

OE2125

ART+I : A JOURNEY TOWARDS HEALING THROUGH ART



INSTRUCTOR

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Myself, Mrs. Gargi Raychaudhuri, am an Interior designer, architect, experimental folk artist and a storyteller who is currently teaching at two eminent NID campuses. I am based out of Delhi and founder of a startup called “Artsyhooter” in the B2C art & merchandise space.

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OVERVIEW

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person’s physical, mental, and emotional well-being. Making Art has a positive effect in reducing stress caused due to mental health issues like anxiety and depression. Art therapy, in the context of the Covid pandemic can have a significant impact on the psyche and overall well-being of the participants. It helps to have a correspondence between what is experienced inside and what is expressed outside, to look back and simultaneously move forward, it helps you express by providing you a safe environment.

OBJECTIVE

The purpose of art therapy is essentially one of healing and creating a space for ourselves as socially empathetic designers. In most art therapy sessions, the focus is on your inner experience your feelings, perceptions, and imagination. While art therapy may involve learning skills or art techniques, the emphasis is generally on developing and expressing images that come from inside the person, rather than those he or she sees in the outside world.

METHODOLOGY

Art Therapy - Theory and Practice 1. Art Appreciation Exercises 2. Distress Tolerance Module: The art of doodling in order to relieve stress. Co-analysing the doodles. Assessing emotional needs. Creating a self-portrait to categorise stress factors. Understanding the root causes of one’s own stress. 3. Analysis of stress or anxiety with the help of Art 4. Group discussions on Reading into each other’s Art as an observer 5. As a student, coping up with the stress of COVID pandemic 6. 3-day Self-challenge to use art to relieve stress based on principles covered. 7. One to one interaction with the INSTRUCTOR, exhibition and course feedback

KEYWORDS

Stress, Anxiety, Mental-Health, Wellbeing, Stress Relief

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