

# Indira Gandhi National Centre for the Arts Regional Centre, Puducherry

Report for Vihangama

Dt. 27<sup>th</sup> November -2023.

**Report on Workshop on a one-day workshop on Mandala Art, titled "Discover, Explore, Express, Create, and Heal" on 26<sup>th</sup> November- 2023 at Exhibition Hall, Regional Centre, Puducherry.**

On 26<sup>th</sup> November- 2023, the Puducherry Regional Centre of the Indira Gandhi National Centre for the Arts organized a one-day workshop on Mandala Art, titled "Discover, Explore, Express, Create, and Heal." The event, held in collaboration with the Cultural Promotion Committee of the Youth Hostels Association of India, Puducherry State Branch, aimed to introduce participants to the therapeutic and creative aspects of Mandala Art. The workshop was conducted by Mrs. Sagrika Banerjee, an accomplished Art and Mandala Therapist from Chennai.

## **Inauguration of Workshop**

The workshop commenced with the inaugural session, featuring dignitaries Dr. P.V. Prabhakaran, HOD, Dept of Visual Arts, Bharathiyar Palkalaikoodam, Puducherry, as a guest and witnessed the gracious presence of Sri N. Egilane Lebel, State Chairman, YHAI, Puducherry and Sri. T. Saravanan, State President, YHAI, Puducherry, and Mrs. Sagrika Banerjee, Art and Mandala Therapist, trainer of this Workshop. The lighting of the lamp symbolized the commencement of a day dedicated to artistic exploration and self-discovery. The inauguration ceremony commenced with a welcome and introduction address by Dr. Gopal Jayaraman, Regional director, RCP.

## **Highlights of the Workshop**

After the inauguration, Mrs. Sagrika Banerjee presented a comprehensive presentation on the history and cultural significance of Mandala Art, setting the stage for the creative sessions and she explained that how to explore the therapeutic benefits of Mandala Art, emphasizing its potential for stress relief, self-expression, and healing.

## **Skill Showcase:**

Mrs. Sagrika Banerjee's exceptional skills as an Art and Mandala Therapist were evident as she demonstrated various techniques and shared insights into the intricate world of Mandala creation.

## **Hands-on Workshop:**

Participants engaged in a hands-on workshop where they had the opportunity to apply the techniques learned and create their own Mandala Art pieces under the guidance of Mrs. Banerjee.

## **Interactive Session:**

An interactive session allowed participants to share their experiences, ask questions, and gain further insights into the therapeutic aspects of Mandala Art.

The workshop concluded with a special acknowledgment of Mrs. Sagrika Banerjee's skills and contributions to the field of Art and Mandala Therapy. Her ability to inspire and guide participants was commended, and attendees expressed their gratitude for the enriching experience.

## **Conclusion:**

The one-day Mandala Art workshop organized by the RCP and the Youth Hostels Association of India, Puducherry State Branch, proved to be a transformative and enlightening experience for participants. Mrs. Sagrika Banerjee's expertise and dedication played a pivotal role in making the workshop a success, leaving attendees inspired and equipped with newfound artistic and therapeutic insights. The event not only celebrated the beauty of Mandala Art but also highlighted its potential as a powerful tool for self-discovery, expression, and healing. The entire supporting work and all the arrangements for the workshop captivantly have been done by the team of RCP. At the end of the program, Dr. K.T.V. Raghavan, Assistant Professor expressed his gratitude to all dignitaries, organizers, and participants in this workshop.

Prepared by  
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