Activity Report, Year: 2025 - 2026

DEPARTMENT/ COMMITTEE: Co-Curricular Committee **IQAC Document No:** CC/1/25-26

Title of the Activity: Art Therapy			
COORDINATOR NAME	**DAY & DATE**	**VENUE**	**TIME**
Dr Vibha Gupta Dr Manjiri Kakatkar Ms Manisha Sakure	16-10-25 to 18-10-25 7-11-25 to 9-11-25	Botany and Zoology lab	8 to 2pm
NUMBER OF PARTICIPANTS **476**	**NATURE:** OUTDOOR/INDOOR/ ONLINE HYBRID MODE • Online session for art therapy • Offline session for all three activities	**TYPE OF ACTIVITY:** ACADEMIC / EXTENSION/ STUDENT PROGRESSION/ STUDENT SUPPORT /ENVIRONMENT/GENDER/ DAYS/ ENRICHMENT/ OTHER (SPECIFY): ENRICHMENT	
SCHEDULED/ UNSCHEDULD SCHEDULED	**FUNDING SOURCE:** Self-Sponsored, NGO, Industry, Exchanges, Others. Self - sponsored		
AMOUNT:	**CHIEF GUEST NAME (If any)**: **Resource Persons**: Ms. Diti Gupta, Ms Deepti Deshpande, Ms Neha Sinha		

Activity Details

TOPIC/SUBJECT OF THE ACTIVITY	Art Therapy
OBJECTIVES	• Introduce basic concepts of Art Therapy and its role in mental health • Familiarize students with various art materials and techniques used • Enable students to design simple art therapy activities suitable for different age groups • Train students to use art therapy as creative expression
METHODOLOGY	Art therapy session: Online session conducted to introduce the basic and different forms of art and its role in mental health Offline activities: Paper Quilling: Demonstrated rolling and shaping paper strips using different geometric designs. Students submitted greeting cards/ bookmarks using coloured strips of paper strips as assignment which was later evaluated. Dish Gardening: Demonstrated the preparation of dish gardens using different containers, plants and its decoration. Students were assigned to prepare dish garden of their choice and submitted as assignment and was evaluated. Fluid art and Calligraphy: Demonstrated different basic strokes and letter forms for calligraphy and use of acrylic paints freely on canvas (without brush). Students submitted assignments and were evaluated for the same.
OUTCOMES	• Use various art forms confidently • Recognize and facilitate art therapy exercises as a therapeutic technique. • Identify art therapy techniques for stress management • Demonstrate creative expression using different forms of art activities

Documentation:

Pre-event Documents: (Approval & Planning)	1. Approval letter 2. Notice 3. Flyer 4. Google Classroom Links for participants 5. Budget sanctioned (if any).
During event Documents (Event)	6. Attendance of Participants: Countersignature by teacher in charge. 7. Geotagged photos with accurate event tagging. 8. Some small reels of essential parts of the program.
Post-event documents (Feedback & Reports)	9. Feedback & Feedback analysis. 10. Event Report

IQAC Document No: **CC**/1/25 -26	**Attribute Name & No: VI**	
DEPARTMENTAL FILE NO:	**IQAC FILE NO:**	

Name Of Teacher Coordinator & Signature with date Dr Vibha Gupta Dr Manjiri Kakatkar Ms Manisha Sakure	Name Of Head/ Committee In charge & Signature with date Dr Surekha Gupta (Convener)	IQAC COORDINATOR (SEAL & SIGNATURE) Date

CC activity : Sem III (25-26)
Art therapy

Detailed Report:

Date: 16-10-25 to 18-10-25 and 7-11-25 to 9-11-25
Venue: Botany and Zoology lab
Number of hours: 30
Number of credits: 02
Number of activities: 03 (offline)
Online Lecture session: 02 hrs
Number of batches: 06 (B1 to B6)
Methodology: Hands on training along with submission of assignments for all three activities by individual students. Attendance was monitored for all three activities and external evaluation for 20 M was conducted on Online mode. An online session for 2 hrs was conducted for the basics in art therapy.
Teacher In-charges: Dr Vibha Gupta, Ms. Manisha Sakure and Dr Manjiri Kakatkar
Number of beneficiaries: 476
SY Classes: BCom (aided), BA, BAMMC, SYIC

Flyer Link: https://gnkhalsa.edu.in/wp-content/uploads/Credit-Course-Flyer.pdf

Google Classroom link for art therapy participants:
https://classroom.google.com/c/ODEwMzgzODg2MTEw?cjc=hwir3ps2

Attendance record:
https://drive.google.com/file/d/1xJC1-fpeTkff267VEOyd9oZSWMtH3Hm6/view?usp=drive_link

Notice Link: https://gnkhalsa.edu.in/wp-content/uploads/CC-Notice.pdf

Objectives:

- Introducing different forms of art therapy and its role in mental health
- Familiarize students with various art materials and techniques used in Paper quilling, fluid art, calligraphy and Terrarium making
- Enable students to learn and design modern art forms
- Train students to use various forms of art as creative expression

Outcomes:

- Use and learn different modern art forms.
- Recognize and facilitate art forms as a therapeutic technique.
- Identify these art forms for stress management.
- Create new designs with these art forms and generate interest among youth

Art therapy online session:
Name of the resource person: Ms Diti Gupta
Date: 06-11-25
Time: 6 to 8pm

An online session was conducted with the brief introduction of the resource person, and the session was managed by Dr Surekha Gupta and Ms Vibha Gupta. The session started with brief introduction of modern art forms. Its importance and how it helps in relieving stress was discussed by citing suitable examples. The art activities conducted were introduced and how these forms can be modernized with innovative approaches were also shared by the resource person. The session ended by thanking the speaker and students appreciated the session by giving oral feedback.

Art therapy offline session:
Outcomes:
1. Paper quilling:
Name of the Resource Person: Ms Dipti Deshpande
Date: 16-10-25 to 18-10-25
Venue: Zoology lab

Demonstration: This art form involves use of paper quilling strips 3/5mm, Quilling needle, Glue, Cardsheet/plain envelope. It involves rolling and shaping paper strips into creative designs. Participants created unique quilled designs like flowers, geometric patterns used in earrings, greeting cards etc.

2. Dish gardening:
Name of the Resource Person: Ms Neha Sinha
Date: 16-10-25 to 18-10-25
Venue: Botany Lab

Demonstration: This type of art form connects with nature. The materials used were: Container (dish or pot), Soil, sand, gravel and charcoal, any 2-3 Plants (e.g. Aloe vera, Echeveria, Crassula (Jade Plant), Peperomia, Small Ferns, Cacti, money); Optional requirements : Pebbles, Moss or small branches, Decorative stones or pebbles, Shells, Small figurines or ornaments, Twigs or branches, Moss or lichen, Small decorative containers or inserts. Students learnt to create mini ecosystems, enjoyed working with soil and plants. Learning basics of gardening helped to showcase their talent and creativity in a unique way.

3. Fluid art and Calligraphy:
Name of the resource person: Ms. Diti Gupta
Date: 7-11-25 to 9-11-25
Venue: Zoology lab
Demonstration: Pouring paint and blending colours on canvas and style of lettering with different strokes were explored as beautiful artwork with designs and handwritten gracefully by the participants. The materials used for calligraphy were: Nib 1 and Nib 2 Calligraphy pen, Papers A-4 size, Ink; and for fluid art: 2 acrylic color paints (any color), 1 pouring medium, 1 canvas board. Students enjoyed mixing colours and play with fluid on canvas.

Feedback responses:

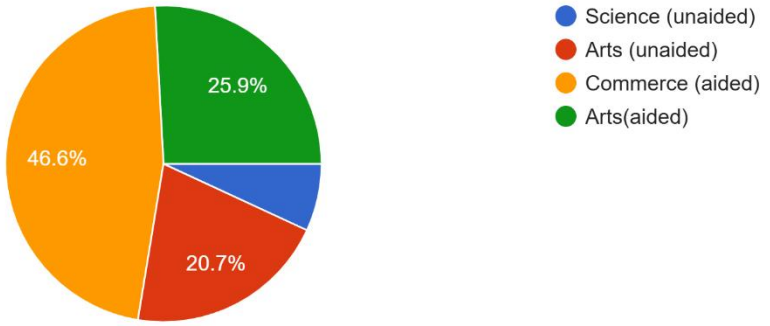
Roll No.

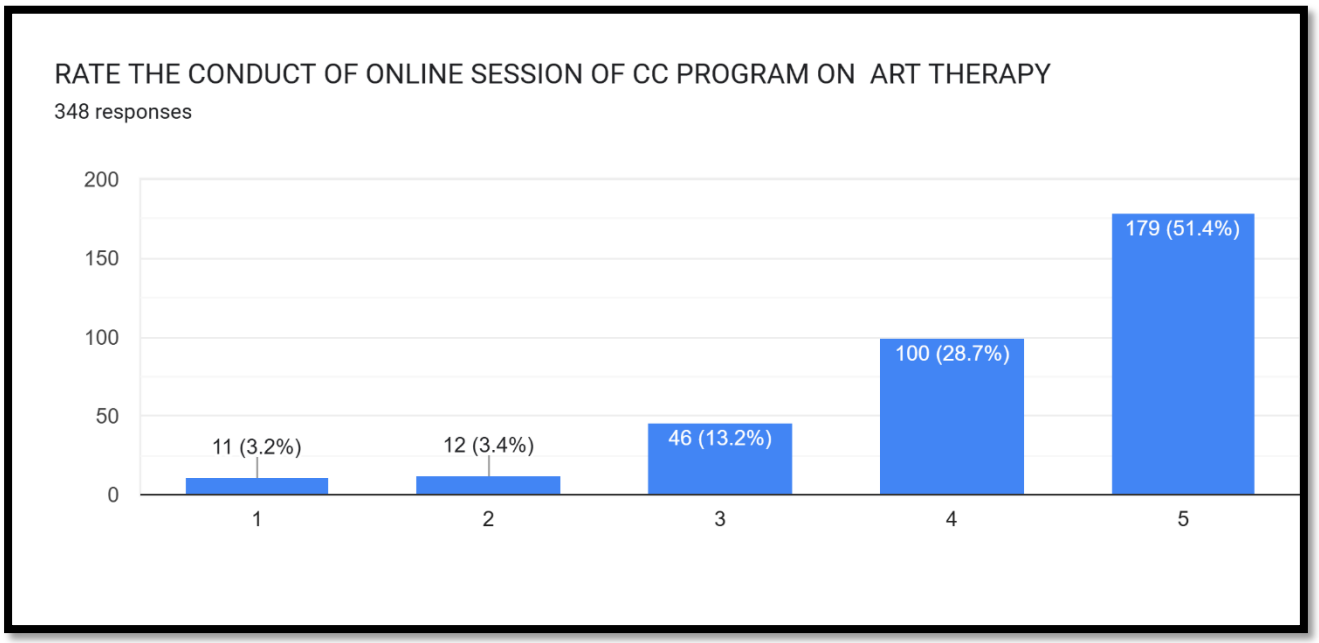
348 responses

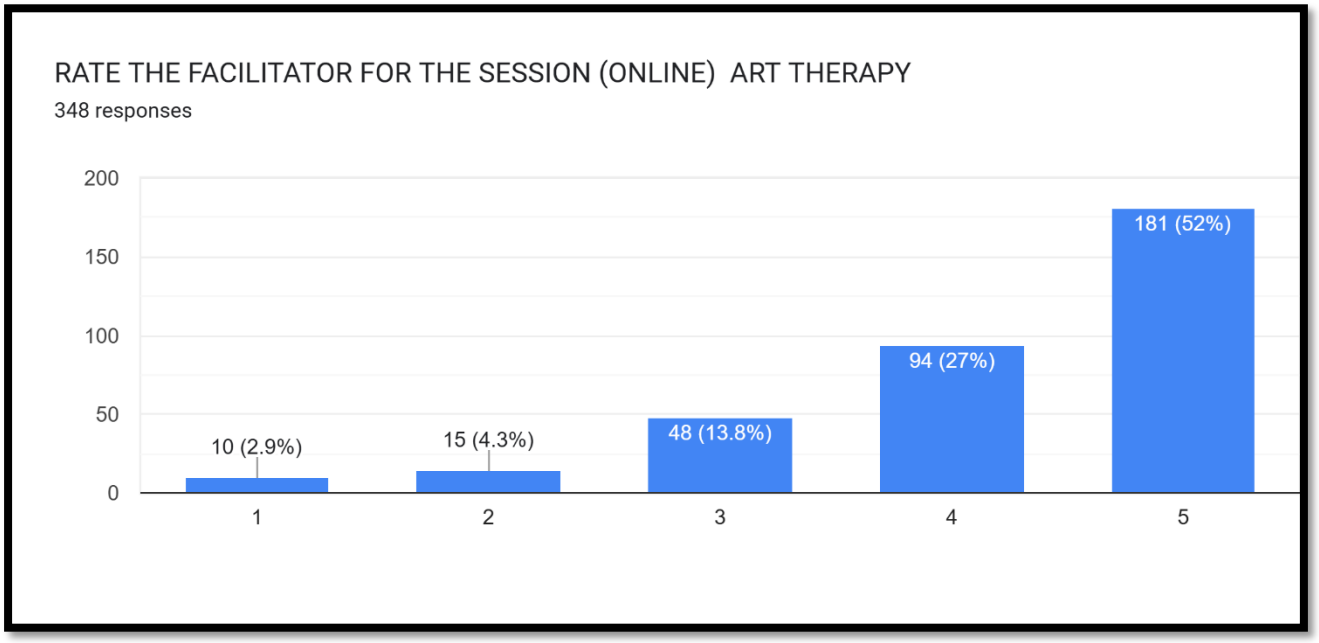
10
13
14
04
18
15
25
103
115

Stream

348 responses

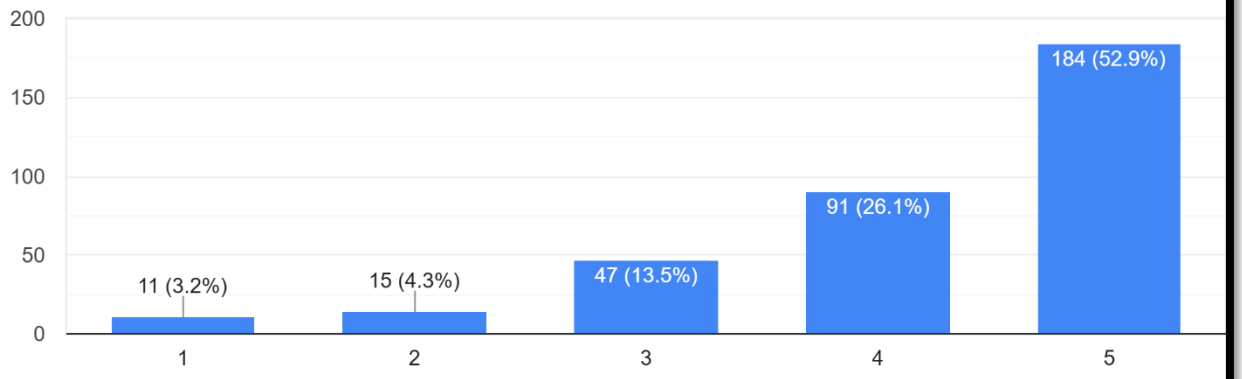



RATE THE CONDUCT OF ONLINE SESSION OF CC PROGRAM ON ART THERAPY
348 responses
200
150
100
50
0
11 (3.2%)
12 (3.4%)
46 (13.2%)
100 (28.7%)
179 (51.4%)
1
2
3
4
5


RATE THE FACILITATOR FOR THE SESSION (ONLINE) ART THERAPY
348 responses
200
150
100
50
0
10 (2.9%)
15 (4.3%)
48 (13.8%)
94 (27%)
181 (52%)
1
2
3
4
5

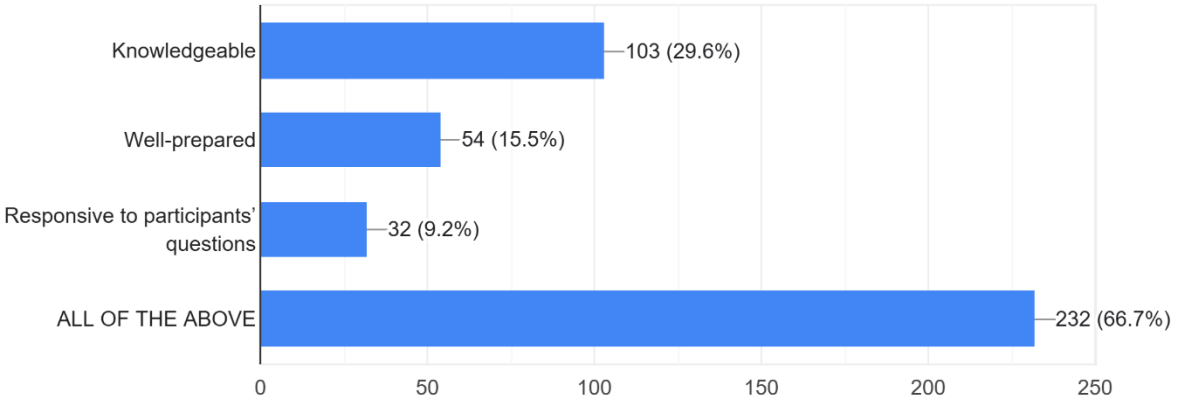
HOW WOULD YOU RATE THE CONTENT, THEME AND PRESENTATION OF CC COURSE (ONLINE) - ART THERAPY

348 responses



THE FACILITATOR FOR THE ONLINE SESSION ON ART THERAPY

348 responses



WHICH TOPIC/PART DID YOU LIKE BEST? - **ART THERAPY**

348 responses

Fluid art

Dish gardening

Fluid art

Fluid Art

Calligraphy

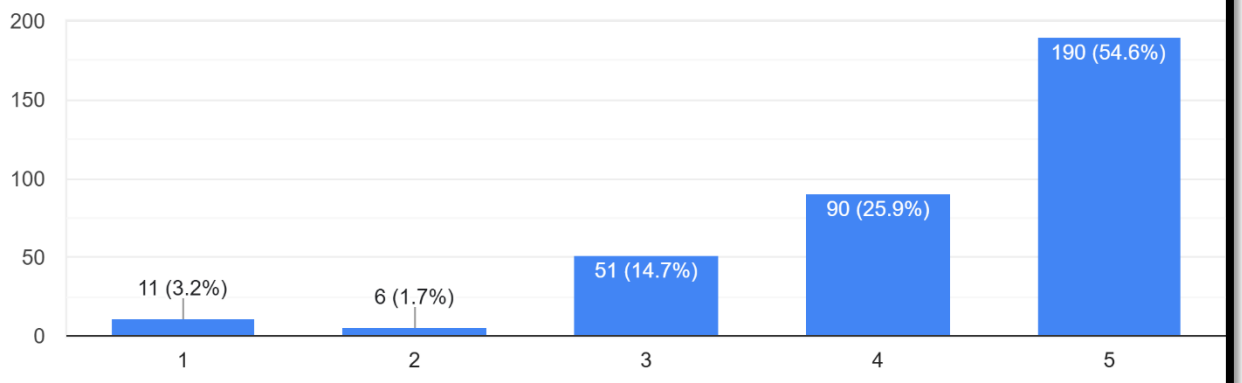
Paper quilling

All

Everything

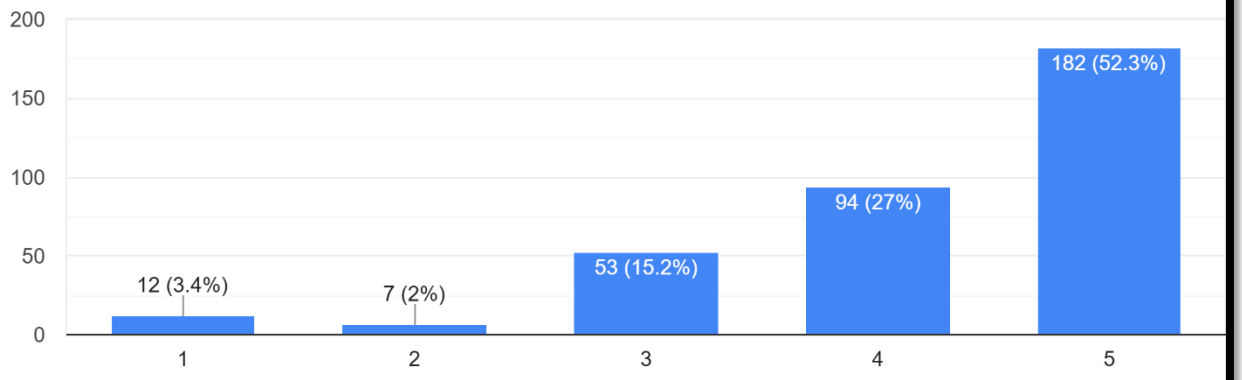
RATE THE CONDUCT OF PAPER QUILLING OF CC PROGRAM

348 responses



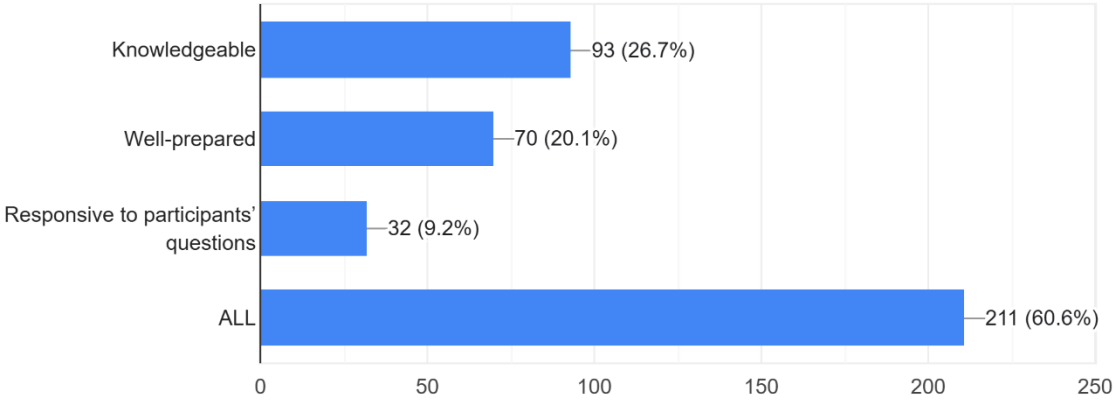
RATE THE MASTER TRAINER FOR THE PAPER QUILLING SESSION

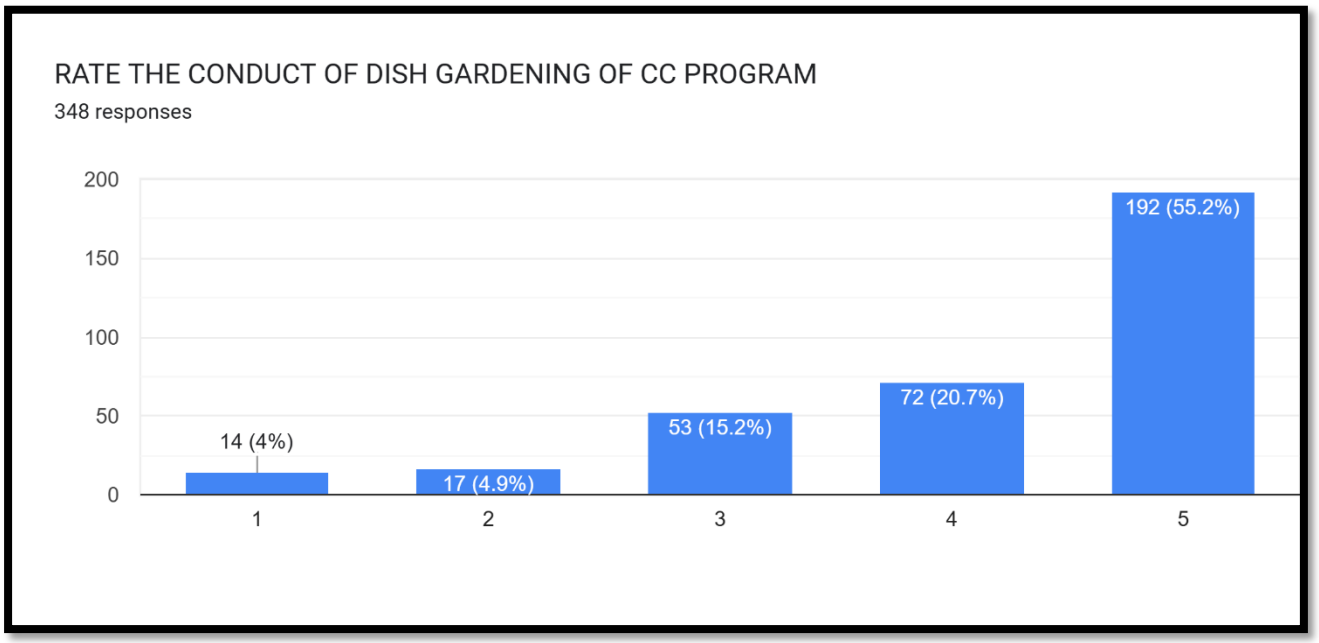
348 responses

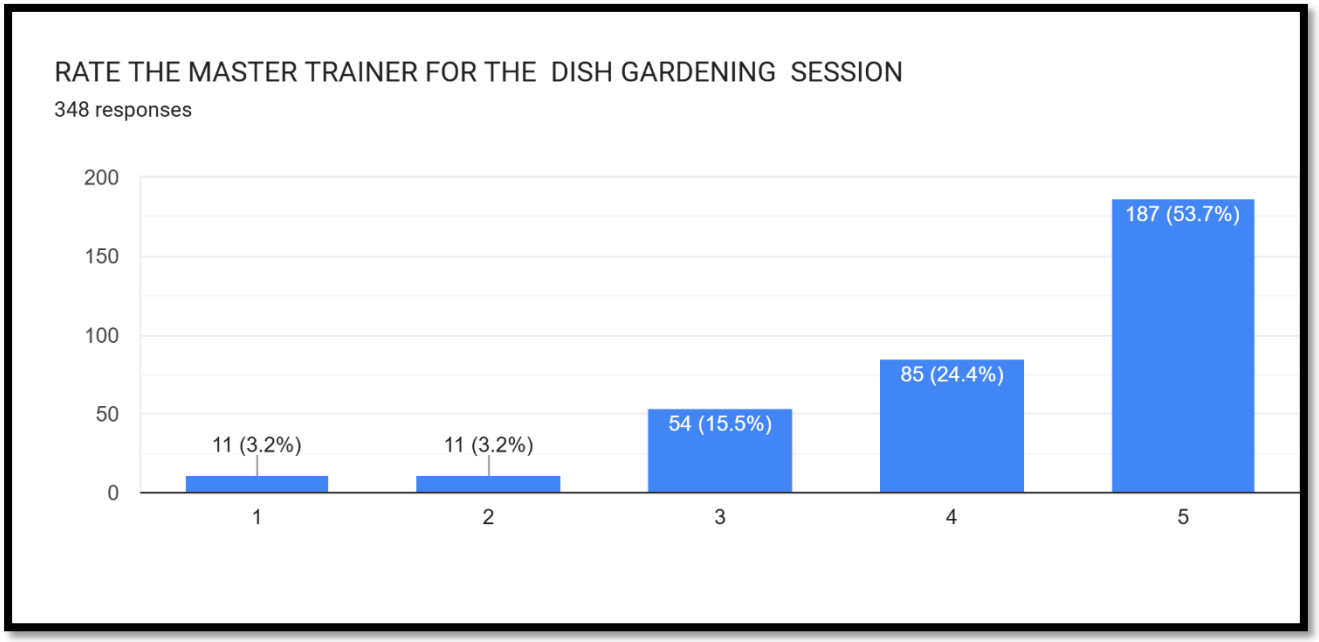


THE MASTER TRAINER OF PAPER QUILLING WAS :

348 responses

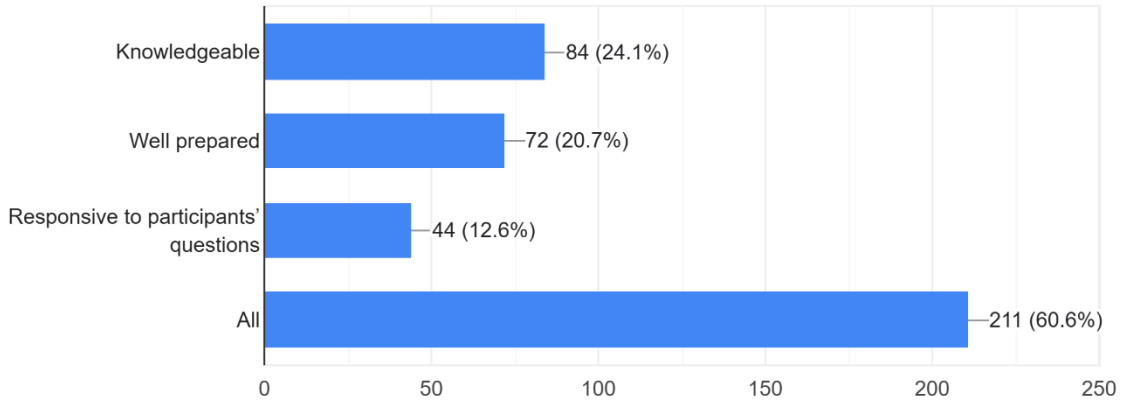



RATE THE CONDUCT OF DISH GARDENING OF CC PROGRAM
348 responses
200
150
100
50
0
14 (4%)
17 (4.9%)
53 (15.2%)
72 (20.7%)
192 (55.2%)
1
2
3
4
5


RATE THE MASTER TRAINER FOR THE DISH GARDENING SESSION
348 responses
200
150
100
50
0
11 (3.2%)
11 (3.2%)
54 (15.5%)
85 (24.4%)
187 (53.7%)
1
2
3
4
5

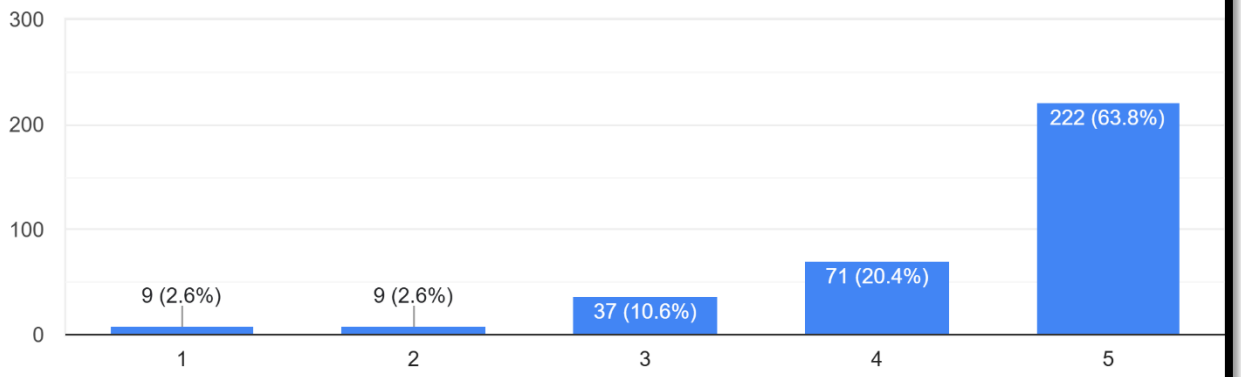
THE MASTER TRAINER OF DISH GARDENING WAS :

348 responses



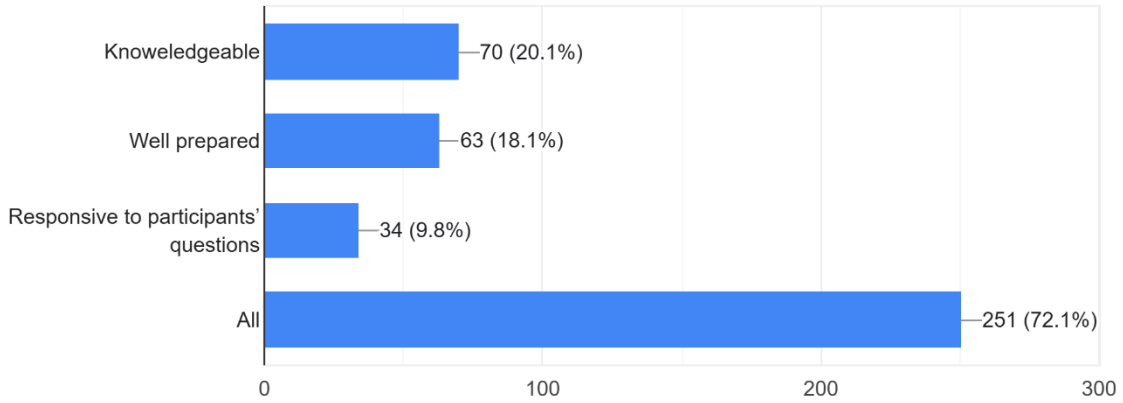
RATE THE MASTER TRAINER FOR THE SESSION CALLIGRAPHY AND FLUID ART

348 responses



THE MASTER TRAINER OF CALLIGRAPHY AND FLUID ART WAS :

348 responses



WOULD YOU RECOMMEND IT?

348 responses

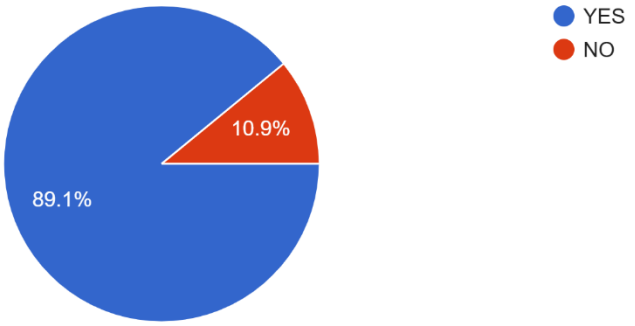
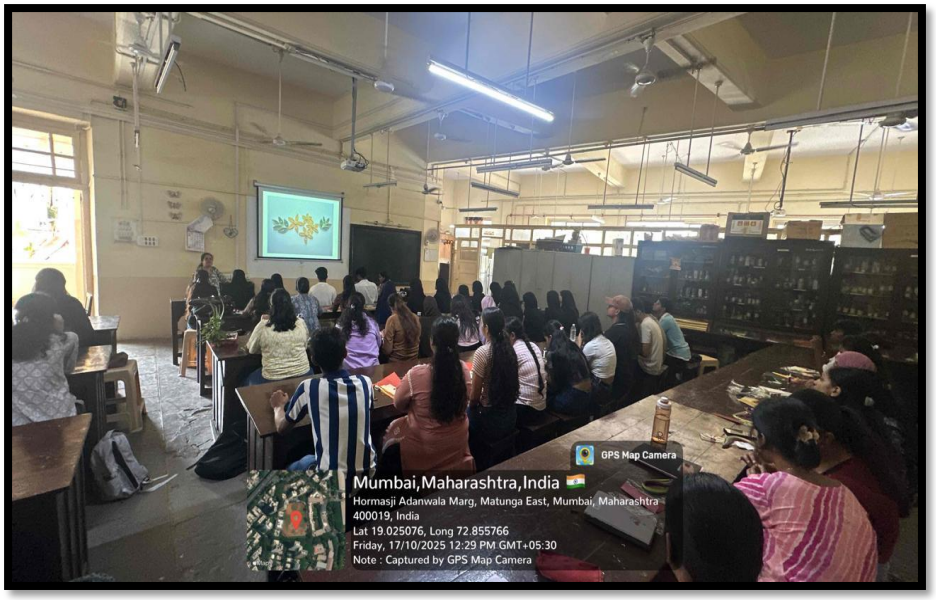


Photo-gallery:

1. Paper Quilling:

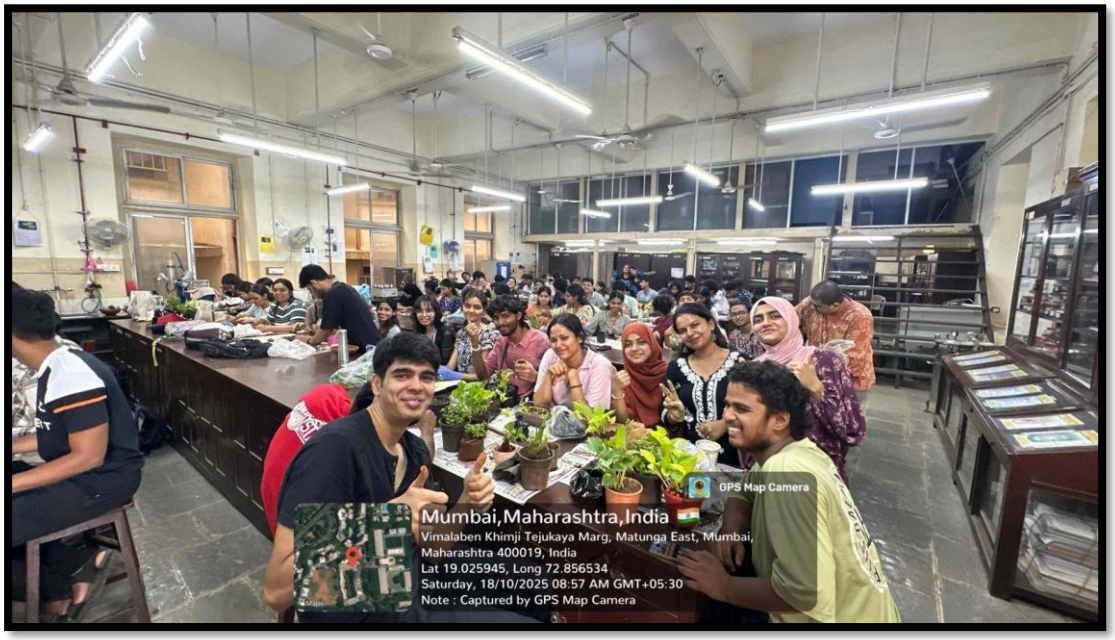


GPS Map Camera
Mumbai,Maharashtra,India
Parade Colony Road, Matunga East, Mumbai, Maharashtra 400019, India
Lat 19.025622, Long 72.855970
Friday, 17/10/2025 08:45 AM GMT+05:30
Note : Captured by GPS Map Camera

2. Terrarium

GPS Map Camera
Mumbai,Maharashtra,India
Hormasji Adanwala Marg, Matunga East, Mumbai, Maharashtra 400019, India
Lat 19.024821, Long 72.855571
Thursday, 16/10/2025 12:31 PM GMT+05:30
Note : Captured by GPS Map Camera

GPS Map Camera
Mumbai,Maharashtra,India
Hormasji Adanwala Marg, Matunga East, Mumbai, Maharashtra 400019, India
Lat 19.024821, Long 72.855571
Thursday, 16/10/2025 12:31 PM GMT+05:30
Note : Captured by GPS Map Camera



3. Fluid art and Calligraphy:

Interaction with students:

Exhibits of various art forms:

GPS Map Camera
Mumbai,Maharashtra,India
Hormasji Adanwala Marg, Matunga East, Mumbai, Maharashtra
400019, India
Lat 19.025110, Long 72.855259
Saturday, 08/11/2025 01:17 PM GMT+05:30
Note : Captured by GPS Map Camera