

EXPERIENCING VALUES THROUGH ART

IVth VALUE ENGAGEMENT PROGRAMME

EXPERIENCING VALUES THROUGH ART

DAULAT RAM COLLEGE

DEPARTMENT OF PSYCHOLOGY

1ST AUGUST 2018 - 11TH SEPTEMBER 2018

Convener:

Dr Meetu Khosla

EXPERIENCING VALUES THROUGH ART _____



From the conveners desk.....

The fourth Value Engagement Program (VEP) was organised by the Department of Psychology, Daulat Ram College from 1st August to 15th September 2018. This time the theme of the program was on Experiencing Values through Art. There were 10 sessions covering a wide variety of themes pertaining to different modules. The themes focused on promoting Values through Art, Learning Values through Dance and music, Enhancing Values through theatre and narratives, experiencing values through movies and media, perceiving values through photographs and acquiring values through Indian folk tales and stories. The students were involved in all the sessions in an interactive mode, participating in different activities. The aim was to make the students aware of the nature of values and how various art forms and literature could be a medium to experience and enhance values. The students were motivated to interact, share their experiences and discuss the perceptions of values and their role in various pursuits of life, such as health, happiness, work, academics, social communication skills, relationships and personal wellbeing. This booklet presents the learning of the students in each session which could guide them in their future accomplishments and goals in life along with becoming a compassionate human being creating a meaningful difference in others' lives.

Sharing Values by Engaging in values.....

Dr Meetu Khosla
Associate Professor
Psychology Department
Daulat Ram College
University of Delhi

Acknowledgement

I would like to thank Dr Savita Roy, Principal Daulat Ram College, for this opportunity to organize this programme, to the IQAC convener Dr Pooja Jain, to my Co-Convener Ms Sandhyrani Hawbam. I would like to thank all the lab staff members, Mr Vipin kapoor, Mr Parmanand, Mr Kundan and Ms Preeti for helping in. I would like to thank Pragya Chaudhry for content and designing and Arjita Jhingran for the photos.

Value Engagement Programme 2018

<i>Name of event</i>	: Value Engagement Programme
<i>Organizing department/cell</i>	: Department of Psychology, Value Education Cell
<i>Objectives</i>	: To make students aware of the nature of values and how various art forms and literature could be a medium to experience and enhance values
<i>Convenor/co-convenor</i>	: Dr. Meetu Khosla and Ms. Sandhyarani Hawbam
<i>Duration with dates</i>	: 1 st August -30 th September, 2018
<i>Number and profile of participants (from DRC)</i>	: 20 students from DRC

Program schedule (with title of sessions and speakers/ resource persons):

- Session 1: Learning Values through Art by Dr. Meetu Khosla
- Session 2: Environmental Values by Dr. Suparna Jain
- Session 3: Learning Values through Classical Dance by Ms. Binusha Joycell
- Session 4: Promoting Values through Theater by Ms. Neera Jalchatri
- Session 5: Inculcating Values in Life through Music by Dr. Deepti Bansal
- Session 6: Learning Values through Movie by Ms. Sandhyarani Hawbam
- Session 7: Learning to Relate Folktales and Narratives to Values by
Dr. Rajni Sahni
- Session 8: Learning Values through Emotional Expressions by
Ms. Binusha Joycell
- Session 9: How pictures Depict Different Values by Dr. Meetu Khosla
- Session 10: Valedictory and Students Presentations

EXPERIENCING VALUES THROUGH ART _____

Method of assessments of participants, if any: All students showcased what they learnt in the previous session through art, poetry, music, and dance performance to show how art can be an effective medium to portray values.

Feedback from participants regarding the event (compiled and summarized): The forms were filled by the students before and after each session and at the end of the program. The students enjoyed all the sessions, which were not only informative but interactive also. The students learnt while being engaged in different art forms and reported that they understood their values better and would like to further spread the awareness about the values to their friends, peers and others. Some were also motivated to carry out some research pertaining to this theme.

SESSION 1

LEARNING VALUES THROUGH ART

DR. MEETU KHOSLA

Associate Professor, Psychology Department, Daulat Ram College

The session involved painting ones thoughts through free associations.

VALUES LEARNT THROUGH ART:

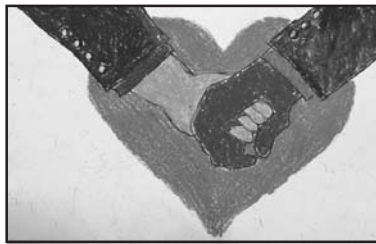
- Respect and protect the environment for it provides the basic survival needs
- Cleanliness is next to Godliness
- Universal brotherhood- unity in diversity, secularism
- Acceptance and better understanding
- Purity, introspection and meditation
- Make no distinction on the basis of colour, caste and creed and social acceptance of all
- Feelings of compassion
- Women empowerment, feminism, which basically gives equal importance to men and women
- Peace, positivity, determination, wisdom
- Hope and energy, motivation, self reliance
- Justice, equality and balance makes a happy society

SESSION 2

ENVIRONMENTAL VALUES

DR. SUPARNA JAIN

Assistant Professor, Psychology Department, Daulat Ram College



The session began by presentation of a picture of THE SEAHORSE WITH A COTTON BUD, which is the best combination of both charismatic and emotional subject matter.

- Followed by a questionnaire which enabled us to reflect/introspect on our previous knowledge about the environment.
- Poem
- Food chain
- Folktales, stories
- Importance of Waste segregation
- How to make your own manure from the kitchen waste

SESSION 3

LEARNING VALUES FROM DANCE

Ms. BINUSHA JOYCELL

Assistant Professor, Psychology Department, Daulat Ram College



- Bharatnatyam theory, origin, story of kings
- Use of expression to understand values
- Natraj welcome, forgiveness from the god and mother earth
- Indian culture
- Classical -tested through trials of time
- Devadaasi culture - Rukmini devi
- Performance- namaskaram, types of smiles, expressive eyes eg. Fear, pralokitam, minidum etc.
- Performance by ma'am on 10 avatars of Vishnu ji
- Action poem - every single cell in my body is happy...

SESSION 4

PROMOTING VALUES THROUGH THEATRE

DR. NEERA JALCHATRI

Assistant Professor, Hindi Department, Daulat Ram College

- Students were made to imagine their favourite things and pretend to talk to them
- Game- Throw the invisible ball
- Mirror game- where one person would become the mirror image and the other real one
- Expressions -sad, fearful, anger
- Depiction of values through street plays, theatre acting, ramleela nautanki, Dance drama, story narration
- Humanity and expectation
- Students were divided into 5 groups and depict values
- Topics like inferiority complex, gender inequalities, and social media life etc



SESSION 5

INCULCATING VALUES IN LIFE THROUGH MUSIC

DR. DEEPTI BANSAL

Associate Professor, Music Department, Daulat Ram College

- Types of music
- Values make a good human -a well mind and a good body
- Music is a creative art which has been bestowed upon us by the nature
- Everyone has music within them
- Itni shakti hume dena daata song which signifies the importance to first win over yourself and then the others
- How music therapies helps catharsis
- Music helps improve concentration, teaches us discipline, calmness, trains memory, boosts the confidence ,develop sense of expression
- How tune can be generated in different ways ,and merely humming can overcome loneliness
- Occasions, music festivals etc
- Diversity- music education
- Feeling of love, compassion, honesty to create a better world
- End- students learnt a patriotic song -Hind desh ke nivasi

SESSION 6

LEARNING VALUES THROUGH MOVIE ANALYSIS

DR. SANDHYA HAWBAM

Assistant Professor, Psychology Department, Daulat Ram College

- **UP** movie -Up is a comedy adventure about 78-year-old balloon salesman Carl Fredricksen, who finally fulfills his lifelong dream of a great adventure when he ties thousands of balloons to his house and flies away to the wilds of South America. But he discovers all too late that his biggest nightmare has stowed away on the trip: an overly optimistic 9-year-old Wilderness Explorer named Russell. (Walt Disney Pictures)
- Tells about the spirit of adventure and how there's nothing in this world that we cannot do
- How human relations are much more important than materialism
- Togetherness is a virtue
- Compassion, responsibility, positivity and optimism
- Age is no bar to learn and explore
- The present is all we have, self acceptance is needed
- Kindness towards animals and nature
- The session ended by drawing and depicting what values we learnt

SESSION 7

**LEARNING TO RELATE FOLKTALES AND
NARRATIVES TO VALUES**

DR. RAJNI SAHNI

Associate Professor, Psychology Department, Daulat Ram College

- Recalling of stories like that of the rabbit and tortoise wherein different perspectives got reflected in the discussion - slow and steady wins the race, patience, overconfidence kills, consistency and efforts benefit
- Monkey and the crocodile- friends with benefits
- Story of RAMU- during his childhood, as he was growing he would bring in new things and his mother wont question rather encourage him to continue doing so, he started stealing big things and eventually turned into a criminal, there's a lesson learnt
- Dev Sharma's family and baby mongoose – be vigilant , be alert, brotherly feels, trust is important, benefit of doubt, prejudice involves harm, love transcends species, we shouldn't jump to conclusions and not to be impulsive in our reactions
- Students discussed their stories
- Amarchitra katha, raja harishchandra -honesty
- Work is worship, punctuality and devotion to work, modesty and quality of living
- Values are guiding forces, grab opportunities, dedication to family, take good knowledge , discipline, altruism
- New values like forgiveness, need to control anger issues, tolerance, time management, connection of human touch, senior citizens, body image and consciousness
- EXPERIENCES IN NARRATIVES AND FOLKTALES HAVE SO MUCH POWER TO BRING ABOUT ANY CHANGE WHICH IS GOOD

SESSION 8

LEARNING VALUES THROUGH DANCING YOUR EMOTIONS

MS BINUSHA JOYCELL

Assistant Professor, Psychology Department, Daulat Ram College



- Navrasa- 9 emotions
- Dance and expressions included these 9 emotions one by one and add our touch
- Emotions like shyness valour surprise anger etc
- Students sat on our chairs and wrote about a situation in which they experienced the same emotions or could also write about few things that give us same emotions, and students were made to write the values
- Eg someone wrote about anger
- That shel feels angry when people say women can't drive. Value-gender equality
- She then folded that chit and gave it to ma'am. Ma'am collected all the chits, shuffled and gave them to the students, they then read that chit aloud
- This process of exchanging anonymous chit continued for 9 times till all emotions were covered.

Session 9

HOW PICTURES DEPICT DIFFERENT VALUES

DR. MEETU KHOSLA

Associate Professor, Psychology Department, Daulat Ram College

- A simple bee on flower depicts self determination and how a lit diya shows destruction of the evil, positivity, life in darkness, hope
- Flowers altogether depict teamwork, trust, unity, happiness
- Ant carrying sugar piece shows hardwork, patience, ambition, will power, resilience, self reliance etc
- Mother and son- relationship nurture, care, love, affection, opportunities, motivation,
- Dogs- observant, calm, loyalty, faith
- And how maturity in childhood is depicted by poverty which brings with itself responsibilities
- Birds depicting freedom and direction
- Values like creativity, cohesiveness, cooperation and acceptance were seen in pictures
- Raksha bandhan which celebrates relations, traditions, culture, respect for festivals, family values
- Leadership, and persuasion
- Planting new seeds depicts love for nature, time waits for none, beginning of a new life
- Real art is dead, values lost , need for change, knowledge, coordination, social support, discipline are important
- Celebration, joy, balance in life, strength, rules, passion, friendship, stillness, respect, , enjoy and nurture were also few of the values learnt in the session.