ABOUT ME

SONALI JOSHI

Educational Art Therapist Expert | Expressive Art Therapist | Mandala Therapist | Entrepreneur | Social impact leader



Driving happiness, emotional wellbeing & healing through **art therapy-led innovation**

Awards

- Honored with the Satwashri Award by the Indian Council for Therapy and Holistic Healing, Bangalore
- Recipient of the Jeevan Gaurav Puraskar by ZEE 24 Taas
- Felicitated by leading media group Lokmat
- Recognized among the 50 Most Influential Women in North Maharashtra
- Awarded by Swraj Foundation for Art Therapy Initiatives

key achievements

01

Conducted impactful group art therapy initiatives benefiting **10,000+** cancer patients

02

Successfully executed the Happy Art Project across **10** underprivileged schools

03

Positively impacted **2000+** students through art and mandala therapy

04

Designed and developed **100+** art therapy-based creative kits and **500+** modules

05

Delivered guest lectures, workshops, and awareness sessions on art therapy and emotional healing across **150+** platforms

Guest Lectures

- HCG Manavata Cancer Centre
- NAMCO Hospital
- Rotary Club
- Vasundhara Cancer Clinic
- Young Indians
- Ashoka Education Foundation
- Meta Health Family Group
- Onco Care Centers
- Various educational institutions and wellness platforms
- Sandip Foundation

Work Span

- Art Therapy
- Mandala Therapy
- Holistic Healing
- Emotional Wellness
- Educational Art therapy-based Innovation
- Creative art therapy-based Learning
- Art therapy-based social Impact Programs
- Therapeutic Art-Based Interventions





Media Presence

Zee 24 Taas	Radio city 95 FM	Akashwani 101.4 FM	Deshdoot
Maharashtra Times	Lokmat Times	Loksatta	Tarun Bharat

Social Responsibility

Member of Vanvasi Kalyan Ashram

Proud Member of BNI

Advocate for emotional wellbeing and creative healing accessibility





ज्ञानक्षितिज पब्लिक स्कूल

BUSINESS & IMPACT ECOSYSTEM

Art ‘n’ You

Art’n’You is a happiness-driven creative brand offering customized art kits rooted in art therapy and mandala therapy principles. Designed for all age groups, each kit is created to inspire happiness through mindful creativity and emotional wellbeing, through meaningful artistic experiences.

With a strong focus on the purpose of gifting, Art’n’You transforms every creation into an experience of happiness, making each kit a thoughtful, therapeutic, and memorable gift.

PROJECTS UNDER ART ‘N’ YOU





Happy Art Foundation

Happy Art Project, a social impact initiative focused on emotional wellbeing and happiness development through art therapy-based interventions in schools and communities.

Key Impact

- Implemented in 10 underprivileged schools
- Benefited 2000+ students
- 45% measurable growth in Happiness Quotient

Focus Areas

- Emotional Wellbeing
- Increasing the happiness quotient
- Creative Confidence Building
- Anger management







Healing720

A holistic wellness and therapeutic initiative operating in non-clinical spaces, focused on art therapy–based interventions for emotional wellbeing, healing, and mindful expression.

The initiative designs and delivers art therapy and mandala therapy–based modules tailored for schools, corporates, NGOs, and personal development.

Services & Initiatives

- Art Therapy–Based Programs
- Mandala Therapy Sessions
- Module Design for Institutions & Organizations
- Creative & Expressive Healing Practices

Impact

Extensive experience working with cancer patients and diverse wellness communities through art therapy–based interventions working alongside a psychologist and with hospitals, creating meaningful outcomes in emotional healing and resilience.

Nivakana Publications

Creative and educational publishing initiative based in western psychology, vedanta, indian philosophy and spirituality and its connection to art and mandala therapy. Focusing on meaningful learning content, activity books, educational resources, and creative development material

NIVAKANA
Publication

Focus Areas

- Books
- Educational Publishing
- Creative Learning Material
- Activity Books
- E-books and E-learning material





Contact Info

CLICK THE ICONS TO EXPLORE OUR WORK

01 Art ‘n’ You

- artnyou.co.in
- artnyou_kits
- artnyou
- artnyou
- info@artnyou.co.in

02 Happy Art Foundation

- happyartfoundation.com
- happy_art_foundation
- happyartfoundation
- happy art foundation.com
- haf.happiness@gmail.com

03 Healing 720

- healing720.com
- healing720@gmail.com
- Healing.720
- Healing720

04 Nivakana Publications

- nivakanapublications@gmail.com
- nivakana_publications
- nivakana

05 Sonali Joshi

- sonalijoshi.com
- sonali_jo
- Sonali J
- sonaliprj@gmail.com
- +91 85309 02299
- Sonali Joshi