

BISMAN Course on Human Values and Mindfulness (2021)



SRI GURU NANAK DEV KHALSA COLLEGE
(University of Delhi)



BISMAN **CENTRE FOR HUMAN VALUES**

30-Hours Certificate Course
Mindfulness and Human Values
Timings: 3 pm onwards

Details of the Sessions:

<i>20th February 2021</i>	<i>Guru Nanak's Tenets and their Relevance Today</i>
<i>22nd February 2021</i>	<i>Communication Skills</i>
<i>23rd February 2021</i>	<i>Professional Ethics</i>
<i>26th February 2021</i>	<i>Concept of Sewa and its Importance</i>
<i>1st March 2021</i>	<i>Visit to Gurdwara Bangla Sahib</i>
<i>2nd March 2021</i>	<i>Problem Solving</i>
<i>5th March 2021</i>	<i>Indian Thinkers</i>
<i>8th March 2021</i>	<i>Meditation and Prayer</i>
<i>9th March 2021</i>	<i>Movie Screening Followed by Discussion</i>
<i>11th March 2021</i>	<i>Mind Management</i>
<i>12th March 2021</i>	<i>Quiz and Valedictory</i>

Dr. Gurmohinder Singh
Patron and Principal
SGND Khalsa College

Dr. Bhagwant Kour
(Convenor)

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Topics

- 1) Guru Nanak's Tenets and their relevance today.
- 2) Communications Skills
- 3) Professional ethics
- 4) Concept of Sewa and its importance.
- 5) Visit to Gurudwara Bangla Sahib.
- 6) Problem solving.
- 7) Indian thinkers
- 8) Meditation and Prayer.
- 9) Movie Screening Followed by Discussion.
- 10) Mind management.
- 11) Quiz and Vocabulary.

REPORT

by Dr. Bhagwant Kaur

Guru Nanak's Tenets and their Relevance Today

Bismillah the Centre of human values inaugurated its first session on Guru Nanak's Dev Ji's teachings. The session of 'Guru Nanak's tenants and its relevance today' was held on February 20, 2021 at 3 pm via online mode. The session was mainly based on the 2 topics i.e., Mindfulness and the Relevance of Guru Nanak dev ji's teaching in today's time and also how we can incorporate those teachings in our life.

The session began with a welcome note by the student coordinators Gurpal and Taranjeet. Then, the Principal of our college Dr. Gurmohinder Singh also congratulated the society for conducting the events. Followed up by an enlightening session by the speaker, Dr. Bhagwant Kaur.

Dr. Bhagwant Kaur 1st talked about the concept of mindfulness as the mind is our valuable source so we should experience every single moment of our life. She then talked about how to live in present and let go of our past and future. She then beautifully explained the meaning and the importance of our college prayer in our lives as most of the students of our college didn't know about it. She then made every student write about the teachings of Guru Nanak Dev Ji which they know or from which they have been inspired. This exercise was followed up by a fruitful discussion in which students actively participated. At the end of the program, Dr. Bhagwant Kaur discussed the context of mindfulness and the need to be mindful and enjoy each thing one is doing. She concluded her talk by saying that if everyone started loving their work the world would be such a happy place to be in.

A session on communication skills by Ms Nidhi Verma

Bisman the centre of human values conducted a session regarding communication skills on 22nd February 2021 as a part of its 30 hour certificate course on mindfulness and human values. Ms Nidhi Verma initiated a very interactive and comical session along with precise power point presentation. She began with talking about kinetics , importance of body language , contact and postures and continued talking about how body language projects your image. She also used the example of metro to discuss about proxemics. Ms. Nidhi then talked about Chronemics and how we can communicate through our attitude towards time . Time is an important aspect in education and relationships.. Next, she talked about Silence , a major form of communication as actions speaks louder than words. Later in session she discussed about the three Q's IQ i.e intelligence quotient and EQ emotional quotient and SQ the Spiritual quotient.

Problem Solving Session with Dr. Abhishek Sharma

The Problem Solving session was held on 2nd March by Dr. Abhishek Sharma on Google Meet, 3:00pm onwards, Assistant Professor of SGND Khalsa College. The session was attended by a large number of students and Faculty members.

Dr. Abhishek Sharma, started the session by explaining 'Why do we need a problem-solving mind?'. He explained that there are two ways to solve a problem. Greek Civilisation and Egyptian Civilisation. In Greek Civilisation, the problem needs to be solved immediately and in Egyptian Civilisation, the problem is eternal, it will always remain there, there wouldn't be any solution for the problem. He familiarised us with a quote by Albert Einstein - "If I had an hour to solve a problem, I'd spend 55 minutes thinking about the problem and 5 minutes thinking about the solutions." which means that it's more important to spend time on the problem than its solutions. He further elaborated that a problem necessarily must have a cause and a solution to it. It doesn't exist without both. Giving an example of a chair and he explained what is the positive attitude to approach the problem. At the end, he taught the students how it's important to ask a question to oneself and try to reach its cause.

The session ended with a Q&A session. It was a highly interactive session.

Session - Movie Discussion

The BISMAN society of Sri Guru Nanak Dev Khalsa College, University of Delhi organised a movie discussion session of "Wonder". The session was held on 9th March, 2021 over an online video calling application, Google Meet and witnessed participation from both students and faculty. The session commenced with Dr. Bhagwant Kaur, the Convener of BISMAN, briefing the students about the purpose of the session and genre of the movie. 'Wonder' tells a story of a boy named August/ 'Auggie' (Jacob Tremblay), who was born with Treacher Collins syndrome; he has gone through 27 surgeries since birth. After years of home-schooling, Auggie is sent to a regular school by his Mom (Julia Roberts), against Auggie's Dad's (Owen Wilson) wishes. Auggie faces all types of problems that an individual experiences among a group of similar-looking people - being stared/frowned at, being accepted with doubts and suspicions, and also being bullied. However, Auggie is a tough-minded and intelligent person,

and finally manages to gain genuine acceptance by most of his schoolmates and other people in the community. 'Wonder' is a simple, heart warming and overall winsome drama with a lot of heart. It rightly delivers the message of kindness, forgiveness and the importance of self-love, which makes it a wholesome family entertainer. Movie screening was followed by a short discussion.

Students and teachers were requested by Dr. Bhagwant Kaur to reflect upon the key takeaways from the movie and share them with everyone in the meeting. 'Wonder' was an eye-opener and actually made everyone wonder if they were facing the challenges put forward by life and not simply giving up. The session inculcated an optimistic way of viewing hardships of life and was concluded on an extremely positive note with Dr. Bhagwant Kaur's closing remarks.

Session - Concept of Seva and its Importance

Speakers - Dr. Ishmeet Kaur, Ms. Sukhvinder Kaur

The society organised a session on the topic "Concept Of Seva and its Importance". The session was held on 15th March, 2021 over an online video calling application, Google Meet - with all smiles and enthusiasm beaming from behind the screens - and witnessed participation from both students and faculty members.

The event commenced with an introductory speech by Dr. Bhagwant Kaur, the Convener of BISMAN, wherein she mainly briefed the students about the topic and indulged with them in a discussion. The Guest Speaker for the event was Dr. Ishmeet Kaur Chaudhary from Gujarat University. Prof Ishmeet enlightened the participants with her views on the topic using certain real life examples which made all attendees remain active throughout the session. "An infant crying immediately after birth is a sign of the need for communication", said Dr. Ishmeet, thereby emphasising on the need to communicate well. She very well explained the meaning of "seva" in its true essence - in a broader aspect - highlighting the importance of "kirt karo", i.e., it is crucial to perform one's daily duties with a pure heart and accept the result as the mercy of Almighty. "Work is worship", said Dr. Nidhi Verma, a faculty member at Sri Guru Nanak Dev Khalsa College which helped the students further to understand the importance of fulfilling one's duties. Some other values taught by Dr. Ishmeet in this session were honesty and truthfulness. She also familiarised the students with the concept of "daswant". She concluded by answering some of the questions raised by the students.

Following this, Dr. Sukhvinder Kaur, an Assistant Professor at Sri Guru Nanak Dev Khalsa college displayed a power point presentation and taught the students about the meaning and importance of 'Selfless Service' which constitutes a vital part of "seva". She discussed the three ways of performing seva, i.e. through 'tan', 'man' and 'dhan'.

Session was highly interactive and both students and teachers indulged in a healthy discussion for over three hours. The program concluded with closing remarks and vote of thanks by Dr. Bhagwant Kaur.

A Session On Professional Ethics By Dr. Gita Lakhanpal

The BISMAN society of Sri Guru Nanak Dev Khalsa College, University of Delhi organised a session on " Professional Ethics ". It was held on 23 February, 2021 at 3:30 p.m. via Google Meet. Dr. Gita Lakhanpal, who is an Associate Professor in Sri Guru Nanak Dev Khalsa College. She was the resource person who guided the students regarding their skills that are required to excel in professional career. The session was attended by a large number of students and faculty members.

The session began with a welcome note by Dr. Bhagwant Kaur, followed by an enlightening session by the speaker.

Dr. Gita Lakhanpal talked about various ethical questions, which people face during their everyday lives. She first discussed about the meaning of ethics which is not only limited to the concept of moral values, but more than that, i.e. to be respectful, courteous, punctual, cooperative, trustworthy, compassionate and so on. She also talked about the importance of ethics in our day to day lives. She discussed the ways of looking at ethics in respect of discipline, moral guidelines and framework. Moreover, there were some activities conducted by her, during the break time, to make the session interactive. If we conclude, by the end of the session, we would have learnt the difference between profession and career, what is ethics and its importance, difference between personal and professional ethics, how to imbibe ethical values and process of making ethical decisions. Moreover, there was a wonderful case study given by her as an assignment.

The session ended with an interactive Q&A part in which Dr. Gita Lakhanpal took pains to address every query posed by the students. The popularity of the session can be gauged by the fact that it went on for over three hours. The programme was brought to a close with a vote of thanks by Dr. Bhagwant Kaur and Nidhi Verma.

A Session on Indian Thinkers by Mr. Gopal Krishan Arora

BISMAN the centre of human values organised yet another interesting session on 'Indian Thinkers' under the 30 hour life course on mindfulness and human values. The session on INDIAN THINKERS which was held on 5th March 2021, based on the Indian philosophers thinking on the concept of mindfulness and human values. The session began with a welcome note by Dr. Bhagwant Kaur, followed up by an enlightening session by speaker, Mr. Gopal Krishan Arora who is an associate professor at Sri Guru Nanak Dev Khalsa College and also a secretary of the Indian Council for International Corporation and is the vice-president of Bhartiya Vidya Salahkar Samiti. Mr. Gopal Krishan Arora began his talk by giving an overview of what is nature and the power of our mind and further showed how mind and human values are interrelated to each other. He quoted various Indian thinkers and how they viewed Mindfulness. Beginning with a classical statement, "I doubt, therefore, I think, I think, therefore, I am." To make the concept of 'mindfulness' clearer he quoted various famous authors and texts like Sigmund Freud, Paradise Lost, Arthur Koestler, and Mahabharata. He further talked about the concept of 'Placebo'. It was an enlightening session on the nature of thought and emotions like contentment, desire, commitment and other core human values. The session was brought to a close with a vote of thanks by Ms. Nidhi Verma.

A session on “Meditation and Prayer” with Brahma Kumari

The society organised a session on “Meditation and Prayer on 8 March 2021 at 3:30 PM via Google meet. A Sister from the Brahma Kumari foundation was the resource person for the same. The session was an interesting talk that guided the students regarding the importance of Meditation and Prayers in our life. This session was attended by a large number of students and faculty members. It began with a welcome note by Mrs. Nidhi Verma, followed by an enlightening session by the speaker.

Sister began the session with the meditation along with playing a religious song. She first talked about the importance of meditation, discussing its various and far-reaching benefits as well. She then discussed about the types of thoughts that run in our minds every second i.e., Positive thoughts, Negative thoughts, Wasteful thoughts and Necessary thoughts. Further, the effects of thoughts on reality were discussed, discussion regarding yoga also took place. Also, the comparison between the soul and body was made during the session which the students found quite intriguing. Moreover, the session was conducted peacefully and the practice of meditation was also conducted by sister during the session.

The session ended with practice of meditation and sister also took pains to address queries posed by the student. The programme was brought to a close with a vote of thanks by Dr. Bhagwant Kaur and Gurpal.

A Session on Mind Management by Ms. Neha Saini from Art of Living Foundation

A session on Mind Management was conducted by Bisman Centre For Human Values on 17th March at 5:30 pm as a part of its 30 Hour Certificate course on Mindfulness and Human Values.

The session began by some introductory videos on Mindfulness shown by Dr. Bhagwant Kaur. After that, Miss Neha Saini who is associated with the Art of Living Foundation joined the session who elaborated on the concept of Mind Management. Taking the students along she showed how this course helps you by targeting your specific nerves helping with your personal growth.

Ms. Meena Dham began her session by introducing the audience to Brain Yoga and how one could calm oneself down and relax the mind.

Releasing stress by massaging, putting pressure on specific points that help one relax was beautifully elaborated on. She also used various examples to teach about self-love. Dealing with pressure, multiple thoughts through Narishodhan.

At the end participants asked questions to Ms. Meena Dham about problems faced by them when it comes to mind management. The session ended with golden advice by Ms. Meena Dham about how important it is to give time to yourself as you yourself is the most important person and rest all is just part of your life.

The session was concluded by Ms. Nidhi Verma by thanking Ms. Meena Dham on behalf of everyone for giving us the time and a new experience and knowledge that we gained from the session.

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VISIT TO GURDWA



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