



# **INDIAN INSTITUTE OF MATERIALS MANAGEMENT VADODARA BRANCH**

**WELCOMES YOU ON**

***EVENING TALK – ART THERAPY FOR STRESS MANAGEMENT.***



**ON 16.07.2022 AT 18.30 PM.**

**VENUE: IIMM HALL.**

**SPEAKER: MR. SURENDRA DHUMAL**

## **BRIEF DETAILS ABOUT TALK**

### ***What Is Art Therapy?***

“The use of artistic methods to treat psychological disorder and to improve something or to make something better mental health with help of ART like Drawing, Painting, Music, Singing, Dancing, Writing known as art therapy. संगीत (कला) है शक्ति ईश्वर की । हर स्वर में बसे है राम ॥ रागी जो सुनाये रागिनी । रोगी को मिले आराम ॥...The healing arts are creative practices that promote to healing, wellness, positivity and prosperity and also for self-change. These approaches combine artistic expression with psychological awareness and communication, and are led by therapists”.

### **SPEAKER'S PROFILE:**

- Mr. Surendra Dhumal have been associated with IIMM as life member and an Executive Committee Member of IIMM. On Professional front he is working with Gujarat State Fertilizers & Chemicals Ltd. (GSFC) as an Assistant Manager in Material Management - MM Department.
- He has done his Bachelors in Fine-Arts – with Painting & Photography from M.S. University of Baroda. He strongly believes that to be an artist one needs to have an get involved with **Nature (Prakriti), Color & Art.**
- He was also conferred the prestigious (AIFCS) All India Fine-Arts & Crafts Society Award for the 68<sup>th</sup> Annual All India Art Exhibition (Painting Section) for title “View from Window I” in the year November 1996.
- GSFC had also invited him as faculty for presentation on the subject of “**Art Therapy – For Stress Management**”. He wishes to contribute his knowledge with an intention of spreading vision and awareness about the programme of ART & COLOUR to his IIMM colleagues.

As part of the first Evening Talk Session after Covid, IIMM Vadodara started its mission of Knowledge Sharing through its Evening talk on 16.07.2022 by way of Organizing a Lecture on theme “Art Therapy for Stress Management” at IIMM Hall at 6.30pm.

Our Chairperson, Dr. Bharti Trivedi welcomed the members and wished all of them to be part of our programmes which will be scheduled every month from now onwards. She informed all the members present about the sad demise of one of our founder members Mrs. Sushila ba Sarvaiya on 5<sup>th</sup> of July 2022.

Mr. Lalbhai Patel addressed the gathering and informed how Mr. and Mrs. Sarvaiya were the backbone of IIMM Vadodara and how much pain they have taken to bring the Institute to this level by way of Memberships and other Value added activities. **As a tribute to them, this lecture was taken as a “Memorial Lecture”**

Dr. Bharti Trivedi, introduced our speaker Mr. Surendra Dhumal and the importance of removing Stress through Art & Culture. Mr. D.B.Trivedi presented a Bouquet to Mr. Surendra Dhumal and Welcomed him.

Mr. Dhumal stressed upon the need of art as one of the techniques in bringing out your Stress. Art can be in form of Singing, Dancing, Reading, Writing, Painting etc. He also talked about how during one of his session at Baroda Central Jail helped him draw his attention to the behavioral pattern of the prisoners by way of painting. He also stressed upon how Art can bring about Stress not only in a normal person but in persons who are differently abled through their minds.

A live session was organized for the members present to take out their feeling by way of painting and all of them participated enthusiastically.

Mr. Surendra Dhumal displayed his paintings which he exhibited through different exhibitions in each and every corner of India and with very famous personalities.

At the end, Mr. L P Patel our former National President expressed his sincere gratitude on behalf of IIMM, Vadodara Branch to Mr. Surendra Dhumal.



