ABOUT THE PROJECT

The Happy Art Project

Raising the Happiness Quotient of children in underprivileged schools through **Art & Mandala Therapy**

> *"Create a happier world and bring happiness to the forefront of society, by using art as a tool."*







Who We Are

Happy Art Foundation

Happy Art Foundation (HAF) is a non profit organisation registered as a Section 8 Company under the Companies Act 2013, under the aegis of the Ministry of Corporate Affairs.

The company will execute its various activities with the help of funding received from different sources such as donations from philanthropists & individuals, CSR funds from Corporates, etc. HAF will strive to accomplish its noble mission and vision, through various projects with the help of a dedicated team with expertise in the fields required to run the activities. HAF is committed to its values of **Authenticity, Quality and Transparency**!

Art’n’You

Art'n'You is a creative manufacturing company that makes Art therapy-based art and craft kits for all age groups. Each product is designed to support emotional expression and promote happiness through creative engagement.

Currently, Art’n’You has launched its flagship initiative — the “Happy Art Project” for kids from underprivileged schools to enhance their Happiness Quotient.

The Happy Art Project by Art'n'You is executed by our partner, Happy Art Foundation.

Mission & Vision

Mission

Create a happier world and bring happiness to the forefront of society, by using art as a tool through innovative art therapy programs that inspire passion, spark creativity, and build a joyful community!

Vision: 2028

To enhance the Happiness Quotient of kids from **100 underprivileged schools** by end of **March 2028**, through our flagship initiative — "Happy Art Project".



Art as a Tool



Happier Children



A Joyful Community

Need of the Project

Children attending underprivileged schools often face numerous challenges that significantly impact their education and well-being, due to lack of resources & socio economic factors.

Nowadays, these physical challenges or material things are often taken care of through various CSR funding activities. But still no work is being done on the emotional distress & challenges. There are different ways to address the mental & emotional issues.

Traditionally, meditation is suggested to calm down the mind & get the required tranquility & focus back, which in turn helps in their academic & overall life. But the challenge in meditation for children is, they do not have the patience & attention span required for effective meditation.

Where Mandala Art helps

Here, Mandala Art helps immensely & is considered as one of the best solutions for improving mental & emotional health in a meditative way.

Mandala Art also fits in perfectly as per the guidelines of the **Happiness Curriculum** suggested by the Government.





About The Project

The Happy Art Project is based on the principles of **Mandala therapy**.

Benefits of Mandala Therapy

01 Therapeutic Outlet

02 Mindfulness and Relaxation

03 Calmness and Inner Peace

04 Sense of Control

05 Boosts Creativity

06 Improves Self-Esteem

07 Enhances Cognitive Skills

08 Resilience Building



In the classroom



Guided practice



A finished mandala

Activities

In the Happy Art Project, Kits are designed for **5th to 8th standard**.

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

These activities can be executed in the schools through CSR funding by the Corporates.

Kit Details

For Grade **5th to 8th**

01

Mandala Booklet

02

Mandala Cloth Pouch Painting

03

Mandala Paper Craft





Our Completed Projects

SCHOOL NAME	NO. OF STUDENTS
Lokmanya Vidyalay, Nashik	102
ZP Primary School, Munjwad	150
ZP Prathamik Shala, Albadpada	32
ZP Prathamik Shala, Ragatvihir	28
ZP Prathamik Shala, Hiwali	50
Prathamik & Madhyamik Shala, Kukudane	233
De. Na. Patil Madhymik Vidyalay & Junior College, Gangapur, Nsk.	309

Total Students Reached **904**







Our Introduction



Sonali Joshi

Founder of The Happy Art Project

Sonali Joshi is an Educational Art Therapy Expert and Expressive Art Therapist with **15+ years** of experience across educational and medical sectors.

Currently pursuing a double doctorate in Art Therapy, she believes deeply in the healing power of the Art and the transformative role of art in building emotional well-being and improving Happiness Quotient. Through The Happy Art Project — her dream initiative — she promotes happiness as a path to healthy emotional life.

Sonali conducts therapeutic art sessions in schools, hospitals, and for individuals, helping others find healing and happiness through creativity.

To learn more, visit: **www.sonalijoshi.com**

Product Range — Art'n'You

- **Customised Paper Craft Kits**
- **DIY Kits**
- **Mandala Kits**
- **Art Therapy based Craft Kits**
- **Craft Kits for Birthday Return Gifts**
- **Art & Craft Workshops**

- Art Therapy Sessions for Cancer Patients

Contact

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Partner with us to bring the Happy Art Project to a school near you.