

Report on Mental Health Initiative Workshop:

"Create Your Heart, Heal Your Soul"

On July 17, 2023, under the Mental Health Initiative, an engaging and transformative workshop titled "*Create Your Heart, Heal Your Soul*" was conducted for faculty members. The session was facilitated by Ms. Neha, an art therapist and mental health advocate. The workshop aimed to promote mental well-being through the therapeutic power of art.

The session began with an introduction to art as a tool for emotional expression and stress relief. Participants were guided to create personal artworks using colors and textures to convey their emotions. Ms. Neha emphasized the importance of connecting with one's inner self and how creativity can serve as a pathway to healing.

The interactive nature of the workshop allowed participants to share their experiences, creating a safe space for dialogue and self-reflection. Faculty members appreciated the innovative approach, expressing that the session offered them a much-needed break from their routine and practical strategies to manage stress.

The workshop concluded with positive feedback, as participants expressed gratitude for the enriching experience. It was a successful initiative that highlighted the intersection of mental health and art, leaving attendees inspired and rejuvenated.



