

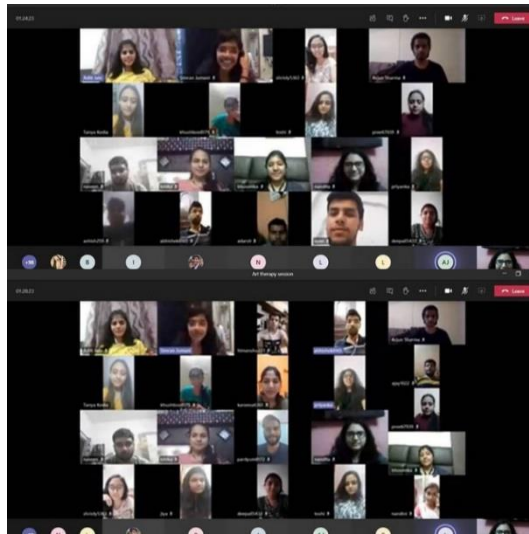


**2020-2021**

**Name of the Department/Society:** National Service Scheme

**Name of the Event 13:** Art Therapy Session

**Date of the Event:** 8<sup>th</sup> October, 2020



On Day 4 of Joy of Giving week, we at NSS Hansraj conducted a webinar on Art Therapy where well versed and experienced speakers interacted with over 100 students and shared their knowledge in the field of art and creativity. They explained that Art therapy integrates psychotherapeutic techniques with the creative process to improve mental health and well-being, which help people to explore self-expression and find new ways to gain personal insight and develop new coping skills. At last they also talked about, what people can do to remain stress free and happy all the time like walking outside, having a talk with nature, listening to music, writing and many more. Volunteers also learned how to make a cartoon character in just two minutes and how to engage their energy in something productive. The session came to an end with a note that: Everyone has talent-an art of their own, what we have to do is just believe in ourselves and be consistent.