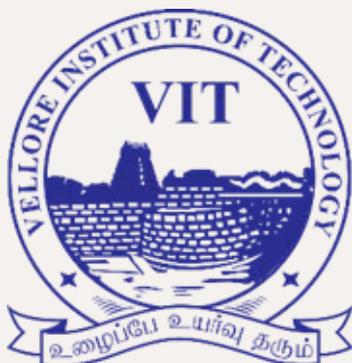


# International Colloquium on Nurturing Life, Health, Beauty, and Art



**evergreen**



The future is here

Country/ region	18/19th October, 2024	25/26th October, 2024	8/9th November, 2024
USA (PST)	7:00 PM – 9:00 PM (18th Oct)	7:00 PM – 9:00 PM (25th Oct)	7:00 PM – 9:00 PM (8th Nov)
India (IST)	7:30 AM – 9:30 AM (19th Oct)	7:30 AM – 9:30 AM (26th Oct)	7:30 AM – 9:30 AM (9th Nov)
China (CST)	10:00 AM – 12:00 PM (19th Oct)	10:00 AM – 12:00 PM (26th Oct)	10:00 AM – 12:00 PM (9th Nov)

## **Participating universities:**

### **The Evergreen State College (TESC), USA**

Evergreen is a progressive, public liberal arts and sciences college located in Olympia, Washington, in the beautiful Pacific Northwest. Evergreen emphasizes collaborative, interdisciplinary learning across significant differences. Our academic community engages students in defining and thinking critically about their learning.

Evergreen supports and benefits from local and global commitments to social justice, diversity, environmental stewardship, and service in the public interest. Evergreen attracts students inspired by the complexity of the world. Our model of learning prepares students for the way the world happens now, layering academic disciplines so students can focus on how they want to uniquely impact our everchanging world. Our campus is located on the forested shores of Puget Sound.

Evergreen offers two undergraduate and three master's degrees: Bachelor of Arts, Bachelor of Science, Master of Environmental Studies, Master of Public Administration, and Master's in Teaching.

### **Wuyi University (WYU), China**

WYU is located in Wuyishan, an international tourism city which is the world natural and cultural heritage site, is a public university approved by the Ministry of Education of the People's republic of China. WYU was founded in 1958, first as a teachers' college. It is also the successor of the Neo-Confucianism institute –Wuyi Academy, which was set up 800 years ago by Zhuxi, who was a well-known philosopher in the Song Dynasty. Covering an area of 2 billion square meters, WYU enjoys beautiful scenery. It has 433.1 thousand square meters building area, 118 million Yuan equipment, 1.2066 million copies of book collections, 780.4 thousand pieces of E-books, 14,000 full-time students and more than 1000 teaching staff.

WYU recruits academic and non-academic overseas students. There are overseas students

## **Universal AI University, Karjat**

Universal AI University (UAIU), established in 2023 in Karjat, Mumbai, is India's first and the world's third Artificial Intelligence University. Founded as a self-financed state private university by globally renowned CEOs with leadership experience in 100+ countries, UAIU is endorsed by 60 international CEOs. Its founders are alumni of prestigious institutions, including Michigan Business School (USA), Tuck Business School (USA), IMD (Switzerland), and IE Business School (Spain), bringing world-class practices to India. UAIU is recognized by the University Grants Commission (UGC) and AICTE, accredited by the National Board of Accreditation (NBA) and the Association of Indian Universities (AIU), and is currently undergoing AACSB international accreditation. The university follows a 3E model, focusing on ethics, environment, and experiential learning. In 2024, UAIU was ranked as the No. 1 Private University in Mumbai by the Times of India and among the top 5 Indian educational institutes by the United Nations Positive Impact Rating. It was also recognized as the fastest-growing company in India by the Economic Times Growth Champions in 2023, the only educational institution on the list. As India's first Green Business School, UAIU publishes its own ESG report and implements sustainable practices such as solar power, rainwater harvesting, planting 7,000 trees, waste recycling, electric mobility, and green architecture. The university offers cutting-edge facilities, including Quantum Computing, AR/VR/MR, and IoT labs, and is recognized as a "Truly Global B-School" alongside ISB-Hyderabad by the Times of India.

## **Vellore Institute of Technology**

VIT was founded in 1984 as Vellore Engineering College by the Honourable Chancellor Dr. G. Viswanathan. VIT is the 8th best University Category, 11th Best Research, and 9th best Engineering institution in India in the 2024 NIRF Ranking published by the Ministry of Education, Govt. of India. VIT is Ranked within the top 200 in Asia (QS -Asia University Rankings-2022). VIT achieved NAAC Accreditation with an A++ grade in the 4th cycle. VIT is one of the top 3 institutions in India and within the top 701- 800 Universities of the world as Per Shanghai ARWU Ranking 2023. VIT is also Ranked by QS World University Ranking, Times Higher Education ~ (THE) World University Ranking, US News Ranking, Round University Ranking, Russia, and others. VIT is the first institute in India to receive a QS 4-Star rating in the overall category and a QS 5- Star rating in teaching, employability, facilities, innovation, and inclusiveness.

## **Concept Note:**

The international colloquiums will explore a holistic approach to life and health through age-old practices developed and followed by various cultures, focusing on music, food, and self-awareness. We will explore the interconnections of cultures and personal expressions. We will highlight diverse traditions, fostering a sense of well-being, and cultural sensitivity.

This year we are going to explore three important areas:

- 1. Music and Sound Healing:** We are going to explore the healing properties of music, sound, and resonance from both traditional and modern practices. We will experience sound healing, understand the cultural meaning of music, and share personal stories and images inspired by music.
- 2. Food as Medicine:** Food, beyond its purpose of sustenance, also defines cultural identity, traditions, and health. We will share cultural symbolism associated with food, explore social rituals involving food, reflect on personal meanings and connections with specific dishes, and share cherished food memories of childhood. We will also cook and share meals.
- 3. Self-Health Practices:** We will explore the concept of self and self-awareness by practicing various self-care traditions across cultures. This exploration will reflect our identities as we share metaphors, poems, films, and images that resonate with us and help us to find balance and a sense of well-being.

## **Date:**

- 1. Music and Sound Healing:** 18/19th October 2024
- 2. Food as Medicine:** 25/26th October 2024
- 3. Self-Health Practices:** 8/9th November 2024

## **Proposed Activities and Assignments:**

### **1. Pre-Colloquium Group Formation:**

- Students will be assigned to diverse, cross-cultural groups using messaging apps like WhatsApp or Slack.
- Each group will be given thematic areas to explore and will begin sharing related materials such as messages, images, meanings, art, or music relevant to their theme.

### **2. Collaborative Sharing:**

- Before the meetings, groups will share their explorations focusing on the assigned topic. This could include cultural stories, photographs, video and sound recordings, food recipes, traditional self-care practices, and other creative expressions related to their theme.

### **3. Creative Compilation and Presentation:**

- Each group will compile their shared content into a creative presentation. This presentation can be in the form of a collage, a PowerPoint, digital artwork, a short video, an infographic, or a thematic gallery that visually and textually represents their learnings and exchanges.
- Each group will present their compilation during the meetings, highlighting key insights, unique cultural perspectives, and the commonalities they discovered.

### **4. Interactive Symposium and Panel Discussions:**

- Interactive Symposium on each of these three themes, where participants will engage in hands-on activities, such as creating sound healing experiences, doing cooking demonstrations, practicing calligraphy, and sharing self-healing techniques.
- Panel discussions with experts from diverse cultural backgrounds discuss the importance of cultural preservation and adaptation in global health practices.

### **5. Reflection and Theme Designation:**

- Groups will reflect on the activities and choose a central theme or title that encapsulates their collective experience and learnings. This theme will be shared with all participants as part of the closing session.

## **Proposed Outcomes:**

Multicultural Competence

Sensitization towards various cultural traditions and practices

Collaboration skills

Creative expressions of knowledge

Knowledge of global health practices

Creating visual content

## **Organizing Team:**

Dr. Hirsh Diamant, Member of The Faculty, TESC, The Evergreen State College (USA)

Dr. Rekha Wagani, Associate Professor and Deputy Director, School of Liberal Arts, Universal Ai University, (India)

Dr. M. Manoharan, Dean SSL, Vellore Institute of Technology, Vellore, India

Dr. Morarji Bangalore, Associate Professor and HoD, Department of Social sciences, Vellore institute of technology, Vellore

Dr. Poonam Sharma, Associate Professor, Department of Social Sciences, Vellore Institute of Technology, Vellore, India

Dr. Harshita , Professor and Dean, School of Music, Sound and Cinematics, Universal Ai University (India)

Dr Waheeda S Thomas, Dean School of Management UG, Universal AI University

Ms. Xiong Jiawei, lecturer, School of Humanities and Teacher Education, Department of Broadcasting and Television Directing. Wuyi University, China

## **Student Coordinators:**

Pari Hamirwasia, UG Student, BSC Psychology, Universal AI University

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Mahima Jha, research scholar and student coordinator from VIT University

Vellore. Email: mahima.jha2023@vitstudent.ac.in

**Zoom link**

19th October, 7:30 AM (IST)

<https://evergreen.zoom.us/j/87807865195>

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