

ARTSCAPE

Positive Mind. Positive Life.

Quarterly Newsletter: January to April 2024

"It's through art that we construct our identity and understanding of the world." - Grayson Perry



Who Are We?

Artscape is a non-governmental organization that seeks to promote holistic well-being through the use of interventions based on Expressive Arts Therapy.

What is Expressive Arts Therapy?



Expressive Arts Therapy is a mental health intervention where individuals use creative modalities such as art, movement, drama and music to explore & express themselves.

It emphasizes the ***creative process over the product*** to promote healing and the realisation of one's potential.

Why Expressive Arts Therapy?

Mental health in India is a growing field. Traditional talk therapy might not work for all populations. It might be too intimidating, or there might be individuals who cannot verbally articulate their inner experiences.

It is effective with both adults and children, and can be used to tackle a range of mental health issues, such as anxiety, low self-esteem, burnout, etc. and provide a new avenue for self-exploration.



 **Our Process:**

Artscape sessions include (but are not limited to) the following Expressive Arts techniques:

Art Therapy

Using visual art (drawing, painting) to express & work through thoughts and emotions.

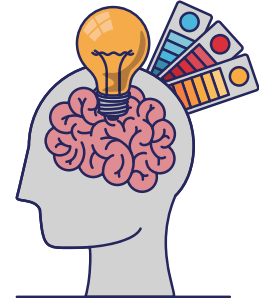


Music Therapy

Listening to & making music to improve mood, exercise creativity

Dance Movement Therapy

Using physical movement & dance to improve mood, create body awareness and coordination



Mindfulness, Relaxation Techniques

Using breath work and calming visualizations to promote self-regulation and centering



Drama Therapy

Imagining & enacting scenarios to express emotions, build confidence and learn to work in teams.

What We Offer:

Artscape carries out its work through 3 main verticals via a diverse range of partnerships in each one:

Care For Cancer

To promote holistic well-being among cancer patients, survivors and their caregivers

Beyond Academics

Imparting life skills & value education for school-going children and young adults.

Corporate Wellness

Employee engagement and well-being in organizations

Our Partners This Quarter



Care for Cancer:



The anxiety and uncertainty of a cancer diagnosis can cause disruptions in the lives of patients and their caregivers. Artscape's Care for Cancer program provides:

- An outlet for emotional expression
- Tools for self regulation
- Opportunities for self-reflection and self-care

Fridays at Wadia Hospital - CPAA:



Artscape facilitators conducted 14 sessions this quarter at the Wadia Children's Hospital recreation centre in collaboration with the Cancer Patients' Aid Association and their program, Giving Smiles. A variety of activities were organized to engage children & parents such as art, movement and even clowning.

St. Jude's India Childcare Centres (online):



8 sessions were conducted via Zoom for St. Jude's India Childcare Centres. Participants joined in from centres pan-India to participate in art and movement therapy to de-stress and express their emotions.

VCare Foundation - ACTREC:



In partnership with VCare Foundation, 6 sessions were conducted at Tata Memorial Hospital's ACTREC centre which promotes cancer research and treatment.

Cancer patients and their families were encouraged to engage in movement for their health and also self-reflect through art and visualisations.

Karo Trust (Sion & Kurla):



Residents of Karo Homes, who are undergoing treatment for cancer, attended 12 Artscape sessions (7 in Kurla, 5 in Sion) to explore movement, art, and team-building games.



Feedback & Testimonials:

The response to the Care for Cancer programs have been overwhelmingly positive, with majority of participants reporting that they feel relaxed and happy. Centre heads also reported seeing a positive change among the participants over time.

Here is what they had to say:

“The child's mother was saying that whenever we do these activities, we forget for a while that we have any problems and we all enjoy a lot together. Everyone has a lot of fun.”

- Centre Head, St. Jude's
(Care for Cancer)

“Learned the importance of mind relaxing, breathing exercises, fun and easy activities for good health.”

- Participant, VCare - ACTREC
(Care for Cancer)

Beyond Academics:



Beyond Academics works towards imparting social-emotional learning (SEL) to children from marginalized backgrounds.

We partner with schools and child-welfare nonprofits to this end.

Engaging children through creative modes, we hope to build confidence, alertness, problem-solving and social skills.

Acorn Foundation (Dharavi & Mahim):



Artscape conducted 11 sessions (5 in Dharavi and 6 in Mahim) for Acorn Foundation, who ensure education access to underprivileged children. Artscape sessions aim to provide additional support and build resilience among these children to build confidence and turn them into well-rounded members of society.

Drama, movement and team-building activities were used to help them come out of their shells and reduce their inhibitions.



SPJIMR - Abhyudaya:



In partnership with SPJIMR's Abhyudaya program, Artscape implemented a 5-module program to build SEL among bright underprivileged children through movement, group activities and self-reflective worksheets.



Feedback & Testimonials:



The Beyond Academics program, along with equipping children with essential life skills, also serve to break the monotony of their routine, which makes the sessions much loved and anticipated by them.

They also retained certain concepts about personal space & boundaries, and talked about how the sessions helped them develop patience and mutual respect.

“Learned many things from this session. In life do any work with hard work and concentration. I like this kind of session teach us daily.”

- Participant, SPJIMR Abhyudaya
(Beyond Academics)

“ I like the session. When I get out in activity I get angry after that I played with focus and I did till the end. Firstly I didn't understand the game then I played carefully.”

- Participant, Acorn Foundation
(Beyond Academics)

“In this session I learned about team work and respecting others’ opinions. Some things we can’t do alone.”

- Participant, SPJIMR Abhyudaya
(Beyond Academics)

“We need to protect ourselves. If we are not comfortable with anyone we should move away from them. We need to say NO without any hesitation for things which we don't like.”

- Participant, Acorn Foundation
(Beyond Academics)



"Thank you for your continued trust and support in achieving our mission. We hope to prolong existing relationships as well as establish new ones."

Kamalika Guha Thakurta, Founder - Director



Artscape is grateful to all of its donors and partners, without whom we would not be able to carry on the good work we do.

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*"The health of the mind is reflected in the health of the body,
and vice versa."*



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