

Visual Art Technique on Emotional Well-being of Women: 15/03/2023



I. Basic Details

| Date | Faculty | Department/Committee | Co-Ordinator name |
|-----------------------------------|--|---------------------------|---------------------------------|
| 15/03/2023 | Arts | Education | Dr.Joan Lopes |
| Time | Venue | Total Number of Attendees | Nature |
| 2.00-3.00 pm | St. Teresa's Institute of Education, Multipurpose Hall | F. Y. B. Ed. 45 Students | Indoor |
| Name & details of Resource Person | Names of Staff Members who supported | | Names of Students who supported |
| Ms. Munira Husein | Teaching Staff of STIE | | Rosette Lobo Senia Lopes |

II. Brief Information about the Activity

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| Topic/Subject of the Activity | Visual Art Technique on Emotional Well-being of Women |
| Objectives for conducting Activity | To make aware of emotional abilities To help achieve Emotional Well-being with various techniques |
| Methodology | Narration of a scenario, imagination by students and drawing their imagination on a piece of paper |
| Outcome | The students felt a lot better after the session as compared to before. They also felt that a burden was lifted from them after all the stress that they had been through throughout the months. The session was coming and relaxing to their emotional quotient. |

III. Proofs Attached:

