

INDRAPRASTHA COLLEGE FOR WOMEN
WELL-BEING WORKSHOP
(Under it's Mental Health Awareness)
In collaboration with Prem Rawat Foundation
PEACE EDUCATION PROGRAMME
(8-12 October, 2018)
(2:30 pm to 4:30 pm)
Venue: AV Room
REPORT

Coordinator: Dr. Anshu Srivastava
Co-coordinator: Dr. Pragya Parmita

The Well-Being Workshop event began, with the promotion of the workshop on 4th October, 2018.

DAY 1
8 October 2018

The first day of the opening session of the workshop began with the encouraging support extended by Dr. Babli Moitra Saraf, Principal, Indraprastha College for Women, over a warm welcome meeting with the distinguished speakers from the Prem Rawat Foundation.



The opening session on the first day of the Well-Being Workshop under I. P. College's Mental Health Awareness Initiative flagged off the valuable concept of being a peaceful human being. It focused on the theme of inner 'Peace' centered around the question of 'how a right perspective towards one's own self', i.e., through realization of peace within, one can contribute towards bringing eternal peace and happiness to the entire human world, as it consists of these very individuals as units. The session was structured into three parts.

First Exercise: Video Session

Theme: Peace

First, showing video clippings of the international and national lecture series of Mr. Prem Rawat, founder of Peace Education Program who, in his talk on the theme of 'Peace' made a significant point that it is possible to be in a state of eternal peace and joy, which is the inner quality of human heart and, therefore, is not conditional to any of the materialistic achievements in the outside external world. Human beings need to listen to their heart, which knows what true joy and peace is.

Theme: Appreciation

Human beings are blessed with another quality of 'Appreciation'. Admiring and appreciating the most admirable inner qualities of joy and peace in oneself and the beautiful gift of life every

single day with untinted perspective and with no other wishes is crucial to live happily and peacefully.



Second Exercise: Interactive Session

An interactive discussions with the students were held asking them to reflect upon themes discussed and share their views and life experiences in that context. The students expressed themselves with utmost ease and enthusiasm finding satisfactory answers to their queries from the speakers. .Dr. Harish Rawat from RML Hospital highlighted the importance of the realization of self as a peaceful being. Dr. Anshu Srivastava, Coordinator, 'Well-Being Workshop', Peace Education Program, highlighted the significance of trust factor in human relations as a critical component of peace.



Third Exercise:Activity Session

An activity time for students was conducted by Ms. Tripti Goel, member, Prem Rawat Foundation. Divided into two teams, the students played a game related to the theme of the day and the winning team received a token of appreciation.

DAY 2

9 October 2018

Name of the Speakers:

Dr. Harish Kumar Gupta, MBBS, MD

Consultant and Professor, Medicine, Dr. Ram Manohar Lohia Hospital

Dr. Sunil k Jain

Ph.D. Mathematics, IIT Delhi.

Former Sr. Director, Government of India, Ministry of communications & IT, National Informatics Centre (NIC). Presently IT consultant.

Ms. Urmila Jain, M. Sc. (Maths.), Calcutta University & M.Sc. Computer Science from Jadavpur University, worked in IT area for More than 35 years with experience in Private sector, Public Sector & then in Govt., Retired as Dy. Director General from NIC, GOI. Associated with Prem Rawat Foundation.

Dr. Prof. A. Satya Narayan Rao, MBBS, M.S (surgery), FIAGES, FMAS, FALS (Bariatric), Professor and consultant, CGHS, Department of Surgery, RML Hospital, working in Ministry of Health and Family Welfare, Government of India, have been associated with Prem Rawat.

Mr. K. K. Miglani , Civil Engineering Graduate, M. Phil in Environmental Sciences, Retired Chief Engineer from Indian Railways & Associated with Sh. Prem Rawat Foundation.

Theme for the day:

Self awareness

Inner Strength

The session began with making the students sum up the previous day's discussion.

First exercise :Video session

Theme:Inner Strength

Recognizing ones 'inner strength' is crucial to peaceful living. The power to make choices, i.e., to choose clarity over confusion, peace over chaos, joy over sorrow, contentment over greed, in short, the power to choose heart over mind is the powerful gift to human being. Inner strength comes from knowing one's true nature and measure oneself on that scale of one's own judgment rather than the yardstick set by others set for him/ her.

Theme : 'Self Awareness'

Self Awareness in terms of understanding the very true meaning of one's existence and recognize that one should protect, respect and love other's life along with his own. Each breath that carries life to us needs to be valued the most and to live life to the fullest, most joyfully and most peacefully. Being in touch with one's own true self, i.e., the divine, is the source of happiness and peace.



Second exercise: Interactive Session

Students were asked to talk about the take away lessons from the video. The speakers conducted a Question-Answer exercise to know how students understood various issues raised in the lecture.

Third Exercise: Activity Session

The speakers conducted games for the students in the team of two. They also were asked to write down their problems not to tell others but to do away with them as the peace program reveals to them the ways of doing so.



DAY 3 **10 October, 2018**

Name of the Speakers:

Dr. Harish Gupta

Dr. Rao

Ms. Tripti

Mr. Mrityunjay

Mr. Vikram

Dr. Sunil

Theme: Clarity

Clarity is to know the value of today. We keep on worrying over trivial things, so trivial that time will take care of it. The good and bad times will come and go but one has to take precautions and keep the lamp of the hope always lit. We still have companionship of the Divine.

Theme: Understanding

Life is short. The average life of a human is 70 years. 25550 are the number of days that we have in these 70 years. Moments of life should not be distinguished by days, numbers or months but by how you live those moments. We need to start living in today because today is the 1st day of the rest of our life.



The session was followed by activity, exercise and interactive exercise as on the previous days.

DAY 4 **11 October 2018**

Name of the Speakers:

Dr. Suresh Gupta

B. Tech. from IIT, Delhi,

Former Deputy Director General, National Informatics Centre,

Currently Visiting Faculty, Department of Computer Science and Engineering, IIT, Delhi

Ms. Amita Gupta,

M.Sc., M. Tech. from Roorkee University (now IIT Roorkee),

Former Senior Technical Director,

National Informatics Centre, Government of India.

Dr. Harish Gupta

Ms. Manu Tyagi

Mr. Mrityunjay

Ms. Tripti

Mr. Dinesh

First Exercise: Video session. Theme 7: Dignity

The treasure of peace is buried inside us but we need to plough where there is crop of peace. Illusion looks incredibly real and gives us only momentary happiness. We need to recognize and value what is given to us. Anything which is precious and abundant is the thing which is most valuable to us, like our breath which we need to value.

Theme: Choice

Nowadays humanity is being linked to negativity like 'to err is human' but we have to realize that if we have the capability of making mistakes then we also have the capability of spreading peace. What we practice is what we become good at. Therefore we need to practice peace, humanity and love in life so that we spread peace everywhere.



The session was followed by activity, exercise and interactive exercise as on the previous days. Around 35 students participated in this workshop.

DAY 5

12 October 2018

Name of the Speakers:

Dr. Harish

Dr Suresh

Dr Sunil

Manu Tyagi

Mrityunjay

Tripti

Gargi

Megha

First Exercise: Video Session

Theme: Hope:

There is hope, every day. It is not a matter of years, months or weeks or even tomorrow.

Just like sun shines for everyone and every day, the breath brings gift of life and hope to everyone and every day. Waiting all the life for some angel to come and change thing around in order to bring happiness for him / her is shrugging off one's own responsibility towards oneself. It is everyone's own responsibility to make a heaven for himself here on this earth and it is possible. One can make a heaven for one self and for him/ her, and that is hope.



Theme: Contentment

Lives of all human beings, in one way, are very similar. All wake up in the morning, go for their jobs, carry on their responsibilities. Sometimes they are happy and sometimes sad. All these things happen, and yet, through it all, there is a basic desire - as basic as the need for a child to walk. Just like a small baby learning to walk, tries and falls, and keeps trying, over and over, because it has this urge, this wish to walk. Similarly, every human being has a wish to be fulfilled, i. e., to be 'content'. To feel full, not empty. Everyone tries to understand what life is and asks "Why am I here?" "Who am I?" To find an answer, one needs to listen carefully to the heart because there is an answer. And the answer is that you're the one that wants to be content, that wants to be in peace. That is the call of the heart.

Second Exercise: Interactive Session



Third Exercise: Activity

Closing Ceremony

The five day Well Being Workshop towards its successful completion on the fifth day was specially an eventful day with the gracious presence of Dr. Babli Moitra Saraf. The students, who received certificates from her and listened to her, felt encouraged by her presence. At the same time, Dr. Harish Rawat extended vote of thanks on behalf of Prem Rawat Foundation. The I P College Peace Education Program Coordinators Dr. Anshu Srivastava and Dr. Pragya Parmita handed over the Event Report to Dr. Saraf. aged. The students shared their feedback about the usefulness of the program.





Thank you.
Coordinators, Well Being Workshop
Dr. Anshu Srivastava
Dr. Pragya Parmita

PEP Feedback

Inboxx



Pallavi Pradhan

Fri, Oct 12, 7:01 PM (7 days ago)

to ipcanshu, me

Thank you so much for organising the Peace Education Programme workshop. Every session was an enlightening experience. I learnt how important it is to be at peace and to explore the treasure of happiness that lies within us.

My learnings from the one week PEP session at IPCW!

Inboxx



Komal Yadav

Thu, Oct 11, 9:48 PM
(8 days ago)

to contactpep.india, me, Anshu

Hey! I'm Komal Yadav from Bsc(Hons) Computer Science.

I not just feel fortunate but indeed very grateful that I got the opportunity to realise the meaning of my true existence through this one week session which made me find the real me!! I think this speaks volumes because for a girl like me who is always so much busy and loaded with work, I never realised my true existence and my real worth which the workshop definitely helped me to discover. It not just changed my perception towards life, but also towards my own self.

You are only powerful ,if you're powerful within. You are only peaceful, if you are peaceful within. You are only determined, if you are determined from within . Storms and tornadoes of chaos and blunder will always surround us, but we can survive and fight with all those evils if we are strong, focused and peaceful from within. It's the clarity in thoughts, a fulfilled heart and a peaceful soul that can help us sail from all odds of life.

It's no longer they, you, we. It's just me and everything that lies within me!!

The changes in my perception can not be merely expressed in words. But I am indeed Humbled to have got this opportunity to discover my self and to discover the lost me!! Thank you for such life changing session. I think everyone is in a need of this!! Completely soothing, calming and peaceful.Last but not the least, Prem Rawat, is not just a man of words, but a true guide and inspiration to all of us. He is a man of change and motivation!! Thank you for changing my life:)

Hi!

I'm Ojaswita.

First year, Sanskrit Department.

I joined the program on 8th October.

I've made some amazing friends here.

Tripti Didi, The way you handled everything the way you made us smile, it's simply amazing.

Mrityunjay Bhैया, Thank you for making us laugh.

Thank you to all the volunteers who managed everything, clicked our pictures.

Thank you, Harish sir.

Thank you to all the teachers, who expressed their views with us.

Thank you to all the speakers.

Peace lies inside of us, happiness lies inside of us. We just need to think positively.

I don't want PEP to get over because it has made me more optimistic, more happy.

I didn't express my views in the program, but I just want to say that we should always be happy.

We should never give up.

We should always hope for the best.

We should work today, should not delay our work for tomorrow.

We should never accept failure.

Lastly, I want to say that As Kabir said,

काल करे सो आज कर, आज करै सो अब |

पल में परलय होयगी, बहुरी करेगा कब ||

कल के सारे काम आज कर लो, और आज के अभी, क्योंकि समय का कोई भरोसा नहीं, पता नहीं कब प्रलय हो जाये | इसलिये शुभ काम को कल पर मत टालो, फौरन कर डालो

Thank you! :)

PEP, You'll be missed.

Everyone will be missed