	
9.	Cultivating Compassion and Kindness	4.10 pm – 4.30 pm	Dr. Mahendra P. Sharma Ms. Amanpreet Kaur
10.	Practice of Sitting Meditation- Group Activity	4. 30 pm - 5.00 pm	Dr. Mahendra P. Sharma Ms. Amanpreet Kaur