

Expressive Arts for Holistic Well-Being



Quarterly Newsletter : May to August 2024

About Us

Artscape (est. 2016) is a non-governmental organization with a primary focus on using expressive arts therapy for the purpose of holistic well-being, self-exploration and personal development. The aim is to create a balanced approach to health where the goal is not for absence of disease, but rather flourishing of the whole body, mind, and spirit.



About Expressive Arts Therapy

An innovative, experiential approach to holistic well-being

Expressive Arts therapy is a unique methodology that **combines psychology with creative art based tools** to offer the participants a unique experience of intellectual and emotional exploration.

Trained facilitators conduct need-based sessions using tools like music, body movement, drama, art, meditation, journaling that allow participants to find Emotional balance through **Introspection – Reflection – Engagement – Expression** to enable physical, emotional, social and psychological well-being.

Our Programs

Care for Cancer

Diversional therapy and emotional empowerment for cancer patients, survivors and caregivers.
Stress-management and self-care sessions for healthcare providers and support staff.

Beyond Academics

Life skills and value education programs for children.
Self-empowerment and enrichment programs for educators and parents.

Corporate Wellness

Unique sessions on self-management to impact personal well-being and professional productivity.

Open Circle

Expressive arts sessions focussed on self-care that are open and accessible to all groups.



The Artscape Edge

Why use Expressive Arts Therapy over Traditional Counselling?

- Experiential approach with a long-lasting impact
- Can tap into emotions and information not accessible through talk therapy
- Uses non-verbal communication and is adaptable to populations across ages, linguistic backgrounds and levels of ability
- Accounts for unique ways of expression

Highlights This Quarter | Beyond Academics

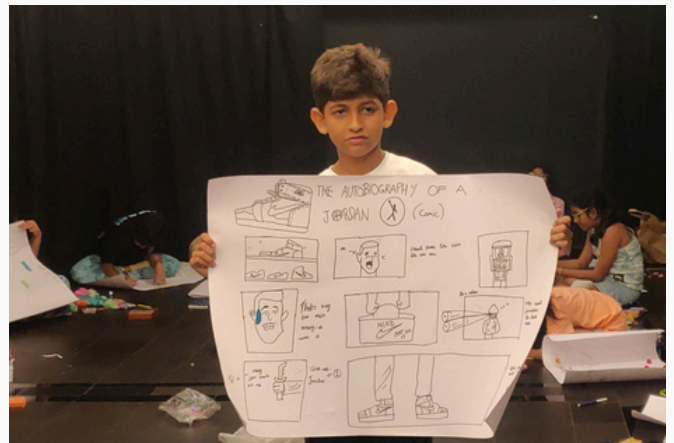
Summer Camp Reimagined

A closer look at *Expressive Edge* - a unique workshop for children at the Prithvi Theatre

Artscape conducted a 7-day program for children at the Prithvi Theatre as part of their Summertime @ Prithvi event. Each day focussed on a different artistic medium (movement, drama, art, storytelling, and so on) and provided children the opportunity to unleash their inner artist, learn about themselves and break out of their shells to engage meaningfully with others.

The proud parents at the end of the student showcase would agree that it was the perfect end to the summer.

You can watch the program showcase [here](#).



"This workshop has taught me life skills that are not taught to us in school. It was a memorable experience and I connected with others. It helped me work better in a team."

- Testimonial from a Student

"This workshop helped draw out a child from their discomfort and helped them be who they are. Life is a journey of exploring who we are. Each child is uniquely blessed and this comes out when they are put through these kinds of workshops. "

- Testimonial from a Parent

Highlights This Quarter | Beyond Academics

The Ripple Effect of Life Skills Education

How inculcating values in children can benefit a community



This summer, we had the opportunity to conduct a life-skills program with 280 children from **Abhyudaya**, a mentorship program by SP Jain Institute of Management and research (SPJIMR).

This group consisted largely of children from underserved communities. This program sought to facilitate personality development for college and career readiness, with due consideration and empathy for their challenging circumstances.



A preliminary need assessment with the children showed deficits in anger management & emotional regulation, trusting others and asking for help.

After a month-long series of sessions focussing on mindfulness, teamwork, emotional awareness, etc., the results of the impact study were heartening to see:

- 78% said they were able to trust and work with others
- 66% were able to calm themselves down when angry or upset
- 67% felt a change within themselves after attending the program

The major takeaways from this program for the students were teamwork, concentration and managing uncomfortable emotions using mindful breathing and grounding.

Here are some insights from the participants about the positive impact of the session -

"I learned about team work and respecting others' opinions. Some things we can't do alone."

"Today I learned that we should do everything whole-heartedly and with our full attention, and not to rush."

Highlights This Quarter | Beyond Academics

The sessions not only gave children a space to relax and express their emotions, but also helped them improve their concentration and ability to work with others.

Some of the children took their learnings home, as mentioned in this insight from the program head of SPJIMR - Abhyudaya:

“When I asked the children how they were finding the Artscape workshops, they said they had a good experience. A few mentioned being able to manage their anger, and one child mentioned that he went home and told his family about healthy ways to manage anger”

- Program Head, SPJIMR - Abhyudaya

When families are burdened with financial strain, poor living conditions and have limited access to resources and opportunities, there may exist unhealthy patterns, even among adults, of dealing with stress and other uncomfortable emotions.

We at Artscape aim to continue doing our part in breaking generational patterns by building awareness within children at a young age.

Empowering Educators

An enrichment program for educators with Doorstep School



Being an educator in a municipal school requires resilience in tackling systemic challenges, as well as self-awareness and empathy to hold space for student concerns.

Our **Educator Enrichment Program** facilitates personal development among educators to strengthen professional competencies.

Here is what participants from Doorstep School NGO had to say about the sessions so far:

“We got to know our strengths and weaknesses through the activity, and how to work on it in the future. We got to know our positive and negative experiences, and how to remove negative thoughts. We learned to analyse ourselves and make ourselves better.”

- Educator, Doorstep School

Highlights This Quarter | Beyond Academics

"Listening is important for good communication. When you listen to someone's words carefully, you understand the depth of what they say and have a positive effect on them. More than what we say, our body language is important."

- Educator, Doorstep School

Supportive educators play a vital role in a child's further development, and hence it is heartening to know that Artscape can contribute meaningfully to a safer, more supportive classroom environment.

Life Skills through Art A Revised Life Skills curriculum at Acorn Foundation



Since inception, we have conducted personality development programs for children of waste collectors in partnership with Acorn Foundation. The idea is to build a sense of self and direction for the future, which will build motivation and help them have healthier social interactions.

This year, we revised our curriculum to incorporate dimensions of social-emotional learning (SEL), such as self-awareness, emotional regulation and team-building, with deep focus on each topic.

Here is what children took away from the sessions on Self-Awareness, which is our current ongoing topic:

"Today I feel so energetic, happy and many more. I have never attended a session like this in my life. Today I learned that every body part of mine is useful for anything, I find confidence in me. The way ma'am was teaching was excellent. I find energy, confidence, team work and so much more. Thank you so much for this session!"

- Student, Dharavi

"We learned things which we haven't thought of before. We learned our likes and dislikes. It was a good day and felt good doing the session."

- Student, Mahim



Highlights This Quarter | Care for Cancer

Art As A Refuge

How Expressive Arts Helps Those Affected by Cancer Find Solace

In addition to the physical strain caused by the illness and its treatment, a cancer diagnosis takes an emotional toll on everyone involved, be it patients, caregivers or survivors.

Our Care for Cancer program, in addition to elevating one's mood, also builds hope and resilience in the face of adversity and empowers the cancer community with tools to face what comes.

Transforming the Hospital Experience

Hospitals are generally associated with gloom, pain and discomfort. But can they also be a place of laughter and play?

In association with the Cancer Patients' Aid Association (CPAA), Artscape brings colour to the waiting room at Wadia Children's Hospital with a variety of activities:

Laughter Therapy through Clowning



Independence Day Celebrations



Games and Storytelling



Along with engaging the children, these sessions also provide relief to caregivers and families. Parenting a child with a cancer diagnosis is challenging, and caregivers are always appreciative of new ways to engage and comfort their children through the process.

A grandparent of one of the children approached the Artscape team after a session to tell us that the child's mother uses one of Artscape's songs to cheer up the child at home.

He expressed his gratitude for the effort put into Artscape's sessions to engage children in play and other activities.

Highlights This Quarter | Care for Cancer

Art As A Refuge (cont.d)

Unravelling Challenges: The Human Knot as a Metaphor for Perseverance



On the surface, games appear to be for enjoyment - but they can lead to surprising insights about life.

The Human Knot - a game where participants hold hands and tangle themselves while one person is assigned to disentangle them - conveys a valuable lesson about persistence in the face of problems. Here is what one of our participants at Karo Home (Kurla) had to say:

"In today's session I learned through the activity that problems keep coming up in life, and how we can handle them and live well."

- Testimonial, Participant - Karo Home Kurla

Being a new experience for many participants, many expressed their frustration while trying to solve the human knot. However, our facilitators encouraged them to look at the problem from different angles and also encouraged them to ask for help.

Going Back to Basics: Learning to Appreciate the Little Things



In India, quality cancer treatment is not widely accessible. In addition to the burden of the illness, many cancer patients and caregivers face the added distress of having to leave home and their loved ones to seek medical facilities in the city.

Artscape aims to help all those affected by cancer create a safe space within themselves and channel their inner child through art, movement and games.

"In today's session we learned that we can find happiness in the smallest of things. We enjoyed the session a lot."

- Testimonial, Participant - Karo Home Sion

Our Partners

Artscape extends its gratitude to our partners for supporting our programs.



Thank You!

Artscape is registered as SRIJON Foundation under the Societies Registration Act, 1860 holding a valid 80G certificate and is exempt from income tax u/s 12A of the Income Tax Act, 1961. It is registered with GUIDESTAR and also has a valid FCRA certificate.

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