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The Cultural Club and the
Mental Health Club (U2US)
of the
ICFAI School of Liberal Arts

DIVE INTO COLOUR
DIVE INTO FLOW
Mandala Art

MARCH 19, 2025
Room 204
1 PM Onwrds

Student Coordinator
Ms. Chahat Gupta

Faculty Coordinator
Dr. Sudha Rathore
Dr. Mathew Sinu Simon



Report on the Mandala Art Activity: “Dive into Colors, Dive into Flow!”

As part of a unique and enriching celebration of Holi, the Department organized an immersive art-based activity titled “Dive into Colors, Dive into Flow!” on 19th March 2025 in Room 204, beginning at 1:00 PM. This event was thoughtfully curated to align with the festival's spirit of joy and togetherness, while also serving a deeper psychological and emotional purpose.

Objective of the Activity: The core objective of this activity was to provide students with an opportunity to experience “Flow”—a psychological state of deep focus and complete absorption in a task. Additionally, the activity was designed to enhance positive affect and overall well-being through the mindful engagement with colors and artistic expression.

Student Engagement: Students enthusiastically participated in the session, using a variety of materials such as sketch colors, crayons, and acrylic paints to bring their Mandalas to life. Many chose to work on the provided Mandala sheets, while others ventured into creating their own intricate designs. What stood out most during the activity was the intense level of engagement—students reported feeling completely engrossed, with many expressing that they were “lost in the moment” and experienced a sense of flow.

This immersive engagement not only fostered creativity but also provided a moment of mindful escape and inner calm, reflecting the deeper intent of the event. The vibrant colors and rhythmic patterns seemed to ground the students in the present moment, offering them both joy and emotional release.

Outcome: The Mandala Art activity was a resounding success. It not only honored the festive essence of Holi but also fulfilled its psychological objective by enhancing students' emotional well-being and focus. The feedback was overwhelmingly positive, with participants expressing a desire for more such experiences in the future.

In conclusion, this artful celebration of Holi beautifully combined cultural vibrance with mental wellness, and stood as a testament to how creative expression can be a powerful tool for self-care and emotional resilience.

Submitted by:

Dr. Sudha Rathore

Faculty Coordinator, The Mental Health Club (U2US) of ISLA

Assistant Professor (Psychology)

ICFAI School of Liberal Arts

The ICFAI University, Jaipur

Glimpses From the event





