CSR BENEFITS

The Happy Art Project

A CSR initiative for the emotional well-being of underprivileged children — through Art & Mandala Therapy





THE OPPORTUNITY

Why CSR?

Corporates can contribute to this noble cause of the emotional well-being of underprivileged kids.

Every child has the right to be happy.



Challenging Factors for Underprivileged Kids

- Overcoming Adversity
- Academic Performances
- Social Development
- Breaking the Cycle of Poverty
- Behavioral Health
- Increased Resilience
- Long-term Well Being
- Healthy and Happy Life



The Happiness Curriculum

- Introduced by **Delhi Govt. in 2018** and **Maharashtra Govt. in 2022**
- 30 mins Happiness activities
- Meditation is recommended in the curriculum

Mandala Art fits the Happiness Curriculum — meditative, but suited to a child's attention span.



THE PROGRAMME

Mindful Mandala Project

A CSR project bringing Art & Mandala Therapy to underprivileged schools — delivered by Happy Art Foundation.



Benefits of Mandala Art

Benefits of Mandala Art

- Therapeutic Outlet
- Mindfulness and Relaxation
- Calmness and Inner Peace
- Sense of Control
- Boosts Creativity
- Improves Self-Esteem
- Enhances Cognitive Skills
- Resilience Building

The Meditative Benefits

- Focus and Concentration
- Stress Reduction
- Emotional Regulation
- Mindfulness Practice
- Self-Expression
- Encourages Patience
- Promotes Inner Harmony
- Cultivates Relaxation







Activities

Mandala Creative Kits come in two formats

- 1st to 5th standard
- 6th to 10th standard

How a project runs

- Informative session for Educators/Teachers
- Activity session for children
- Activity to be further included in the regular curriculum throughout the year



Executed in schools through CSR funding by the Corporates.

Details of Mandala Creative Kits

1st to 5th standard

- Mandala Booklet & instruction Manual
- Greeting Cards with Mandala printed
- DIY Activity 1
- MDF Mandala cutout
- DIY Activity 2
- Cloth pouch
- All material required for the activities

6th to 10th standard

- Mandala Booklet & instruction Manual
- Greeting Cards with Mandala printed
- DIY Activity 1
- Canvas with Mandala printed on it
- DIY Activity 2
- Cloth Bag with Mandala printed on it
- All material required for the activities



Every kit ships complete — all material required for the activities is included.

Who Delivers It



Sonali Joshi

Art Therapy Life Coach · Professional Art & Mandala Therapist · Currently pursuing a Doctorate in Art Therapy

Education Sector — 12 Years

- Indian School Of Dar-as-Salam (Tanzania)
- Wisdom High International School (Nashik)
- Fravashi International School (Nashik)
- Owner of Art’n’You — Art and Craft Center

Medical Sector — 7 Years

- HCG Manavata Cancer Center, Nashik
- MOC — Mumbai OncoCare Center, Nashik
- Healing720 — Our Own Brand of Art’n’You

The Kits Behind the Project

Art’n’You was established in 2011.

We, Art’n’You, are manufacturers of theme-based & customized Craft Kits, that are developed through personal research of Art Therapy.

Our whole product range is focused on the emotional expression and happiness of kids .. right from making the activity, to using it!

Product range

- DIY Kits
- Paper Craft Kits
- Mandala Creative Kits
- Art Therapy-based Kits
- Customized Kits
- Birthday Return Gifts

Who We Work With

- HR & Admin Departments
- CSR Departments
- Industries
- Underprivileged Schools



Fund a school.
Change how a child feels about themselves.

Partner With Us

Happy Art Foundation

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PRODUCT RANGE

DIY Kits · Mandala Kits · Customized Paper Craft Kits · Art Therapy based Craft Kits

Corporates can contribute to the emotional well-being of underprivileged kids.