

**Report on Art Therapy to Relieve Stress
for Faculty Members, Non-Teaching Staff, and Ph.D. Scholars
Organized by Health Care and Counseling Centre, RGNUL
Date: 10th July 2025
Venues: H-2 and Conference Hall**

In alignment with Rajiv Gandhi National University of Law's commitment to fostering emotional well-being and mental health awareness, the Health Care and Counseling Centre organized a series of Art Therapy sessions on 10th July 2025. These sessions were curated specifically for faculty members, non-teaching staff, and Ph.D. scholars, with the intention of offering a therapeutic and creative outlet to relieve stress, promote emotional balance, and encourage self-expression.

This initiative was conceptualized as part of the university's ongoing efforts to support the mental wellness of all workers. Recognizing the impact of chronic stress arising from academic, administrative, and professional responsibilities, the Health Care and Counseling Centre designed this day-long intervention to provide a safe, supportive, and reflective space for emotional release through artistic engagement.

The sessions were facilitated by Dr. Nayanika, a certified and experienced art therapist. Known for her integrative and compassionate approach, she has conducted therapeutic art sessions in academic, clinical, and organizational spaces. Her work is grounded in the belief that creativity is a natural form of expression that can help individuals process difficult emotions, reduce anxiety, and rediscover inner calm.

The structure of the day included three back-to-back sessions held at two different venues. The first session, from 10:00 am to 11:30 am, was organized in Room H-2 for faculty members. The second session, from 11:45 am to 1:15 pm, was also held in Conference Hall for Ph.D. scholars. The third session, scheduled from 2:00 pm to 3:30 pm, took place in the H-2 and was dedicated to non-teaching staff.

Each session began with a brief introduction to the concept and purpose of art therapy. Participants were reassured that no prior artistic skill was required and that the emphasis would be on personal experience rather than artistic output. Warm-up exercises were used to help participants relax and connect with the creative process. This was followed by guided activities such as symbolic drawing, color mapping, and visualization-based expression. All art supplies including sketch pens and sheets were provided to participants.

The sessions were designed to be immersive and deeply personal. Participants were encouraged to focus on the process of creation rather than the product. They were also given opportunities to reflect on their artwork and discuss their experiences, either privately or in small groups. These reflective discussions were handled with care and confidentiality, allowing participants to explore their feelings in a safe, empathetic environment.

The response to the sessions was overwhelmingly positive. Faculty members appreciated the opportunity to step away from their structured routines and engage in a space that encouraged openness and vulnerability. Many shared that the session allowed them to reconnect with their inner selves and offered a rare moment of mindfulness amid their hectic schedules.

The non-teaching staff expressed gratitude for being included in such an initiative. Several participants noted that this was the first time they had been invited to participate in a wellness session alongside faculty, and they felt acknowledged and valued. The activities helped them relax, reflect, and express emotions that are often suppressed in the busyness of daily administrative duties.

The Ph.D. scholars found the session especially relevant to their current phase of academic life. With the constant pressure of research, deadlines, and career planning, the session offered a space for decompression. It also gave them tools to manage anxiety, foster self-awareness, and use creative techniques as part of their self-care practice.

One of the most meaningful aspects of the day was the active presence and participation of the university's leadership. Honorable Vice Chancellor, Professor (Dr.) Jai Shankar, attended the session for Ph.D. scholars in the Conference Hall. Not only did he attend, but he also participated in the activities, engaging with students and reflecting on the importance of mental well-being in academic life. His presence was a strong endorsement of the university's commitment to emotional wellness and set an inspiring example for the entire RGNUL community.

Registrar, Dr. Ivneet Walia, attended two of the sessions—one with the faculty members and another with the Ph.D. scholars. Her consistent encouragement and willingness to be an active participant were deeply appreciated.

Throughout the day, participants shared spontaneous feedback that reflected the depth of their experience. Some described the session as unexpectedly calming, while others said they had not realized how much stress they were holding onto until they began expressing it through art.

Phrases like “I didn’t know I needed this,” “I feel lighter,” and “This helped me slow down” were commonly heard across sessions.

Many participants also expressed interest in having regular sessions of a similar nature and suggested that such creative mental health interventions be integrated into the university’s annual calendar. The sessions, although simple in structure, created a significant emotional impact and demonstrated the therapeutic potential of non-verbal expression.

In conclusion, the Art Therapy sessions organized on 10th July 2025 were not just recreational breaks from routine but were deeply restorative experiences. They reminded all participants that healing and expression can take many forms, and that art has the power to calm the mind, connect individuals, and bring clarity to unspoken emotions. By organizing this initiative, RGNUL has taken a forward-thinking step in normalizing conversations around emotional well-being and offering practical tools for stress relief.

The sessions reflected the university’s vision of being not just an institution of academic excellence, but also a community that nurtures emotional intelligence, inclusion, and psychological resilience. The Health Care and Counseling Centre remains committed to building on this momentum and continuing to introduce mental health initiatives that cater to the diverse needs of faculty, staff, and students alike.

Dr Jaismeen Kaur

University Counselor

Health Care and Counseling Centre

Rajiv Gandhi National University of Law, Punjab