



Art FOR THE HEART

Discover the profound connection between creativity and emotional well-being through Art Therapy, a therapeutic approach that harnesses the power of artistic expression to nurture mental wellness.

JOIN US FOR AN ENRICHING AND
IMMERSIVE WORKSHOP WITH

Dr. Sheetal Harpale

**Mental Health Consultant &
Neuro-Aesthetics Consultant,**

as she shares how art can become a gentle yet powerful medium for emotional resilience, inner balance and holistic well-being.

28th July 2026
Tuesday | 3:30 pm

 Babubhai Chinai
Committee Room,
2nd Floor, IMC

LIMITED SEATS

REGISTRATION
FEES FOR MEMBERS

RS. 200 (INCLUSIVE
OF MATERIAL)

Organized by Health & Wellness Committee

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