



## Report on Faculty Workshop

### Express, Exhale, Evolve – Self-Nourishment Session

**Theme:** An Experiential Journey to Inner Balance

**Date:** 28th February 2026

**Time:** 10:00 AM – 4:00 PM

**Venue:** Executive Training Hall, CDC, GD3, Chhatrapati Shivaji Block

**Organised by:** Department of Counselling in collaboration with Skill Development Centre

**Participants:** Faculty members of New Horizon College of Engineering

#### **Introduction**

The Department of Counselling, in collaboration with the Skill Development Centre, successfully organised a full-day Faculty Workshop titled “**Express, Exhale, Evolve – Self-Nourishment Session**” on 28th February 2026 at the CDC Training Centre, New Horizon College of Engineering.

The workshop was designed as a holistic wellness intervention for faculty members, focusing on emotional expression, mental relaxation, and physical well-being. The programme aimed to provide faculty with practical self-care tools to manage professional stress, enhance emotional balance, and cultivate inner harmony through experiential learning. The initiative was well-aligned with the institution’s commitment towards promoting mental health, emotional intelligence, and value-based living among educators.

#### **Objectives of the Workshop**

- To promote emotional well-being and self-awareness among faculty
- To introduce expressive art therapy as a tool for relaxation and inner exploration
- To help faculty experience the calming and centring effects of mandala art
- To educate participants on the benefits of pranayama for physical and mental health
- To provide simple, practical lifestyle practices for daily stress management

- To encourage faculty to adopt healthy routines that support long-term well-being

### **Session 1: Mandala Art Therapy (Morning Session)**

**Resource Person:** Ms. Deepthi M Pandit, Academic Director, Asha The Hope (Art Therapist)

The first half of the workshop was conducted by Ms. Deepthi M Pandit, who facilitated an immersive session on Mandala Art Therapy. The session began with a gentle orientation on art as a therapeutic medium, emphasising that mandala art is not about artistic skill but about self-expression, mindfulness, and emotional release.

#### **Conceptual Understanding of Mandalas**

Ms. Deepthi explained that mandalas are symbolic circular designs that represent the inner self and the universe. She elaborated on five different types of mandalas, explaining their psychological and emotional relevance. Participants were guided to understand how each type of mandala can reflect different emotional states, personal experiences, and levels of self-awareness. The session helped faculty realise how art can act as a mirror to their inner thoughts and feelings.

#### **Experiential Art Activities**

Participants were guided through a series of structured yet free-flowing activities:

- Faculty members were first asked to colour **broad mandala designs**, which Ms. Deepthi explained are helpful in achieving emotional harmony, relaxation, and emotional release.
- Participants were then introduced to **intricate mandala designs**, which require focused attention and are beneficial for improving concentration, reducing mental clutter, and calming an overactive mind.
- The faculty were later guided to create **their own circular grids** and fill them with self-created patterns. This activity promoted creativity, presence, and self-awareness. The repetitive drawing and colouring created a meditative rhythm, helping participants feel calmer and more grounded.

- Participants were also asked to draw a **spiritual mandala** and write about themselves within the circle, reflecting on their strengths, values, roles, emotions, and personal aspirations. This reflective exercise encouraged self-awareness, inner connection, and gentle self-acceptance.

Throughout the session, participants reported feelings of calmness, emotional lightness, and mental relaxation. The activity encouraged introspection and helped faculty reconnect with their inner selves. Many participants expressed that they felt deeply relaxed and refreshed, experiencing a sense of inner peace rarely felt in their daily routine.

## **Session 2: Pranayama and Lifestyle Wellness (Afternoon Session)**

**Resource Person:** Dr. Aravinda K, Professor, Yogacharya, HoD – ECE

The second half of the workshop was conducted by Dr. Aravinda K, who delivered a comprehensive and practical session on Pranayama and holistic health management. The session focused on how conscious breathing techniques can positively impact physical health, mental clarity, emotional regulation, and overall vitality.

### **Pranayama Practices**

Dr. Aravinda explained the scientific and yogic basis of pranayama and demonstrated several techniques. Faculty members actively participated in:

- **Pranayama with Mudras**, helping channel energy and improve focus
- **Savitri Pranayama**, which enhances breath awareness, reduces anxiety, and improves lung capacity
- **Mahatya Pranayama**, known for its calming effects on the nervous system and its ability to release accumulated stress

Participants practiced these techniques under guidance and experienced immediate relaxation and clarity. Dr. Aravinda explained how regular pranayama practice helps in improving immunity, reducing stress hormones, enhancing sleep quality, and increasing mental alertness.

### **Lifestyle, Nutrition and Preventive Health**

The session further included practical insights on:

- Healthy food habits that support digestion, energy levels, and reversal of lifestyle-related chronic disorders
- The importance of mindful eating, hydration, and maintaining a balanced daily routine
- Simple Ayurvedic aushadhis (home remedies) that can be kept at home to manage minor health issues such as cold, indigestion, acidity, fatigue, and immunity support
- Dr. Aravinda explained the specific names of basic Ayurvedic medicines and their applications, enabling faculty to take simple preventive health measures in daily life

The session empowered faculty with actionable health knowledge that they could easily integrate into their routine without major lifestyle changes. The combination of yogic wisdom and practical wellness tips made the session highly engaging and useful.

### **Overall Impact and Feedback**

The workshop was received with great enthusiasm and appreciation by the faculty members. Participants expressed that the sessions were:

- Highly engaging
- Deeply relaxing
- Practically applicable
- Emotionally enriching
- Physically rejuvenating

The blend of expressive art therapy and pranayama created a balanced wellness experience addressing the mind, body, and emotions. Faculty members reported feeling refreshed, calmer, and more connected to themselves. Many participants shared that they intended to incorporate mandala colouring and pranayama into their daily routine to manage stress and improve focus.

### **Outcome of the Workshop**

- Faculty gained practical tools for emotional regulation and stress management
- Improved awareness about self-care and mental health
- Enhanced understanding of holistic well-being practices
- Strengthened sense of community and collective relaxation among faculty

- Reinforced the institution’s commitment towards wellness and value-based education

## Conclusion

The Faculty Workshop ‘Express, Exhale, Evolve’ was a highly impactful and meaningful initiative by the Department of Counselling and Skill Development Centre. The sessions provided faculty members with experiential tools for self-care, emotional well-being, and physical vitality. The workshop successfully created a nurturing space for reflection, relaxation, and renewal, contributing positively to the overall wellness culture of New Horizon College of Engineering.

Such initiatives play a vital role in empowering educators to maintain inner balance, emotional resilience, and holistic health, thereby enabling them to contribute more effectively to the academic and personal development of students.



## Photographs

