

MEHENDI MAKING ACTIVITY

“Inspiration comes during work, not before it.”

Institute of Vocational Studies organised an event full of enthusiasm, fun and creativity- Mehendi Making. The event was celebrated on Friday, 22nd October'21, 3:10 pm to 3:50 pm.

It was an offline activity and the students of D.El.Ed. took part very enthusiastically. It was organised under the guidance of our respectable Principal ma'am, Dr. Mandira Gupta and Ms. Sangeeta Kaushik. The students D.El.Ed celebrated and participated in the event, with a lot of zeal and happiness and they were divided into groups where they applied mehendi on each others palms.

Mehendi is a form of body art and it is applied using henna mostly on hands and legs. It is a type of temporary art which stays on for around 15 days and it gives a beautiful colour when dries up.

Mehendi is known for a lot of underlying benefits but most importantly it signifies celebration and happiness. It not only significant but a helpful activity too, some use it as a therapy while the others develop their careers as professional artists. It helps us to develop eye- hand co-ordination, trust ourselves in terms of the patterns we are making because they cannot be erased, strengthen team work and many others. It also indirectly helps us to understand that it is okay to make mistakes and we should always give ourselves another chance, and also rectify the mistake and work towards our future. It also helped to bring out the creative sides of the students of D.El.Ed. who understood it's benefits, symbolism and worked together as a group, it helped in strengthening peer relations as well.

Here's the glimpse of the event in a form of a collage-



