

VALUE ADDED COURSE
MINDFULNESS AND HUMAN VALUES

February -March 2021

BISMAN 30-hour Certificate Course

Bisman, the Centre for Human Values, conducted a 30-hour certificate course in February – March 2021 to educate the students on “Mindfulness and Human Values”. The various topics covered in this Value-Added Course included:

- 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.

Dr. Bhagwant Kaur’s talk on Guru Nanak's Tenets and their Relevance Today, was the 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 Devji’s teaching in today’s time and also how we can incorporate those teachings in our life. The Principal of our college Dr. Gurmohinder Singh also congratulated the society for conducting the event. Dr. Bhagwant Kaur talked about the concept of mindfulness as the mind is our valuable source so we should experience every single moment of our life. The talk was followed by a fruitful discussion in which students actively participated.

The session on communication skills was taken by Ms Nidhi Verma on 22nd February 2021. She initiated a very interactive session along with a precise power point presentation. She spoke on kinesics, importance of body language, contact and postures and continued talking

about how body language projects your image. She also talked about Proxemics and Chronemics and how we can communicate through our attitude towards time and space. The third session on Professional Ethics by Dr. Gita Lakhanpal was held on 23 February, 2021 at 3:30 p.m. Dr. Gita Lakhanpal guided the students regarding their skills that are required to excel in their professional career. She discussed the ways of looking at ethics in respect of discipline, moral guidelines and framework. 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.

Problem Solving Session with Dr. Abhishek Sharma on 2nd March by Dr. Abhishek Sharma 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. The session ended with a Q&A session.

The Movie Discussion of "Wonder" was held on 9th March, 2021. 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; 'Wonder' is a simple, heart-warming movie that delivers the message of kindness, forgiveness and the importance of self-love, which makes it a wholesome family entertainer. '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.

The next session on the Concept of Seva and its Importance was conducted by Dr. Ishmeet Kaur and Ms. Sukhvinder Kaur on 15th March, 2021. The event commenced with an introductory speech by Dr. Bhagwant Kaur, the Convenor of BISMAN, 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. She very well explained the meaning of “Seva” in its true essence - in a broader aspect - highlighting the importance of “Kirt Karo”. Dr. Sukhvinder Kaur 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, that is, through ‘Tan’, ‘Mann’ and ‘Dhan’.

A Session on Indian Thinkers by Mr. Gopal Krishan Arora 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 the 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. 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.

The session on “Meditation and Prayer” with Brahma Kumaris was organised on 8 March 2021. The session was an interesting talk that guided the students regarding the importance of Meditation and Prayers in our life. 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 on 17th March. 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. 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.