

## Activities 2018

The year 2018 proved to be favourable for Shining Network, the Youth Empowering and Value Creating society of Kamala Nehru College, University of Delhi as it earned its first international collaboration. While understanding "Mindfulness is offering your genuine presence to yourself in every moment", Shining Network organised its first workshop for the year, 2018, on 'Mindfulness' on 1st February 2018 in collaboration with 'The Ahimsa Trust', a non-profit organisation which assists in cultural, social and educational work that endeavours to enkindle tranquillity and euphony. The resource person was Mr. Shantum Seth, a Buddhist practitioner, an ordained teacher in Zen tradition of the Vietnamese Master Thich Nhat Hanh. He was accompanied by his fellow practitioners and teachers of mindfulness, Ms Mala and Ms Rakhi. The workshop was initiated with a song by the members of Shining Network. Mr. Seth enlightened students about how mindfulness practice can help mortal beings to become cognizant of themselves, and to ascertain the essence of living. Students were taught simple mindful exercises like breathing and body awareness. The session was concluded by walking and eating meditation activities.

The convener, Dr Geetesh Nirban has been awarded with the prestigious 'Seed Grant' from 'Society of Philosophers in America' (SOPHIA) to start the 'Shining Network SOPHIA Chapter' in India to initiate the interactive series on Public Philosophy to encourage the application of philosophical concepts in daily life and for public policy. This is the first international collaboration of Shining Network through which the society is working to strengthen their value-based activities for peace building using the Western and Eastern philosophical traditions thus creating a sub-branch of Shining Network as SOPHIA chapter in India through this international connect.

The inaugural session of Shining Network SOPHIA Chapter was on 9th August, 2018, through a ruminative discourse on 'The Nature of Good and Daily Life'. The program was facilitated by Dr. Balaganapathi Devarakonda, Head, Department of Philosophy, University of Delhi and it was engineered by Dr. Geetesh Nirban, Faculty Convener of Shining Network. Dr. Devarakonda expounded on the meaning of "good" and "bad", he also explicated how Philosophy as a discipline is part of our daily regime and life as whole. He further elucidated how our cultural, social and economic background moulds our understanding of good and bad. We considered various philosophical terms like "intrinsic value", "existentialism", "essentialism" the relationship between legality and morality, "cultural relativism" etc. The conversation gave an insight in the nature of "good" and how by using the positive mechanisms of "good" we ourselves can become a catalyst to bring about an efficacious revision in the society.

In order to further the understanding of ideas of "peace" and "tranquility" three members of Shining Network, Purvasha Anand, Yashasvi Kumud and Ritwika Basak participated in a Mindfulness workshop on 21st September 2018 at India International Centre. Buddhist Monks from Plum Village, New York and Mr. Shantum Seth (Zen Master) led the group of participants, illuminated the entrants on the paramountcy of building our future, venerated the significance of the present and ingeminated the value of living in the moment. The session concluded with a silent walk in the park, followed by a singing and meditation as part of mindfulness.