



Report

KalaRang: Unlock Your Mind with "Art Therapy"

Event Details

Date: 18th March 2025

Time: 1:30 PM

Venue: Yoga Room, Recreation Centre, C Block, K.R. Mangalam University

Event Type: Skill based activity

Mode of Activity: Offline

Organized by: Chetna Society

Target Audience: Pan-University Students and Staff

Faculty Coordinator: Dr. Manju Rani (Convener, Chetna Society)

Student Coordinators: Aprajita, Sunny, Yashika (07082625728)

Number of Participants: 46

On **18th March 2025**, the **Chetna Society** at **K.R. Mangalam University** organized a profoundly engaging and therapeutic event, "**KalaRang: Unlock Your Mind with Art Therapy.**" This event aimed to help students explore their emotions, express themselves creatively, and use **art as a medium for emotional release and relaxation**. In today's fast-paced digital world, where stress and anxiety are increasingly prevalent, KalaRang provided a much-needed opportunity for participants to experience the healing power of **creative expression**. Through this session, students were encouraged to unlock their thoughts, relieve stress, and enhance **self-awareness**, all while engaging in a **non-judgmental and safe space for self-expression**.

Unlike traditional art workshops, **KalaRang was not about artistic skills but rather about emotional healing and self-exploration**. Participants were guided to focus on their **inner world** and translate their feelings into **colors, shapes, and forms**, allowing them to **channel their anxieties, thoughts, and aspirations onto paper**. This process served as an outlet for **self-discovery and personal growth**, reinforcing the idea that **art is a powerful tool for mental well-being**.

Objectives of the Event

The primary objective of **KalaRang** was to introduce students to **art therapy as an effective tool for emotional well-being and stress management**. The event aimed to encourage **self-expression through creativity**, allowing participants to explore their **inner emotions without any verbal constraints**. Additionally, the session created a **safe and non-judgmental space for mindfulness and emotional release**, fostering a sense of **peer support and connection** among students. By the end of the session, participants were expected to have **new tools for managing stress and emotional regulation** through creative exercises.

Event Highlights

The event commenced with an **opening address by the student coordinators**, who welcomed the participants and provided an introduction to **art therapy and its psychological significance**. They emphasized that **art is a form of self-exploration** and that prior artistic experience was not required. Participants were encouraged to let go of **perfectionism and expectations** and instead **trust their instincts and emotions to guide their creative process**.

The **guided art exercises** were the central highlight of the session. Participants were provided with **various art materials, including paints, pastels, sketching pencils, and markers**. The following exercises helped students **navigate their emotions through creativity**:

- **"Colors of My Emotions"** – Participants used colors to **represent their current emotional state**, without using words or figures. This helped them understand the **nonverbal aspect of emotional expression**.
- **"My Inner World"** – A guided visualization exercise where students created an artwork that depicted their **thoughts, fears, dreams, or subconscious emotions**.
- **"Healing Mandalas"** – Students engaged in **mandala-making**, a traditional art form known for its **meditative and calming effects**. This activity helped **enhance focus, promote relaxation, and bring emotional balance**.
- **"Freedom Painting"** – In this **freehand painting** exercise, participants were encouraged to paint **without any specific theme or rules**, allowing them to express what came naturally and freely.

Following the **art exercises**, students were encouraged to participate in a **sharing and reflection session**. Many participants shared how the creative process **helped them release stress, gain emotional clarity, and feel a sense of relief**. The discussions also **reinforced the importance of self-expression and emotional validation**, with many students realizing they were not alone in their struggles.

A special segment of the event featured **expert insights by Dr. Manju Rani, Convener of Chetna Society**. She discussed the **scientific and psychological benefits of art therapy**, explaining how **creative expression reduces anxiety, fosters self-awareness, and aids in emotional regulation**. She also encouraged students to **incorporate creative practices into their daily routines** as a form of self-care.

The session concluded with an **interactive Q&A**, where students engaged in discussions about **mental health, stress relief strategies, and the role of creative expression in emotional**

healing. Facilitators provided practical suggestions on how students can continue to explore **art therapy in their everyday lives** and use it as a coping mechanism.

Outcomes of the Event

The **KalaRang** event successfully **increased awareness about art therapy** and its benefits for mental well-being. Many participants reported feeling **a sense of relaxation, mental clarity, and emotional relief** after engaging in creative expression. The session **encouraged open discussions on mental health**, breaking the stigma associated with emotional struggles and **fostering self-awareness** among students. Additionally, the event strengthened **peer connections** and provided a **supportive environment** where students felt comfortable expressing their thoughts. Most importantly, participants walked away with **practical tools for stress management and emotional regulation**, ensuring they could integrate **art therapy into their daily lives**.

Conclusion

The **KalaRang: Unlock Your Mind with Art Therapy** event was an **enriching and impactful experience** that allowed students to **de-stress, reflect, and explore their emotions** through creativity. It highlighted that **art is not just for artists—it is for everyone who seeks emotional healing, mindfulness, and self-expression**. The success of the event was evident in the **enthusiastic participation, meaningful conversations, and deep emotional insights** shared by students.

The **Chetna Society** remains committed to **promoting mental wellness, digital detox, and self-expression through innovative and engaging events**. The overwhelming response to **KalaRang** reaffirmed the importance of such initiatives, inspiring the Society to **continue organizing activities that support students' emotional and psychological well-being**.

Glimpses from the Event



 **Photo 1:** Students actively participating in guided art therapy exercises.



📷 **Photo 2:** A participant's artwork expressing emotions through abstract colors.



📷 **Photo 3:** Students sharing their experiences during the reflection session.



📍 **Photo 4:** Students actively participating in guiding affirmations regarding artwork



📍 **Photo 5:** Expert insights by Dr. Manju Rani on the psychology of creative expression.



📍 Photo 6: Group photo of participants, and the **Chetna Society** team.