



SRM Institute of Science and Technology
Tiruchirappalli Campus
College of Allied Health Science

REPORT ON ART THERAPY WORKSHOP

The Faculty and Students of Clinical Psychology, College of Allied Health Sciences, SRM Institute of Science & Technology, Tiruchirappalli, successfully organized the Second Edition of the **HeART to Arts: An Expressive Art Therapy Workshop** on 13 February 2026.

The workshop was conducted with the objective of promoting emotional well-being, self-expression, and mental health awareness among students. The initiative aimed to create a structured and supportive platform for students to explore their emotions through creative engagement while fostering self-awareness and interpersonal understanding.

The programme witnessed enthusiastic participation from students representing various institutions within the SRMIST, Tiruchirappalli campus, reflecting the growing interest in experiential and student-centered learning initiatives.

Inaugural Session

The workshop commenced with a formal welcome address by Dr. Kumar Ebenezar K, Principal, College of Allied Health Sciences. Appreciation was also conveyed to the participating students from different institutions for their active involvement and enthusiasm.

This workshop marked the second edition of the Art Therapy initiative, following the positive response and impactful outcomes observed during its inaugural session. The continuation of the programme underscores the institution's commitment to promoting psychological well-being and holistic development among students.

Objective of the Workshop

The primary objectives of the workshop were:

- To provide a safe and non-judgmental environment for emotional expression
- To enhance self-awareness and reflective thinking among students
- To encourage creativity as a tool for psychological exploration
- To support stress reduction and emotional regulation
- To foster inclusivity, peer bonding, and positive interpersonal engagement

Workshop Proceeding

The session began with an orientation on the concept and therapeutic significance of art as a medium of expression. Students were introduced to the foundational principles of art-based reflective practices, emphasizing that the focus was on authentic expression rather than artistic ability or technical skill.

Participants were encouraged to explore their thoughts and emotions freely through colors, patterns, symbols, and creative forms. The facilitator highlighted how individual choices in art such as themes, composition, and use of space can often reflect personal experiences and internal states.

The atmosphere throughout the workshop was vibrant, relaxing, and interactive. Students engaged actively in the creative process, interacted with peers, and utilized the space in a manner that encouraged openness and comfort. The absence of evaluation or judgment contributed significantly to the psychological safety of the environment.

Thematic relevance and context

The workshop was scheduled during a time that traditionally emphasizes interpersonal relationships and emotional connection. In this context, the session encouraged students to reflect on broader dimensions of connection, including self-awareness, empathy, friendship, and emotional authenticity.

By positioning creative expression as a form of personal reflection, the programme provided students with an opportunity to engage meaningfully with their inner experiences while building positive social interactions within the academic setting.

Outcome and Impact

The workshop successfully established a psychologically safe and inclusive space that facilitated:

- Healthy emotional expression
- Reflective insight and self-understanding
- Strengthened peer interaction and social bonding
- Enhanced awareness of art as a supportive mental health practice
- Appreciation for holistic approaches to student well-being

Participants expressed positive feedback regarding the experiential nature of the session and reported feeling relaxed, engaged, and emotionally uplifted.

Conclusion

The Second Edition of the Art Therapy Workshop was a meaningful and impactful initiative aligned with the institution's vision of integrating emotional well-being with academic development. By combining creativity with structured reflection, the workshop reinforced the importance of mental health awareness and experiential learning within higher education.



