

NOTICE:

SCHOOL OF COMMERCE & MANAGEMENT

Department of Management**NOTICE****Ref No: AJU/SCoM/DoM/2025/943****Date: 05.02.2025**

Department of Management, (BBA) in association with Research Society will conduct a workshop on "Canvas of Mind: Exploring Mental Health Through Art" on 07th February 2025 from 10.00 am onwards as a part of participative learning for the students.

All faculty and students are requested to join the session at Block F, Portico.

Resource Person: Dr. Ishita Sarkar, Psycho Oncologist & Mental Health Professional Bagchi
Karunasraya Palliative Care Centre, Bhubaneswar

Event Coordinator: Ms. Sudeshna Sarkar



Dr. Pompi Das Sengupta
Asst. Dean (UG)
School of Commerce & Management

Assistant Dean (UG)
School of Commerce and Management
Arka Jain University, Jharkhand

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2. PS to the Director
3. PS to the Registrar
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WORKSHOP ON CANVAS OF MIND: EXPLORING MENTAL HEALTH THROUGH ART

Date of Event	07.02.2025
Name of the Event	Workshop on Canvas of Mind: Exploring Mental Health Through Art
Type of the Event	Workshop
Conducted by	Research Society & Department of Management
Event Convener	Dr. Pompei Das Sengupta
Event Coordinator	Ms Sudeshna Sarkar
No. Of Participant	44

OBJECTIVE OF THE EVENT:

- 1) To help students identify their inner strengths and positive attributes.
- 2) To encourage self-reflection through writing activities like quotes, thoughts, and inspirational words.

DETAILS:**Introduction**

The Research Society of Department of Management (BBA) organized an interactive and insightful workshop titled “**Canvas of Mind: Exploring Mental Health Through Art**” to address the significance of mental well-being through creative expression. The session was led by **Dr. Ishita Sarkar**, a distinguished **Psycho-Oncologist and Palliative Care Counselor** currently serving at the **Bagchi Karunashraya Palliative Care Centre**. With her expertise in psychology and psycho-oncology, Dr. Sarkar guided students in understanding **mental health through the medium of art and colours**.

Workshop Activities

The session was structured with a combination of **artistic expression and reflective exercises**, creating an engaging and safe environment for students. The key activities included:

- **Art Therapy:** Students used **colors and creative expression** to portray their emotions and thoughts.
- **Writing Exercise:** Participants penned down **motivational quotes, personal reflections, and inspirational words** to foster positive thinking.

- **Self-Discovery Task:** Students engaged in an activity aimed at **identifying their strengths** and understanding how they can leverage them in their personal and academic journeys.

OUTCOME:

Key Takeaways and Outcomes

The workshop proved to be highly engaging and beneficial for the students, providing them with a fresh perspective on mental health. The key outcomes were:

- **Enhanced Awareness:** Students gained deeper insights into mental well-being and emotional resilience.
- **Creative Expression:** The use of art as a medium helped students express their emotions in a non-verbal and therapeutic manner.
- **Boost in Self-Confidence:** The strength-identification exercise allowed students to recognize and appreciate their personal capabilities.
- **Positive Outlook:** Writing quotes and inspirational words reinforced optimism and self-motivation among participants.

The workshop on "Canvas of Mind: Exploring Mental Health Through Art" was a meaningful and enriching experience for all participants. The students thoroughly enjoyed the session and found it insightful and thought-provoking. The Department of Management extends its gratitude to Dr. Ishita Sarkar for her valuable time and expertise in guiding students towards a better understanding of mental health through creativity.



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POSTER OF THE EVENT



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SCHOOL OF COMMERCE AND MANAGEMENT

DEPARTMENT OF MANAGEMENT

THE RESEARCH SOCIETY PRESENTS

*Canvas of mind:
Exploring mental health through art*



RESOURCE PERSON: **DR. ISHITA SARKAR** PSYCHO
ONCOLOGIST & MENTAL HEALTH PROFESSIONAL
BAGCHI KARUNASRAYA PALLIATIVE CARE
CENTRE, BHUBANESHWAR

DATE: 7TH FEBRUARY, 2025 LOCATION: F BLOCK
PORTICO TIME: 10:00 A.M.

FACULTY CORDINATOR : SUDESHNA SARKAR

PRESIDENT: ALISHA ARAY

SECRETARY: KRITIKA KUMARI

Figure 1: Poster of the Event Workshop on Canvas of Mind: Exploring Mental Health Through Art

PHOTOS OF THE EVENT:

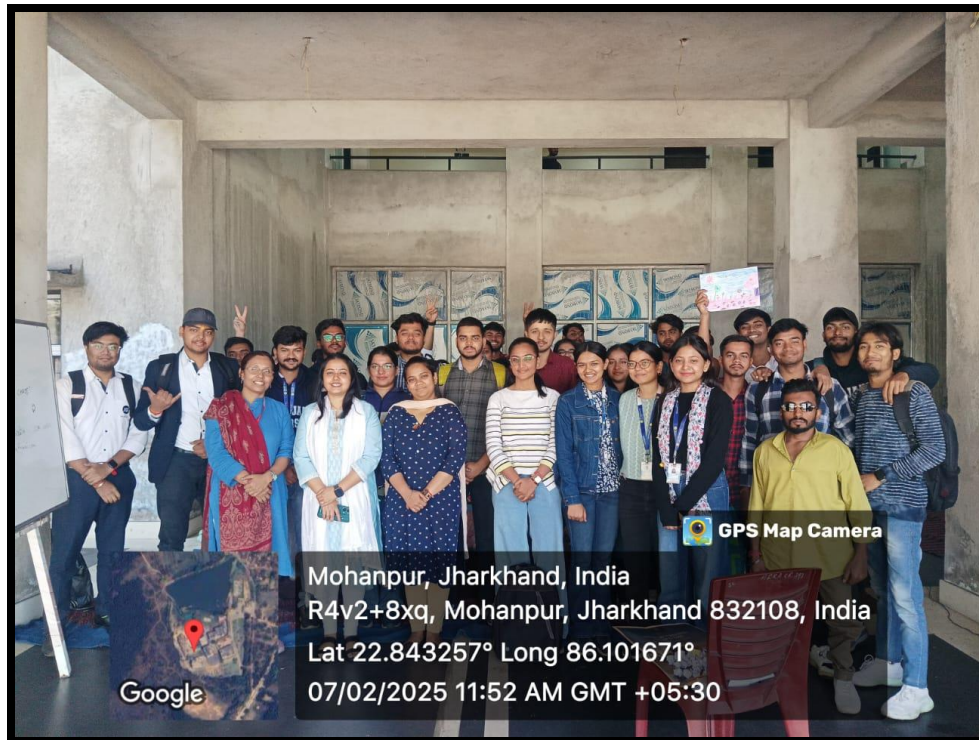


Figure 2: Geo Tagged group photo of the Guest Speaker with the students.



Figure 3: Geo Tagged Image of the guest Ishita Sarkar being felicitated by the program coordinator of Bcom Dr. Ankita Singh



Figure 3: Geo Tagged Image of the student participating in the activity with the guest Speaker Ishita Sarkar.

ATTENDANCE SHEET:

Canvas of mind : Exploring mental health through art					DATE : 07-02-2025
Department of Management					
SL NO.	NAME	ENROLLMENT NO.	Section	SIGNATURE	
1	Kulika Kumari	AJU/221608	BBA-E (3rd yr)	Kulika	
2	Swamy Laha	AJU/221516	BBA-E (3rd yr)	Swamy Laha	
3	Shikha Jray	AJU/221317	BBA-D	Shikha	
4	Sreha Kumari	AJU/222077	BBA-F	Sreha	
5	Abhishek Sharma	AJU/220011	BBA-F	Abhishek	
6	Raman Kumar Gupta	AJU/220749	BBA-B	Raman	
7	Harshit	AJU/221255	BBA-D (H)	Harshit	
8	Suman Chatterjee	AJU/241490	BBA (COM) (B)	Suman Chatterjee	
9	Abhishek Pandey	AJU/231029	BBA (COM) (C)	Abhishek Pandey	
10	Abhishek Kumar	AJU/231574	BBA (COM) (D)	Abhishek Kumar	
11	Ritesh Pathak	AJU/222002	BBA-F (3rd yr)	Ritesh Pathak	
12	Abhishek Kumar	AJU/221813	BBA-F (3rd yr)	Abhishek Kumar	
13	Hr. Sahil Prasad	AJU/221860	BBA-F (3rd yr)	Sahil Prasad	
14	Zainul Huda	AJU/221366	BBA-D (3rd yr)	Zainul Huda	
15	Harshit Kumar	AJU/220391	BBA-A (3rd yr)	Harshit Kumar	
16	Tanish Mukherjee	AJU/221221	BBA-D (3rd yr)	Tanish	
17	Sunny Verma	AJU/220852	BBA-B (3rd yr)	Sunny Verma	
18	Shubham Paul	AJU/221253	BBA-D (3rd yr)	Shubham Paul	
19	Abhishek Kumar	AJU/221502	BBA-E (3rd yr)	Abhishek Kumar	
20	Esha Kumari	AJU/221425	BBA-D (3rd yr)	Esha Kumari	
21	Atish Kumar Singh	AJU/220815	BBA-B (3rd yr)	Atish Kumar Singh	
22	Vishal Ghosh	AJU/221595	BBA-VI	Vishal Ghosh	
23	Sneha Jha	AJU/220796	BBA-VI	Sneha Jha	
24	Raj Ranjan	AJU/221630	BBA-VI	Raj Ranjan	
25	Nisham Kaur	AJU/221515	B.COM (H)	Nisham Kaur	
26	Gourav Dey	AJU/221116	BBA (C)	Gourav Dey	
27	Prasoon Anand	AJU/230029	BBA	Prasoon Anand	
28	AISH KAUR	AJU/221092	BBA (C)	Aish Kaur	
29	AMANPREET KAUR	AJU/220910	BBA (C)	Amantpreet Kaur	

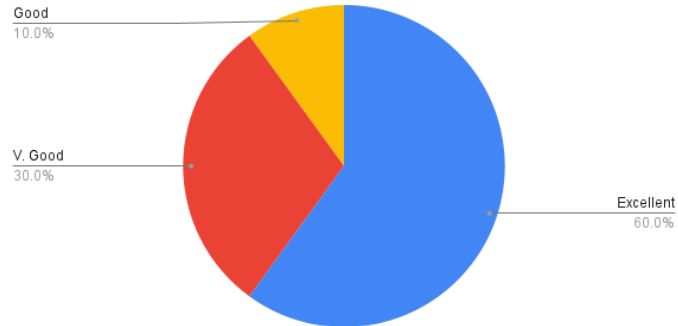
SL NO.	NAME	ENROLLMENT NO.	Section	SIGNATURE
30	AKASH KUNDU	AJU/221060	BBA (C)	
31	TSHAN KR. MANDAL	AJU/221062	BBA (C)	
32	Amit Kaur	AJU/240825	BBA (A) DM	Amit Kaur
33	Sheela Shal	AJU/240671	BBA (A) DM	
34	Bhumi Kumari	AJU/240586	BBA (D) Gen.	Bhumi
35	Sonai Deo	AJU/240885	BBA (A) DM	Sonai
36	Bhanya Anand	AJU/221538	BBA (E) Finance	Bhanya Anand
37	Sneha Agarwal	AJU/220865	BBA (B) HR	Sneha
38	Khushi Mukhi	AJU/221716	BBA (E) Finance	Khushi
39	Priyanshu Konde	AJU/221589	BBA (E) Finance	P Konde
40	Sahil Kumar Singh	AJU/222000	BBA (F) Finance	Sahil
41	Anup Deogam	AJU/2219239	BBA (F) Marketing	Anup
42	Shreuti Goussemi	AJU/220822	BBA (B) Finance	Shreuti
43	Shivam Kumar Rajak	AJU/221696	BBA (HR)	Shivam
44	Ankit Sharma	AJU/220263	BBA (HR) ^{2nd}	Ankit
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Event Coordinator

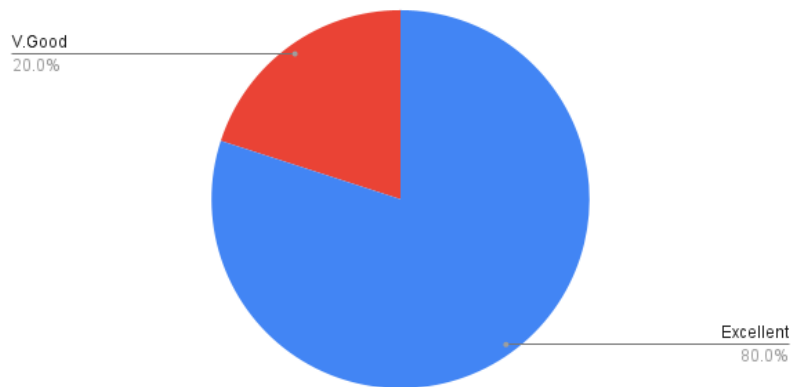
Assistant Dean (UG)
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FEEDBACK ANALYSIS:

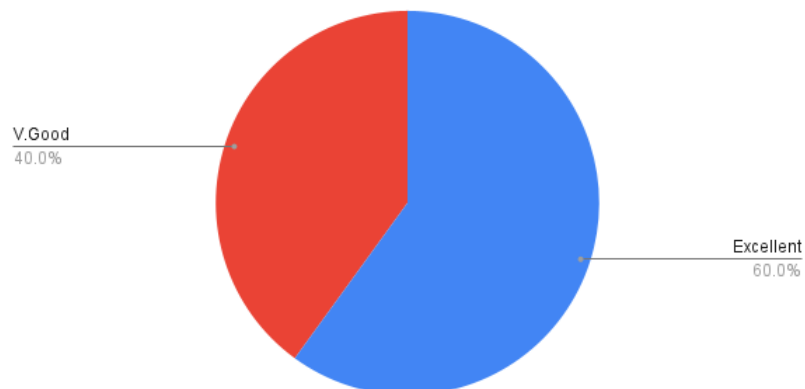
Count of The instructor explained the topic clearly and used Relevant examples



Count of The lecture was interactive and felt engaged

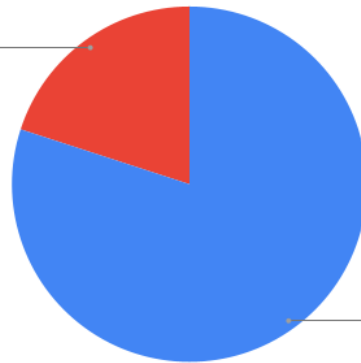


Count of Speaker positively influenced my view towards the topic



Count of In future, I would like to attend the lectures from the speaker

V. Good
20.0%



Excellent
80.0%

Feedback Analysis in Percentage (%)

