



Experiential learning through emotional and rational approach.

Background – In a world of increasing digital and virtual, creativity and applications stems from analogue and real. Transpiring intangible thoughts or ideas into tangible forms of creatives or products.

The following guiding principle or established concept has potential to inspire new perspectives & solutions with innovation and creative thinking:

1. “Think Like an Artist” with curiosity & creativity to find unique solutions with an open mind.
2. “Design Thinking” with innovation & empathy to tackle complex problems with “Think outside the box”.

A. Objective – Activity oriented inclusive workshop through art and design with creativity and analytical thinking. Rediscover and refine cognitive abilities.

B. Recommended - for participants across domain and sectors in academia, individual, startup, professionals, institution, industry and corporate.

C. Methodology - This workshop is created by professionals having experience of over 4 decades with focus on experiential learning with improving life. Learning from colourful and mindful journey. Practicing self-expression and application by mind-body connection - Sketching, painting & modelling with creative and thinking activities.

Step by step approach to experience and learning with coaching and interactions.

Session	Design Module	Activity	Type	Art Module	Activity	Type	Anticipated Learning
1	About design - Project / Product	Shape thoughts	Individual	About colors	Mosaic / sketch	Individual	Creativity and Problem Solving
2	Design Thinking	Cloud Thinking	Individual	Sketching	Lines / Sketch / 2D & 3D Drawing	Individual	Ideation using skills
3	Environment and Safety	Collative art	Team - 2 pax	Shading	Shapes	Team - 2 pax	Sustainability
4	Inclusive Design	Blind create	Individual	Still Life	Objects	Individual	Creating forms / tactile learning / modelling
5	Elements - Deconstruction	Raze to Raise	Individual	Scaling & Perspective	Painting / Sketching	Individual	Learn & interpret function and aesthetics
6	Space & Function	Tidy & unclutter	Individual	Inclusive Art	Team	Individual	Use of non conventional
7	Detailing and Intricacy	Map your way	Team - upto 5 pax	Nature Art	Nature	Individual	Attention to detail
8	Review & Analysis	Visual concept	Team - 2 pax	Collage - Freehand	Collage	Team - 2 pax	Balanced approach for best quality
9	Closure - Articulation & Presentation	Syncing	Individual	Expressive Art	Experiential Art	Individual	Articulation and presentation

D. Anticipated outcome:

- a. Enhance emotional and rational aspects for creating harmony for positive impact.
- b. Aids largely to manage stress and anxiety with self-expression and affirmation.
- c. Helps in accentuating cognitive abilities to develop new coping skills.
- d. Energize mental prowess to think, learn, reason, and solve problems effectively.

E. Duration:

Duration recommended - 2 hours each session – in person – 30 participants.
(Online or hybrid mode, if required to be detailed).

F. Workshop fee – in person workshop:

- a. Rs. 7,500/- for 2 hour session - exclusive of GST @ 18% and local commute charges for Group Session of 30 participants.
- b. Each session include orientation, recap, Q & A.
- c. Coaching participants during sessions as resource for host as KNOWLEDGE PARTNER.
- d. Demonstration as appropriate and interactive teaching with participants during sessions.
- e. The fee does not include Art materials, refreshments, actual charges towards local commute and in case of hosting outside Bengaluru - travel, stay & boarding.
- f. Internal note of observations are made for each participant as a process of Art Therapy for non clinical – not shared with host organization or participant.
- g. Assessment and evaluation are not included in workshop fee. Evaluation report if required will be charged at Rs. 1,000/- per participant per report, to be confirmed while releasing order and definitely before start of workshop. 30 minutes of 1 on 1 counselling is included for each evaluation report.

G. Terms and Conditions:

- a. For host organisation and participants, please note that knowledge of art is welcome & not essential.
- b. Registration and attendance for sessions by participants / host organisation is compulsory.
- c. Participant is responsible for completing requested activities during Program.
- d. Participant who fail to complete mandatory activities as communicated during the Program will not be allowed to participate in the Program.
- e. Participant is expected to conduct him/herself in a professional manner during the Program. Striving to create a community that values integrity, honesty and fairness to all other participants in the Program and expects Participant to engage in this community with the same standards. In particular, any act or behavior that may constitute sexual harassment or any other form of harassment and will result in automatic discontinuation of the Participant from the Program, in addition to consequences under applicable law as per applicable norms of host organization.
- f. Learning outcome for participants from workshops may vary from person to person and does not guarantee improvement or achievement of every expectation of participants.
- g. Participant or host organization has permission to use Program materials for personal activities and not permitted to distribute, sell or otherwise commercially exploit the any workshop materials including posting the materials to the Internet.
- h. Artwork, images & creative designs by Sandhya K Sirsi & Nihaarika Sirsi. Content & Curated by Madhavaraj V Sirsi. All artworks, images & content in this document is copyright and credit are reserved for respective creators & owners. Not be copied or reproduced in any form without written consent or permission.
- i. Dedicated coordinator from host organization is necessary during each session preferably from student welfare or related function for conduct of workshops.
- j. Participants or group have to abide by programme schedule and instructions from coordinator & programme manager to be strictly adhered during sessions.
- k. Art activity of sketching, drawing, colouring, painting, board games and solving puzzles are normal activities and pose no risk to participants.
- l. Maintaining discipline and safety of participants during conduct of the complete program comprising sessions is the responsibility of host organization.
- m. The host or Knowledge partner have the right to accept or reject participation along with rescheduling or discontinue sessions in unavoidable or extraneous circumstances with prior notice.




Sandhya K Sirsi, a professional visual artist, practising art for over two decades. Coaching & mentoring as an art therapist, has completed her diploma in art therapy along with certification in mandala therapy and Garbha Sanskar. A proponent of application of art with a firm belief of changing lives for wellbeing. Presently pursuing Doctorate in art therapy.



Inclusive art for wellbeing is an initiative of Sandhya K Sirsi in Scientech.

Together, let us create, curate and experience a better world!!!

Connect with me on sandhyaksirsi@andmetamorf.com www.linkedin.com/sandhyaksirsi/

 connect@andmetamorf.com
 www.andmetamorf.com
 www.linkedin.com/company/metamorf-art-and-design

METAMORF Art and Design

Studio - Kala Satwa, A-120, 4th Avenue, Smilee Greens
Huskur Road, Bengaluru – 560 099, India
Design Centre - ELCIA Cluster, # 3 (P), West Phase,
Electronic City, Bengaluru – 560 100, India

ACKNOWLEDGEMENT

We thank each and every participant, faculty, professionals and organizations for their support.

REFERENCE

- a. Shimizu, Daichi & Yomogida, Ibuki & Wang, Shijun & Okada, Takeshi. (2021). Exploring the Potential of Art Workshop: An Attempt to Foster People's Creativity in an Online Environment. Creativity Theories – Research – Applications. 8. 89-107. 10.2478/ctra-2021-0007.
 - b. Liu, Z. & Zhejiang Normal University. (2023). The impact of arts education on cognitive development and academic performance. In Journal of Advanced Research in Education (Vols. 2–5) [Journal-article]. <https://doi.org/10.56397/JARE.2023.09.04>
-