

Report on Cat Coaster Making Activity in Collaboration with Pidilite Industries Ltd. for Mental Wellness of Students

Date: 12/03/2025

The Cat Coaster Making Activity was organized to promote mental wellness among students through a creative and therapeutic experience. This initiative aimed to provide students with a relaxing environment where they could engage in art, reduce stress, and enhance social connections. The primary objectives of the activity were:

- To provide a stress-relieving creative outlet for students.
- To encourage mindfulness through hands-on artistic engagement.
- To foster social interaction and teamwork.
- To improve students' focus and patience.

Materials Used: Mouldit, fevicyl pastel colour kit or lilac kit, fabric glue, plywood/cardboard, brushes, water container, talcum powder, pencil, scale, eraser and scissor

Ms. Shivangi Singh discussed and explained process of Coaster making

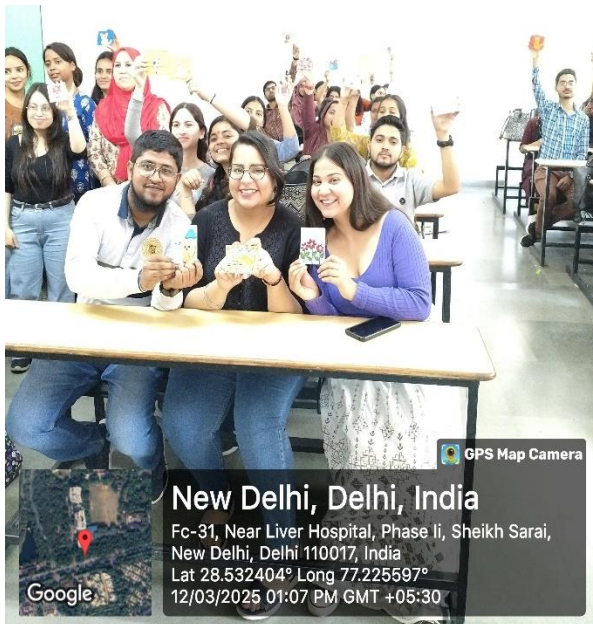
1. Brief introduction to coaster painting and its benefits for mental well-being.
2. Students selected their preferred cat design or created their own.
3. Guided painting session with instructor provide tips.
4. Final sealing of artwork for durability.

Stress Reduction: Many students reported feeling more relaxed and focused after the session.

Creativity Boost: Participants enjoyed expressing themselves through different cat-themed designs. Social Bonding: The activity encouraged students to interact, share ideas, and appreciate each other's work. Mindfulness and Patience: The process of painting required careful attention, helping students practice mindfulness.

The Cat Coaster Making Activity successfully contributed to students' mental wellness by providing a fun and stress-relieving creative outlet. The success of this activity highlights the importance of art in promoting mental well-being among students and reinforces the need for such initiatives in academic settings.





GPS Map Camera

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