

DHYÂNA Report 2015-16

DHYÂNA --The Society for Consciousness and Awareness, is a society dedicated to revising the concept of education, focusing the mind into thought, and thought into awareness.

Dhyana began this session with an enriching guest lecture on “Conflicts and Rights: Abduction Cases” by Dr. Haragopal, human rights activist and an ICSSR National fellow at TISS, Hyderabad, on August 27, 2015. Prof. Haragopal initiated his lecture with an overview of how conflicts and rights fall within each other’s domain and dealt with a variety of topics like democracy, women empowerment, reservation, war and peace, all linked to the common thread of abduction. Quoting Einstein, he emphasized that ‘understanding social theory is much more complex than studying physical sciences.’ He explained the advent of the massive revolution of Naxalism and the associated agency of the government and media.

Dhyana organised a two-day workshop by Mr. Santosh More, an expert on Indian philosophy and Yoga on 13 and 15 October 2015. During the session on ‘Mind matters: Layers of Personality’, held on 13 October, the idea of stress and anxiety, a working mind and the significance of a peaceful mind, experiences, actions and thoughts were discussed. Mr. More delivered a talk on “Time Machine: Age Boxes and Milestones” on the second day of the workshop. The talk began with a chant invoking Lord Ganesha. Mr. More talked about how the timeline of our lives is heavily dependent on societal expectations and placed importance on living life to the fullest and never regretting one’s actions. He mentioned five layers of personality, viz., bliss, intellect, mind, vital air and food as being fundamental to every individual.

Mr. Udhhav Sharma, a member of Sri Aurobindo Society conducted a session on “Vedanta School of Indian Philosophy” on 25 February 2016. The insightful session commenced with a minute of meditative silence. Mr. Sharma explained the meaning of Vedanta and its importance and stated that all entities in the universe have an intrinsic nature and a defined purpose and all entities, albeit distinct and different, are connected to each other by “Dharma”, the law of the laws.

Mr. Shaunaka Rishi Das, Director of Oxford Centre for Hindu Studies (OCHS), delivered an insightful lecture on the “Relevance of Hinduism in the 21st Century” on 9 March 2016. Mr. Das began by explaining the meaning of Hinduism and mentioned that the notion of sat (reality) differs from one individual to other. He talked about the pluralism that exists within Hinduism and proceeded to talk about the concept of identity. In conclusion, Mr. Das mentioned that there was an increasing need to spread the Indian philosophical ideas to the world.