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Report : "Let's cultivate ourselves with IKEBANA to adapt to change in our life" (presented by SIED)

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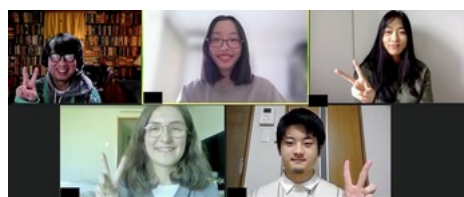
We held "Let's cultivate ourselves with IKEBANA to adapt to change in our life" via an online application on Sunday, December 5th. This event was co-sponsored by the Kyoto Management Study Group and SIED from the Office of International Students. In addition to our local and international students, working people also participated in this event.



At this meeting, we invited Dr. HAMASAKI Eiko, who has developed a program that combines flower arrangement and psychology and is active in solving social problems, as a lecturer for a lecture and a workshop. In the lecture, Dr. HAMASAKI talked about her past experiences and current activities. We were able to learn about the artistry of flower arrangement and its influence on the mind and body, and various meanings and significance from her own activities and experiences.



After the lecture, two types of group work were conducted. The first group work was self-introduction and work introduction by the participants. Prior to the meeting, participants were asked to freely arrange the fallen leaves they collected and submit an image of the arrangement in advance. Then, on the day of the event, they introduced themselves while showing their works to everyone. The arrangement of the fallen leaves varied depending on each participant, and the individuality could also be seen there. The variety of the works was far beyond our imagination, and it made us feel like we have once again touched on the complexity of the human mind.



In the second group work, we talked about what we were having trouble with, such as our personality and habit, and we shared our efforts to improve them. A participant commented: "Even if it seems to be a weakness, it can turn to an advantage if you change your perspective". We learned that this aspect is associated with the spirituality of flower arrangement, which is that "what seems useless at first glance is all actually valuable", and were fascinated with another part of the charm of flower arrangement, not only the beauty of the appearance.



Even we, the event organizers were able to understand the new charm and power of flower arrangement, so this event should have become a good opportunity for the participants to reflect on themselves through flower arrangement, too. In addition, after the workshop, we held a social gathering, which was working people, local students, and international students were able to talk about various topics. It was a valuable opportunity that

was a bit different from the usual interactions between students, and even in this interaction, we were able to learn about the diversity of perspectives due to differences in views and experiences.

SIED will continue to hold various events in the future. We sincerely look forward to your participation!

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