



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE · INDIA

PSYCHOLOGY ASSOCIATION

PRESENTS

WORKSHOP ON **MINDFUL DOODLING** BY **MS.DHARANI MAHALINGAM**

30 AUGUST, 2019
12-1:45 PM
ROOM 611, CENTRAL BLOCK

OPEN TO ALL DEPARTMENTS



REGISTER NOW!
FOR RS.250/-
at
UG LAB, BLOCK I
1-2PM ON THURSDAY
(First come,
first serve basis)

MINDFUL DOODLING

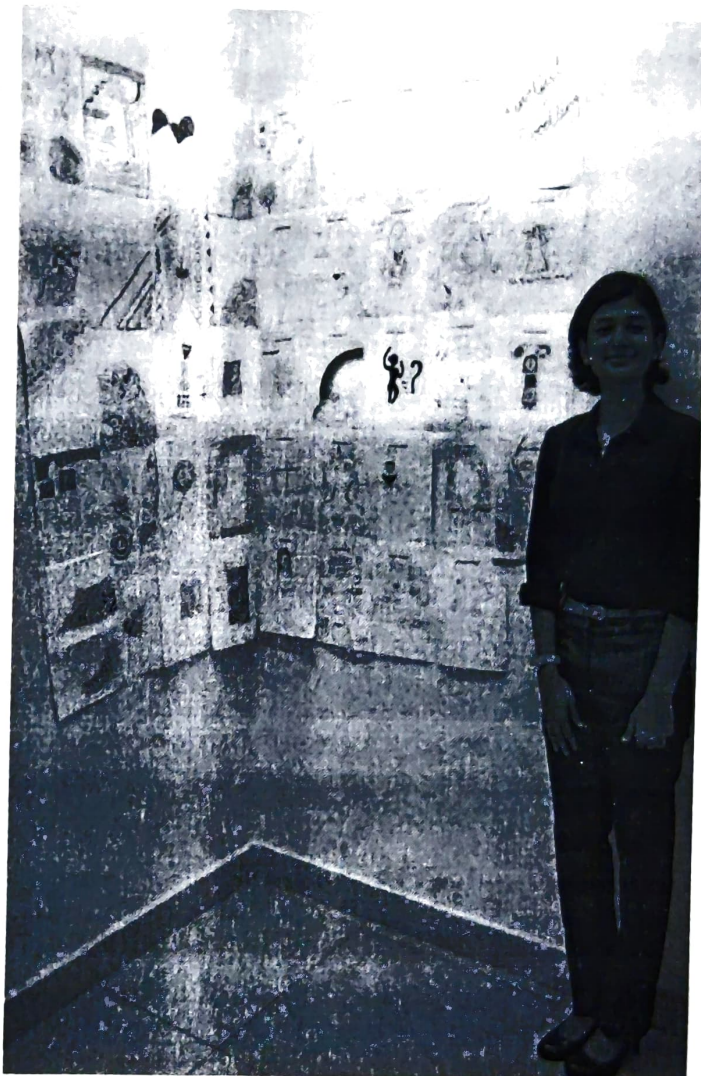
DEPARTMENT OF PSYCHOLOGY
PSYCHOLOGY ASSOCIATION
WORKSHOP ON MINDFUL DOODLING

The workshop on mindful doodling was conducted by Ms. Dharani Mahalingam and Ms. Sudha. It commenced at 12 PM. The first half of the session was taken by Ms. Dharani. She began with a small activity called Expectation VS Reality in which all the participants were told to write what they expect from the workshop and what they want to take away from it.

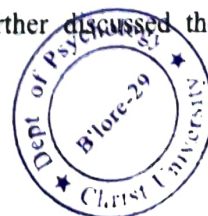
The next activity was a task where a number of objects in red, blue and green were shown to the participants and they had to count the number of red and blue objects in one minute. However, after counting, they were made to tell the number of green objects on the screen instead.

The third task was where the participants were given names of colors which were written in different colors. They were not expected to read the names of the colors given but were expected to name the colors in which they were written. After this, each participant was given a sheet of paper where they had to draw a self portrait. They were asked to draw anything that helped them express who they were. This was followed by a discussion about their stories along with their portraits.

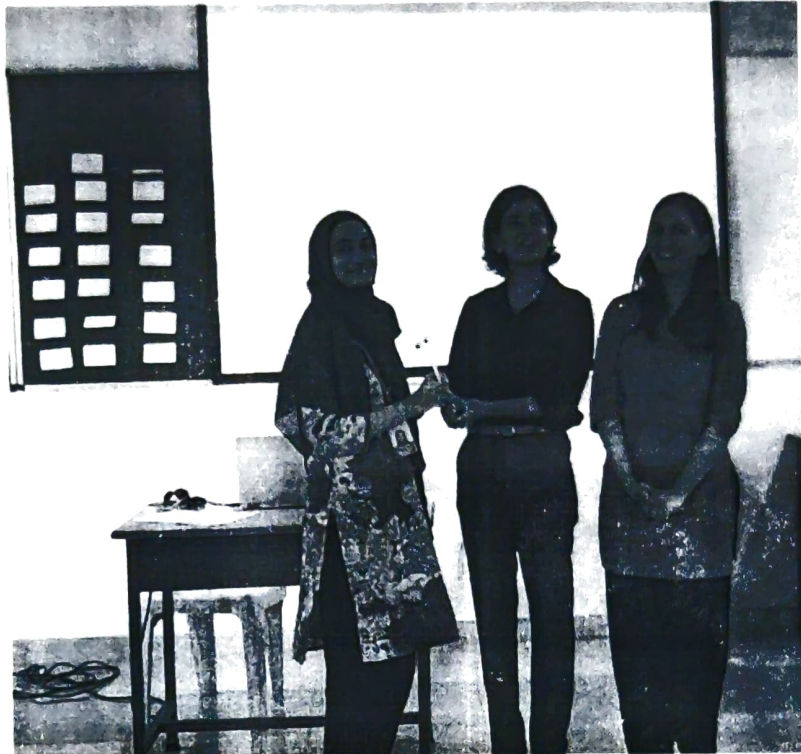
After this came the main phase which was called doodle oh drama. In this activity, different patterns were given on the presentation. Participants could choose a minimum of four patterns from them and doodle whatever they wanted. They further discussed the concept of doodling and assessed the various reasons why people doodle.



T-Ssej
Head of the Department
Dept. of Psychology
Christ University
Blore - 560 029



The next half of the session was taken by Ms. Sudha. She started by giving a talk as to how to use art to reduce anxiety. For this, she conducted an activity in which the participants were made to draw a thought bubble. Inside this bubble, they were asked to dump all those words that related to the issues they were feeling anxious about. She explained a concept known as brain dump which helps to declutter the brain by writing all the thoughts on paper. Finally, sheets were passed around and participants had to write down different affirmation statements that can be used in everyday life.



**DEPARTMENT OF PSYCHOLOGY
PSYCHOLOGY ASSOCIATION
WORKSHOP ON MINDFUL DOODLING**

S.NO.	NAME	SIGNATURE
1	Aamina Shabeer	<i>Aamina</i>
2	Swati Singh	<i>Swati</i>
3	Devlina Bhattacharjee	<i>Devlina</i>
4	Riya Jose	<i>Riya</i>
5	Henah Cris Tom	<i>Henah</i>
6	Jaspal Kaug	<i>Jaspal</i>
7	Meenakshi Prashant	<i>Meenakshi</i>
8	Nivedita Anandkrishnan	<i>Nivedita</i>
9	Siddhi Harlalka	<i>Siddhi</i>
10	Sheenam Samrat	<i>Sheenam</i>
11	Ruchika Jain	<i>Ruchika</i>
12	Suryadathan E	<i>Surya</i>
13	Devshri Joshi	<i>Devshri</i>
14	Vaishnavi Desai	<i>Vaishnavi</i>
15	Yoshita Bhargava	<i>Yoshita</i>
16	Sukhmani Sarkaria	<i>Sukhmani</i>
17	Amogha T N	<i>Amogha</i>
18	Peter B	<i>Peter</i>
19	Sejal Chandak	<i>Sejal</i>
20	Arushi Malik	<i>Arushi</i>
21	Preksha P	<i>Preksha</i>

T-Seg
Head of the Department
Dept. of Psychology
Christ University
Bangalore - 560 029

