

Report on the Workshop on UAP with music and dance- Day 1 CARE FOR OUR COMMON HOME

Date: 22 July, 2021

Place: Zoom

Time: 3.30pm - 5.30 pm

Number of Students : From Roll Nos. 1-25 (Ony 23 students attended)



Dr Vini Sebastian Ma'am introduced the UNIVERSAL APOSTOLIC PREFERENCES and then the main host of the workshop Ms. Hazel which was conducted on the Universal Apostolic

Preferences with music and dance. The co-host were Ms. Hetal and Fr. Prashant

About the Resource persons: Fr Prashant was from Interplay India Department of Inter-religious studies. Ms. Hazel is an artist, activist and mental health practitioner. Ms. Hetal is from Interplay India Department and also a part of the development sector.

The session began with a question asked by Hazel Ma'am- "What caring meant for our common home?" It was given to understand that we cannot discover ourselves without first discovering our Earth. Added to it, it was said that we have no existence except within the Earth.

Moving on with the workshop, Ma'am then requested us to move our hands along with the soft music, swaying our bodies and slowly aligning our hand to come to a standstill. We were further informed that we are all made up of the elements of nature. The students were asked to describe themselves which they felt they were the closest to, that is Earth, fire, water, ether(space). Next question was posed regarding the quality of the element that each individual resonated with. For this, we were asked to

notice our internal weather, if it was stormy, windy, cloudy or sunshine. And therefore we had to breathe in and out thrice which made us realize that breath is connecting us all.

A video was shown which displayed that a girl named Greta Thunberg led a Global Climate Movement and encouraged students from all over the globe to stand up for Earth and their futures. Greta along with her friends would go on a strike every Friday which concluded on the line that the real power belonged to the people and the past cannot be changed but the future is yet in the hands of the people.

To make the workshop interactive, the students were requested to place their hands on their heart and feel the heartbeat. After viewing the video, the students were asked to answer what really had touched them. The students gave varied answers to that question followed by which the students were sent to the breakout rooms, where two students were allotted 1 breakout room and each student in that room had to enact the role of wind and the other student enacted the role of water on the theme "Care for our common home" according to the fourth UAP. The dialogue had to begin with the line, 'I noticed'

Fr. Prashant and Ms. Hetal gave the students a small glimpse to continue, how the dialogue had to be conducted. Stated are the following examples that were quoted,

Fr. Prashant: I noticed that Mother Earth is beautiful

The dialogue of the students was based on the same pretext. Example,

Student 1- Wind: I noticed people enjoy feeling the very existence of me

Student 2- Water: I noticed that people cannot live without me

Student 1- Wind: I noticed that I'm getting contaminated due to the corona virus

Student 2- Water: I noticed that fishes living in me are dying

Student 1- Wind: I noticed that people are losing their lives because of my contamination

Student 2- Water: I noticed that my color is changing from blue to brown

Student 1- Wind: I noticed that air cleaners are switched on to filter me

Student 2- Water: I noticed that people are cleaning me up

Student 1- Wind: I noticed that I can freely move around every where
Student 2- Water: I noticed that I can freely reach the seashore and rest for a while

The host Ms. Hazel then enquired to know what was happening to our Mother Earth. To add color to the workshop, Fr Blaise promptly answered that if we destroy the Earth, it will hit back in the form of natural calamities. He further added that, what goes around comes around. To avoid a monotonous environment, the students were asked to rise and explore the connection between our common home and our bodies. We were then asked to go into the breakout rooms where we discussed what nourishes us. To our surprise we came up with ample points. Example, following are the dialogues between the two students in the breakout room

Student 1: I feel nourished when I pray to God

Student 2: I feel nourished when I talk to people

Student 1: I feel nourished when I take a nap

Student 2: I feel nourished when I eat my favourite food

Student 1: I feel nourished when I finish my work on time

Student 2: I feel nourished when I surround myself with the right people

And for this discussion it called for a celebration, where we were requested to pin each partner and dance on the screen.

The instructions were as follows

1. We were asked to breathe in and out
2. To howl and roar which indicated that we are not apart from nature but a part of nature

The final piece of music was displayed where we swayed our bodies which reminded us that we are all connected. Ms. Hazel enlightened us with a thought-provoking message that we are continually nourished and know for ourselves that our life is an interconnected dance with the environment. The session wound up with a vote of thanks presented by a student of FY B.Ed. Miss Rachael Fernandes

