Tuesday Lecture 3: 21st July, 2026

The Internal Quality Assurance Cell (IQAC), Bethune College, organised the Tuesday Lecture for the month of July, titled "The Art of Mental Health", on 21 July 2026 at 3:00 PM in the College Auditorium. The resource person was Dr. Sreemoyee Tarafder, Assistant Professor, Department of Psychology, West Bengal State University.

Dr. Tarafder began by presenting art as a window to the psyche, explaining that art bypasses verbal barriers and gives access to unconscious material. She discussed the psychological associations of colour and the developmental patterns visible in children's and adolescents' use of it. She distinguished art therapy from an art class: the former is concerned with process and emotional expression rather than technical skill or the finished product. She then introduced projective drawing and the formal elements of line, shading, contour and erasure, stressing that how a person draws is often more telling than what is drawn, and that such features must be interpreted in clusters rather than in isolation. She also cited research evidence for creative art therapies and spoke of art-making as a means of self-care and burnout prevention for students and practitioners.

The lecture drew on research conducted under her supervision. One study examined a six-session art-based intervention for emotion management among primary school children, with significant improvement reported in separation anxiety, decision-making, relationship management and mood. A second studied university students with obsessive-compulsive personality traits, in which art-based activities such as blind drawing and non-dominant hand drawing were associated with significant change in obsessive belief patterns at one-month follow-up. A third examined Alpona, the Bengali folk art, as a mindfulness-based exercise over thirty sessions, and reported reduced anxiety and improved well-being among practising participants. The speaker noted the limitations of these studies, including small samples, and the need for further research.

The lecture offered students and faculty members an introduction to the therapeutic and diagnostic uses of art and to current research in the field. It was received with interest by the all.



