



Janki Devi Memorial College

University of Delhi

JDMC-IQAC

Name of the event:	Workshop on Art Therapy by the Creative Duo
Date of the Event	15 October 2025
Name of the organizer (s):	IQAC in collaboration with HDFE, SPIC MACAY and Kalakriti
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra college
Objectives of the event:	• To promote emotional well-being and self-expression through creative art practices. • To familiarize participants with the therapeutic benefits of art. • To encourage stress management and holistic development through creative engagement.
Name and Affiliation of the Resource person (if applicable):	Ms. Lina and Ms. Pragya Creative Duo

Brief Report

The Internal Quality Assurance Cell (IQAC), Janki Devi Memorial College, in collaboration with the department of HDFE, SPIC MACAY, and Kalakriti, organized a Workshop on Art Therapy by the Creative Duo on 15 October 2025. The workshop aimed to promote emotional well-being, creativity, and self-expression among students through art-based therapeutic activities.

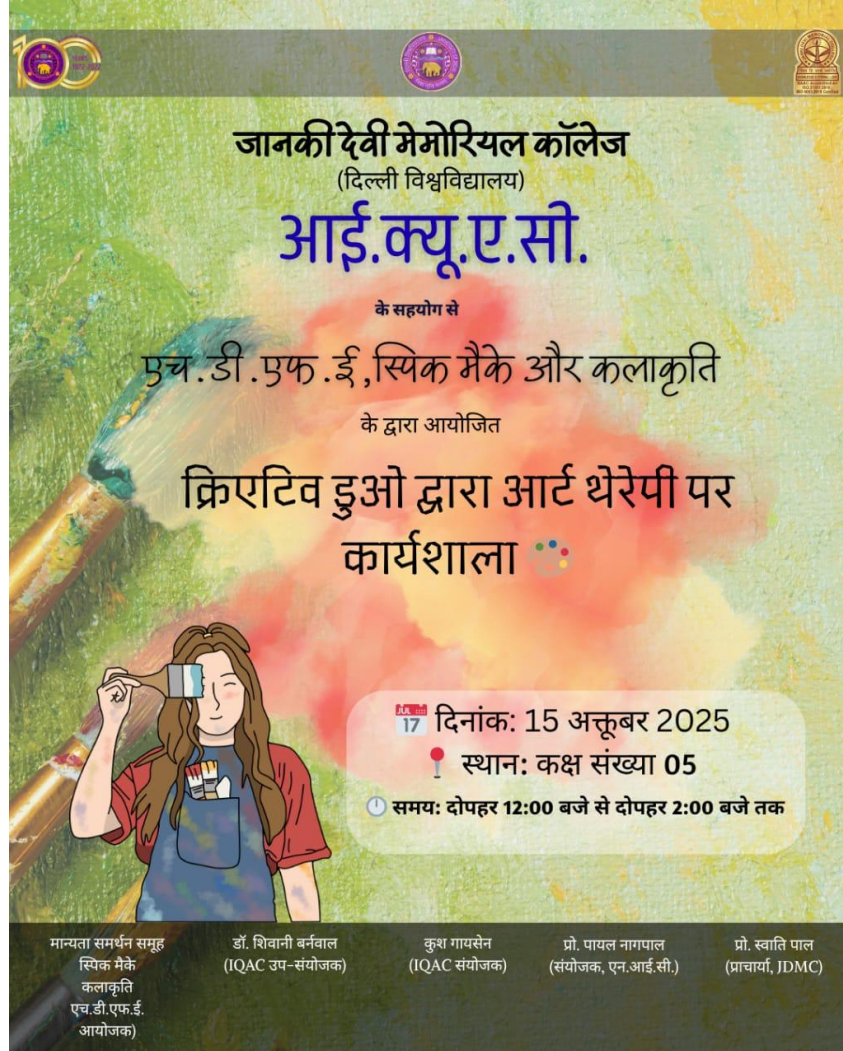
The resource persons, Ms. Lina and Ms. Pragya, introduced participants to the concept of art therapy and highlighted its role in reducing stress, improving emotional resilience, and

enhancing self-awareness among students. Through interactive activities and creative exercises, participants explored different forms of artistic expression and experienced how art can be used as a medium for communication, relaxation, and personal growth. The workshop encouraged active participation in hands-on activities that fostered creativity, mindfulness, and emotional expression. Participants also interacted with the resource persons, who addressed their queries and shared practical techniques for incorporating creative practices into everyday life.

Overall, the workshop was engaging and enriching. It provided participants with valuable insights into the therapeutic potential of art while promoting creativity, emotional well-being, and holistic personality development.

Event Posters:





जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)

आई.क्यू.ए.सी.

के सहयोग से

एच.डी.एफ.ई., स्पिक मैके और कलाकृति
के द्वारा आयोजित

क्रिएटिव ड्रुओ द्वारा आर्ट थेरेपी पर कार्यशाला

17 दिनांक: 15 अक्टूबर 2025

स्थान: कक्ष संख्या 05

समय: दोपहर 12:00 बजे से दोपहर 2:00 बजे तक

मान्यता समर्थन समूह स्पिक मैके कलाकृति एच.डी.एफ.ई. आयोजक)	डॉ. शिवानी बर्नवाल (IQAC उप-संयोजक)	कुश गायसेन (IQAC संयोजक)	प्रो. पायल नागपाल (संयोजक, एन.आई.सी.)	प्रो. स्वाति पाल (प्राचार्या, JDMC)
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Event Photos:



Attendance And Feedback:

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Form Responses 1

Timestamp	Name (As you Want it to be)	Department/Society	College	University	How satisfied are you with the service? (Label 1 as "Very Satisfied")	How relevant and useful is the service? (Label 1 as "Very Useful")	Rate the quality of the service (Label 1 as "Excellent")	Rate the coordination and organization (Label 1 as "Excellent")
10/15/2025 12:45:48	Adeeba Shehzaan	HDFE	Janki devi memorial college	Delhi University	5	5	5 Excellent	T
10/15/2025 12:46:16	Ishmeet Kaur	English Department	Janki Devi Memorial College	Delhi University	5	5	5 Excellent	T
10/15/2025 12:46:46	Khushi Gulia	HDFE	Janki Devi Memorial College	Delhi University	5	5	5 Excellent	B
10/15/2025 12:46:50	Lakshita Gandhi	English	Janki Devi Memorial College	Delhi University	5	5	5 Excellent	It
10/15/2025 12:47:33	Barina Yusuf	ENGLISH DEPARTMENT	Janki Devi Memorial College	University of Delhi	5	4	4 Excellent	T
10/15/2025 12:47:48	Nisha Kumari	Kalakriti	Janki Devi Memorial College	University of Delhi	5	5	5 Excellent	T
10/15/2025 12:48:58	Ramsha Khan	English	Janaki Devi memorial college	Delhi	5	5	5 Excellent	T
10/15/2025 12:49:01	Puja chaubey	Hdfe	Jdmc	Delhi	5	5	5 Poor	I
10/15/2025 12:49:25	Ishika Goel	Kalakriti Art Club	Janki Devi Memorial College	University of Delhi	5	5	5 Excellent	
10/15/2025 12:49:27	Kouser Khan	Human development and social work	Janki Devi memorial college	Delhi university	5	5	5 Excellent	I
10/15/2025 12:49:27	Monika	Kalakriti	JDMC	Du	5	5	5 Excellent	E
10/15/2025 12:49:31	Ayushi	kalakriti	Janki Devi Memorial college	University of Delhi	5	5	5 Excellent	V
10/15/2025 12:49:57	Primica	BA English honors	Janaki devi memorial college	DU	5	5	5 Excellent	V
10/15/2025 12:51:55	Alisha mevs	Hdfe	Janki devi memorial college	Delhi university	5	5	5 Excellent	I
10/15/2025 12:53:39	Mansi Yadav	Human development and social work	Janki Devi memorial college	Delhi University	5	5	5 Excellent	I
10/15/2025 12:56:31	Preethi	Kalakriti society	JDMC	Du	5	5	5 Excellent	V
10/15/2025 12:57:54	Nidhi Maurya	Ba program	Janki devi memorial college	Delhi University	5	5	5 Excellent	T
10/15/2025 13:04:36	Anuja Chakraborty	Spic Macay	Janki devi memorial college	Delhi university	5	4	5 Excellent	T
10/15/2025 13:05:29	Navami P.Vidhu	SPIC MACAY	Janki Devi Memorial college	DU	5	5	5 Excellent	U
10/15/2025 13:08:05	Sarika	Kalakriti	Janaki devi memorial college	Delhi	5	5	5 Excellent	A
10/15/2025 13:10:45	Sonal Kalra	Kalakriti	Janki devi memorial college	University of Delhi	5	5	5 Excellent	E
10/15/2025 13:49:52	Pihu Rani	HDFE	Janki Devi Memorial college	Delhi University	5	5	5 Excellent	E
10/15/2025 15:18:22	Rachana	HDFE	Janki Devi memorial College	Delhi University	5	5	5 Excellent	
10/15/2025 15:18:28	Iqra Amir	English honors	Janki Devi memorial college	Delhi University	5	5	5 Excellent	e
10/15/2025 19:11:41	Anupriya	B.A. Programme	Janki Devi Memorial College	Delhi University	5	5	5 Good	It