

Shining Network: Youth Empowering and Value Creating Society

Convener: Dr. Geetesh Nirban

Student Conveners: Niyati Kalotra and Ananya Singh

As the offline teaching started from 2022, the team Shining Network rebuilt itself because for two years all the activities were held in online mode. The team members consistently met to read and reflect on peace as well as on one to one basis, reached out to students to have interactive sessions on peace, happiness, values and wellbeing. The members had peace meets fortnightly to value silence and painted rocks as mindfulness activity. From organizing interactive sessions to scheduling online bookmark creative activity, the student conveners conducted all activities to help participants de-stress and get a fresh breath of air.

From **July to September 2022**, the team was intensively preparing for NAAC peer team visit. The work towards it to showcase the activities of Shining Network of the last five years helped the new team members to know the real vision and mission of Shining Network.

For 2022, the beautiful wall paper was set with blue and yellow colours with centerpiece as peace symbol surrounded by leaves all around it. Each leaf had a value (compassion, empathy, wisdom, forgiveness, dialogues, mutual respect etc.) written that Shining Network had worked upon through activities in the last five years. The pictures of seminars, workshops, meetings were showcased with dove cutouts on the side. The theme of the wall paper was 'Peace and Values: Ethical Consciousness for Wellbeing'.

On **10th November 2022**, the **Orientation for Freshers** took place and on the same day the team has informal interactions with all who wanted to join the team. The help desk was set in college for induction of the new team members.

On **17th December, 2022**, an **online session on Myths and Mental Health, 'Expression De Soi'** was conducted. The students discussed various struggles (mental) and how to deal with them. It was followed by a silent creative break wherein participants expressed their creativity to connect with their inner selves. They listened to peaceful music while expressing their creative selves through sketching, painting, writing letters and poetries. This reflective event helped in learning healthy ways of coping with mental health issues and also created a safe space for the students to interact heart to heart with each other.

The members of Shining Network began the new year 2023 with the first event as '**Reflecting through Rock Painting**' on **8th February 2023**. The activity aimed on mindful creativity and connected the new team members with each other. The faculty and student conveners planned for the activities ahead. With enthusiastic zeal, the students painted rocks to showcase positivity, mindfulness, innovation and also a glimpse of their personality.

On **14th February 2023**, **workshop on 'Meditation: A Way of Life'** was organised in collaboration with Art of Living Foundation for 'Har Ghar Dhyani' campaign under the aegis of

Azadi Ka Amrit Mahotsav by Ministry of Culture, GOI. It was to benefit the students who had opted for Value Added Course (VAC)-'Ethics and Culture' as 'Meditation and Mindfulness' are part of its curriculum.

The aim of the workshop was to help students understand how to ground themselves during stressful situations and learn the significance of daily meditation as a way of life to experience calming effects, elevate mental health and overall wellbeing of an individual thereby resulting in more productivity and efficiency. The resource person for the workshop was Mr. Anmol Narang, Faculty with 'Art of Living Foundation' with a corporate experience of 11+ years. He is certified youth mentor with experience of conducting 100s of workshop on meditation and youth empowerment.

The Culture Council of University of Delhi in collaboration with Shining Network and Women Development Cell organised **a motivational session on 'Public Speaking, Presentation Skills and Redefining Aptitude on 14th March 2023**. The session started with Chief Guest Professor K. Ratnabali (Dean, Academic Affairs, University of Delhi) and Guest of Honor Professor Anil K. Kalkal(Director, Sports, University of Delhi) sharing anecdotes as well as the trials and tribulations they underwent before finally gaining confidence that brought them so far in their lives.

A two-day 'Wake Up' Workshop on 'Mindfulness and Happiness: Ethics in Practice' in , collaboration with Ahimsa Trust and Plum Village France was held on 21st and 22nd March 2023. The workshop was an experiential learning for the topic, 'Mindfulness' in Ethics and Culture, the Value-Added Course (under NEP) in University of Delhi. The was an opportunity for participatory learning of mindfulness in daily activities from seven monastics of Thich Naht Hanh Order from Plum Village, France and Dharmacharya Shantum Seth, the Director of Ahisma Trust.

Before the official inaugural, the monastics sang beautiful songs about peace and happiness. The collective singing followed the welcome speech by the student convenors, Niyati Kanotra, and Ananya Singh, and the Faculty Convener Dr. Geetesh Nirban. Principal, Professor Kalpana Bhakuni felicitated the guests. A bookmark with the quote, 'Breathe-You are ONLINE' was released by Prof. Bhakuni and Dharmacharya Shantum to commemorate the beginning of the workshop.

The two day workshop focused on different forms of mindfulness mediations ranging from talking, discussing, thinking, walking and eating mindfully. Each day started with mindful meditation requiring 40 minutes of sitting with full concentration of one's mind and bodily functions, placing emphasis on one's inbreath and outbreath, followed by enlightening talks and learning of techniques to relax amidst the tough times with deep gratitude and positivity in mind. The participants learnt the value of silence and slowness as well as mental relaxation for developing an attitude of happiness and building effective coping mechanisms for addressing daily life situations.

On 7 April, 2023, the members of Shining Network went for workshop on Vedic Nutrition by Dr Shikha Sharma, the nutritionist and wellness expert at Vedique Wellness Center at Greater

Kailash. 'Vedique' an initiative by Dr. Shikha Sharma aims to provide bodies with nutrition based on their genetic make-up, give healing touch and wellness to individuals.

In this workshop, the students learnt about their body types through Prakriti Analysis on the mobile app 'Vedique Diet' and later were guided by the doctor on how to take care of their individual selves naturally following the nutritive diet. A health packed smoothie with fruits and seeds topped with honey was served to all and the members practiced mindful drinking while playing a fun game of guessing the ingredients!