

DHYĀNA: SOCIETY FOR CONSCIOUSNESS AND AWARENESS

Annual Report 2020-21

‘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 (2020-2021), we sought to conduct a host of activities (talks, workshops and discussions) revolving around topics from various fields such as mental health, history and economy etc.

Office Bearers: Dakshita Agarwal, Divjot Sawhney, Priyanshi Kapoor, Stuti Verma

Staff Advisors: Dr. Sushila Kumari, Ms. Manisha Chauriya, Dr. Paroma Sen, Ms. Prem Lata

DETAILS OF EVENTS ORGANIZED IN COLLEGE

S. No.	Name of the event	Date	Subject	Speaker(s)	Extra Information, if any
1.	Interactive Session	19 February 2021	Wheel Spinning Activity: Breaking the	Facilitated by Peer team members Gargi, Riya and Shruti	Our first informal event was an interactive session by our peer team member. The session commenced with a Wheel spinning activity. Through the activity, we discussed different perspectives and experiences of our members across various topics ranging from managing anger issues and

			monotony of classes		changes in one's perspective due to Covid-19 to a list of favourite movies personally curated by the society members! The event broke the monotony of the online classes and everyone felt unruffled and developed a sense of belonging by the end of it
2.	Interactive session	26 February 2021	Atheism and Religion	Facilitated by Peer team members Neelanjana, Sheelu and Tishya	<p>The session commenced with an introduction to what theism and atheism mean in practice. This was followed by an interactive session where the hosts put up thought provoking questions for the members to ponder upon. The session was filled with a thorough exchange of opinions and ideas on topics like, "What are your beliefs of God?", and "How has the concept of religion deviated from its core?".</p> <p>Following the interactive session was a short trivia quiz on various religions of the world and their practices which was followed by the final conclusive segment which included a short presentation of mythological stories from religious texts which were well received by the members.</p> <p>Overall, the event opened up new channels of thought and was described as an enriching and an insightful experience by all</p>
3.	Guest Lecture	2 March 2021	Nudge Theory: Bringing Consciousness into Choices	Ms. Jayashree Sahoo	<p>The session shedded light on how we are influenced by behavioural Nudges in everyday life which proposes positive reinforcement and indirect suggestions as ways to influence the behaviour and decision making of groups or individuals.</p> <p>There was a discussion around topics such as how has the increased number of modern options impacted our decision making and that led us to question how unconsciously, we are pressurised or influenced to follow certain thoughts by the various agencies and how social media influences our choices and behaviour.</p>
4.	Guest Lecture	4 March 2021	Sita and Draupadi: A Feminist Perspective	Dr. Megha Dhillon	In the session we discussed how both Sita and Draupadi are portrayed in cosmic tales. Grippped captive in patriarchal impression, this session helped us to see them from a unique perspective. Both of them asserted their discretion and have lived through it. Even when they were tossed in the arbitrary circumstance they combated them some time with compassion or some time with their knowledge.

					Pursuing the talk, there was a dialogue around about how we fail to recognise their sacrifice that made the story heroic. How they suffered from the revenge game of power between men in their lives which caused them extreme pain, loss of their sons and embarrassments. Ma'am also helped us to see the similarities among them, that even when both of them spend most of their life in exile still not for once they regretted their choice.
5.	Interactive Session & Guest Lecture	8 April 2021	Navigating an Ableist Education System- Collaboration between REACH and Dhyāna	Revival Disability Magazine	The session commenced with elucidating the actual meaning of "Inclusion" in classrooms. It calls out for the need of an adequate mode of integration within peers. Following the talk, the members shared their personal experiences, both bitter and sweet with respect to the treatment offered to them within management and educational institutions. Further into the session, there were concrete suggestions given by the members to bring about a change within the society and overcoming the challenges of expectations and alienation for surviving in this competitive world. The session was extremely enriching and insightful and aimed at developing a completely different outlook towards the disability narrative via lived experiences.
6.	Workshop and Interactive Session	22 April 2021	Sort Your Thoughts: Understanding and Managing Overwhelming Emotions- Collaboration between PSP, LSR and Dhyāna	Ms. Anindita Anand	The session commenced with an interactive session between the audience and our speaker wherein the audience was asked to introduce themselves by stating a quirky fact about them and well we received quite interesting responses. The audience was further advised to welcome all the thoughts and feelings as the session progressed and to let their minds be at rest from all the constantly buzzing thoughts. Further through the session, Our speaker posed various questions such as why should we sort our thoughts or what are thoughts in the first place? Ms. Anindita taught us how we can find answers to such questions via different metaphors. We were further taught various techniques to calm our minds such as the alpha technique wherein you back count from 25 and focus on your breathing. It helps one to sort their thoughts, increase concentration and helps in improving sleep cycles.