



R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharashtra, INDIA.

Website: www.rjcollege.edu.in Email: rjcollege@rjcollege.edu.in Tel No: +91 22 25151763 Fax No: +91 22 25150957

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

DATE:12/04/2021

AS A PART OF STUDENT CAPACITY BUILDING INITIATIVE IN COLLABRATION WITH ROTARACT CLUB OF RAMNIRAJAN JHUNJHUNWALA COLLEGE

On account of world art day we are performing a project to relax and take time out from current Covid situation with the help of art therapy. With the collaboration with 10 clubs. "ART ATTACK 2.0" will held on 15th April, 2021 at 4:00 pm

The detail for joining session:

Meeting ID: 918900988

Passcode: 346635

All are cordially invited.

Prof. Selvi Nadar

BMS Coordinator



Dr. Himanshu Dawda

Principal

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Project Name Art Attack 2.0

Venue Online Time Stamp 2021-05-10 23:28:37.876560

Reporting Month April Quarter Four

Project Status On Time Avenue 1 International Service Start Time 15-04-2021 16:30:00


End Time 15-04-2021 17:45:00

Project Level Club

On account of World Art Day, the main aim of this project was to help the participants relax and take a time out from the current situation with the help of art therapy.

- During this uncertain times and immense anxiety faced by most of the people, an attempt was made to help participants disconnect and feel calm. Art therapy was particularly chosen to celebrate World Art day because utmost need was felt during these tough times.
- The organization, "Open doors" were contacted through Instagram for conducting the workshop. After their confirmation, ideas given by them were discussed and activities on concept of grounding and relaxation were finalized. A Joint project collaboration Message was made and sent. After the confirmation from 9 Rotaract clubs, a whatsapp group with the POCs of the respective clubs was made for easier communication.
- Jpeg and Message was made, sent to the clubs and was posted along with the list of materials required on the respective social media handles as well as whatsapp. The zoom link was sent a day prior to the D-day by "Open doors" It is rightly said, "Art can permeate the very deepest part of us where no words exists" ~Eileen Miller. On the occasion of World Art Day, an art therapy workshop was conducted keeping in mind how last year had been for all of us and how this year is going. Art Attack 2.0 was in association with open doors.
- It was a collaborative project of Rotaract Club of Mumbai Salt City along with 9 other Rotaract clubs. The activities were based on the concept of grounding and relaxation. They were designed in such a way which helped in reflecting our thoughts and end with relaxation. Keeping the lockdown and pandemic in mind they had designed the activities that require basic materials which were as follows: a few blank sheets of paper ; sketch or felt pens; pen, pencil ruler and some basic colors (paints, color pencils) Four activities were conducted along with one meditation segment.




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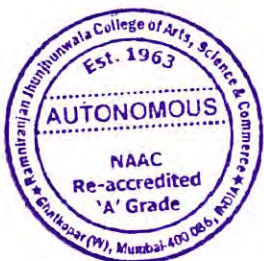
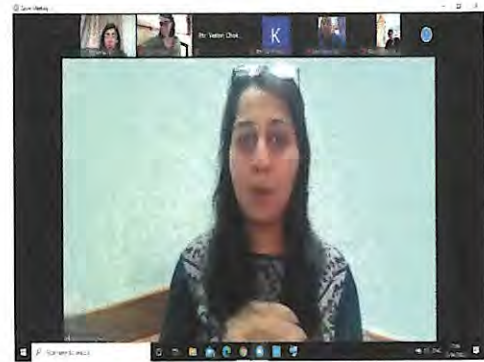
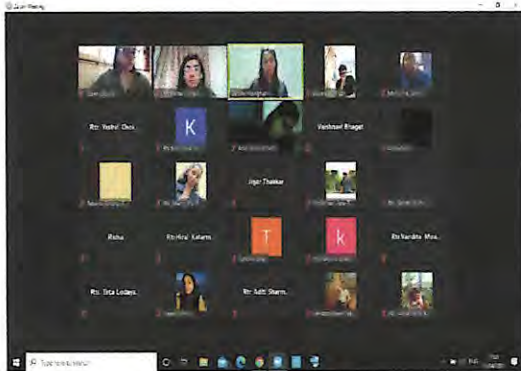
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- In the first activity, participants were asked to trace their palm of the non dominant hand on a sheet of paper, inside the palm things which are in our control were to be written. On the fingertips things we want to hold for lifetime had to be written .And outside the palm things which aren't in control were to be mentioned.
- This activity helped in knowing what we should hold and things we shouldn't worry about because it is not in our control. For the second activity, a tree had to be drawn with the roots and leaves of both green and yellow colours. The participants had to write about their strengths in the roots of the tree, things one wants to let go of in the yellow leaves and things we want to keep/inculcate in green ones.
- For the third activity, the team taught the participants how one can make their own affirmations and how can one use it. The participants were then asked to make one affirmation for themselves along with a picture depicting the same. Next a guided mediation wherein a calm peaceful instrumental music was played along with use of colours, enchanting our affirmations and instructions were directed by the team. This meditation helped in believing in our own affirmations and helped to generate positivity.
- Lastly an activity was performed wherein participants were asked to share a message which they would like to share with the fellow participants about what they learned through the course of a rough year everyone faced 2020. One of the best part was that every activity was thought provoking and introspective and every activity gave the scope to the participants to be as creative as they'd want to be.It was an overall very relaxing and calming session. Colors play a huge role in therapy and this project was conducted to make people know and reflect their agitating thoughts and fears through colors and art.




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ATTENDANCE

SR.NO	First Name	Last Name	SR.NO	First Name	Last Name
1	Mouzzam	Khan	23	Tapisha	Belkond
2	Shubhada	Avate	24	Sushil	Gosavi
3	Rohan	Jana	25	SayyedZakir	Israr Ahmed
4	Esha	Singh	26	Deepak	Yadav
5	Aditi	Upadhya	27	Manju	Yadav
6	Tulsi	Singh	28	Aditi	Sharma
7	Nupur	Rathod	29	Vandana	Dalai
8	Shahin	Shaikh	30	Rahul	Shah
9	Akash	Varma	31	Ritika	Singh
10	Surbhi	Singh	32	Rutuja	Sawant
11	Neha	Pandey	33	Shubham	Pandey
12	Atharva	Talwar	34	Mahendra	Gupta
13	Sahana	Shaikh	35	Deepak kumar	Gupta
14	Aarti	Prajapati	36	Ayaat	Khan
15	Yukti	Verma	37	Kaihan	Shaikh
16	vikas	prajapati	38	Shweta	Singh
17	ShaikhSohel	SalimShaikh	39	Amish	Chheda
18	Ankit	Pandey	40	Antariksh	Kumawat
19	Pratik	Jagadale	41	Priyanka	Sahu
20	Sakshi	Singh	42	Avnish	Dubey
21	Supriya Rajesh	Baranwal	43	Kanak	Kirtawade
22	Chaitanya	Thakur			




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Art Attack 2



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