

## **KAMALA NEHRU COLLEGE**

## **UNIVERSITY OF DELHI**

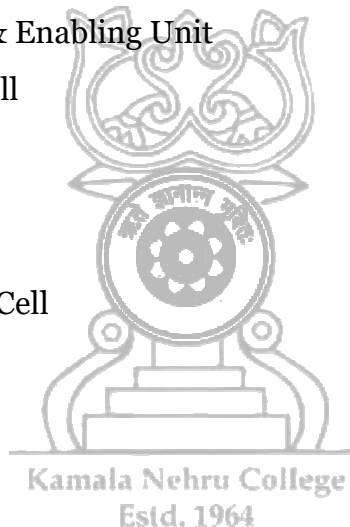
### **SUPPORTING DOCUMENTS FOR 3.4.1**

## **REPORTS OF THE EXTENSION ACTIVITIES OF SOCIETIES FOR THE PERIOD**

**2018-19**

This document contains the extension activities organised by the following societies:

- NSS
- NCC
- Green Beans
- Equal Opportunity Cell & Enabling Unit
- Women Development Cell
- Gandhi Study circle
- Consumer Club
- Shinning Network
- Asar- The Entrepreneur Cell



## National Social Service Scheme, KNC

**International Yoga Day** -On 21st June 2018, NSS Unit in collaboration with NCC Unit of Kamala Nehru College held its inaugural event on the occasion of International Yoga Day. A one hour yoga session was held in the morning at 6:30 am which was followed by Sankalp and National anthem. The event ended with serenity and relaxation in the mind and body of all the volunteers and teachers.



**Sanitation and hygiene awareness drive** -The National Service Scheme of Kamala Nehru College conducted a „Sanitation and hygiene awareness drive“ in the Begampur slum area on 8th-9th July 2018. Volunteers along with the teacher convener visited the slum and interacted with the residents, enquiring about the cleanliness of the locality and their awareness regarding hygiene practices. Questionnaires were administered to the residents, primarily pertaining to the Swachh Bharat Abhiyan and its overall effectiveness. The people reported that while good in theory and shows promise, it has not been carried out to its full potential and thus, has not been especially successful. While initially hesitant to speak against a government initiative, they gradually opened up and shared their daily hygiene woes, saying that despite personal effort and initiative, the officials responsible never carried out their responsibilities diligently and showed a lax and laid back attitude regarding routine cleaning and sanitation.

The **Electoral Enrolment Drive** guided by Delhi Election Office, Delhi holds on 27th & 28th July 2018 begun at 11 AM with an introductory session given to us by Ms. Nisha, the D.E.O of AC-42 Kasturba Nagar. We were briefed about the reason, and importance of the drive and how to fill the form. We were also informed about the regions that come under our jurisdiction.

NSS Volunteers actively participated **Self-Defense Program by Delhi Police** with the Students Union of our college on 31st July 2018.

The NSS Society of Kamala Nehru College celebrated “**Swachhata Hi Sewa**” on the occasion of Swachh Bharat from 2nd Aug. to 15th Aug. 2018. We took a Pledge to observe and be a part of hygiene and cleanliness in all aspects of daily life, and to sensitize others also. Cleaning our college campus on regular basis is a part of our society. Our volunteers make awareness campaign about the Bio-degradable and Nonbio-degradable wastes in the college campus. The volunteers cleaned up classrooms, corridors, Chaupal, canteen area and the college surroundings. The need to save electricity is also dire and we did our part towards it. And we look forward to other sessions with NSS.

The NSS body of Kamala Nehru College conducted a **Swachhta awareness campaign** in the college campus, Masjid Moth area, Gautam nagar, Nitibagh etc. Our volunteers interacted with the residents of the village and inquired about the sanitation practices both on part of the residents and the MCD officials. The team heard the grievances of the residents and offered suggestions on how to adopt some hygiene and sanitation measures at their own level. Furthermore, they were told about the health dangers of a dirty environment, like stagnant water and open waste. The residents look forward to more visits in the future.

In the occasion of **Independence Day Celebration** on 14th August 2018, our Principal Dr. Kalpana Bhakuni spoke on Swachhata and declared our institution as Clean Institution. She inspired our students not only to make clean their surroundings only; we should take care of the others also as a good and responsible citizen. NSS Volunteers involved Cotton and other items collection drive for Kerala Relief Flood Victims in collaboration with Goonj from 20th August to 25th August 2018.

On the occasion of **NSS DAY Celebration** on 24th Sep. 2018, the Society organized Essay Writing Competition, Slogan Writing Competition on Swachhata. We invited Alternative Logo on „Swachhata“ under the guidance of NSS, DU. We cleaned the college campus as well. We organized Essay writing on the occasion of Surgical Strike Day on 29th September 2018.

The NSS Volunteers cleaned the campus surroundings for any kind of dirt or garbage that was thrown out by the students on regular basis. It was an enlightening experience for the students to learn about the importance of cleanliness as well as a sense of team work. They went all around the campus area including the car parking, College ground, Chaupal, canteen area and outside of the auditorium. NSS society provides them the masks, gloves etc on every occasion.

The NSS Society organized an event by Care Promise Welfare Society on 5th October 2018 on the theme of **Vitamin Deficiency** under the age group of 18 to 22 years. A team of Doctors came for the event. The event was successful. NSS Volunteers circulated Vegan bags provided by Federation of Indian Animal Protection & Organization (FAIPO) on 24th October 2018 to spread awareness among the youngsters for protection of any kind of Animals.

NSS volunteers took pledge on the observance of “**Rastriya Ekta Diwas**”, on the remembrance of Sardar Vallabha bhai Patel, one of the leading freedom fighter of our country on 31st October 2018 .We run and covered the ground twice on this occasion to be physically fit and healthy .

We invited Vision Eye Centre, New Delhi for Free Eye Checkup Camp on the occasion of Diwali Mela on 2nd November 2018 in our college premises.

### **National Cadet Corps(NCC)**

In June our two cadets- Deeksha and Sarika went of **All India Trekking Expedition**

in Himachal Pradesh. On 21st June 4th International yoga day was conducted in our college where students of our college as well as NCC cadets of other schools and other colleges enrolled in 4DGBN also participated.

In month of June from 18 to 21 NCC, KNC in collaboration with 4DGBN organized four day yoga Camp where cadets of Gargi, LSR, Dyal Singh College, Deshbandhu and various school students participated. NCC contingent of KNC also presented parade on 29th July, 2018 to welcome chief guest Joint Commissioner of Police, Delhi for the event organised by college on 'crime against women'.

To respect the passion of cadets and their hard work towards KNC and towards the organisation on 15th august while celebrating Independence day in the college every year a new Rank Panel i.e. senior cadets who always headed forward for the various events and competitions and participated enthusiastically for the whole year were decorated with ranks of SUO, JUO, CHM, Sergeants, Corporals and Lance Corporals respectively

NCC cadets also actively participated in the **mission to clean and keep the nation** and also importantly college surrounding neat under Swacch Bharat week along with active participation in poster making competition and tree plantation drive. There was combined annual training camp organised by 4 Delhi Girls Battalion at Group Headquarter 'C' at Safdarjung Enclave New Delhi which every 2nd and 3rd year cadet attended from 4th September to 13th September, 2018.

Our two cadets Raveena and Geetanjali were also selected for Thal Sainik Camp, held in September. **Surgical Strike day** was organised by NCC where motivational talk was given by our NCC-incharge which was followed by PM Modi's speech on the same. Two of our cadets- Archita Bhadauriya and Shruti Raj went to attend advanced leadership camp held in Agra. Our college as well as our Delhi Directorate was represented by cadets Kajal singh, 3rd year and Jyoti Lohiya, 2nd year in National Integration Camp named Ek Bharat Shreshtha Bharat in Kolkata

Cadets JUO Deeksha Singh got selected for Amar Jawan Jyoti event at India Gate on 24th November. Our two cadet Kanika Mittal and Nisha saifi were a part of Sikkim-Darjeeling trekking camp and Ajmer trekking camp respectively held in November. Three cadet of our college Nidhi Yadav, Manisha Dangi and Dechan Dolkar got selected for RDC 2019.

### **GREAN BEANS-THE ENVIRONMENT SOCIETY**

The society started its year by paying homage to the father of the nation, Mahatma Gandhi, by organising „Gandhi Vandan“ on 30th January 2018 in association with two other societies, an event reliving the memories of one of the most famous leader of our freedom movement through

his most famous bhajans, cleanliness drive and tree plantation drive. We conducted a plantation drive in which 10 plants of Harshinghar were planted in the premises by the Principal ma'am, Dr. Kalpana Bhakuni, the teacher convenor, Dr. Sarita Ghai, advisors Dr. Akansha Mishra and Chetan Chauhan and a few students. In January 2018, two students of the society Kendra Vijayvergiya and Pratistha Choudhary undertook the research paper on „The Biodiversity Profile of Kamala Nehru Campus“. This paper was presented in the 6th National Conference on Biodiversity and Climate Change in Maharaja Agrasen College of Delhi University held from 8th to 10th of February 2018. On 16th February 2018, Kendra and Sumedha Rao participated in the inter-college quiz competition on Environment conducted by „Greenaccia“ – the environment Society of Jesus and Mary College and stood first in the same. During „Ullas“-2018, a flash mob was organised to raise awareness regarding „Water Conservation“ and the date of our annual fest „Terra „18“ was also revealed. Not only this, the Creative team redesigned the wallpaper on the theme „Water conservation and Related Laws“ by the end of the month of February. The society also organized its online national level creative writing competition „Greenathon“18“ which is conducted every alternative year, in the first week of March. During the month of March, the society underwent a transformation and after twenty-one years of the society's inception a new logo was unveiled on the occasion of our annual fest „Terra“18“ which was held on 23rd of March. The fest was covered by online media houses like DU Express and DU Bulletin. The formal session was marked by the lecture on „Water Harvesting“ by Ms. Jyoti Sharma, President, Forum for Organised Resource Conservation and Enhancement (FORCE). This was followed by Debate Competition and Quiz after which there was a skit performance on the theme of „Eco-Feminism“. The play was based on participation from the students of different colleges. The play was based on the story „A flowering Tree“ written by A.K. Ramanujan. The event saw enthusiastic participation from the students of different colleges. At the end the society also bid farewell to Dr. Chetan Chauhan (students' advisor) and the event was concluded with a vote of thanks. On the World Environment Day, June 5, 2018, a Group Talk on the theme "Environmental Protection and Energy Conservation" which was organised at the PCRA Head Office, Delhi. The focus of 2018's environment day was "Beat Plastic Pollution". The talk was presided over by Shri R K Ahuja, Dir. PS PCRA. There was avid participation from different colleges of Delhi University namely DeenDayal Upadhyay College, Shyama Prasad Mukherjee College, Mata Sundari College, Hindu College, Dyal Singh College, JIMS Kalkaji and Miranda House. The programme began with a Key Note address by Dir. PS PCRA, Shri R K Ahuja. This was followed by a presentation on PCRA Activities by Mr. Aniruddha Thatte, Addl. Director (Northern Region). With the beginning of new academic session in July, we received a good number of applications from environmental enthusiasts to work for the society. On August 8, an Orientation Programme was conducted for the new members of the society. On August 6, 2018 a campus count of Dragonflies was organised in association with WWF.

The College was part of the WWF's celebration of India's Dragonfly Festival. The month-long celebrations, starting from 3rd August were aimed at creating awareness about dragonflies and their importance for humans. In order to conduct the Campus count, Ms. Geeta from BNHS, Ms. Nazneen, a well-known dragonfly expert and Mr. Santosh were invited. Before conducting the campus count in the college fields, Ms. Geeta and Ms. Nazneen gave a presentation on dragonflies discussing about the morphology, life cycle and the ecological importance of dragon flies. A field

survey was conducted after the presentation during which all the green areas of the campus were covered. This was done because dragonflies breed during the rains. But to spot them, a sunny day is ideal. On the basis of our count, only one species of dragonfly was found in the campus. The species found is known as Pantala. It is an orange colored, migratory species from South Africa. Pantala is the genus of dragonfly in the family Libellulidae, commonly called as the rain pool gliders. They are found almost worldwide. On September 11, 2018 A Campus Count of Butterflies was organised by the Green Beans Society, as part of Delhi Butterfly Month. The month-long celebrations, starting from 1st September were aimed at creating awareness about butterflies and their importance for humans. In order to conduct the Campus count, Ms. Geeta from BNHS, Mr. Abhishiek Gulshan, founder of Ninox and Mr. Lakhan Kohli from BNHS were invited. Before conducting the campus count in the college fields, Ms. Geeta and Mr. Abhishiek gave a presentation on butterflies. After the informative presentation, it was time for on- field survey. All the green patches of the campus were covered. Best time to watch out for them is before noon. Best months for butterfly watching in Delhi are March to November. Around eight to ten varieties of butterflies were found in College campus.



#### BUTTERFLY COUNT

A Butterfly Campus Count was conducted in Kamala Nehru College on 10<sup>th</sup> September 2018 during BNHS's Delhi Big Butterfly Month 2018.



On 10th October 2018 the Creative Team of Green Beans Society made our Board on the theme “Beat Plastic Pollution”. On 2nd November an Anti-Cracker Campaign was organised which was

immensely successful and appreciated. The best creations by our creative team members were then put up for exhibition and sale during „Shubhanjali“, the Diwali Mela of our college.



On 14th November, a workshop on sustainable lifestyle, minimising waste generation at home was organised. The workshop was conducted by Sh TRN Rao, who has been associated SwarnVasudha, an organisation working on making composting at home more feasible for more than five years now. Sh TRN Rao is a civil engineer by profession and an ardent environmentalist. During the workshop he gave demonstration of composting at home and how can we use that to make an organic kitchen garden. He also focussed on the problem of air pollution problem around Delhi and the kinds of plant we can have at our houses to reduce its impact.



## EQUAL OPPORTUNITY CELL AND ENABLING UNIT

**TECHNOLOGY AWARENESS PROGRAM:** a 'Technology awareness program' for visually impaired students and faculties was initiated as a step towards making them self-dependent, which led to the generation of idea of organizing a 'stage show' written by a visually impaired person.

**DEBATE:** An entertainment activity was also organized for visually impaired students in the form of cricket match for blind. Also a platform was provided for nurturing their debating skills in the form of "Intra college debate competition".

**COLLABORATION WITH NGO:** MOU was signed with 'INSIDE ME', an NGO wherein our students regularly visit their schools to help them in art and craft.

**INTERNATIONAL CANE DAY:** The society also commemorated 'International Cane Day' in college premise to sensitize people about the importance of white cane in the life of the visually impaired.

**FILM SCREENING:** The film "Margarita with a straw" was screened in college with the objective of conveying the message that "There is ability in disability".

### **WOMEN'S DEVELOPMENT CELL**

On 9 March, the film Queen was screened for the students. On 4 April, a panel discussion was organised in collaboration with Google and 'She the People' on the theme Online Safety For Women, as part of the digital Shakti Campaign. In the month of August, a donation drive was organised in college and the material collected was donated to Goonj. On 31 October, the screening of the film S Durga was organised.

### **GANDHI STUDY CIRCLE**

**All Drama College Competition:** the students' participated in the All College Drama Competition at Gandhi Bhawan, DU. 20 students of Gandhi Study Circle of Kamala Nehru College were taken by the convener, Dr Neena Bansal and co-convener Harsh Meena to participate in the drama competition organized by the Gandhi Bhawan and won special prize for their play titled "Ek Katha Champaran Ki". More than 15 colleges had participated in the same.

**Public Lecture:** 43 students along with convener and co-convener attended the public lecture by UN Secretary General Antonio Guterres at Stein auditorium, IHC, Lodhi Road, Delhi. The title of this public lecture was "Global Challenges, Global Solutions."





**Gandhi Utsav:** the society observed the annual fest, “Gandhi Utsav”. The central theme of the event was 'Understanding Gandhi in the current socio-political realities of life'. Prof. Dinesh Singh, the former Vice Chancellor of University of Delhi and currently the Chancellor of K. R Mangalam University was the Guest Speaker for the day. Prof. Singh delivered a thought provoking lecture on the topic, “Has Gandhi Failed”? Dr. Sita Bimbraw, the founder of Gandhi Study Circle in Kamala Nehru College and a former Associate Professor of the College also graced the occasion. The students performed the stage play 'Ek katha Champaran ki'. As an awareness to the idea of 'physical activity being a mandatory feature of the future health of the society', the circle organized interesting rural games events, where the College students played games like Stapu, Snakes and ladders and other games. This was organized in collaboration with the Department of Physical Education of the College. A photography competition was also organized on the themes of Non-violence, Satyagrah and Parenting. A stall by Khadi Ashram, Kamala Nagar on Khadi clothes and other products was the added attraction of the event of the day.

**Confluence Of Creative Expression Of Youth On Non-Violence:** a team of seven students of Gandhi Study Circle of Kamala Nehru College were taken to participate in the "Confluence of Creative Expression of Youth on Non-violence" organized by Gandhi Smriti and Darshan Samiti. The main objective of this event was to celebrate the power of nonviolence as a tribute to Mahatma Gandhi. The overarching goal of this Confluence of Youth was to make an environment where we can understand and propagate the philosophies of nonviolence which Mahatma Gandhi taught us to enliven our surroundings in a holistic way. Students used different techniques like posters, slogans, speeches, poetry, group presentations, plays, etc. to take part in the discourse. The students of our Circle gave presentations and expressed their ideas in poetry. „Violence in communication“ and „Violence against animals“ were the two presentations from our college. Poetry was done by Nistha and Suman. The presentation on "Nonviolence in Communication: A Study" by Dikhsa and Bhawna was highly appreciated and is published in the college magazine Apoorva. This is a study that was done by a group of students of the Gandhi Study Circle in the college under the guidance of the convenor Dr. Neena Bansal. The other presentation on "Non-violence towards Animals" made by students was appreciated too.

**Gandhi Vandan:** “Gandhi Vandan” the annual event was organized to commemorate Gandhi by way of an Inter-College Poetry Recitation Competition on the theme ‘Gandhi in Poetry’. There were 15 participants from 7 different colleges who brought their individual thoughts to the table. There was also an ‘Ahimsa Silk Exhibition’ put up by NSDTI, Madhya Pradesh.



**Community Program:** A community outreach program was organized in two blind schools of Delhi, where the 26 members’ students of the Circle along with four teachers interacted with blind students, listening to their thoughts and stories and sharing the same with them. It was an insightful experience for all of us.

**'Gandhi Vandan'**-Gandhi Study Circle observed martyr's day in the college premises, in collaboration with three societies of the college namely Green Beans, Sangeetika and NSS. The programme started with the brief introductory documentary on and about Gandhi and his political journey from a common man of colonial national to 'Mahatma' or 'Baapu'. Students from sangeetika society presented some bahajans on Gandhi. Followed by facilitation of guest Dr.Deepti Bansal and her accompanists and also college Principal Dr.Kalpna Bhakuni. The guest were facilitated with 'Charka' a symbol of Gandhi's non- violent weapon of all evils and a revolution in itself.



**Drama Competition at DU-** Students of Gandhi Study Circle of kamala Nehru College along with society conveners Dr. Neena Bnasal and Mr. Harsh Meena participated in the Drama competition organized by the Gandhi Bhawan and won special Prize. The Play was titled 'Ek katha champaran ki'. Teams of almost 15 colleges from University of Delhi participated in this event. 43 students along with convener and co-convener of GSC attended the public lecture by UN Secretary General Antonio Grotresj at Stein auditorium IIC Lodhi Road Delhi. The Tittle of this public lecture was Global Challenges, Global Solutions.

**Gandhi Utsav-** Gandhi Study Circle of Kamala Nehru College observed the 'Gandhi Ustav' on 5<sup>th</sup> October 2018. The central theme of event was understanding Gandhi in the contemporary socio-political realities of life. The program started with the invocation at 10:00am. Chief Guest of the event Prof. Dinesh Singh inaugurated the program. (Prof. Dinesh Singh former vice chancellor of University of Delhi and currently working as chancellor of K.R Mangalam University.)

Prof. Dinesh Singh delivered **lecture on 'Has Gandhi Failed'**. It was a thought provoking lecture which showed the vast applicability of Gandhian vision in contemporary life. On this occasion Dr. Sita Bimbraw, the founder of Gandhi Study Circle in Kamala Nehru College and former Associate Professor graced the occasion as resource person.

The lecture was followed by a play - 'Ek katha champran ki, by society students. At 12 pm society of the same day, convener Dr. Neena Bansal, Dr. Nupur Ray Mr. Harsh Meena along with Dr. Santosh Mathur inaugurated the Rural games event. The moto was –physical games are a necessity of a healthy urban life. Games like Stapu, Snake and Ladder and other games were played by the students. Gandhi study circle collaborated with the Department of Physical Education of the college under the guidance of Dr. Saryu Ruhela and Dr. Shweta Suri Midha for these events.

A **photography competition** also organized on the themes of Non-violence, Satyagrah and Parenting. Stall by Khadi Ashram kamala Nagar on Khadi clothes and other product were the other attraction of this event.

**Confluence of creative expression of youth on non-violence-** Gandhi Study Circle of Kamala Nehru College participated in Confluence of creative Expression of Youth on Non-violence on 6<sup>th</sup> October, 2018, organized by Gandhi Smriti and Darshan Samiti in association with IGNOU. Society convener and co-convener, Dr. Neena Bansal and Mr. Harsh Meena with the team of 7 students participated in the event. The main objective of this even was to celebrate the power of nonviolence as a tribute to Mahatma Gandhi. The overarching goal of this Confluence of Creative Expressions of Youth was to make an environment where we can understand and propagate the philosophies of nonviolence which Mahatma Gandhi taught to enliven our surroundings with, in a holistic way. Students used different techniques like posters, slogans, speeches, poetry, group presentations, plays, etc. to take part in the discourse. Students of Gandhi Study Circle gave two presentations and one poetry recitation. Deeksha Tiwari, Dewla Hansda, Bhavana Jat presented their presentation on theme 'Violence in communication' second theme of presentation was 'Violence against animals' presented by Nistha Pandey, Kuhu Srivastava, Annwasha. Suman Sahu recited her poem on Gandhian theme.

The **Martyrs' Day**, 30<sup>th</sup> January 2019 was observed by GSC, with Paying tribute to father of nation Gandhiji and also organized Inter-college poetry competition. These series of events defines

GSC as a society which not only engage in serious academic activities but also has its multi-colored approach with its different type's events.



## **CONSUMER CLUB**

**ORIENTATION PROGRAM:** The event saw the presence of Ms Deepika Sur, Project Manager at National Consumer Helpline (NCH) delivering a lecture on “Consumer Rights and Making Digital Markets Safer.” She enlightened the students regarding various precautions one must take as a consumer, our rights and our redressal mechanisms. She made the students aware about the benefits of the National Consumer Helpline. Furthermore, she educated the students regarding protection and safeguards that can be implemented to make E-Commerce safer.

**CONSUMIDOR:** The annual event for the Consumer Club, Consumidor, was held on October 10, 2018 in collaboration with CCS, IIPA, sponsored by the Department of Consumer Affairs, Government of India. The chief guests for the day were Prof. Suresh Misra and Additional

Secretary, Ms. Shefali Shah, Department of Consumer Affairs. Prof. Misra addressed the gathering regarding consumer awareness and rights. Various events were organized for the day such as Nukkad Natak, Poster making and Quiz. All the events saw the participation from large number of students across the different colleges. One of the major attractions of the fest, Nukkad natak was held in the Chaupal of the College. In this mega event, six teams participated. The judges for the event were Dr. Amarnath “Amar”, Doordarshan Consultant and Dr. Mamta Pathania, Assistant Professor, Public Administration. The judges for the poster-making competition were Mr Rajendra Chadhury, the director of Marketing Employment News and Dr Sapna Chaddha, Assistant Professor, IIPA. A Quiz Competition was also organized. There were 16 teams participating in 3 competing rounds, namely, Preliminary round, Logo and Tagline round and Rapid Fire round. All the activities organised by the Club are based on sensitizing the students about consumer rights and redressal mechanism.

### **SHINING NETWORK**

**INAUGURAL SESSION:** The inaugural session of Shining Network SOPHIA Chapter through a ruminative discourse on „The Nature of Good and Daily Life“. The program was facilitated by Dr. Balaganapathi Devarakonda, Head, Department of Philosophy, University of Delhi and it was engineered by Dr. Geetesh Nirban, Faculty Convenor of Shining Network. Dr. Devarakonda expounded on the meaning of “good” and “bad”, he also explicated how Philosophy as a discipline is part of our daily regime and life as whole. He further elucidated how our cultural, social and economic background moulds our understanding of good and bad. We considered various philosophical terms like “intrinsic value”, “existentialism”, “essentialism” the relationship between legality and morality, “cultural relativism” etc. The conversation gave an insight in the nature of “good” and how by using the positive mechanisms of “good” we ourselves can become a catalyst to bring about an efficacious revision in the society.

**WORKSHOP:** In order to further the understanding of ideas of “peace” and “tranquility” three members of Shining Network, Purvasha Anand, Yashasvi Kumud and Ritwika Basak participated in a Mindfulness workshop at India International Centre. Buddhist Monks from Plum Village, New York and Mr. Shantum Seth (Zen Master) led the group of participants, illuminated the entrants on the paramountcy of building our future, and venerated the significance of the present and ingeminated the value of living in the moment. The session concluded with a silent walk in the park, followed by a singing and meditation as part of mindfulness.

**PAINTING EVENT:** Rock-Painting event Paint for Peace.

February to March 2019--Every Friday, Mindfulness Meditation and Discourses on Silence were arranged for grasping the technique of Mindfulness practice as a part of daily life.