



TWO DAY ART BASED PSYCHO SOCIAL CARE WORKSHOP

Event Name	Art Based Psycho Social Care Workshop
Event Date	03/03/2026 - 04/03/2026
Event Venue	Park Residences Conference Hall, Adimaly, Idukki
Details of the event	<p>A two-day workshop was collaboratively organized by the Kerala State Disaster Management Authority (KSDMA), District Disaster Management Authority (DDMA Idukki) and UNICEF. The workshop mainly focused on School Counselors with backgrounds in psychology and social work in Idukki. The primary objective of the workshop was to explore the use of expressive arts as a medium to support children in processing their emotions, rebuilding resilience, and regaining a sense of stability in challenging circumstances. The resource person for the workshop was Ms Krishnendu B. S., a practitioner in dance/movement psychotherapy, social work, and counselling.</p> <p>The workshop was inaugurated by Mini K John, Deputy Collector (Disaster Management) Idukki, who talked about how disasters affect children in various ways and the importance of using art as a medium to reach the children during difficult circumstances. Following this, the facilitator, Ms Krishnedu B.S, introduced herself to the participants. Krishnapriya, DM Coordinator, delivered a thank-you note, and Rajeev T R, Hazard Analyst, moderated the inaugural session. The organisers also provided a learning kit containing all the necessary items for the art-based workshop. The two-day event was divided into morning sessions and evening sessions. Each session of the workshop incorporated an opening</p>

and closing ritual in the form of play and a full activity. The first activity was designed to help participants get to know each other and create a foundation for collaboration. Ground rules for the sessions were then established to ensure a productive and respectful environment. The facilitators provided an overview of the history of creative arts and their perception in contemporary society. This was followed by an activity aimed at building rapport among participants, fostering trust, teamwork, and body awareness through engaging in fun exercises.

The objective of the first day was to give an art-based exposure to the counsellors and introduce them to art-based forms such as art, dance, music, drama, and storytelling. A series of activities aimed at promoting emotional awareness, expression, and regulation, while also enhancing mindfulness, body awareness, and interpersonal connection. The afternoon session, *Knowing Myself*, involved participants responding to reflective questions provided by the facilitators. This exercise encouraged self-reflection, enhanced emotional awareness, and allowed participants to explore their personal triggers, coping mechanisms, and values. The sessions included games, individual, pair and group activities which can be reflected with students in a therapeutic way in different settings. The facilitators also guided participants on how to engage in effective self-care practices. The day concluded with a recap of the activities and consolidation of key learnings. The session ended with the customary closing ritual.

The objective of the second day is to understand how and when these activities can be applied in real life. Ms Krishnendu ensured that the participants understood the intentions of each activity. Warm-up and ice-breaker sessions were conducted among the participants. The facilitator discussed different breathing techniques and how they can be creatively explained to children, how to regulate breathing individually, co-regulate, how to relax with a pair, and as a group.

These were followed by a discussion emphasising the importance of being a facilitator rather than a trainer. In the subsequent session,

	<p>participants were tasked with creating session plans, the structure of a session plan using activities experienced during the previous days of the workshop, along with any new activities they wished to include. Participants were divided into 5 groups, each group was assigned different scenarios, such as creating a session for students/children in a post disaster camp or preparing a session for disaster preparedness for teachers who are in a particular place. Participants developed plans for one-hour, half-day, and full-day sessions, factoring in basic needs assessments and setting clear objectives, which were presented. Krishnendu gave feedback and corrections for the same. She mentioned the importance of facilitation and taking up small activities even in a regular setting. This was followed by a free dance session, a breathing session and a feedback session. The overall objective of the two-day workshop was to introduce the counsellors to expressive art modalities, and to help them understand how art forms and sessions can be used in post disastrous or a normal setting, and how, as a facilitator/ trainer, they can hold the space through art. Thereafter, the organisers distributed a Certificate of Participation to all the participants of the two-day workshop.</p> <p>Some of the feedback included a better understanding of emotional expression through creative activities, recognition of art as a powerful tool for healing emotions and strengthening community resilience after disasters, and improved awareness of how to engage and support people effectively in disaster management settings. Participants noted that every minute of the training was useful and engaging, with no sense of boredom. However, many felt that the two-day duration was too brief for such valuable content and expressed a preference for longer, residential workshops.</p>
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Number of Participants	35 Participants (Female)
Resource person/organiser from the side of SDMA/DDMA	Mini K John (Deputy Collector, Disaster Management), Rajeev T R (Hazard Analyst), Krishnapriya (DM Plan Coordinator)

Photo





**Kerala State Disaster Management Authority
in association with
District Disaster Management Authority, Idukki
& UNICEF**

CERTIFICATE OF PARTICIPATION

Has participated in the two-day Art-Based Psycho-Social Care Workshop held on 3rd and 4th March 2026, organized by Kerala State Disaster Management Authority, in collaboration with the District Disaster Management Authority, Idukki and UNICEF



District collector &
Chairman
District Disaster Management Authority
Idukki

