



ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-accredited 'A+' and Affiliated to Dr. Manmohan Singh Bengaluru City University)
Soladevanahalli, Bengaluru-560107

DEPARTMENT OF PSYCHOLOGY

Report Submission: 06/04/2026

Semester: EVEN

Academic Year: 2025–26

Venue: Room no 106, AIGS

Date: 28/03/2026

Time: 9.00AM -04.00PM

Duration: 6 hours

TYPE OF EVENT: WORKSHOP

EVENT NAME: Art therapy: A Tool for Personal Growth and Healing

Target Audience: 4th sem BA Psychology students

Number of Participants: 50

Objectives:

- To introduce students to the concept and principles of art therapy as a therapeutic intervention.
 - To explore the role of art therapy in supporting emotional and psychological development.
 - To provide hands-on exposure to basic art therapy techniques and activities.
- To help students understand creative expression as a tool for self-awareness and emotional healing.

Program Introduction:

The Department of Psychology organized a one-day workshop titled “*Art Therapy: A Tool for Personal Growth and Healing*” for second-year BA Psychology students. The workshop was planned in alignment with the Developmental Psychology syllabus to provide experiential learning. The session was coordinated by Mr. George Varied, Assistant Professor and Head, Department of Psychology where total of 50 students participated.

Resource Person:

The resource person, **Prof. Umashankari V**, Faculty of Psychology, certified Art Therapist, and practitioner of NLP and Sound Healing, brought over 15 years of teaching experience to the session.

Theme of the Event: “Art therapy: A Tool for Personal Growth and Healing”

The workshop focused on using art as a medium for emotional expression, self-exploration, and healing. It emphasized experiential learning, highlighting how creative processes can provide insights into developmental and psychological functioning.



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Detailed Report:

The Department of Psychology organized a one-day workshop titled “*Art Therapy: A Tool for Personal Growth and Healing*” on 28 March 2026 from 9:00 AM to 4:00 PM for second-year BA Psychology students, in connection with their Developmental Psychology course. A total of 51 students participated in the workshop. The resource person for the session was Prof. Umashankari V, Faculty of Psychology, certified Art Therapist, and practitioner of NLP and Sound Healing, with over 15 years of teaching experience.

The program commenced with a warm welcome address by Saanjibela Das, IV Semester BA Psychology student, who introduced the resource person and highlighted the importance of art therapy in understanding emotional development. Prof. Umashankari then provided a brief introduction to art therapy as a therapeutic and self-exploratory tool before engaging students in experiential activities.

The first activity involved students creating an individual artwork using art supplies and sharing it with a person they trusted. This exercise helped students understand how colors and patterns often reflect emotional states, with the resource person explaining the psychological significance of color usage. The second activity encouraged students to think about a frustrating situation and express it through scribbling, later transforming the scribble into a colorful image. This demonstrated how art can serve as a safe outlet for releasing suppressed emotions and how subconscious thoughts often appear in artwork.

In the third activity, students collected three elements from nature and collaborated in groups to create a collective artwork. This highlighted how different perspectives and emotions can blend harmoniously, promoting teamwork and empathy. The fourth activity involved drawing an aquarium, through which the resource person explained how art therapists identify focal points in drawings to understand underlying emotions, such as signs of anger or anxiety. The fifth activity encouraged students to draw something motivating while listening to sound healing, promoting positive thinking and self-reflection. This was followed by a guided sound healing session, where students relaxed and experienced the calming effects of sound vibrations on emotional well-being.

The session concluded with feedback from participants, who reflected on the benefits and insights gained. The workshop ended with a vote of thanks by Shamini Sekhar, IV Semester BA Psychology student. A group photograph was taken, and feedback forms were collected at the end of the program.



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PHOTOS:



Inaugural session and Introduction of the resource person



Explanation on Basics of Art Therapy



Students practicing Art therapy in teams



Students practicing Sound Healing technique



Students feedback session



Group photo

Outcomes:

The workshop led to several positive outcomes:

- Students gained understanding of art therapy and its relevance in developmental psychology.
- Students learned to use art for emotional expression and self-reflection.
- Participants developed basic skills in applying simple art-based activities.
- Students appreciated creativity as a tool for personal growth and well-being.



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Conclusion:

The workshop successfully provided experiential exposure to art therapy techniques. Students actively participated and reflected on their emotions through creative expression. The integration of sound healing enhanced relaxation and mindfulness. Overall, the session enriched students' understanding of therapeutic tools, encouraged self-awareness, and highlighted the role of creative interventions in promoting emotional well-being and developmental growth.

Audience Feedback Summary:

