



TILAK MAHARASHTRA VIDYAPEETH, PUNE

TMV'S ARTS CIRCLE

Mandala Workshop

Date: 10th August 2024

Duration: 02 Hours

Instructor: Ms. Ashmi Pai

Organized by: TMV's Department of Hotel Management

No. of Participants: Staff: **10**

Students: **30**

Female Participation: **34**

Male Participation: **06**

On 10th August 2024 TMV's Department of Hotel Management held a Pen Mandala Workshop for TMV Arts Circle where staff and students of various department from the Vidyapeeth participated. The two-hour session was led by Ms. Ashmi Pai, an experienced artist who introduced the basics of mandala art to the students. The workshop started with Ms. Pai explaining what mandalas are and their importance in different cultures. She talked about how mandalas, often seen as symbols of the universe, are used for meditation and self-expression. She then taught the students how to create their own mandalas, focusing on making symmetrical designs and using different shapes. Participants were given all the materials they needed, including pens, paper, and templates. By the end of the workshop, each student had completed a

mandala, each one unique and reflecting their creativity. The workshop was a great success, giving participants a new way to relax and express themselves through art.

