



ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re Accredited 'A' Grade & Affiliated to Bengaluru City University)

Soladevanahalli, Bengaluru-560107

WOMEN CELL-AGNISHIKHA

Ref. no: AIGS/Cir/WC/09

DATE: 11-01-2023

CIRCULAR

All the students are informed that Women cell Agnishikha of Acharya Institute of Graduate Studies is organizing an Event "Pot Painting Competition" on 17-01-2023.

- Organizing Department: Women Cell
- Event: Pot Painting Competition
- Date: 17-01-2023
- Time: 01.00 pm to 04.00 p.m.
- Topic: Creative Painting
- Theme: Pot Painting
- Coordinator : Mrs. Ashwini Atul JOSHI
- Venue: AIGS Open Arena.


Dr. Gurunath Rao Vaidya

Principal

Acharya Institute of Graduate Studies

Principal

Soladevanahalli, Hesaraghatta Road

Bengaluru - 560107.

Cc:

1. IQAC
2. Office



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WOMEN CELL-AGNISHIKHA

A REPORT ON POT-PAINTING COMPETITION

DATE: 17 JANUARY 2023

TIME: 1PM -4.30PM.

The women cell- Agnishikha of AIGS conducted a competition for UG and PG students of AIGS “Pot Painting”. The activity started with students’ registration for competition and there were 10 team in each team two members, the necessary accessories were brought by the students themselves. The mud pots have been provided by the women cell. It was highly impressive, attractive at the end of the painting done by the students. Main motto of the activity was to bring out the overall creativity and individual talent exhibition in a diversified way. The competition was conducted in AIGS open arena, and it was witnessed by many department faculty members who have supported directly and indirectly.

The jury members have been called to witness the painting and participants were asked to express the significance of the painting in selection of the particular color and work done. The jury were Mrs.Ramya, Assistant Professor, Department of Management and Mrs. Annapurna, Assistant Professor, Department of Kannada.

The event was planned keeping the following benefits in mind.

Creative outlet – There are both physical and mental benefits from expressing ourself by creating something. Art offers an outlet and a release from all of that. With pottery we can produce something and express ourself in some way.

Increase optimistic outlook – Pottery enables for improvements in flow and spontaneity, provides an outlet for grief, and helps you with self-identification and self-expression, bolstering confidence and self-esteem.

Improve focus – Pottery allows you to escape the worries of life and shift your focus toward your creation. During the process, outside influences don’t affect your work so you dedicate your time to your creation. Being able to fully focus something helps the mind relax and expand, which will help you focus in other areas of life as well.

Exploring and experimentation – Pottery helps you to express your creativity, which is essentially to expand who we are and how we connect to ourselves and the environment. It’s

a good way for people of all ages to explore the things they can do. You may be more creative than you think and there's no right or wrong way in pottery.

Reduces stress – Our hands are an outlet for creativity, the sense of touch is of high importance. A lot of focus is required while you're making pottery, therefore outside distractions are reduced and no longer stress you out.

Exercises the hands, wrists, and arms – The movement of making pottery is gentle yet strengthening to the hands, wrists, and arms. This can be beneficial to those prone to arthritis in the hands, as it promotes joint movement and dexterity.

Encourage sociability – Pottery, an activity that rouses mental activity as much as physical, is often the perfect hobby for those who prefer to expend their energy internally. While partaking in group pottery, however, one can socialize confidently with other potters while still allowing for silence. The usually casual atmosphere helps relax any socially anxious woes to help start a conversation.

A natural pain killer – Stress can oftentimes lead to feeling sensations of pain and discomfort. Since pottery is a hobby known for reducing stress and boosting self-esteem, pain caused by stress may be alleviated while taking part in pottery.

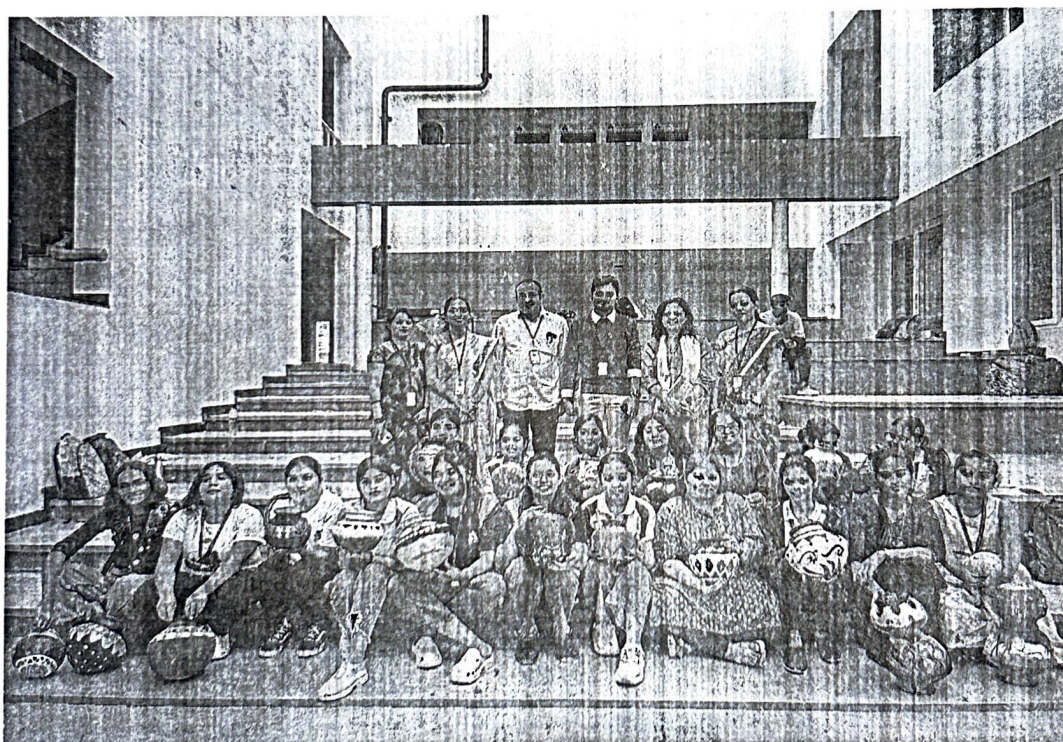
Captures memories – Archaeological digs are known for recovering ancient artifacts from civilizations long past. Some of the most well-preserved artifacts, often surviving thousands of years, are creations of pottery. As such, Your artwork has the potential to last forever. Whether or not you hope future civilizations to discover it and have it immortalized in a museum or if you would rather have it sitting in your home's foyer, seeing the creation in its final form will serve as a reminder of your accomplishments.

Overall activity was highly appreciated by the gathering. The painted pots have been kept for display and it was well impressive. End of the event Lt. Sowmya M A, Assistant Professor, Dept of English announced the winners based on the jury members decisions.

The competition could successfully happen with the high initiative taken by the women cell coordinator Mrs. Ashwini Atul Joshi, Assistant Professor, Department of Fashion and Apparel Design.



FINAL DISPLAYED PRODUCTS



PARTTICIPANTS WITH JURY AND WOMEN CELL MEMBERS



Women Cell members-Announcing the winners of the Event.