

**MAADHYAM**  
INTERNATIONAL COUNCIL FOR CONFLICT RESOLUTION



# Be Real: The Art and Science of Human connection

1st & 2nd March, 2024

**IN COLLABORATION WITH**  
Miranda House, DU

**KEYNOTE SPEAKERS**

Dr. Sanaya R. Nariman  
Mr. J.P Sengh  
Ms. Veena Ralli  
Ms. Amita Sehgal  
Ms. Sakshi Vijay  
Ms. Parnika Sharma  
Prof. Bijayalaxmi Nanda



# Fostering Digital Well-being

## *A Reflection on the Be Real; The Art & Science of Human Connections Workshop*

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In a world increasingly shaped by digital connectivity, Maadhyam-International Conflict for Conflict Resolution, in collaboration with Miranda House, spearheaded a two-day workshop titled "BE REAL: THE ART & SCIENCE OF HUMAN CONNECTIONS," held on March 1st and 2nd at the Conference Centre, University of Delhi. The workshop aimed to unravel the complexities of the digital age and reignite the essence of human connection. With a focus on navigating the intricate web of the internet and managing conflicts on social media, the workshop served as a beacon of enlightenment for over 300 eager participants seeking to regain control over their online experiences.



The day commenced with an inauguration led by Mr. A.S. Chandiook, a senior advocate and president of Maadhyam, International Council for Conflict Resolution. This was followed by an energetic one on one interaction involving Mr. A.S. Chandiook, Mr. J.P. Sengh, Senior Advocate and President Elect of Maadhaym, and Mrs. Veena Ralli with the students. During this session, the students introduced themselves and shared how they treasured their family and relationships the most, with one student mentioning her family.



Following the inauguration, discussions delved into the intricacies of navigating the vast expanse of the internet. Participants were urged to approach online content consumption with discernment, emphasizing the importance of critical thinking in an era inundated with information overload. Strategies for discerning credible sources amidst misinformation were explored, empowering participants to utilize the internet as a tool for knowledge acquisition and self-empowerment. This was exemplified through a hands-on activity led by Dr. Sanaya Nariman, where participants engaged with various plant leaves, stimulating their senses to grasp the contrast between life on the internet and real life.





Following this, the workshop delved into conflict management in both virtual and real-life contexts. A discussion highlighted conflict as an inherent emotion of human beings, underscoring the importance of managing it through negotiation and mediation, as well as learning to agree to disagree. Mrs. Veena Ralli and Amita Sehgal further elucidated through a role play the core role of communication in conflict resolution. Mr. J.P. Singh emphasized how conflicts often arise due to a lack of effective communication, where messages are not received or are misinterpreted by the receiver. Communication was underscored as the key to achieving balance among social, mental, and emotional well-being.



Day 1 concluded with a musical performance by the choir group "Orpheus" from Miranda House, adding a harmonious touch to the event.



On the second day, the first session continued to explore the topic of conflict resolution, highlighting the various approaches individuals may take: some may tend to avoid conflicts, while others opt for compromise, competitiveness, accommodation, or collaboration.



Real-life demonstrations illustrated the necessity for individuals to possess diverse set of qualities in various challenging situations in order to become effective leaders.



Professor Bijayalaxmi Nanda, Principal of Miranda House, shared heartfelt passages from her favorite books and personal anecdotes, fostering a sense of love and empathy among the students by creating a "circle of love" where everyone was seated, extending the concept of love and empathy.

She discussed the importance of courageously acknowledging, confronting, and conquering our fears, emphasizing that life is about embracing the present moment and creating lasting memories.



Following this, students engaged in an activity inspired by the Japanese practice of "Kintsugi: To join with gold," where they learned to craft new golden cups from old broken ones, offering a fresh perspective on life – finding beauty in the broken. This exercise underscored the notion that making mistakes and encountering setbacks in life is natural, but embracing those flaws, learning from them, and transforming them into something new and valuable is essential.

In another inspiring session, Dr. Sanaya delved into the topic of "Love, sex, and the myriad shades in between." She explored the intricacies of modern relationships, drawing from both real-life experiences and the influence of social media on interpersonal connections. Dr. Sanaya emphasized the naturalness of experiencing attraction at this stage of life, highlighting the effort required from both partners to sustain a fulfilling, long-term relationship. She stressed the importance of fostering genuine human connections, particularly in a world increasingly dominated by AI and bots.

During the open house sessions, Ms. Parnika Sharma and other speakers recounted their life experiences and personal journeys, aiming to inspire students with the notion that true success isn't always defined by wealth or grand achievements, but by a life filled with happiness and fulfillment.





Ms. Parnika Sharma led a session titled "FINDING OUR BALANCE - Emotional, Social, and Mental Wellbeing," addressing topics such as resilience, panic attacks, and depression. She engaged with participants' queries, emphasizing the importance of prioritizing what matters most through the "known-unknown" principle. Ms. Sharma underscored the significance of being the ultimate judges of our decisions, mistakes, flaws, and achievements, highlighting the intrinsic value of happiness over external validation.



Following this, Ms. Sakshi Vijay conducted a session on Communication and Negotiation. She also organized fun exercises for the participants to highlight the importance of effective communication.



Later, Ms. Fozia Rehman, a member of Maadhyam, lifted the spirits of the participants with her captivating shayari, adding a delightful touch to the ambiance.



## DO YOUR OWN LUNCH!



In an effort to counteract the prevalent toxicity found in online environments, Maadhyam, the esteemed collaborator of the workshop, introduced an enticing selection of culinary delights aimed at promoting a holistic approach to healthy living.



Participants engaged in interactive cooking sessions, where they acquired the skills to prepare nutritious delicacies like roti rolls and burrito bowls. These culinary experiences went beyond mere palate satisfaction, highlighting the deep connection between dietary choices and overall well-being. They inspired participants to adopt a lifestyle centered around wholesome nourishment and mindful consumption.







As the curtains fell on the two-day workshop, participants left with a profound sense of empowerment and enlightenment. Equipped with a range of digital literacy skills, conflict resolution techniques, and a refreshed understanding of human connection, attendees emerged as advocates for positive change in the digital realm. The workshop's resounding success highlighted Miranda House and Maadhyam's steadfast dedication to fostering a generation of digitally adept and emotionally resilient individuals capable of navigating the intricacies of the digital age while upholding the importance of human connection.

