

## 2021-2022

Name of the Department/Society: **Society for General Awareness**

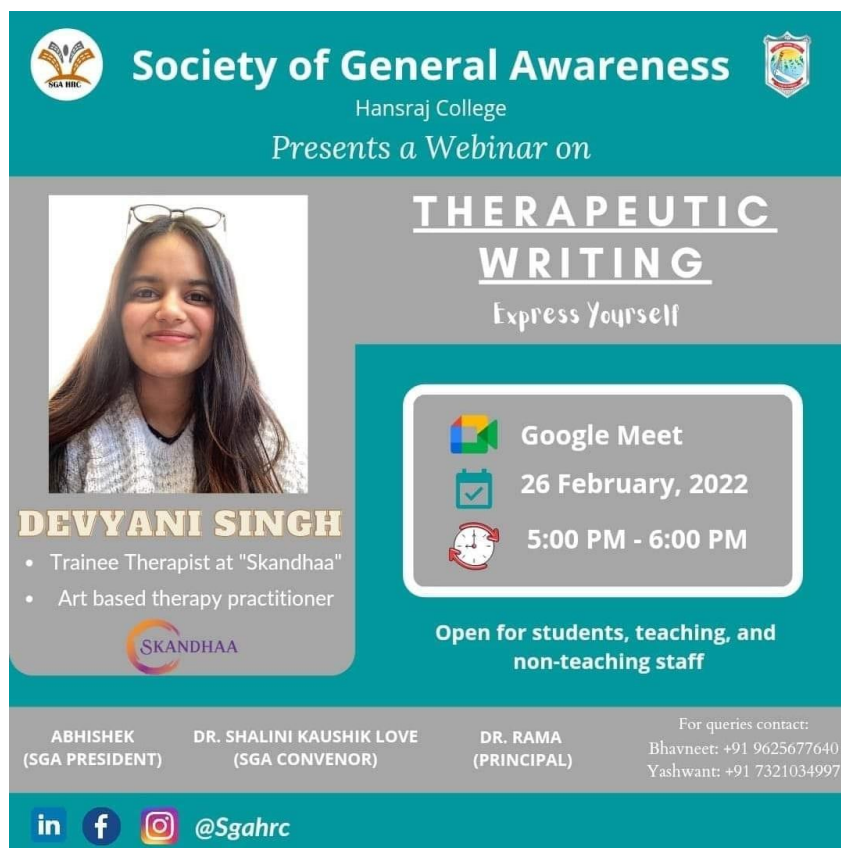
Name of the Event 5 (Cultural): Therapeutic Writing

Date of the Event: 26<sup>th</sup> February 2022

It is estimated that over 280 million people suffer from emotional trauma but it is a topic that has only recently been given the due limelight it needs.

Accepting the fact that one needs to take proper therapeutic measures to ensure one's emotional growth takes courage but sadly even after acknowledging that, not everybody has access to it. Therapy is the way to emotional growth and success. There are many ways to incorporate art into spiritual healing and emotional growth. They are creative and expressive ways of therapy. One such method is writing therapy.

Writing therapy, also known as Journal Therapy, is a low-cost and easily accessible. It has proven effective for many different health conditions, including PTSD, Anxiety, depression, grief and loss, substance abuse, eating disorders, interpersonal relationship issues, low self esteem etc. The key speaker for the session is Devyani Singh, a Trainee Therapist at Skandhaa. She is also an Art-based Therapy Practitioner by profession.



The poster features a teal header with the Society of General Awareness logo and Hansraj College name. Below the header, a grey box contains a portrait of Devyani Singh and her credentials. To the right, the title 'THERAPEUTIC WRITING' is displayed in large white letters, with the tagline 'Express Yourself' underneath. A white box with a teal border provides the event details: Google Meet, 26 February, 2022, 5:00 PM - 6:00 PM. Below this, it states 'Open for students, teaching, and non-teaching staff'. The footer includes contact information for three individuals: Abhishek (SGA President), Dr. Shalini Kaushik Love (SGA Convenor), and Dr. Rama (Principal), along with social media icons for LinkedIn, Facebook, and Instagram, and the handle @Sgahrc.

**Society of General Awareness**  
Hansraj College  
Presents a Webinar on

**THERAPEUTIC WRITING**  
Express Yourself

**DEVYANI SINGH**  
• Trainee Therapist at "Skandhaa"  
• Art based therapy practitioner

SKANDHAA

Google Meet  
26 February, 2022  
5:00 PM - 6:00 PM

Open for students, teaching, and non-teaching staff

ABHISHEK (SGA PRESIDENT) DR. SHALINI KAUSHIK LOVE (SGA CONVENOR) DR. RAMA (PRINCIPAL)

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