

ZenGroove

Introduction

A. Overview of ZenGroove event

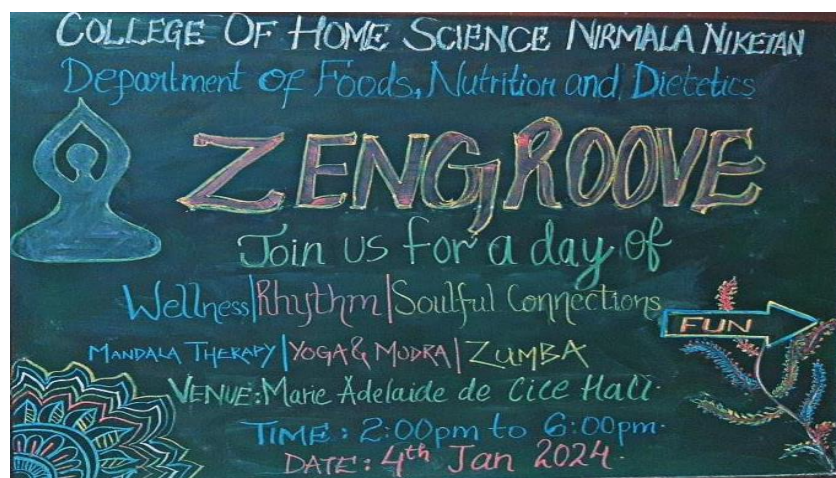
Welcome to the ZenGroove event report, where we share the magic of a day filled with wellness, relaxation and happiness. ZenGroove was not just an event but it was a blend of three unique therapies -featuring Mandala Art-based Therapy, Yoga and Mudra Therapy, and Dance Therapy i.e Zumba.

The intention behind organising this event was to create a space where individuals can explore the journey of health and wellness in a different way.

ZenGroove was organised by the students of Foods, Nutrition, and Dietetics as part of the elective course Multidisciplinary Strategies in health and disease at the College of Home Science Nirmala Niketan, was held on January 4, 2024, from 2 to 6 pm at the Marie Adelaide de Cice Hall.

The main objective was to provide participants with a holistic approach to health and wellness. During these sessions, participants explored the principles, applications, and benefits of each of the therapies. Participants were guided through these therapies by experienced practitioners. The Mandala Art-based Therapy incorporation brought attention to the therapeutic and creative facets, whereas the Yoga and Mudra session likely emphasised mindfulness and hand gestures for well-being. The event concluded with an energetic Zumba session, promoting physical activity and fun.

Overall, the event provided a holistic experience, incorporating diverse practices for physical, mental, and emotional well-being. The students successfully explained the significance of each session, contributing to the overall success of ZenGroove.



B. Objectives and goals

1. To introduce participants to the alternative strategies for health and disease management.
2. To inform participants with benefits of the therapies
3. To engage participants practically in order to recognize its benefits in the real time.
4. To increase our knowledge on various multidisciplinary strategies.

Pre-Event Planning. / Detailed Schedule Planning

A. Conceptualization and theme selection-

ZenGroove - means Calmness with grooviness.

The theme was selected to be fun and enjoyable. Since the workshops planned were such that it starts with being focused & to be present, ending with fun & joyful energetic sessions.

The flow of the workshop was as follows,

1. Mandala Therapy
2. Yoga & Mudra Therapy
3. Zumba

1. **Mandala Therapy** - Mandala is a formation of a beautiful symmetrical art. It often requires the use of geometrical tools like protractor and ruler.

The audience of the workshop were students and therefore for Art-based therapy specifically Mandala was chosen as most of the students have used geometrical tools. Also, making Mandala is easy and it is proven to be therapeutic in the forms of relieving stress. Principle of Mandala - To bring artists to the present moment, as everyone is an artist!

2. **Yoga & Mudra Therapy** - Yoga involves movement of body parts to heal. Mudras are gestures by the hands, it is part of Yoga.

After Mandala Therapy, Yoga & Mudra Therapy was planned to delve participants in the realm of calmness and enjoying calmness. Yoga as Mandala Therapy, makes one calm by focusing on breathing - Inhaling and Exhaling. Simple Yoga asanas were planned for everyone to engage in.

3. **Zumba** - Zumba is a latin-inspired dance which involves high and low-intensity dance movements in order to burn calories.

Last but not the least, Zumba was planned after sessions of calmness in order to send participants back home with energy! Zumba is a dance which has many health benefits. We wanted to introduce Zumba to the participants and therefore simple dance movements were performed.

All the sessions were of beginner's level, just to introduce participants with different forms of therapy apart from conventional treatments like allopathy or diet. Sessions were planned such that in the first half the speaker introduces the therapy and mentions its benefits and then engages participants practically. Although conventional treatments work, combining these therapies can help manage pain and other disorders much better.

B. Budgeting and financial planning-

Budget of the event falls in Rs. 5000/-

Rs. 1500/- for each speaker.

Rs. 500/- for Miscellaneous like flowers for lamp lighting, bags for giving token of appreciation to the speakers.

Amount will be compensated from Stalls.

On the day of the event, 1 stall was arranged on the backside of the garden area. They were measuring Blood pressure and other blood parameters. Blood pressure of the participants were measured free of cost and for other biochemical parameters a nominal cost was charged.

C. Venue selection and booking-

The Venue : Marie Adelaide de Cice Hall, with a capacity of 100-150 people, was booked for ZenGroove on January 4th,2024. The booking was secured by Ms.Vibha Hasija the Head of department of the Foods, Nutrition, and Dietetics.

ZenGroove had main focus on college population as target audience , making our own Marie Adelaide de Cice Hall the ultimate choice for our program. As we needed big space for this program so this hall was perfect for it .

D. Coordination with therapists and instructors-

Initially, students reached out to alumni as potential speakers for all three sessions. Ultimately, two alumni confirmed for leading sessions on Mandala Art-based Therapy and Yoga and Mudra. For the third session on Zumba, an external instructor was appointed. Teamwork ensured a diverse and knowledgeable group to lead each part of the event.

The students issued appointment letters to all three instructors, confirming their roles in guiding the respective sessions on Mandala Art-based Therapy, Yoga and Mudra, and Zumba during the ZenGroove event. This formal documentation confirmed the commitment of each instructor, ensuring a well-organised and coordinated program.

Our instructors were:

Mandala Art Based Therapy - Navya Mistry

Yoga & Mudra Therapy - Vrushti Nandu

Zumba - Goral Shah Kataria

ZENGROOVE

"ELEVATE YOUR WELL-BEING: HOLISTIC SESSIONS WITH OUR EXPERT TRAINERS!"

YOGA & MUDRA

"Just Breathe",
Nama-Stay in the Zen Zone of the body.



~Vrushti Nandu

Certified in Ashtanga Yoga | Healer | Tarot Reader

1. A transformative 1-hour yoga and mudra session!
 2. Learn to use mudras to better health, manage disease and stress.
 3. Discover the ancient secrets of mind-body harmony and unlock the benefits of breath, movement and symbolic hand gestures.
- Embrace wellness as a way of life and let's embark on a journey to a healthier, more balanced you!*



MANDALA THERAPY

"Let Your Creativity Run Wild with Mandalas"



~Navya Mistry

Mandala Artist | B.H.Sc Fashion and Textile technology

1. A transformative 1-hour Mandala Therapy session!
 2. Explore the therapeutic power of creative expression
 3. Discover the profound connection between art and self-discovery
 4. Unlock a path to inner harmony and personal growth.
 5. Your creative journey awaits!
- Let's dive into the transformative world of colors and shapes, making art a tool for stress relief and emotional well-being. your creative journey awaits!*

GUIDED ZUMBA

"Dancing through Life,
One Zumba class at a Time "



~ Goral Shah Kataria

Nutritionist | Sports Nutritionist | Zumba Instructor

1. Learn a 30 minutes exercise routine through the dance form that can be used daily to better the freshness .
 2. Embark on a rhythmic journey to health with a specially crafted 30-minute Zumba routine! Let the swirling and energetic steps become a delightful fitness routine.
 3. Transform any song into a health-boosting melody, as we celebrate the artistry of Zumba while nurturing your well-being.
- Get ready to dance your way to a healthier you, embracing the grace and vitality of this culturally rich workout!*

E. Marketing and promotional strategies-

Marketing plays a major role in any event.

Marketing and promotional strategies make sure that many people are aware of the upcoming event. So we had created a team, Marketing team who were good at marketing.

Their role was to think of various marketing and promotional strategies in order to make our event a success.

Various marketing strategies were adopted to make more people aware of our ZenGroove event.

Marketing strategies involved were:

1. **Instagram page:** An Instagram page, named ZenGroove was used to make various people aware of our event.
Posts and Reels were created by Marketing team, after which at certain intervals they would upload it.
2. **Intercom Announcements :** Announcements were made through intercom. They were made during various times in a day, like 8 am, 10:30 am and also at 1 pm. This made sure that all the college students were informed about our event.
3. **Individual Class Announcement:** Various students took the responsibility to even go to various classes and made announcement there.
4. **Whatsapp Message:** A whatsapp message along with flyer was circulated among college group as well as with outsiders for increased outreach.

F. Participant registration process-

1. Before the Event:

Registration is a very important step in order to get a count for an event.

So we had created registration link (Google form) for insiders as well as outsiders.

The registration link was attached in the flyer as well as it was pasted in the message.

The registration for insiders was free

However, for outsiders, there was a registration fee.

Registration form consisted of some details of the participant.

In the registration form itself there was a link to join our whatsapp group, which gave information as well as requirements for the event.

There was onspot registration as well for our event.

2. At the event:

The registration was also taken while the participants took entry in the hall.

This registration was taken through the Registration sheet.

2 students were responsible for doing the registration.

This Registration sheet which was prepared contained few details along with the signature.

The signature of students was even taken after the event to make sure they attended the entire event.

G. Setup of therapy spaces

For Mandala Therapy:

In the mandala therapy, arrangements were made for using a blackboard and all the necessary materials, where the instructor guided participants through the session's content. Arrangements were made for the Participants to comfortably sit on chairs, the participants were told to bring their own set of materials, including white paper, markers, rounders, and different vibrant colours via a message circulated prior to the event. The instructor wanted to convey all the necessary information via a powerpoint presentation so arrangements were made for that as well. This setup encouraged a personalised and enriching experience, allowing participants to express their creativity and engage actively in the therapeutic process.

For Yoga & Mudra Therapy:

Since the instructor wanted to teach different poses of chair yoga and different techniques applicable to daily life to the participants, this session exclusively utilised chairs, so an arrangement of approximately more than 100 chairs was made in the hall. The instructor herself was on the stage with a chair demonstrating various chair yoga poses while emphasising on some important aspects of practicality. The instructor actively engaged with participants, utilising visual aids i.e a powerpoint presentation and verbal communication to convey essential information throughout the session, so all the necessary arrangements were made a day prior to the event.

For Dance Therapy i.e Guided Zumba:

For the Zumba Session as the chairs were not required we decided to request participants themselves to take an active role by removing chairs, creating ample space for free and unrestricted dancing. The hall's existing speaker system was used to provide vibrant and loud music for an enriching experience. The instructor conveyed all essential information verbally, ensuring participants were well-informed and ready to enjoy the energetic zumba session, so all the necessary arrangements were made on the day of the event itself.

H. Equipment and material procurement -

The equipment and material procurement for the event included the following to facilitate the therapy sessions smoothly:

Hall Arrangements

For lamp Lighting:

- Ms. Colette Galby's (Founder Principal) Photo Frame with Garland
- Lamp stand, Cotton wick, oil, matchbox, candles.

General Event Needs:

- Adequate Microphones arrangements for the instructors and for hosting/compering purpose
- Plants for hall decoration and felicitation of the instructors
- Lectern for ZenGroove Brochure Display
- Chairs and seating arrangements
- Registration materials (Registration Forms)
- Drinking water arrangemnets

For Mandala Art Based Therapy:

- Blackboard, coloured chalks, scale etc.
- Projector and screen for Display of visual aids (a powerpoint presentation) for demonstration
- Chair arrangements for participants.

For Yoga & Mudra Therapy:

- Chair arrangements for chair yoga
- Stage setup for the instructor
- Microphone and sound system for clear instructions
- Projector and screen for Display of visual aids(a powerpoint presentation) for demonstration

For Dance Therapy i.e Guided Zumba:

- Adequate space after removing chairs
- Existing hall speaker system
- Microphone for instructor communication

On the Day of the Event**A. Setup and final checks**

At 1:30 pm sharp, the arrangement of chairs, tables, and music system was done by college staff and two students from the team. Total 4 mics (2 wired & 2 wireless) were arranged with good sound quality. Two students were handling powerpoint presentations and music system throughout the event.

B. Welcome and registration

One table arranged for the registration where two students from the team were allotted to take the name, email id, contact number and signatures of the participants.

C. Introduction and orientation for participants

Introduction of the event started by one student from the team followed by the Principal Dr. Vishaka Karnad and HOD Miss Vibha Hasija. Lamp lighting was done by two students and all the teachers and staff members present.

D. Smooth execution of therapy sessions

All the 3 therapy sessions went smoothly. A 20 mins tea break was provided after the second session. Some went for their blood checkup which was arranged in the garden area and some had snacks.

E. Addressing any unexpected issues

The resource person for Zumba requested a refreshing drink after her session. One student had already arranged a chocolate milkshake for her, but unfortunately she was unable to drink the milkshake after the high intensity Zumba session. Therefore, that student quickly arranged a mosambi juice in less time.

Post-Event Evaluation

A. Analyzing the overall success and areas for improvement

The event was successful in providing insightful information about Mandala Art-based Therapy, Yoga and Mudra, and Zumba. However, we faced a challenge with stalls as the owner withdrew last minute, affecting our ability to raise funds.

Sadly, this led to a shortage of refreshments and snacks, causing participants to leave during the break. Additionally, having only one break between three sessions made it tiring for participants. We will consider more breaks for a better experience in future events. And also, having just one break for three sessions got a bit tiring. Maybe next time, will try adding more breaks to keep things lively, considering the limited time we had.

B. Challenges faced

1. We couldn't get sponsors to sponsor for ZenGroove and therefore payment of the speakers are on hold.
2. We could not get stall registration, so we need to increase our outreach.
3. At the last moment, 2 of our stalls got cancelled so we learnt to be prepared for last minute changes.
4. We had to balance our college lectures as well as the event so it was challenging.
5. Dealing with various sponsors was also challenging.

C. Learnings received

1. Learnt how to organize an event
2. Learnt various multidisciplinary strategies like Art therapy through Mandala, Yoga and Mudra therapy and Zumba.
3. Got to know how to approach various sponsors.
4. Learnt how teamwork is important

