



OE24G30

Humankind



Mayukhini Pande

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ABOUT

Mayukhini Pande is a mental well-being facilitator trained in holding listening spaces for individuals and groups based on mindfulness practices and influenced by humanistic psychotherapy. An NID alumna, she began her career as a design researcher and entrepreneur, focusing on understanding the needs of the people she was designing for. In 2016, inspired by life events, she developed an interest in Buddhist psychology and its intersection with modern psychotherapeutic approaches, pursuing studies in this area. This journey has shaped her role as a design educator, where she facilitates the personal and creative growth of students while incorporating humanistic values in her classes.

OVERVIEW

We are evolutionarily wired for cooperation, but a capitalist system that constantly demands us to outperform others can leave us feeling alienated and perpetually anxious. Kindness has become not just a moral imperative but an existential necessity for reclaiming our capacity for eudaimonic happiness and feeling safe among others. In this course, we will explore 'kindness' through our own lived experiences—both individual and collective. Our aim is to achieve not merely an intellectual understanding—since kindness is a quality of the heart—but a genuine felt sense of it, allowing us to design kind artifacts.

METHODOLOGY

Students will engage in mindfulness-based explorations of their psyches and participate in listening circles to tap into their felt sense of kindness. By examining archetypes of kindness through cultural artifacts such as mythology, art, and literature, they will practice small acts of sending and receiving kindness to experience both polarities and understand the hindrances and boundaries involved. Through these activities, students will develop a shared understanding of what kindness feels like, what obstructs it, and its potential 'edges' or 'shadow' states when it transforms into something else. This understanding will serve as inspiration for designing kind objects or artifacts for communities of affinity that may emerge as relevant to the group.

LOCATION

Gandhinagar

MAXIMUM PARTICIPANTS

14

KEYWORDS

Kindness, felt-sense, mindful explorations, archetypes, psyche.