



**THE BISHOP'S CO-ED SCHOOL, UNDRI.**

**JUNIOR COLLEGE**

*"Art enables us to find ourselves and lose ourselves at the same time."*

### **A Report on Calligraphy and Zentangle Art Workshop**

An Art workshop for Junior College students was conducted on 28<sup>th</sup> June 2023 in the B-2 Biology lab. The purpose of the workshop was to introduce students to an Art form titled 'Zentangle Art' and its beneficial effects.

Zentangle art is a self-help art therapy, practiced to enhance relaxation and focus. It has become an international phenomenon that helps in the areas of education, therapy, motivational training and stress reduction. It is based on human behavior in which one refrains from planning and art work, allowing lines and shapes to emerge naturally.

This Art form was further combined with calligraphy which is the art of forming beautiful symbols'. Zainab Magar our Art student spoke about beautifying writing just by adding lower stokes and upper stokes.

Calligraphy and Zentangle Art is a wonderful combination which gives students the liberty to express themselves with beautiful words and patterns.

Students enjoyed this workshop and felt that this workshop had given them a window to express themselves. Calligraphy and Zentangle Art by students shall be exhibited on 4th floor of the B-2 Building on 10<sup>th</sup> July 2023.

Report by:



Mrs. Poonam Sharma

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*"The aim of Art is not to represent the outward appearance of things,  
But their inward significance"*





*Art is the silent expression of thoughts, feelings and experiences*





