
Finding the Self Through Art and Expression: The Training Session on Art Therapy

Pune, Maharashtra | 12th September, 2026



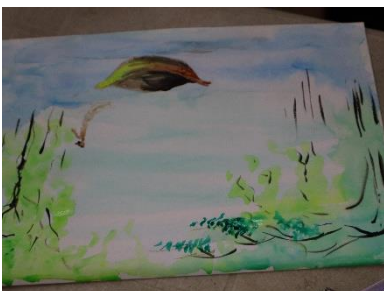
An engaging and enriching Art Therapy session was conducted for the faculty of the school on 12th September, 2026, led by Ms. Priyam Mehta, Founder of Second Wind. The session offered teachers a refreshing opportunity to step away from their everyday responsibilities and reconnect with themselves through creativity, movement, music and reflection.

Second Wind is an art-based wellness initiative founded on the belief that creativity can become a pathway to healing, clarity and renewed purpose. Its approach encourages individuals to pause, express, reflect and rediscover parts of themselves that can often become overlooked amid the demands of everyday life. Rather than focusing on artistic skill or the creation of a perfect end product, the emphasis is placed on the process of creation and the dialogue it opens with one's inner self.



The session introduced the teachers to therapy in an experiential and wonderfully unconventional manner. Through walking rhythms, dance, music created with simple everyday objects, painting and poetry, the faculty explored different ways of expressing thoughts and emotions. Each activity became a gentle invitation to look inward—to understand one's own responses, feelings and perspectives, while also discovering new dimensions of colleagues.

What made the experience particularly meaningful was its spirit of openness and play. Teachers, accustomed to guiding, nurturing and encouraging others, were given the rare opportunity to simply be—to experiment without judgement, create without the pressure of perfection and listen to what their own expressions revealed. Laughter, curiosity and spontaneity gradually gave way to moments of introspection and quiet reflection.



The activities also created a deeper sense of connection among the faculty. As teachers shared their movements, sounds, paintings, words and interpretations, they gained glimpses into one another's personalities and inner worlds. The experience demonstrated how creative expression can sometimes communicate what ordinary conversation cannot.

The session served as a gentle reminder that well-being begins with knowing and listening to oneself. By combining creativity with reflection, the Art Therapy session provided the faculty with not merely an enjoyable break from routine, but an opportunity to pause, reconnect and rediscover their own creative pulse—finding, in the spirit of Second Wind, a little more of themselves along the way.

