

## DHYĀNA: SOCIETY FOR CONSCIOUSNESS AND AWARENESS

Annual Report 2019-20

‘Dhyāna’ is derived from the Sanskrit word ‘**dhyāi**’, which means **to think of**. In the Yogic parlance, the word means to concentrate on one point so as to know the truth behind it. It’s a state of **supreme awareness**. As a society for Consciousness and Awareness, we attempt to focus on critically analysing and re-interpreting the world and the happenings around us. Being a **non-competitive** society, we are dedicated to revising the concept of **education**, to focusing the mind into thought, and thought into awareness by creating a *safe space* for the student community. The aim is to go beyond textbook learning and theories, and explore the world around us. Our attempt is to **understand the psyche of a people, trapped in their geography, history and politics**.

This academic year (2019-2020), we sought to conduct a host of activities (talks, workshops, discussions, film screenings) revolving around topics from various fields such as environment, history and economy etc.

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### DETAILS OF EVENTS ORGANIZED IN COLLEGE

S. No.	Name of the event	Date	Subject	Speaker(s)	Extra Information, if any
1.	Guest Lecture	19 September 2019	Life-affirming spirituality for Enriching Life	Dr. Ramesh Bijlani	Our first formal event was a lecture by Dr. Ramesh Bijlani on the theme, "Life-affirming spirituality for enriching life". Dr. Bijlani commenced the talk with a small anecdote on finding the right purpose of life/destination. His speech was specially directed towards the young generation which

					<p>possesses immense talent and drive but seems a bit lost when it comes to the goal.</p> <p>The talk saw variety of themes being touched upon such as the materialistic aspects of the life, the emotional desires distracting oneself from the goal and special emphasis was given to the "life affirming spirituality". He also indicated how spirituality was beyond any religion and how unfortunate it is to live in the world where every spiritual group seems to have affiliated itself with some material task. He concluded the talk with bringing out the universality of love in spirituality and the way it binds us.</p> <p>Dr. Bijlani was kind enough to handover signed copies of his books to few students and the coordinators.</p>
2.	Guest Lecture	25 September 2019	Environment and Spirituality (A collaboration between Prakriti and Dhyana)	Mr. Manu Singh	<p>The two societies (Dhyana and Prakriti) combining their manifestos along with their members took the route of 'A closer look at mindful consumption' with Mr. Manu Singh, an eminent environmentalist and spiritual trainer. With thought provoking quotes like 'Unless we stop giving pain to others, we would not stop giving pain to ourselves.' and 'Spirituality puts consciousness to our actions', Mr. Manu steered the theme of the event to self realisation. His words propelled the audience to question their actions towards this beautiful earth which is our only home. A number of examples, stories, activities and questions added to the charm of the event.</p>
3.	Guest Lecture	24 October 2019	Consuming the Beautiful Indian Bride	Dr. Shilpi Singh	<p>Dr. Shilpi in her talk broke various myths blended with notion of a perfect Indian bride. In defining themselves as a little distinct from others, the brides do not waver from spending an extra chunk of silver. The speaker very well defined the term 'Neo liberal weddings' and gave way to a lot of questions in our mind that intrigued our consciousness.</p>
4.	Guest Lecture	6 February 2020	Yudhishtira: Challenge to the Kshatriya Masculinity within the Mahabharata	Dr. Smita Sahgal	<p>The topic opened with Dr. Smita addressing the subject of masculinity, the epic of Mahabharata and role of Draupadi. Dr. Sahgal showed a keen interest in the character of Yudhishtira and his role in the great epic. In order to make the audience understand how Yudhishtira challenged the Kshatriya masculinity in Mahabharata, she talked about three episodes:</p> <ol style="list-style-type: none"> <li>1. Dice game assembly</li> <li>2. Ashwathama's death</li> </ol>

					<p>3. Renunciation of Kingship</p> <p>The audience also explored the powerful presence of Draupadi in Mahabharata. A number of questions varying on the characters of Karna, Krishna and about the significance of various episodes made the discussion a gratifying experience.</p>
5.	Group Discussions – done to encourage dialogue amongst the student body	13 September 2019	Breaking Myths and Falsehood	Facilitated by Peer Team Members Stuti, Tanvi and Divya	<p>In our first group discussion, the society members and other students gathered at the NCR at scheduled time filled with enthusiasm to narrate their own anecdotes filled with societal myths and ways to shatter it. The discussion was engaging and successful in drawing participation out of everyone present.</p> <p>It was equally beautiful to witness people coming out and immersing themselves in the process of creating a bit of consciousness and a bit more of awareness, which is entirely what DHYANA stands for.</p>
6.	Short Film Screening	17 October 2019	MARZI: A movie about women's freedom of choice	Facilitated by Peer Team Members Deepshi and Saumya	<p>How often do we think about the society's view whenever we dress up? Do we infer about someone else's clothing too quickly?</p> <p>Taking up these questions, Dhyana, the society for consciousness and awareness filtered its queries with a short film 'Marzi'. The film talks about women's freedom of choice and intersectionality. Screening of the same was followed by a healthy discussion where each member voiced out their concerns about the thinking of the society. Everyone left the room with an enriching experience.</p>
7.	Interactive Session	8 November 2019	Memory Monkey: The story of how your mind leaps	Facilitated by Peer Team Members Anoushka, Dakshita and Riya	<p>What do you remember better? The crammed course of last sem or the first day of entering the school? The 12th board syllabus or the school terrace where you broke down?</p> <p>While former we better remember for academia, the latter is effortlessly saved in the special section of brain for they are Memories. Ephemeral composition of disjointed data in synthesis is memory. The memories that are vague and a little scary and loving yet others we hold dear to, the ones which make our identity was the subject matter of our last discussion of the odd semester- Memory Monkey: The story of how our mind leaps.</p>

					We realized no two memories were same, but we could always snap and connect. The fun game played was registered as a fun memory in itself. Make more memories
8.	Awareness Campaign	29 January 2020	Mental Health Awareness workshop in collaboration with ZDP- NGO associated with NSS, LSR	Facilitated by Multiple Peer Team Members	<p>In this session DHYANA and ZDP embarked on the journey to create mental health awareness amongst children of age group 6-16. Children through various interactive and fun activities were taught the following:</p> <ul style="list-style-type: none"> <li>• What is mental health?</li> <li>• How it is okay to visit a doctor</li> <li>• How each individual reacts differently to same situation</li> <li>• Myths around mental health were busted</li> <li>• No one should feel ashamed in seeking help</li> </ul> <p>Last but not the least children were taught that we all are humans and it is absolutely fine to not feel okay on each day. With love in heart and new bonds made the session concluded.</p>
9.	Short Film Screening followed by a virtual discussion	25 March 2020	Wasp: a movie about struggles of a poor young mother	Facilitated by Peer Team Priyanshi and Sanskriti	<p>Amidst the lockdown due to Coronavirus, DHYANA continued with its efforts to reinterpret and analyse the world. Peer Team Members were sent the link of the short Film “Wasp” which is about a caring but wayward and confrontational single mother who struggles to care for her kids while also going out to meet a man she fancies. A date and a time which suited most of the members was decided for the discussion and the discussion took place on society’s WhatsApp group via texts and voice notes. Members expressed how they felt while watching the movie and the lessons they learnt from it. It was a great way to interact and it provided a sense of togetherness to members amidst the distressing time.</p>