



Report

“PenSoothe: Therapeutic Journaling”

Date: 4th February 2025

Time: 01:30 PM

Venue: Yoga Room, Recreation Centre, C/ Chanakya Block

Event Type: Skill-Based Activity

Mode of Activity: Offline

Target Audience: Pan-University Students

Organized by: Chetna Society

Faculty Coordinator: Dr. Tanu Gupta (Faculty Coordinator, School of Engineering and Technology)

Convenor: Dr. Manju Rani (Chairperson, Chetna Society)

Student Coordinators: Kanan & Kasak

Number of Participants: 50

On February 4, 2025, the Chetna Society successfully organised *PenSoothe: Therapeutic Journaling*, an engaging skill-based activity designed to encourage students to express, reflect, and heal through the power of writing. Held in the serene Yoga Room of the Recreation Centre, in C/ Chanakya Block, the session provided a safe and creative space where participants explored their emotions, thoughts, and self-awareness through journaling.

Objective

The session aimed to integrate therapeutic writing techniques with mindfulness practices, helping students process emotions, enhance self-reflection, and promote emotional well-being. The activity fostered introspection and personal growth by utilizing a blend of structured journaling prompts, creative expression, and artistic elements.

Session Highlights

- 1. Expressive Journaling:**
Participants engaged in guided writing exercises, using prompts to explore emotions, gratitude, and personal narratives.
- 2. Creative Exploration:**
Students incorporated colors, sketches, and art supplies into their journaling, making the experience visually expressive and immersive.
- 3. Reflective Discussions:**



Facilitated sharing circles allowed participants to discuss their journaling insights, fostering deeper self-awareness and peer support.

4. **Healing through Writing:**

The session emphasized the therapeutic potential of writing as a tool for emotional release, clarity, and resilience-building.

Participation and Engagement

The event saw enthusiastic participation from 50 students representing various disciplines. The interactive and creative nature of the session encouraged active engagement, with participants expressing appreciation for the opportunity to explore journaling as a self-care practice.

Outcomes

- Participants gained a deeper understanding of how journaling can aid emotional processing and personal growth.
- The activity encouraged self-reflection and mindful expression through structured and creative exercises.
- The collaborative environment fostered a sense of connection and mutual support among attendees.

Conclusion: *PenSoothe: Therapeutic Journaling* successfully provided a transformative experience, allowing students to embrace self-expression and emotional well-being through writing. The session reinforced the importance of introspection and creativity in mental health, leaving participants with a renewed sense of clarity and mindfulness. The event concluded on a positive note, with students expressing their gratitude for the experience and looking forward to more such initiatives by the Chetna Society.

Glimpse



Pic 1: Students participating in activity



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Pic 2 Students displaying their Journals



Pic 3: Students displaying their Journals



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Pic 4: Group Picture