

**SANCHETI HEALTHCARE ACADEMY**

**PRESENTS "ANUBHOOTI"**

**AN EXPRESSIVE ARTS THERAPY CONFERENCE**

**THEMED: HARMONY IN DIVERSITY**



**LOCATION:**

**THE PRESIDENT HOTEL ,  
PRABHAT ROAD, PUNE**



**DATE:**

**4<sup>TH</sup>, 5<sup>TH</sup> & 6<sup>TH</sup> JULY 2025**

**Register Today**



**+91 8888893944**



**<https://lnkd.in/d5Zwmm3S>**



# Anubhooti



Join us for an inspiring conference that brings together therapists, corporate professionals, students, and artists to explore the transformative power of expressive arts in fostering inclusivity and cultural understanding.



## Conference Highlights:

- Engaging lectures and experiential workshops
- Opportunities to connect with professionals across diverse fields
- Hands-on activities that explore the intersection of art, culture and identity

## Who Should Attend?

- Therapists & Counsellors
- Corporate Professionals
- HR & Diversity, Equity & Inclusion (DEI) Leaders
- Students & Educators
- Dancers, Visual Artists, Writers & Performers
- Psychologists & Psychiatrists
- Social Workers & Community Health Practitioners
- Coaches & Life Skills Trainers
- Medical & Allied Health Professionals
- Occupational & Physiotherapists
- NGO & Social Sector Workers
- Wellness Coaches & Yoga/Meditation Facilitators
- Special Educators & Inclusion Experts
- Art Enthusiasts & Curious Explorers

## REGISTRATION CHARGES

<u>Categories</u>	<u>Charges</u>
Regular	9,500/-
Group of 4	7,000/-
Student	4,500/-

# MEET OUR INSPIRING LINE-UP:



## **Tripura Kashyap:**

Workshop: Creative self-expression through Dance Movement Therapy

Duration: 120 mins

Discover therapeutic and creative movement to reconnect with your body and emotions. Through fun-filled dance, music, and group activities, release stress, unlock self-expression, and boost physical fitness.

## **Ashley Fagnoli:**

Workshop: Moving Resilience: Body as Resource for healthcare professionals

Duration: 60-90 minutes

In high-stress care settings, movement speaks where words fall short. This experiential workshop offers healthcare professionals somatic tools and dance/movement therapy practices to regulate, renew, and restore —reconnecting with the body as a source of strength and resilience.



## **Manisha Sanghavi :**

Workshop : The Story You Carry (Storytelling )

Duration:120 mins

This storytelling workshop invites you to discover and share the story only you can tell.

Through voice, silence, and presence, we shape our truths into words — not for performance, but for authenticity.

Whether it's a whisper from your past or a fire from within, this is your space to explore, express, and speak your story into being.



## **Hrishikesh Pawar:**

Workshop: So We Dance

Duration: 120 mins

Explore connection and expression through Contemporary Dance and creative movement.

A journey of feeling, reflection, and shared discovery.



# MEET OUR INSPIRING LINE-UP:



## **Sunita Chugh :**

Healing Emotions Through Drama

Using the transformative power of role-playing and the stage, she will demonstrate how theatre can unlock suppressed emotions, bring clarity to inner conflicts, and ignite healing from within.

Through embodying different roles, we don't just act — we awaken empathy, reframe our narratives, and reclaim our emotional freedom.

## **Dr. Nikita Mittal:**

The Entrepreneurial Angle: Creating a Lasting Personal Brand Beyond Degrees Entrepreneurial thinking fuels a brand built on purpose, not just pedigree. Build a legacy that speaks louder than any certificate ever could.



## **Mrunmayee Kulkarni :**

Meet our coordinator for the Expressive Art Conference —

She weaves creativity and care into every detail,

Ensuring the experience touches both soul and spirit.



## **Aditi Dalal :**

A theatre facilitator blending drama, education, and psychology, she creates inclusive spaces for exploring identity, emotion, and story. She has worked across India and the UK and holds a BA in Psychology and an MA in Advanced Theatre Practice.



## **Smita Deshpande :**

Workshop : "Weaving Harmony: An Art Therapy Exploration of Inner Diversity"

Duration: 1.5 hours

Focus: Using the meditative process of weaving to explore, accept, and integrate the different parts of oneself.



## **Janhavii and Kruttika :**

Resonance - A Sound Healing Session

Duration: 45 mins

Take a moment to pause and reconnect. This session offers a gentle space for self reflection, deep relaxation and inner peace-guided by the therapeutic power of sound.

# Call for Papers and Posters

We invite professionals, researchers, and students to submit abstracts for paper and poster presentations at *Anubhooti: An Expressive Arts Therapy Conference*.



## **THEMES FOR PAPER PRESENTATIONS :-**

- Cross-cultural practices in Expressive Arts Therapy
- Diversity in identity, language and experience
- Inclusive arts-based interventions

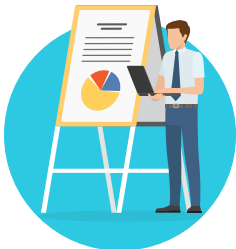
## **PRESENTATION FORMAT :-**

Duration: 8 minutes ( Presentation ) + 2 minutes ( Q&A )

Submit your Abstract to: [hod.dmt.sha@gmail.com](mailto:hod.dmt.sha@gmail.com)

## **ABSTRACT STRUCTURE :-**

- Title of the Paper
- Institutional Affiliation
- Abstract: 250–300 words
- Keywords: 3–8



## **POSTER PRESENTATION GUIDELINES :-**

- Poster Size : A1 (Portrait or Landscape)
- Duration: 5 minutes per poster (Presentation)

## **SUBMISSION GUIDELINES :-**

- Formatting:
- Font: Times New Roman
- Font Size: 12
- Line Spacing: ( Please Specify Single or 1.5 Spacing )



## **Submission Deadline:**

20th June 2025

\*Clearly Indicate Whether the Submission is for Paper or Poster Presentation