

Kalakriti

Mindfulness Based Art Workshop

Date	10.10.22
Time:	2:15-3:30
Venue:	Seminar hall 4
Section:	Participation based on registration (A,B,C,D,I, F CM3)
Batch:	2021-23 & 2022-24
Semester:	1 and 3
Guest/Speaker Name:	Ms. Gouri Priya
Guest/Speaker Designation	MSc. Psychology, Campus Counsellor
Guest/Speaker Contact No & Email Id:	Phone: 8884632002 Email: gouri_priya@cms.ac.in
Guest/Speaker Company/ Institute Name:	Jain University
Faculty Coordinators Name:	Ms. Gouri priya
Topic:	Kalakriti
Moderator (if any)	NA
No. of Attendees	11
Feedback:	Yes
Brochure: (if any)	Poster:

	
Budget of the Program (if any):	Printing and Stationary – Rs. 2,000
Revenue Collected: (if any)	NA

1. Introduction:

World Mental Health Day (10 October) is an international day for global mental health education, awareness and advocacy against social stigma. The day was observed by CMS B School to spread awareness, educate and start the conversation around Mental health. Mindfulness is the practice of

being aware of one's internal states and surroundings. Mindfulness can help individuals avoid destructive behaviors. Mindfulness-based art therapy combines mindfulness with art therapy to promote wellness, and foster appropriate responses to stress. Art therapy helps in emotional expression, enhances one's self-awareness, and promotes better health. In this workshop creative and sensitive ways of managing stress and fostering self-compassion will be explored by the facilitator.

Venue (Outside/Inside the campus):

Inside the campus, Seminar hall 4.

2. Program Objectives:

- Using Mindfulness to reduce stress.
- Using art to understand and mold our emotions.

4. Activity Overview:

The session began with brief introduction about the facilitators followed by introduction of the participants. Concepts of the session was explained and a grounding activity was conducted to relax the participants and familiarize them with each other. First part of the session involved a Body Scan Meditation, the participants were brought back with another breathing exercise. The second part of the session consisted of an activity titled "Clearing the Space" and drawing the space they envisioned during the process. The session was summarized with some more techniques in art therapy to deal with stress and rumination and feedback collection.

3. Guest/Speakers' Profile:

Ms. Gouri Priya has completed MSc. in Psychology(Clinical), trained in REBT, also trained in Alternative Healing Practices. Formerly worked as a Creative Content Writer, and have written and directed award plays for national drama festivals. Has completed 340 hours of training and internship in Psychiatric Hospitals. As a school counselor, has conducted over 100 workshops and sessions for school students from the ages 11-18

4. Summary and Key Learnings of the session:

One-hour workshop aimed at improving emotional wellbeing.

- Engaging activities to promote wellbeing.
- Creative ways to cope with stress
- Insight into one's own body and mind and emotions.

5. Participant details:

USN	Name	Section
JU2022MBA14093	Joel Thomas	B
JU2022MBA15408	Nikita Bhandarkar	C
JU2022MBA16615	Simi Chachuan	C
JU2022MBA12950	Voota Naga Thansuree	D
JU2022MBA18915	Aditi Jain	F
JU2022MBA17558	Riya Kyal	D
JU2021MBAR0231	Baddupalli Rukmini	CM3

JU2021MBAR0653	Ritika More	CM3
CMSBS11643	Vidyasagar SL	I
JU2022MBA10642	Akshara Krishna Sanjam	I
JU2022MBA17147	Theja Kumar	A

6. Attendance records:

USN	Name	Section
JU2022MBA11171	Vineesh K Sahoo	I
JU2022MBA14093	Joel Thomas	B
JU2022MBA15408	Nikita Bhandarkar	C
JU2022MBA16615	Simi Chachuan	C
JU2022MBA12950	Voota Naga Thansuree	D
JU2022MBA18915	Aditi Jain	F
JU2022MBA17558	Riya Kyal	D
JU2021MBAR0231	Baddupalli Rukmini	CM3
JU2021MBAR0653	Ritika More	CM3
CMSBS11643	Vidyasagar SL	I
JU2022MBA10642	Akshara Krishna Sanjam	I
JU2022MBA17147	Theja Kumar	A

7. Participants' Feedback, Feedback Analysis, and Attainment Calculation: \

Questions to Map Pos	List of Pos & PSOs	Wt Score					Wt. Score	Max score	%age
		5 Strongly Agree	4 Agree	3 Neutral	2 Disagree	1 Strongly Disagree			
The Workshop helped me to learn new / Improve new skill and competency	PO1 PO7 PSO1PSO2PSO3	4	7	0	0	0	48	55	87%
The workshops objectives wre clearly stated and achieved	PO1 PO3 PO4 PO5 PSO2PSO3	7	4	0	0	0	51	55	93%
The workshops content & coverage was relevant	PO1 PO3 PSO2PSO3	5	6	0	0	0	49	55	89%
The time was well managed during the workshops	PO1 PO3	4	7	0	0	0	48	55	87%
The facilitator of the workshop was knowledgabel & resourceful	PO1 PO3	6	5	0	0	0	50	55	91%

Workshop

POs	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Captured By	Total Attainment Score	Level Achieved
PO1	87%	93%	89%	87%	91%				Q1 Q2 Q3 Q4 Q5	89%	3
PO2											
PO3		93%	89%	87%	91%				Q2 Q3 Q4 Q5	90%	3
PO4		93%							Q2	93%	3
PO5		93%							Q2	93%	3
PO6											
PO7	87%								Q1	87%	3
PSO1	87%								Q1	87%	3
PSO2	87%	93%	89%						Q1 Q2 Q3	90%	3
PSO3	87%	93%	89%						Q1 Q2 Q3	90%	3

8. Proposal Letter:

To,

The Programme Coordinator for kind approval,

Sub: Kalakriti :Mindfulness Based Art Workshop

The purpose of this workshop is to improve emotional wellbeing, explore creative ways to cope with stress and gain insight into one's own body and mind and emotions. The workshop has been planned for one hour. The planned program duration will be during 2:15pm to 3 pm on October, 10th 2022.

Respected Programme Coordinator your kind approval is requested for the conduct of the same.

The Dean has recommended this proposal.

Kind Regards,

Coordinator

Signature

Dean

Approval Authority

Signature

9. Budget: -

To Dr. Harold Patrick,

The Directors/ Dean for kind approval

Sub: Budget for World Mental Health Day-Workshop

The VISHWAS Counselling center is organizing a Kalakriti a Mindfulness based art workshop on **10th October, 2022**, in celebration of World Mental Health Day in Seminar Hall 4, CMS Business School, JAIN (Deemed-to-be University), Bengaluru

Printing and Stationary – Rs. 2,000

Total – Rs. 2,000

The following are the requirements for the same:

Sl. No.	Details	Units	Amount (₹)
3	Printing and Stationary		2,000
		TOTAL	2,000

Total in Words: Rupees 2,000

Director/Dean, kind approval is requested for conducting the ‘World Mental Health Day’, and incurring the expenses 2,000 Only towards the same.

The Dean has recommended this proposal.

Kind Regards

Student Council Committee
Approval Authority
Signature

Dean
Approval Authority
Signature

Director
Approval Authority
Signature

16. Trailing Emails/communications:

Kala Kriti- Mindfulness Based Art workshop Inbox x



CMS Business School <bschool@cms.ac.in>
to 2021-23, Aviation, 2022-24-cms-business-school, me ▾

Sun, Oct 9, 2:37 PM ☆ ↶ ⋮

Dear Students,

CMS Business School, Jain (Deemed-to-be University) is organizing a Mindfulness based Art workshop titled Kala Kriti on the 8th of October 2022, in celebration of World Mental Health day. Mindfulness is the practice of being aware of one's internal states and surroundings. Some of the benefits include enhancing self awareness and emotional regulation, stress reduction, improved concentration and mental clarity. In this workshop creative and sensitive ways of managing stress and fostering self compassion will be explored by the facilitator. Our in-campus Counselor Ms. Gouri priya will be conducting the workshop for interested students.

The workshop will happen from 2pm-3pm in seminar hall 4. Students are requested to bring a notebook and basic stationery (pencil, pen and eraser), and other stationery items for the workshop will be provided for. Please find the link for registration below, there are limited seats and registration will be filled on a first come first serve basis.

Register now at : <https://forms.gle/VWYDiwmxAN6MW9u19>

For any questions please feel free to reach out to gouri_priya@cms.ac.in

Warm regards,

Dean - Academics

10. Pictures for the Event:



Fig 1. Campus counsellor, Ms. Gouri priya explaining the agenda to the participants



Fig 2. Campus counsellor, Ms. Gouri priya conducting workshop on Mindfulness based Art therapy



Fig 3. Participants doing the Body scan exercise using the handouts provided



Fig 4: Participants attending the workshop