



Oriental Education Society's
Oriental College of Education & Research
UGC NCTE Approved, Affiliated to University of Mumbai,
(NCTE Code- 123016)
Adarsh Nagar, Andheri (W)
NAAC Accreditation 'B' Grade

Report on the Color and Emotions -Workshop and Holi Celebration

Organized by: Guidance & Counselling Cell & Student Council Cell

Venue: Oriental College of Education & Research, Andheri (West)

Date & Time: March 15, 2025, at 1 PM

Objectives of the Event:

1. To explore the emotional and psychological significance of colors through "Colors of Emotion."
2. To provide a stress-relieving and engaging experience for students through music, dance, and comedy.
3. To promote cultural awareness about Holi and its deeper significance beyond festivities.
4. To encourage self-expression and emotional awareness in a creative and interactive manner.

Program Overview:

The event commenced with a warm welcome and an insightful introduction by First-Year B.Ed. students. They presented a short session on the **Significance and Importance of Holi**, highlighting its cultural, social, and psychological relevance.

Following this, students recited poetry related to colors, emotions, and the spirit of Holi, which beautifully set the tone for the event. A segment of **stand-up comedy** brought in laughter, adding a lighthearted touch to the celebration.

Main Attraction: 'Colors of Emotion' Activity

The most engaging part of the event was the "**Colors of Emotion**" counter, where students were encouraged to select a color that resonated with their emotions and write a short note about how they felt. This allowed participants to reflect on their inner feelings and associate them with different colors.

Color Choices & Their Significance:

- **Red** - Passion, energy, love, and enthusiasm.
- **Blue** - Calmness, peace, and tranquility.
- **Yellow** - Happiness, optimism, and positivity.
- **Green** - Growth, harmony, and balance.
- **Pink** - Compassion, warmth, and affection.
- **Orange** - Creativity, enthusiasm, and vitality.
- **Purple** - Mystery, spirituality, and wisdom.

Holi Experience:

This session was conducted by **Dr. Priyanka Pandey**, who explained how colors affect our emotions and mental well-being. Students actively participated in expressing their emotions and shared how their chosen colors connected with their personal experiences.

Prof. Manisha Sonavane did a fantastic job as the event compere. She created an engaging atmosphere by seamlessly transitioning between segments. She also invited students to participate in a **free-hand dance session**, encouraging them to let go of stress and enjoy the moment. The session proved to be highly therapeutic, with students enthusiastically joining in to celebrate Holi with joy and relaxation.

Conclusion:

The event was a perfect blend of **cultural tradition, emotional well-being, and fun-filled activities**. Students found the workshop to be both insightful and refreshing. The initiative successfully met its objective of fostering emotional awareness and stress relief through the joyous spirit of Holi.

Acknowledgments:

A special thanks to **Dr. Priyanka Pandey** for leading the workshop, **Prof. Manisha Sonavane** and **Prof. Anita Yadav** for their coordination, and all the students for their enthusiastic participation.

Reporta Prepared by



Dr.Priyanka Pandey



 **ORIENTAL COLLEGE OF EDUCATION & RESEARCH, ANDHERI(WEST)**
UNDER
GUIDANCE & COUNSELLING CELL & STUDENT COUNCIL CELL
JOINTLY ORGANISES

Workshop On
COLORS OF EMOTION — A Therapeutic Holi Experience

&
Holi Celebrations

Highlights of the session

- Color Therapy
- Relaxing Music & Dance
- Standup Comedy

Dr. Priyanka Pandey
Principal

Coordinator
Asst. Prof Manisha Sonavane
Asst. Prof Anita Yadav

1 PM | MARCH 15 | 2025



