

Faculty Meeting March 28, 2026

Meeting summary

Colloquium Planning and Evaluation

The meeting focused on planning for an upcoming colloquium scheduled for April 25th. The main discussion points centered around evaluating the colloquium's structure and reviewing surveys being developed by Professor Deepashwar's graduate students. The group acknowledged that while the colloquium structure was mostly figured out, the evaluation process was still in progress and would involve graduate student surveys to help assess effectiveness and gather data. The meeting also touched on WordPress development progress, though specific details about the platform updates were not discussed in the provided transcript segment.

Earth Colloquium Planning Meeting

Professor Hirsh outlined plans for the Colloquium on April 25th, themed around celebrating Earth and fostering student connections. The event will include a preparatory creative work submission process, followed by a 90-minute session featuring yoga practices led by graduate students, surveys, and group presentations. After the main session, students will have opportunities to continue connections in breakout rooms, with follow-up meetings planned with students from different countries.

Professor Gautam requested time slots for IQC students to present their mental health research findings at the Colloquium.

WordPress Colloquium Site Presentation

Professor Hirsh presented the WordPress site for the "Reimagining the Body and Celebrating Earth 2026" colloquium, which includes welcome information, creative works by students and faculty, and colloquium proceedings. The site features a banner highlighting the diversity of participating schools and environments, and showcases various creative submissions including poems, e-books, and videos. Hirsh encouraged faculty and graduate students to participate creatively in the colloquium, emphasizing its importance for connecting with nature and demonstrating collaborative learning with students. WordPress link is: <https://wordpress.evergreen.edu/reimagining2026/>

Colloquium Planning and Mental Health

The meeting focused on planning a colloquium with student and faculty activities.

Professor Gautam approved the planned activities, describing them as interesting for both students and faculty.

Professor Deepeshwar explained that a mental health screening tool would be implemented before and after the colloquium to measure its impact on students.

Akshay, a PhD scholar, was set to present the developed questionnaires for the screening tool, which would be translated into multiple languages including English and Vietnamese, and Chinese languages.

Translation Questionnaire Assessment Review

Akshay presented two questionnaires - one on sleep and another on mental well-being using the WHO5 scale - to assess translation accuracy into Vietnamese and Chinese languages. The questionnaires will be shared with the colloquium group for review, with participants required to provide demographic information and complete the surveys, which should take less than 10 minutes to complete. Akshay also suggested potentially adding a smartphone addiction scale to the assessment, and invited group members to provide feedback or additional questionnaire suggestions.

Digital Addiction and Yoga Study

The group discussed a research study examining the correlation between digital addiction, sleep patterns, and mental well-being, with a focus on yoga as an intervention.

Professor Gautam emphasized that while the study could establish correlations, it would be difficult to prove cause-and-effect relationships due to various confounding factors.

The team agreed to conduct an exploratory study with multiple language versions of the questionnaire for different countries, and decided to include questions about short-term effects of a single yoga session on mental well-being. Hirsh raised concerns about collecting email addresses for anonymity and suggested sharing results with faculty rather than individual students.

Earth Element Colloquium Planning Meeting

The meeting focused on planning a colloquium centered around the earth element, with discussions on survey design and potential speakers.

Professor Son suggested starting with a simple sleep pattern questionnaire and potentially adding stress management components later.

Dr. Harry proposed expanding the survey to include cognitive, emotional, and interaction patterns.

The group agreed to have another meeting on **April 18th** to finalize preparations for the colloquium on April 25th.

Professor Hirsh emphasized the importance of focusing on student engagement over external speakers.

The team also discussed incorporating yoga practices and mindfulness exercises related to the earth element into the colloquium.

Next steps

- All participating schools/faculty: Submit creative works (group and/or individual) for the Colloquium to Hirsh by **April 17th**
- Hirsh: Schedule and announce a follow-up meeting for **April 18th** to finalize Colloquium preparations
- Akshay/Deepashwar: Share survey links in the group for review of translations and content
- All faculty: Review survey questions (sleep and well-being) and provide feedback/suggestions for improvements
- Akshay/Deepashwar: Develop and present yoga protocol focused on earth element for next meeting
- Ms. Huyen and Hirsh: Publish meeting notes on WhatsApp
- Professor Son: Explore possibility of inviting guest speaker (Mr. Ngo Viet, his son, or Ms. Venezuela) and discuss with Hirsh and Ms. Huyen
- All participating schools: Ensure 6 student groups are formed before Colloquium
- Deepashwar's team: Prepare 6 graduate students to lead breakout room sessions during Colloquium
- Hirsh: Update WordPress site with any missing/corrected school names as notified by participants
- Akshay/Deepashwar: Consider adding perceived stress scale questions to the survey (as suggested by Professor Son)

