SHRI VILE PARLE KELVANI MANDAL'S
USHA PRAVIN GANDHI COLLEGE OF ARTS, SCIENCE AND COMMERCE AFFILIATED TO UNIVERSITY OF MUMBAI

NAAC ACCREDITED 'A' GRADE

IQAC & Department of BA FTNMP

in Collaboration with

Artistic Humans

Organises

EXPLORING CREATIVE EXPRESSIONS

A 15-hr Self Care & Mental Wellness Workshop

Bindiya is a trainer in Theatre of the Oppressed and an in-training Expressive Arts Therapist. Bindiya has been doing theatre for 16 years and is an artist, writer, director, and process based facilitator. She has been facilitating since the last 7 years for students, the youth, parents, teachers and co-travelers of this planet.

Bindiya Vaid,
Facilitator

25 OCTOBER- 28 OCTOBER, 2021

TIME: 1 PM TO 5 PM

UPG CAMPUS, 3RD FLOOR, ROOM NO. A

CONTACT- PROF. ASHISH MEHTA : 9819093323

Report

Exploring Creative Expressions Self Care & Mental Wellness Workshop

IQAC of SVKMS Usha Pravin Gandhi College of Arts Science and commerce, Department of BAFTNMP in collaboration with Artistic Humans & Bindiya Vaid had organised a 15 hours workshop on Exploring Creative Expressions - Self Care & Mental Wellness. From 25th October 2021 to 28th October 2021 attended by 125 students of FYBAFTNMP

This workshop created for participants a safe space to recognise, acknowledge, learn, share and experientially understand what self-care and mental health well-being looks like, knowing its value, uses, and benefits. It ensured that the space is charged with questions, understanding, disagreements, and a consensus regarding the practicality of abstract notions like 'be kind to yourself' and 'you are not alone'.

Day 1: participants were playfully introduced to the concept of Expressive Arts using experiential activities using colours, music, theatre activities and psychodrama. The intention will be for the students to get comfortable with the modalities, identify what shifts they experience and the basics of what mental health means to them, and what self-care looks like in an ideal world.

Day 2: Using Modalities of Art and Music continued from the strings of what mental health is and could look like, as well as self-care. It then progress using art and music with specifically designed activities like Lyric Substitution, Response Art, etc... to evoke, recognise and deal with latent emotions that are brought forth with stimulus provided.

Day 3 started with tying up threads from the two previous days, delving now into using our bodies more to identify where one is and 'move' or 'shift' towards where one wants to be. This was aided by Image Theatre, and Role Playing and was most definitely be cathartic. The intensity of the session was balanced by games and activities that were fun to participate in and gave insights at the end of it, like Image Fishbowl, School Student Closing, etc. There was periodic sharing circles to gauge where the group was and how they are responded to the session.

Day 4: Journaling, Doodling and Practicing Gratitude was a closing act for the entire workshop, it started with tips and techniques to journal and doodle, the effects of the same, and then moved on to how one could "practice" gratitude as a self-care routine. Students were encouraged to make their own self-care "kit" where they would make a list of what works for them to cope and deal with different emotions as they experienced in the workshop.

Course coordinator

USHA PRAVIN GANDHI COLLEGE OF ARTS, SCIENCE AND COMMERCE MUMBAI 400 056.

Principal

Artistic Humans

Empowering Art, Building Communities

30 October 2021

To,
Dr. Mrs Anju Kapoor,
Hon. Principal,
Usha Pravin Gandhi College,
Vile Parle (West), Mumbai - 400056

Respected Madam,

Greetings to you!

I am writing you this letter with immense gratitude towards our first successful collaboration and wish to share my personal experience of working with your institution.

As colleges reopened, and students returned to college almost after 2 years there are many concerns to be addressed and you must be rightly aware of them. Being a young organization that works with youth, we felt that we have a responsibility and role to play. We have tried various ways of integrating art as a part of human development.

Hence we decided to conduct a Mental wellness workshop through art. But, even though my teammate, Bindiya Vaid who collaborated with Artistic Humans for a few projects agreed to do a pro-bono collaboration for this cause, I knew we had limited bandwidth.

While most colleges wanted to do it, exams and other timings clashed with the dates we offered. Among the colleges we approached,
I would like to say that your institution was the one where we received the most proactive response in terms of speeding up the collaboration. Right from the length of the workshop to its implementation, I want to thank the genius of Prof. Ashish Mehta who went out of his way to make this a successful collaboration.

Ashish sir treated me and my team with warmth, care and made us feel like a part of this institution. I am also thankful for the thoughtful gesture that yearned for our craving for knowledge and a heartful festival gift. We had no expectations and this was very overwhelming.

The students also responded to our efforts positively. Most of them attended all 4 days and sincerely participated in all the activities we conducted. They approached the workshop with respect & accountability.

Under your leadership, I have heard that there is a culture of care and compassion in the institution. Every student's growth is personally looked into. I am glad to know that on many fronts our vision unites. Artistic Humans stands for progressive thinking, strong moral and ethical values and believes in equal opportunity for all. Our efforts are towards integrating art, innovation and entrepreneurship in areas that cater to the empowerment of human life.

I believe that this is just the beginning of a beautiful start and there are many areas we can look forward to collaborating to create an impact that empowers the students, the youth, and changemakers of our country.

Best regards,
Darshan Mahajan
Founder/ Director,
Artistic Humans

Compliments
Akapoor
30/10/2021

INDIRA GANDHI COLLEGE OF ARTS, SCIENCE AND COMMERCE 2 USHA PRAWIN GANDHI
MUMBAI
400 056.

Ok' Akapoor
30/10/202

Exploring Creative Expressions
Self Care & Mental Wellness Workshop

Usha Pravin Gandhi College of Arts, Science And Commerce
x
Artistic Humans & Bindiya Vaid

Introduction

Expressive Arts consists of any form of art that can be used to express oneself- using music, art, movement, theatre, games, storytelling, poetry, sharing circles and even silence. Increasingly, studies have shown that using expressive arts as part of therapy or therapeutic spaces is much more impactful, useful and wholesome as compared to simply talking or verbalizing. Different tools and modalities have been constructed and have been experimented with, successfully. Mental health well-being and expression are correlated to a large extent as "people start to heal the moment they start feeling heard". Not everyone, though, has the vocabulary to express what's going on within their minds and hearts and bodies. Using creativity infused activities to tap into the unsaid and edge towards a better understanding of ourselves, our communities, and our societal structures can help immensely to identify/recognise, accept and then work towards where one would rather be. Even as a daily practice, or a regular practice, the activities shared in the workshop will be useful, adaptable and reusable without it getting tiring, redundant or monotonous.

Intention

To co-create a safe space to recognise, acknowledge, learn, share and experientially understand what self-care and mental health well-being looks like, knowing its value, uses, and benefits. To ensure that the space is charged with questions, understanding, disagreements, and a consensus regarding the practicality of abstract notions like 'be kind to yourself' and 'you are not alone'. Artistic Humans and Bindiya Vaid, both are part and patrons of Expressive & Performance Arts, who favour theatre as a tool to catalyse dialogue, change and experiences that are impactful, and so the intention is also to incorporate this firmly within this 15 hour workshop spread over 4 days.

USHA PRAVIN GANDHI COLLEGE OF ARTS, SCIENCE AND COMMERCE
MUMBAI
400 056.

Day 1:

Introduction to Expressive Arts

The 4 hour session will playfully introduce the concept of Expressive Arts using experiential activities using colours, music, theatre activities and psychodrama. The intention will be for the students to get comfortable with the modalities, identify what shifts they experience and the basics of what mental health means to them, and what does self care look like in an ideal world.

Day 2:
Using Modalities of Art and Music

The 4 hour session will continue from the strings of what mental health is and could look like, as well as self care. It will then progress to using art and music with specifically designed activities like Lyric Substitution, Response Art, etc, to evoke, recognise and deal with latent emotions that are brought forth with stimulus provided. The session will keep breaking for sharing circles and will tap into the group's energy before moving.

Day 3:
Using Activities of Theatre of the Oppressed and Psychodrama Therapeutically

The 4 hour session will start with typing up threads from the two previous days, delving now into using our bodies more to identify where one is and 'move' or 'shift' towards where one wants to be. This will be aided by Image Theatre, and Role Playing and will most definitely be cathartic. The intensity of the session will be balanced by games and activities that are fun to participate in and yet give insights at the end of it, like Image Fishbowl, School Student Closing, etc. There will be periodic sharing circles to gauge where the group is and how they are responding to the session.

Day 4:
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This 3 hour session will act as a closing for the entire workshop, starting with tips and techniques to journal and doodle, the effects of the same, and then move on to how one could "practice" gratitude as a self care routine. Students will be encouraged to make their own self-care "kit" where they make a list of what works for them to cope and deal with different emotions as they experienced in the workshop. The closing will consist of a brief recap of all the activities done so far, and a 'check out' aiding them to reflect on the workshop, its highlights, lowlights, revelations, and feedback.

About the facilitator: Bindiya Vaid

Bindiya has been doing theatre for 16 years and is an artist, writer, director, and process based facilitator. She has been facilitating since the last 7 years for students, the youth, parents, teachers and co-travelers of this planet.

Bindiya is a trainer in Theatre of the Oppressed and an in-training Expressive Arts Therapist. She is passionate about creating safe spaces for dialogue and change. Bindiya started

"Maahtaab"- which is a weekly online sharing circle- in May 2020, and it's still functional and open to all.
Integrating tools from Expressive Arts and Theatre of the Oppressed, she holds spaces for dialogue, conflict exploration, self discovery, life skills development, leadership building, and change.

Her workshop "Dheel De!" which was started in 2018 has found its way into articles, newspapers, and is said to be a 'safe, fun and solid way to encourage mental health wellbeing'

Instagram: @bindiyavaid
Website: www.bindiyavaid.com

About Artistic Humans:

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Artistic Humans have tried and experimented various artistic integration in education, mental Wellness and skill development.

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ATTENDANCE FOR THE WORKSHOP ON EXPLORING CREATIVE EXPRESSIONS A SELFCARE AND MENTAL AWARENESS WORKSHOP

	Student Number	First Name	Middle Name	Last Name	25-10-2021	26-10-2021	27-10-2021	28-10-2021
	53008210001	PRIYATA	PAVAN	KAPOOR	P	P	P	P
	53008210002	DHAIRYA	RAJESHKUMAR	GEHANI	P	P	P	P
	53008210003	SUTLEJ	SHASHIKANT	MANE	P	P	P	P
	53008210004	KRISHNA	ASHISH	VERMA	P	P	P	P
	53008210005	AARAV	PARAS	TRIVEDI	A	A	P	P
	53008210006	SANIYA	MEHUL	ZAVERI	P	P	A	P
	53008210007	RINESH	MONTOO	DALAL	P	P	P	P
	53008210008	VANSH	MANISH	PANDYA	P	P	P	P
	53008210009	JAY	ATUL	KHONA	P	P	A	P
	53008210010	KAVAL	SUNIL	SHAH	A	P	P	P
	53008210011	SMARNI	AMOL	RANDIVE	P	P	P	P
	53008210012	MANAV R	ROHIT BHATIA	BHATIA	P	P	P	P
	53008210013	NIKUL	DHANJI	SANDHA	P	A	P	P
	53008210014	ADIL	TAHIR SAIFY	SAIFY	P	P	P	A
	53008210015	PRANAV	SANDEEP	CHAWLA	P	P	P	P
	53008210016	JAY	HARSHAL	SHAH	A	P	P	P
	53008210017	AADYAA	SANJAY	TRIVEDI	P	P	A	P
	53008210018	SANSKAR	GANESH	SAWANT	P	P	P	P
	53008210019	PREM	VINAY	RANE	P	P	P	P
	53008210020	SAHIL	PRAVINKUMAR	PATEL	A	P	A	P
	53008210021	KRUTI	BHADRESH	THAKKAR	P	P	P	P
	53008210022	ZEESHANALI	AMIRALI	DOSSA	A	A	P	P
	53008210023	RAAJLAKSHMI	PRASHANT	JAIN	P	P	P	P
	53008210024	AAMIR	SAJID	SHAIKH	P	P	A	P
	53008210025	SIDDHANT	RAJESH SHETTY	SHETTY	P	P	P	P
	53008210027	PARTH	MOHAN MALVIYA	MALVIYA	A	A	P	P
	53008210028	RAHUL	KAMAL	GANDHI	P	P	P	P
	53008210029	AMER	ABDUL MUNAF	KHAN	P	P	P	P

	53008210030	KOMAL	PRAKASH	SHUKLA	P	P	P	P
	53008210031	GAHNA	BHOJRAJ	WADHWA	A	P	A	P
	53008210032	MAITREYA	SUBHASH	DUDHGAONKAR	P	P	P	P
	53008210033	OMM	SANJEEV	MOHAPATRA	P	P	A	P
	53008210034	RACHEL	RAJESH	BABBAR	P	P	P	P
	53008210035	SHARAN	VIRENDRA	SHETTY	A	P	P	P
	53008210036	ANAADYA	BAKUL	THAKKER	P	P	P	P
	53008210037	VIHAAN	VINAY	APTE	P	P	P	P
	53008210039	ARHAT	RAKESH	KAUSHIK	P	A	A	P
	53008210040	YASH		DUBEY	P	P	P	P
	53008210041	KARNIT	LOKESH MUKUT	MUKUT	P	A	P	P
	53008210042	SHARANYA	NAYAN	GHOSH	P	P	P	P
	53008210043	AFFAN	SHERU	RAZA	P	P	P	P
	53008210044	SHWETA	RAMDAS	AROTE	P	P	A	P
	53008210045	ARNAV	PANKAJ	THATTE	P	P	P	P
	53008210046	BHAVYA	DEVANG	MODI	P	A	P	P
	53008210047	ANGAD	GURDIP	BHATTI	P	A	P	P
	53008210048	PRATHAM	RAJESH JAIN	JAIN	P	A	P	P
	53008210049	DISHA	RAMESH	JAIN	P	P	P	P
	53008210050	ARYAN	JIGESH	SHAH	P	P	P	P
	53008210051	BRANDON	AVIT	DIAS	P	P	P	P
	53008210052	KUNAL	SANTOSH KULDEEP	KULDEEP	P	P	A	P
	53008210053	TIRTH	RAJENDRA	PARSANA	P	A	P	P
	53008210054	ARIANA	KHALID	SIDDIQUE	P	P	P	P
	53008210055	TITHI	AMIT	JOSHI	P	P	P	P
	53008210056	ASHUTOSH	SANJAY	PRASAD	P	A	P	P
	53008210057	AMAAN	PARVEJ	PEERZADA	P	P	P	P
	53008210058	FALAK	TAPASWI	GOR	P	P	A	P
	53008210059	PREM	ASHOK	DHANDHUKIA	A	P	P	P
	53008210061	JANVI	DINKER	HIRAWAT	P	P	P	P
	53008210062	RISHI		SHAH	P	P	P	P
	53008210063	POOJA	RAJESH	VYAS	P	A	P	P
	53008210064	SHRESHTHA VRAT	MR. DEEPAK KUMAR TIWARI	TIWARI	P	P	P	P

	53008210065	VEDANT	VINOD	AGRAWAL	P	P	P	P
	53008210066	VANSHIKA	MANISH	WADHWA	P	P	P	P
	53008210067	GAUTAM	VRUNDAVAN	RAJANI	A	P	A	P
	53008210068	DISHA	DHARMESH	JANANI	P	P	P	P
	53008210069	DIYA	DHARMESH JANANI	JANANI	P	P	P	P
	53008210070	ADITYA	JANAK	JOSHI	P	P	P	P
	53008210071	AMEYA	SANJAY	KENI	P	A	A	P
	53008210072	ANANYA	SUBRAMANIAN	IYER	P	A	A	P
	53008210073	MONIT	RAMESH	THAKUR	P	P	P	P
	53008210074	KAJOL	JEEVANLAL	SHRESHT	P	P	P	P
	53008210075	TANMAY	SANTOSH	RAJPURKAR	P	P	P	P
	53008210076	AKANGBA	L YOUDANG JAMIR	JAMIR	P	A	A	P
	53008210077	KHUSHI	R	KAMBLE	P	P	P	P
	53008210078	TANISHQ	SUNIEL	BHARDWAJ	P	P	P	P
	53008210079	BAL	SATYENDRA KUMAR PANDEY	KRISHNA	P	P	P	P
	53008210080	ADITI	SATYABRAT	MISHRA	P	P	P	P
	53008210082	MITALI	B	WAIRKAR	P	P	P	P
	53008210083	GOHARKHAN	RAJEKHAN	PATHAN	P	P	P	P
	53008210084	RIDDHI	SULABH	SHARMA	P	P	P	P
	53008210085	KARISHMA	HIMANSHU PAREKH	PAREKH	P	A	A	P
	53008210086	SPANDAN	SAMIT	PANDA	P	P	P	P
	53008210087	ADITYA	NIKHILESH	KONAR	P	P	P	P
	53008210088	NAMAH	CHANAKYAA	MISTRY	P	P	P	P
	53008210089	SLESHA	AMIT	SHAH	P	P	P	P
	53008210090	RIDHEESH	BADRISH	GHILDIYAL	P	A	A	P
	53008210091	SOHAM		MUKUT	P	P	P	P
	53008210092	ADITYA	ABHAY	SINHA	P	P	P	P
	53008210093	KHUSHI	SAMEER	AREKAR	P	P	P	P
	53008210094	SHRADDHA	ASHIRWAD	HADKAR	P	P	P	P
	53008210095	TAYAN	ANIL V KUMAR	SHARMA	P	P	P	P
	53008210096	SORATHIYA	SHAILESH	SRUSHTI	P	P	P	P
	53008210097	ARYAN	RAJESH	VIRA	P	A	A	P
	53008210098	ISHITA	NILESH	MEHTA	P	P	P	P

	53008210099	VARSHA	PAWAN	DAGA	P	P	P	P
	53008210100	CHRIS	VIJAY	PEREIRA	P	P	P	P
	53008210101	RIJUL		SHAH	P	A	A	P
	53008210102	ANUSHKA	KULDIP	KERKAR	P	P	P	P
	53008210103	SAILEE	NILESH	PATIL	P	P	P	P
	53008210104	JASHH	FALJII	CHAUDHARY	P	P	P	P
	53008210105	DHRUV	NIREN	SHAH	P	P	P	P
	53008210106	PALAK	KALPESH	SHAH	P	P	P	P
	53008210107	PRASHANT	GANESH	DIDULE	P	P	P	P
	53008210109	VEDIKA	TUSHAR PANDIT	PANDIT	P	P	P	P
	53008210110	SOUMYA	RAJNISH	THAMMAN	P	P	P	P
	53008210111	AMIT	SANJEEV RANJAN	RANJAN	P	P	P	P
	53008210112	SAHIL	SRIKRISHNA	RAJPUROHIT	P	A	A	P
	53008210113	DEV	ROHIT	SHROFF	P	P	P	P
	53008210114	YASH	PARVEEN MALHOTRA	MALHOTRA	P	P	P	P
	53008210115	ZAHRA	ALIASGAR	KHOKHAR	P	A	P	P
	53008210116	DEVANSHI	BHARAT	SAVLA	P	P	A	P
	53008210118	DHIREN	NANDKUMAR	VICHARE	P	A	P	P
	53008210119	FARHAN	SAROSH	DABHOIWALA	P	P	A	P
	53008210120	MOHAMMED AZHEEM	KM ASHRAF	AFTHAR EP	P	P	P	P
	53008210121	MOHAMMED FAIZAL	AFZAL	KHAN	P	A	A	P
	53008210122	PRAGYA	AGAST ANNAND	ANAND	P	P	P	P
	53008210123	CHINMAY	ARUNN	SATAM	P	P	P	P
	53008210124	PRATIK	DATARAM	BHUVAD	P	P	P	P
	53008210125	PRATHAMESH	GANESHPRASAD BHAT	BHAT	P	P	P	P
	53008210126	DHRUV	SAMIR	SHAH	P	P	P	P
	53008210127	URMIL	PARESHKUMAR	SHAH	P	A	A	P
	53008210128	ARYAN	HEMANG	DOSHI	P	P	P	P
	53008210129	SMIT	BHAVEN	DEVANI	P	P	P	P
	53008210130	ATHARVA	YASHWANT	KADAM	P	A	P	P
	53008210131	GIA	VIMAL	JOSHI	P	P	A	P

Usha Pravin Gandhi College of Arts, Science & Commerce

Bhakti Vedanta Swami Marg, North-South Rd. No. 1, Juhu Scheme, VileParle-W, Mumbai-400056
NAAC Accredited "A" Grade with CGPA 3.04

DATE : 28/10/21

NAME OF THE TEACHER : Bindiya Vaid

NAME OF THE COURSE : Exploring creative expressions for self care and mental awareness workshop

*** Please tick in the correct bracket:**

1) The knowledge I gained through this course is

( ) below average ( ) average (✓) good ( ) excellent

2) The command of the faculty over his content is

( ) below average ( ) average ( ) good (✓) excellent

3) Faculty's attitude toward students

( ) below average ( ) average ( ) good (✓) excellent

4) Faculty's skill in making the class interactive while teaching

( ) below average ( ) average ( ) good (✓) excellent

5) Compare the course to your expectation

( ) below average ( ) average (✓) good ( ) excellent

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