



**Dempo Charities Trust's
DHEMPE COLLEGE OF ARTS & SCIENCE
Miramar, Panaji-Goa**

Online Workshop/Webinar/Conference/Symposia

- **Name of the Department:** Psychology
- **Title of the Workshop/Webinar/Conference/Symposia:** Art Therapy Workshop
- **Date/s, Month, Year:** 7th and 8th December, 2022
- **Type: State/ National/International:** State
- **Co-ordinator:** Dr. Mukta Karamadi
- **Asst. Co-ordinator (if any):** -
- **Resource person/s:** Ms.Ridhi Pugalia
- **Affiliation of Resource person/s:** Counselling Psychologist at Muktha Foundation
- **Chief Guest / Key note speaker if any:** -
- **Total No. of beneficiaries:** 43
- **International, National, State:** State
- **Concept Note: (Not exceeding 100 words):**

Two day workshop on Art therapy was organized by the Department of Psychology of DCT's Dhempe College of Arts and Science in association with 'Flourish Life School, Bengaluru on 7th and 8th of December, 2022.

Art is a powerful tool that can give a voice to thoughts, feelings, and memories while helping to restore one's well-being. The workshop was therefore organized with an objective to help participants equip with the various techniques of art therapy which could be than used as professional psychologists.

Resource person–Ms. Pugalia introduced the concept of ‘art therapy’ in the first session and later conducted various activities which also included designing logo, sketching self, and emotive doodling. As engaging in the creative process can activate the imagination, help foster self-expression, problem-solving and self –care, Ms. Pugalia encouraged participants to actively contribute with an aim to help participants experience their sense of self.

Towards the end of the workshop, a brief valedictory function was held and the certificates were presented by to the participants. Prof.Vrinda Borker, principal of Dhempe College in her speech highlighted the significance of overall wellbeing and also expressed her concern towards the mental health of today’s youth. She further encouraged the participants to keep themselves updated so to meet to the needs of the current times. She also thanked the resource person for conducting the workshop and congratulated the participants on successful completion of the two day workshop. Further, Dr.Mukta Karamadi , Head of Department of Psychology proposed the vote of thanks and once again congratulated the participants.

Photograph/s

