



# sankalpa

## ART JOURNEYS

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[www.sankalpajourneys.com](http://www.sankalpajourneys.com)

[krupa.jhaveri@gmail.com](mailto:krupa.jhaveri@gmail.com)

### HAPPY NEW YEAR!

Sankalpa: Art Journeys are well underway in villages in south India! The following is an update on current projects and ways that you can be involved.



As part of an after-school program at Thamarai community center in Edayanchavadi village in Tamil Nadu, about 60 children participate in a variety of activities, now including Art Therapy. During the holidays, a recycled art initiative generated unique handmade gifts for (and by) the children. Hundreds of discarded CDs were collected from neighboring Auroville residents and decorated in layers, then distributed during a special candelit holiday celebration.

The children also painted prayer flags for an international art exchange. The flags were recently received by a friend in New York, now planning a raffle fundraiser. Please contact me if you can offer assistance: we need artwork/talent/services for the raffle, help in selling raffle tickets, and facilitating/creating prayer flags to send back to the children here.



*Do you work with children or adolescent girls who could participate in an art penpal exchange? Please write to [krupa.jhaveri@gmail.com](mailto:krupa.jhaveri@gmail.com)!*





A special THANK YOU for donations! Your generosity has funded local and sustainable purchases. Several groups are now sharing a small batch of basic and portable art supplies including:

- drawing paper
- colored pencils
- oil pastels
- small canvases
- palette knives
- markers
- crayons
- brushes
- palettes

Paints and many more materials are still needed. Please DONATE towards art supplies if you can!

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A small group of adolescent girls from the same village (about 12-14 years old) are now stitching dolls by hand at the Thamarai Healing Center. In weekly group sessions, the girls are also guided through body awareness meditation and discussion, followed by ongoing classes in nutrition.



Another group of older adolescent girls (15 to 24) who meet at the Life Education Center, were first guided through various creative exercises to build trust and facilitate self-awareness. Now sewing dolls as well, each young woman inserted a handwritten *sankalpa* (or intention) into their creation; a positive message to parallel their own growth and development.



If you are inspired to collaborate, have ideas or suggestions, please write to [krupa.jhaveri@gmail.com](mailto:krupa.jhaveri@gmail.com)!

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*Sankalpa is the vision of international Art Therapist Krupa Jhaveri, MPS. In 2009, Krupa traveled through 80+ locations throughout India and Nepal, independently surveying potential applications of Art Therapy in schools, orphanages, NGOs, and communities. In preparation for establishing a healing arts center, she returned to south India and is currently sharing Art Therapy in the villages surrounding Auroville (near Pondicherry in Tamil Nadu).*