

Activities Report 2025-2026

Shining Network

Kamala Nehru College

University Of Delhi

About the society

Shining Network is a youth-empowering and value-creating society committed to promoting ethics-based learning and fostering a culture of peace. The society organises mindfulness-based activities, retreats, interactive sessions on peace and peace-building, dialogues on values, workshops, and field initiatives that encourage students to cultivate stillness, celebrate diversity, and appreciate the rich values and traditions of India. It also strives to promote public engagement with philosophy by creating meaningful spaces for dialogue, reflection, and value-based learning.

Teacher Convenor

Convenor – Geetesh Nirban (Philosophy)

Co-Convenor – Gaganjot Kaur (Philosophy)

Events :

International Peace Day

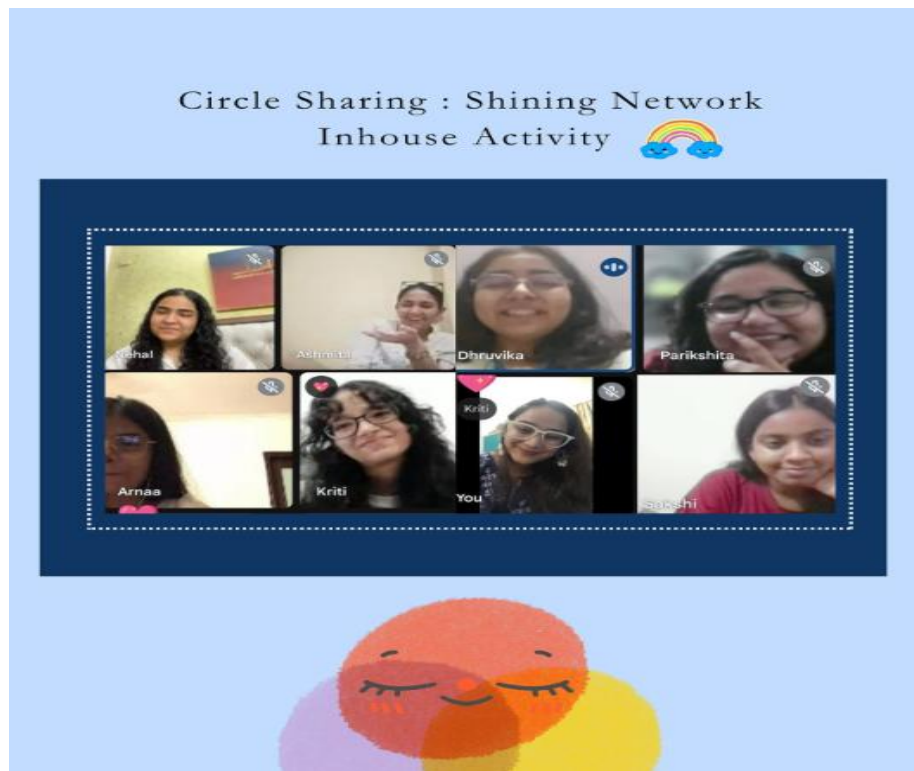
Circle Sharing

Date: 21st September 2025

To commemorate International Peace Day, Shining Network conducted a Circle Sharing session that encouraged participants to reflect on the meaning of peace through thoughtful conversations and self-introspection. Guided by Dr. Geetesh Nirban, the session created a welcoming environment where participants shared their perspectives and engaged in meaningful dialogue. The activity promoted mindfulness, empathy, and mutual understanding.

Experience:

The session inspired participants to reflect on their personal understanding of peace while fostering a sense of connection, compassion, and emotional well-being.



Bookmark Making

Date: 24th September 2025

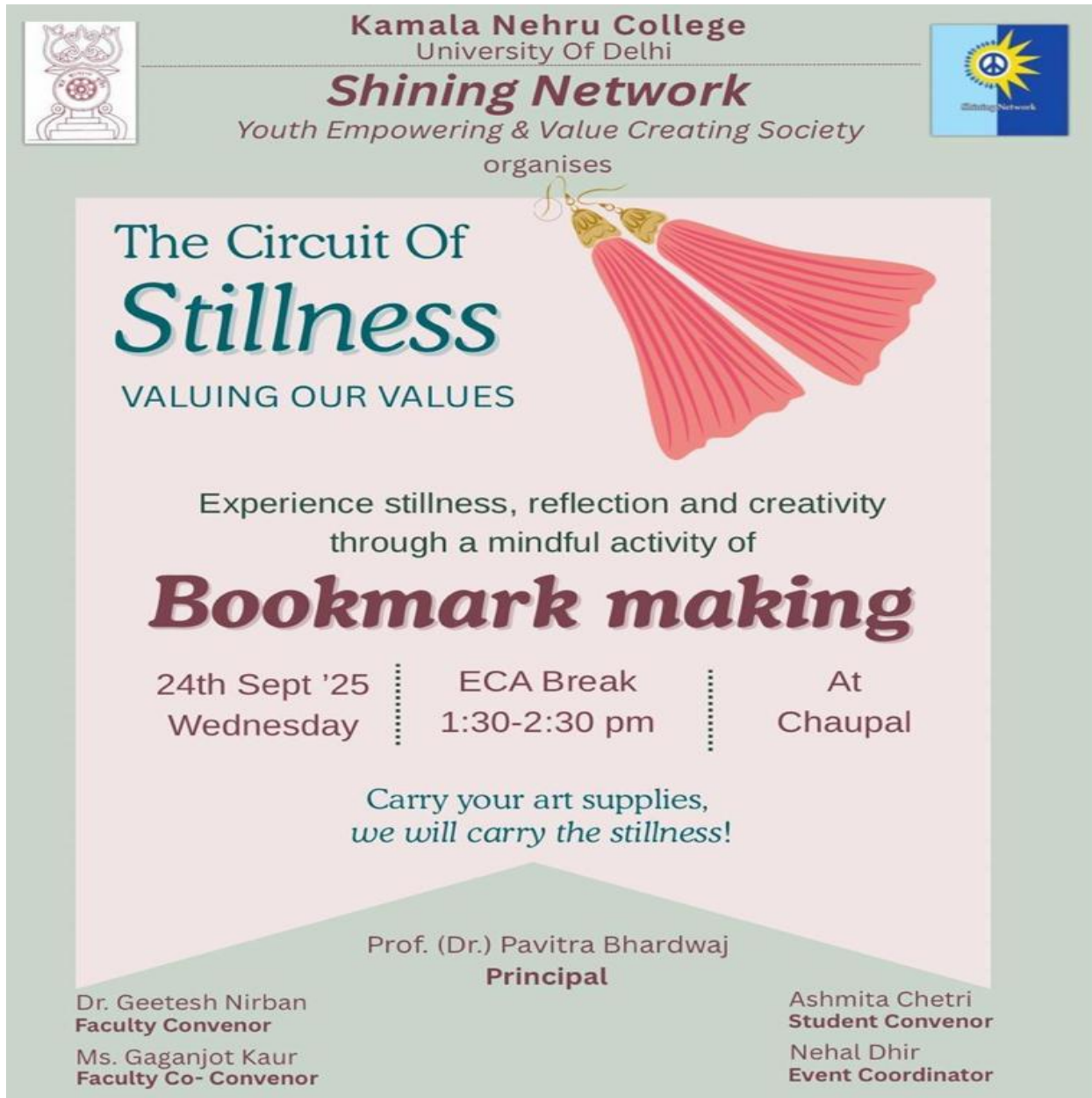
Creativity and mindfulness came together through a bookmark-making activity organised under The Circuit of Stillness – Valuing Our Values. Participants designed personalised bookmarks while engaging in quiet reflection, transforming a simple creative exercise into an opportunity for self-expression and mindful awareness.

Experience:

The activity encouraged participants to embrace creativity with mindfulness and appreciate the importance of finding moments of calm in everyday life.

Social Media Link :

https://www.instagram.com/p/DO7dk_vEymt/?=cHg1NDNIOWx3bzI=



Kamala Nehru College
University Of Delhi

Shining Network
Youth Empowering & Value Creating Society
organises

**The Circuit Of
Stillness**
VALUING OUR VALUES

Experience stillness, reflection and creativity
through a mindful activity of

Bookmark making

24th Sept '25
Wednesday

ECA Break
1:30-2:30 pm

At
Chaupal

Carry your art supplies,
we will carry the stillness!

Prof. (Dr.) Pavitra Bhardwaj
Principal

Dr. Geetesh Nirban
Faculty Convenor
Ms. Gaganjot Kaur
Faculty Co- Convenor

Ashmita Chetri
Student Convenor
Nehal Dhir
Event Coordinator



Letter Writing Activity

Date: 10th October, 2025 (Friday)

Reviving the timeless practice of letter writing, Shining Network organised a reflective activity that encouraged participants to express gratitude and emotions with sincerity. The session offered a peaceful space for thoughtful self-expression, allowing participants to reconnect with loved ones through handwritten letters.

Experience:

The activity nurtured reflection, gratitude, and meaningful human connection while highlighting the value of mindful communication.

Social media link:

<https://www.instagram.com/shiningnetworkknc?igsh=MXN2OGxkOXE3bDRrYQ==>

Kamala Nehru College
University Of Delhi

Shining Network
Youth Empowering & Value Creating Society
organises

The Circuit Of Stillness
VALUING OUR VALUES

Revive the charm of
handwritten letters to friends
through a meaningful activity

Letter Writing

10th Oct' 25, Friday
3:30 - 5:00 pm
Common Room

Prof. (Dr.) Pavitra Bhardwaj
Principal

Dr. Geetesh Nirban
Faculty Convenor
Ms. Gaganjot Kaur
Faculty Co- Convenor

Ashmita Chetri
Student Convenor
Nehal Dhir
Event Coordinator



Reading Circle

Date: 11th February, 2026

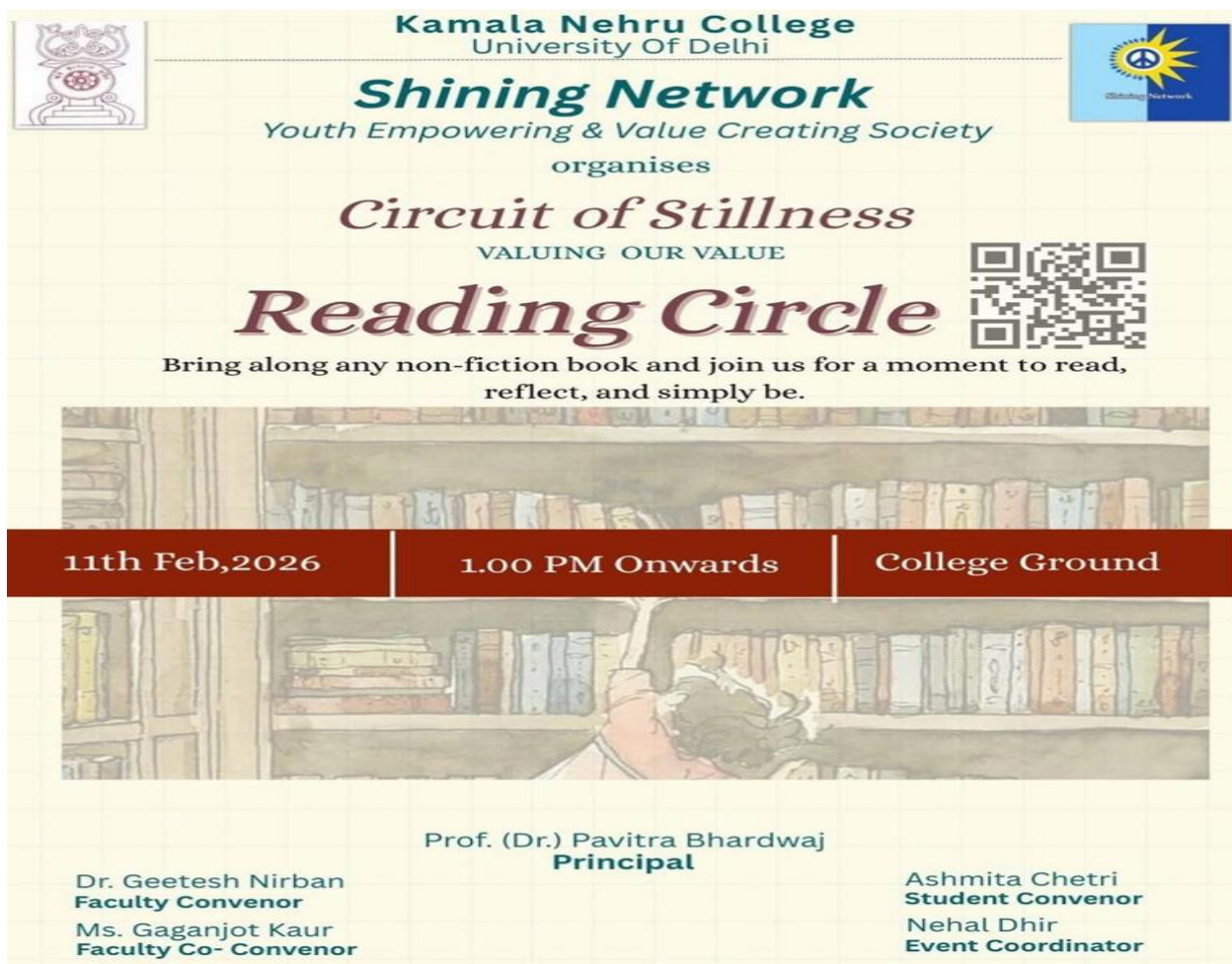
A calm atmosphere of silence and contemplation marked the Reading Circle organised by Shining Network. Participants immersed themselves in non-fiction reading, using the shared experience as an opportunity to pause, reflect, and engage with meaningful ideas. The session promoted mindful learning and thoughtful discussion.

Experience:

The activity strengthened participants' focus and encouraged a deeper appreciation for reflective reading as a practice of personal growth.

Social Media Link :

<https://www.instagram.com/p/DUqBZjJk4gV/?XU4NnVpYndiejNh>



The poster is for a 'Reading Circle' event. At the top, it features the Kamala Nehru College logo on the left and the Shining Network logo on the right. The text 'Kamala Nehru College University Of Delhi' is centered at the top. Below this, 'Shining Network' is written in a large, bold, blue font, followed by 'Youth Empowering & Value Creating Society' in a smaller blue font. The word 'organises' is centered below that. The main title 'Circuit of Stillness' is in a large, bold, red font, with 'VALUING OUR VALUE' in a smaller blue font underneath it. The title 'Reading Circle' is in a large, bold, red font. To the right of the title is a QR code. Below the title, the text 'Bring along any non-fiction book and join us for a moment to read, reflect, and simply be.' is written in a small black font. The background of the poster is a light yellow grid. The bottom section of the poster features a dark red banner with three white boxes containing the date '11th Feb, 2026', the time '1.00 PM Onwards', and the location 'College Ground'. Below the banner is an illustration of a person reading a book in a library. At the bottom, the names and titles of the organizers are listed: Dr. Geetesh Nirban (Faculty Convenor), Ms. Gaganjot Kaur (Faculty Co- Convenor), Prof. (Dr.) Pavitra Bhardwaj (Principal), Ashmita Chetri (Student Convenor), and Nehal Dhir (Event Coordinator).

Kamala Nehru College
University Of Delhi

Shining Network
Youth Empowering & Value Creating Society
organises

Circuit of Stillness
VALUING OUR VALUE

Reading Circle

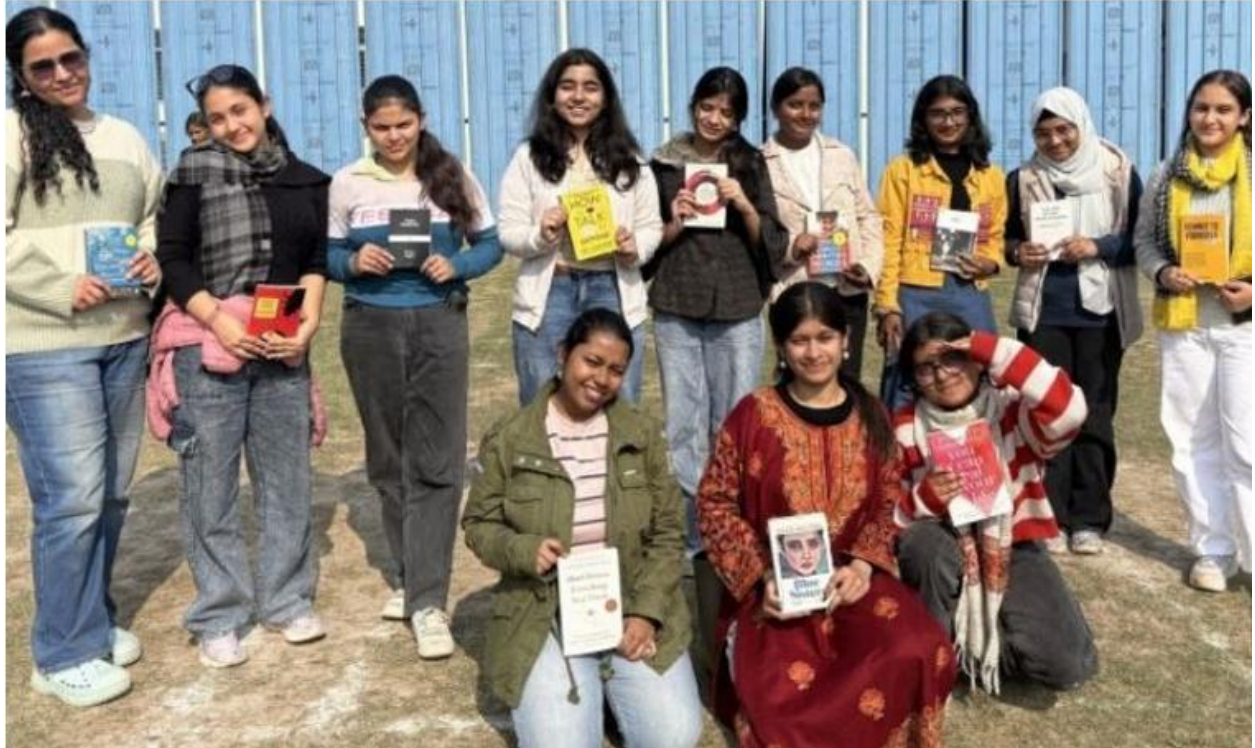
Bring along any non-fiction book and join us for a moment to read,
reflect, and simply be.

11th Feb, 2026 | 1.00 PM Onwards | College Ground

Dr. Geetesh Nirban
Faculty Convenor
Ms. Gaganjot Kaur
Faculty Co- Convenor

Prof. (Dr.) Pavitra Bhardwaj
Principal

Ashmita Chetri
Student Convenor
Nehal Dhir
Event Coordinator



Ahimsa Trust Workshop : The way out is in

Date: 15th February, 2026

Members of Shining Network participated in The Way Out Is In, a mindfulness workshop organised by Ahimsa Trust in collaboration with practitioners from the Plum Village tradition. Through insightful discussions, mindfulness practices, and a walking meditation, the workshop encouraged participants to cultivate awareness, compassion, and inner peace.

Experience:

The workshop offered meaningful insights into mindful living and inspired participants to incorporate mindfulness and conscious awareness into their daily lives.

Social Media Link

<https://www.instagram.com/shiningnetworkknc?igsh=MXN2OGxkOXE3bDRrYQ==>



Ahimsa Trust invites you to a series of events led by Brother Phap Huu, Dharmacharya Shantam, monastics and teachers from Thich Nhat Hanh's Plum Village tradition.

The way out is in



February 15th, 2026



10.00 am - 4.30 pm



India International Centre, New Delhi.

A book launch celebrating 100 years of Thich Nhat Hanh, mindfulness meditation practices, a Q&A with monastics and a live episode of the renowned podcast 'The Way Out Is In', hosted by Br Phap Huu and The Guardian's Jo Confino.

The miracle of Mindfulness



February 18th, 2026



2.30 pm - 6.30 pm



The Doon School, Dehradun.

A half Day of Mindfulness in collaboration with The Doon School.

Jamun blossoms: stepping into freedom

Ahimsa Trust celebrates 100 years of Thich Nhat Hanh



February 18th -22nd, 2026



18th: 2.30 pm -6.30 pm (



The Doon School, Dehradun.)

19th to 22nd: 8.30 am - 4.30 pm (



Jamun Village, Dehradun.)

A 5-Day Retreat in honour of Zen Master Thich Nhat Hanh's legacy of peace and Mindfulness

All events are open to individuals aged 18 and above. Prior registration is required.



Website: www.ahimsatrust.org Email: ahimsa.trust@gmail.com
Contact: +91 8860694315 (10am - 5 pm)



Mandala Colouring

Date: 18 February 2026

The Mandala Colouring Activity brought together creativity and mindfulness in a peaceful and collaborative setting. Participants explored artistic expression by colouring intricate mandala patterns while reflecting on harmony, patience, and personal values. The session encouraged relaxation and focused attention through creative engagement.

Experience:

Participants experienced a sense of calm and positivity while discovering mindfulness through colours, creativity, and shared reflection.

Social media link:

<https://www.instagram.com/shiningnetworkknc?igsh=MXN2OGxkOXE3bDRrYQ==>



The poster is for a 'Mandala Colouring Activity' organized by the 'Shining Network' at Kamala Nehru College, University of Delhi. It features a large, colorful mandala on the right side. The text is arranged in a clean, modern font. At the top, it says 'Kamala Nehru College University Of Delhi' and 'Shining Network Youth Empowering & Value Creating Society organises'. Below that, it says 'The Circuit Of Stillness VALUING OUR VALUES'. The main title 'MANDALA Colouring Activity' is in large, blue letters. To the left of the mandala, it says 'Stencils will be provided. Bring your colours and unwind in peaceful patterns !'. At the bottom left, it lists the date '18th February 2026, Wednesday', time '1:00 PM- 2:30 PM', and location 'Student Activity Area'. At the bottom right, there is a QR code. The names of the organizers are listed at the bottom: 'Prof. (Dr.) Pavitra Bhardwaj Principal', 'Dr. Geetesh Nirban Faculty Convenor', 'Dr. Gaganjot Kaur Faculty Co- Convenor', 'Ashmita Chetri Student Convenor', and 'Nehal Dhir Event Coordinator'.

Kamala Nehru College
University Of Delhi

Shining Network
Youth Empowering & Value Creating Society
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The Circuit Of Stillness
VALUING OUR VALUES

MANDALA
Colouring Activity

📅 Stencils will be provided.
Bring your colours and unwind in
peaceful patterns !

📅 18th February 2026, Wednesday
🕒 1:00 PM- 2:30 PM
📍 Student Activity Area

Prof. (Dr.) Pavitra Bhardwaj
Principal

Dr. Geetesh Nirban
Faculty Convenor
Dr. Gaganjot Kaur
Faculty Co- Convenor

Ashmita Chetri
Student Convenor
Nehal Dhir
Event Coordinator



Flower Arrangement Workshop

Date: 27th March, 2026

Blending creativity with gratitude, Shining Network organised a mindful flower arrangement workshop in collaboration with floral artist and educator Ms. Saroja Soriasam. Participants explored the art of floral arrangement as a practice of mindfulness, learning to appreciate beauty, presence, and self-expression through nature.

Experience:

The workshop encouraged participants to cultivate gratitude, creativity, and mindfulness while experiencing the therapeutic value of working with flowers.

Social media link:

<https://www.instagram.com/shiningnetworkknc?igsh=MXN2OGxkOXE3bDRrYQ==>



Kamala Nehru College
University Of Delhi

Shining Network
Youth Empowering & Value Creating Society
organises
Mindful Circuit of Gratitude
VALUING OUR VALUES

Gratitude with Flowers
(Flower Arrangement Workshop)

By:
Ms. Saroja Soraisam
Floral Artist and Floral Instructor
Founder: Royal Blooms Studio
Ph.D. Research Scholar

27th March 2026, Friday
2:00 PM- 5:00 PM
Student Activity Area

Register here

Come, create, unwind & find beauty in every bloom- with flowers available at a nominal fee.

Prof. (Dr.) Pavitra Bhardwaj
Principal

Dr. Geetesh Nirban
Faculty Convenor
Dr. Gaganjot Kaur
Faculty Co-Convenor

Ashmita Chetri
Student Convenor
Kriti and Preesha
Event Coordinators

