DRUMTALKS

AN EXPERIENTIAL ACTIVITY FOCUSED ON YOUR PHYSICAL, MENTAL & SOCIAL HEALTH AWARENESS

TAAL INC. | COME. DRUM. BE ONE

www.taalinc.net
PROGRAM DESIGN

THE MODULE WORKS ON DEVELOPING INDIVIDUAL HEALTH IN THREE DOMAINS:

- PHYSICAL HEALTH
- MENTAL HEALTH
- SOCIAL HEALTH

Taal Inc DrumTalks is designed based on the definition of good “Health” as quoted by The World Health Organization:

“A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”
PARTICIPANT BENEFITS

• This highly interactive session is designed to create awareness of individual health through proprietary experiential activities that include music, art, movement, yoga and sports.

• Participants will understand the nuances of physical, mental and social health and the effects on their well being.

• The sessions will highlight existing strengths in personal health which will help the participants focus on the areas they need to work on.

• Our facilitators will guide the participants using activities, tests, conversations and other tools to understand underlying concepts of motivation, self confidence, communication and help deal with factors that trigger stress.
Dr. Anand Godse
Director - Research and Training -Taal Inc

- Published Industrial Psychologist
- Doctorate in Health Psychology
- Suryanamaskar Expert
- Senior Drum Circle Facilitator
- Continued Research on the use of arts-based interventions in the workplace
PROGRAM DETAILS

1. Duration: 90 mins for up to 100 participants.

2. It is executable in your office / cafeteria/recreational room/ Conference Hall.

3. It is an interactive session that will involve active participation by everyone.

4. It has an instant report generation through which an individuals health can be assessed.

5. It is scalable across all teams.
# SESSION OUTLINE

<table>
<thead>
<tr>
<th>Activity</th>
<th>Objective</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>A brief introduction to Dr. Anand Godse and what the session is going to be about.</td>
<td>10 mins</td>
</tr>
<tr>
<td>Rhythm Exercise</td>
<td>A rhythm exercise using body percussion and small instruments to open up the participants.</td>
<td>10 mins</td>
</tr>
<tr>
<td>What is health?</td>
<td>An introduction to the concept of health by Dr. Anand Godse.</td>
<td>10 mins</td>
</tr>
<tr>
<td>App-based Activities</td>
<td>An experiential platform that requires participants to answer questions based on the physical, mental and social health.</td>
<td>50 mins</td>
</tr>
<tr>
<td>Conclusion</td>
<td>De-brief and closing comments</td>
<td>10 mins</td>
</tr>
</tbody>
</table>
A PEEK INTO THE APP

Physical Health
2. Sit cross legged on the ground. Now, stand up without using support of your hands or knees!
- Stood up without hand support
- With one hand support
- With 2 hands support

Social Health
2. How comfortable are you to share your personal life instances with your colleagues?
- Very comfortable
- Comfortable
- Can't say
- Not very comfortable
- Not at all comfortable

Mental Health
2. How often do you get angry?
- Very often
- Often
- Sometimes
- Almost Never