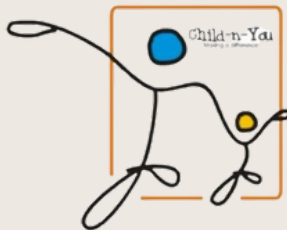


Evolve



Maniben Nanavati
Women's College



Child-N-You



Dr. Bhanuben Nanavati
Career Development Centre

A collaboration between Maniben Nanavati Women's College,
Child-N-You and Dr. Bhanuben Nanavati Career
Development Centre to provide a Diploma program in
Applied Arts for individuals with intellectual disability.

Evolve

In the contemporary world, inclusion and the right to education for all is a universally accepted concept and yet there are no college level programs for continuing education for individuals with intellectual disabilities. After getting some basic education, they are usually inducted into a skill-based course which does not prepare them to enter the professional arena or they are left on their own which leads to social isolation and low confidence. The opportunities for social and professional growth along with skill development are missing for them.

To bridge this gap we bring to you
Evolve - Diploma in Applied Arts
for individuals with intellectual disability.

The aim of the program is to provide the students with a growth-oriented space where they can explore their creativity, learn various life and occupational skills. The diploma program would enable them to eventually gain employment/ entrepreneurship and be self-reliant. The program is structured to enhance the student's social, cognitive, physical, and emotional skills.

The 4-year Diploma Program will provide the necessary application skills.

The disciplines offered are-

Mrittika - Ceramic Arts

Nirmiti - Fine Arts

Ahaar - Culinary Skills

Dor - Textile Arts

Maniben Nanavati Women's College

Maniben Nanavati Women's College was established as an altruistic effort to educate and empower the women of India in the year 1972. The college offers numerous graduate and post graduate programs, skill based trainings as well as teacher training courses.

To further their firm belief in inclusivity, the Divyangjan Cell of Maniben Nanavati Women's College was established with the objective to empower students with disabilities.

This cell conducts programs to create awareness and accept diversity as a part of human existence in its institutional practices. This cell also looks after the physical infrastructure and providing resources to meet the special needs of the students.

The **Dr. Bhanuben Nanavati Career Development Centre** is an institute created to help students gain employment through skill-development programs, such as: Fashion designing, interior designing, Nutrition, LD and remediation.



Child - N - You

Child-n-you is a registered NGO which runs a school for children on the autism spectrum and severe special needs. It was founded in 2006. The school works towards the multi-dimensional development of the children under them along with having personalized intervention programs for each child. Children who might not get admission in other special needs schools due to the severity of their difficulties are also admitted in this school.

The school has various programs that have been initiated to rehabilitate the children including an NIOS.

The skill programs include various subjects like culinary skills, ceramics and gardening, where they learn through direct hands-on experience.



Teaching Methodology -

We aim to implement a holistic training methodology which covers all aspects of learning.

The practical skill building will be hands-on and will be imparted via laboratory work, field visits, sessions with industry experts, studio visits, buddy system and practice sessions.

The training will be progressive starting with foundation level and will expand into complex and detailed projects.

The classes will be held on campus as well as online. We are specially incorporating the online training component into the course so that the students can be well versed and comfortable with this style of learning too.

The entire program is based on **Arts Based Therapy** ethos, principles and methods.

Arts Based Therapy (ABT) is an integrated use of different art forms like music, drama, movement, dance, poetry, imagery, visual art, and storytelling to bring about healing, growth, and change to achieve individualised goals in a therapeutic setting.

The basis of ABT lies in the deep-seated wisdom of Indian mind studies, Eastern psychology, philosophy, and neuroscientific research which makes ABT a useful and meaningful therapeutic practice that caters well to the Indian population. ABT has been widely used with the divyangjan population and has given outstanding results. It is a methodology as well as a way of experiencing life.

The domains that ABT addresses for special needs are motor development, attention, cognitive development, narrative capability, expressive capability, and group interaction.

The facilitators of the course bring in their own skills and expertise and are all ABT practitioners. Thus they will be teaching the students and will also be focusing on the therapeutic aspects for each student.

4 year Programme -

Year 1 - Foundation I

Year 2 - Foundation II

Year 3 - Specialized certification

Year 4 - Diploma

Course Curator and Director

Nabhiraj Mehta

Nabhiraj Mehta is the founder and trustee of **Child-N-You**.

He is a certified Arts Based Therapy (ABT) practitioner and educator and is the co-founder of The Mind and Arts Institute.

Nabhiraj holds a certificate of the Autism Intervention Training Program. He has been working extensively with young adults with special needs and is considered a mentor and guide by them.

“Each individual functions differently and one needs to create a system which respects this individuality. Our children are not different, they just do things differently.”



He has also runs a program for high functioning young adults to develop social and skill exploration. One of his long standing visions has been to create opportunities for individuals with special needs that lead to their integration in workplaces as well as society on the whole.

The Evolve Diploma in Applied Arts for individuals with intellectual disability is a step towards the manifestation of his vision.

Nabhiraj completed his practitioner training in Arts Based Therapy in 2009, and has been using ABT in his individual sessions.

He was one of the few students of ABT who was chosen by his teachers from WCCLF to become an ABT educator and take forward the lineage of Arts Based Therapy. He underwent intensive training for over 5 years to become a teacher of ABT and has been teaching the course for 7 years. He has co-founded Mind and Arts Institute. He presently teaches the ABT course in Mumbai and Ahmedabad organised by The Mind and Arts Institute.

Nabhiraj is the Course Curator and Director for the Diploma in Applied Arts for Individuals with intellectual disability.



Programme Lead

Neha Patel

Neha Patel is a psychologist with a Masters degree in Applied Clinical Psychology. Practising for the last 27 years, she is the founder and head psychologist and psychotherapist at Sharnam Therapy and Healing, and a consultant psychologist at Nanavati Max Super Speciality Hospital. She is also a certified Arts Based Therapy (ABT) practitioner and educator and is the co-founder of The Mind And Arts Institute.

Neha has trained in many therapeutic techniques that she seamlessly incorporates into her sessions based on the individual's needs. Thus working at many different levels with the person.

The foundation of her practice lies in her ongoing study and practice of Buddhist psychology and ethics. She has immense experience of doing counselling, therapy as well as psychological assessments for children, teenagers, adults and senior citizens. She has also been mentoring many budding psychologists and has trained and guided upcoming Arts Based Therapy Practitioners.



“I myself am neurodivergent and having worked with thousands of children, teenagers and adults over the years, I have seen that each one is unique and comes with their own potential and innate wisdom. It is a narrow perspective and lack of understanding that tends to fit everyone into the same old mould. Their diversity is what makes them special. They have to be given a chance to be able to shine, to maximise their potential and be the best of who they can be.”

The Evolve Program is a step in this direction of encouraging inclusion, tapping potential and creating opportunities for all.

Course Coordinator

Jeet Shah

"I have been searching for that something that motivates me, gives me a sense of satisfaction, and allows me to explore my problem solving and analytical skills. I have wanted to do something meaningful and different and working on the Evolve project has given me that direction. I want to use all my learning to help as well as enrich my journey of life."

Jeet Shah, the youngest person on our team, has a keen interest in exploring the different aspects of mental health.

He has been an integral part of The Mind and Arts Institute and has been working extensively on the Mental Health Care modules, compiling and creating the formats for the same.

He regularly assists in the group therapy sessions and has created a tune and song for the Aashayein group therapy sessions for teenagers.



He is currently a student of the Arts Based Therapy Course and is training to become an ABT practitioner.

He loves music and plays the ukulele. He is a nature and wildlife enthusiast and is also proficient in photography.

Mrittika

Ceramic Arts

Ancient civilisation and its progress is linked to the advanced use of ceramic techniques.

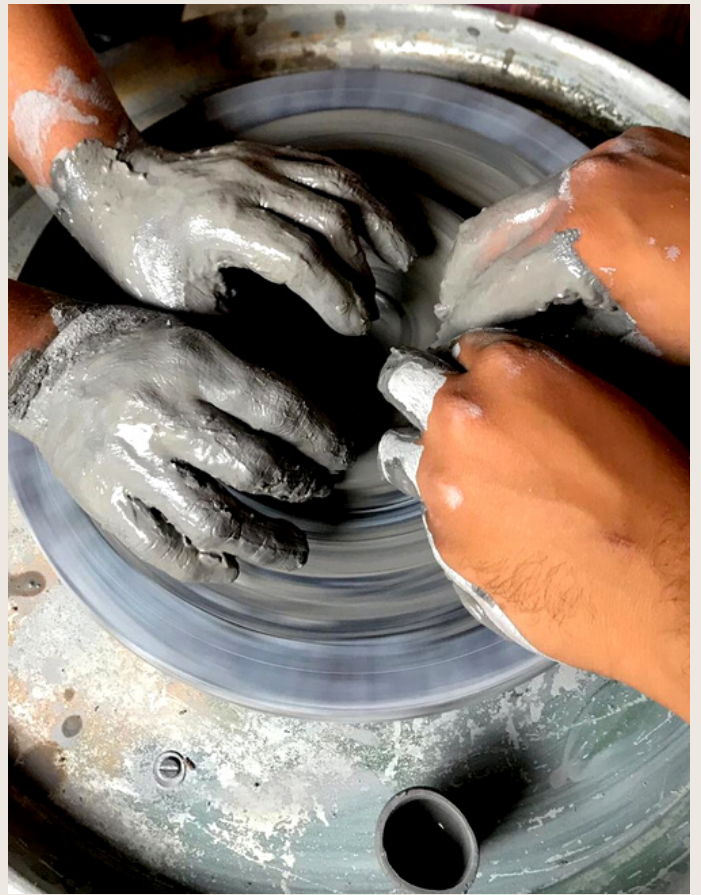
Vedic scriptures suggest that one needs to be in touch with and be in balance with all the elements. Ceramics is a culmination of all four elements - earth, water, air and fire.

The process of working with Ceramics starts with coming into physical contact with earth and combining it with water to make it mouldable. And then, playing with it and recreating the thought and idea through tangible artworks. And using fire to solidify it into a final product. This expression can last thousands of years as seen in the museums.

Therapeutic Benefits -

- Fine and gross motor skills
- Patience and discipline
- Artistic expression
- Focus and concentration
- Impulse control
- Group cohesion

Overall, the entire process of working with ceramics is extremely therapeutic in nature.



Course Specifics -

- Understanding the nature of clay
- Skill-sets from basic to advanced to professional.
- Uses and advantages of clay
- Technical know-how including the usage of a pottery wheel and the furnace
- Batch Production and Mass production using various casting methods

Course Facilitator

Yash Makwana

"I find clay to be intriguing. When I work with clay, something shifts within me and has only made me more inquisitive to study and explore this shift ever since."

Yash Makwana, a graduate from the National Institute of Design, has been working extensively with clay for the last 8 years.

His quest for understanding the relationship between clay and the mind led him to the world of Arts Based Therapy.

Over the years he has collaborated with multiple healthcare professionals and curated programs and workshops for various mental health issues using clay as a medium - Anxiety, ADHD, Down Syndrome and Autism to name a few.



His approach now has been more focused towards preventative measures and self expression through clay.

He says "When you're working with Clay or any medium of art, emotions flow. It's a very liberating experience. An experience that a lot of us have left behind as soon as we grew up. It's time to indulge and free the inner child."

Nirmiti

Fine Arts

Each one of us carries a trunk-full of ideas, dreams, memories, stories, visions, experiences. It's time we let our fingers drive through the journey to explore, create, communicate and grow in our very own unique & individual style via various forms of artistic skills & mediums. Art helps an individual to create a language of their own in the most compassionate & loving form.

Throughout history you can see cave drawings predating written skills. Evidently, it has outlived the communication barriers of traditional language and society rules & norms. It is universal.

Art, like fuel & water, flows through everyone in this journey of creation, joy and satisfaction.

Therapeutic Benefits -

- Emotional Well-Being
- Discipline and concentration
- Focus and Attention
- Movement and Coordination
- Creative Expression
- Emotional Management
- Confidence Building



Course Specifics -

- To draw and paint using varied mediums like pencils, charcoal, watercolours, acrylic, pastels etc.
- Simple hand movements, free drawing, structured figures and shapes, shading, blending
- Recognising- naming colours and their palette, perspectives, shadows-highlights and tones
- The teaching method is curated in a way to add fun with learning

Students will get an opportunity to understand, explore and master different art forms throughout the course. From demonstration to regular practice, students shall be able to create varied art works with sharpened skills set and freely express themselves.

Course Facilitator

Nilom Shah

"There are Infinite possibilities of creating and communicating through fine arts, it is empowering, relieving and also meditative."

Nilom is a Counselling Psychologist & Psychotherapist based in Mumbai, India. With an experience of over ten years, Nilom holds a Master of Arts (in Applied Psychology), Bachelor of Arts (in Psychology) and an Advance Diploma in Counselling Psychology.

As a Mental Health Professional, she works with clients from diverse backgrounds and age groups.

As a therapist she believes Art is an effective tool that aids in emotional healing in Therapy. She has been inclined towards visual arts, because of the abundance of opportunities for expression it provides for everyone. It's a free space and helps you to sync with your inner freedom.



She enjoys indulging in various art forms like water colours, charcoal painting, acrylic painting, oil pastels. She also facilitates workshops to explore and enjoy different forms of art.

Ahaar

Culinary Arts

The aroma of hot chocolate on a cold winter night, the comfort of soothing, cool, fresh, lime juice, perfectly sweet and salty, on a scorching summer day. We have all grown up with strong memories of food.

Food comforts us emotionally, and helps us build a bond socially and personally! It works like medicine when eaten the way it's meant to, and nourishes when eaten in balance.

While eating is filled with so many emotions and associations, so is the making of food. Our relationship with food deepens when we cook it from scratch or even grow it! Cooking is also one of the old forms of art that exists! Sounds exciting, doesn't it?

In this course, the students will learn the art of culinary skills and nutrition in the most fun & creative way!

Therapeutic Benefits -

- Fine motor skills
- Focus and Attention
- Ability to Plan and Organize
- Multi-Sensorial Experiences



Course Specifics -

- Identify & Understand Ingredients
- Sourcing, Cleaning, Storing of Produce
- Cooking Techniques: Knife skills, modes of Cooking (boiling, steaming, roasting, sautéing)
- Progressive Culinary Skills: from No-Flame Cooking, Assembled Snacks to Baking, Cooking, exploring various Cuisines (both Indian & International)
- Skill Ready to work independently in a Home Kitchen (year 1) and assist in a Professional Kitchen (year 4)
- Nutrition and Hygiene

Course Facilitator

Shivani Vakil Savant

"Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors—it's how you combine them that sets you apart."
– Wolfgang Puck

Shivani Vakil Savant is a baker, drama teacher, cat mama, and founder of the Mumbai based home bakery, The Odd Hour Kitchen. She loves to eat & she loves to cook.

About 9 years ago, Shivani enrolled for a short Baking & Patisserie Course at Sophia Polytechnic, to hone her skills.

In 2017, Shivani started Moonlight Café – a collective of theatre practitioners that baked & cooked as a side hustle. They participated in pop-ups like Li'l Flea and Vintage Garden and even curated their own events with fellow moonlighters. Currently Moonlight Café caters for intimate events.

Shivani shares her passion for food by customizing & conducting one on one cooking sessions at home.



She also conducted baking sessions with Plane Jar in Mumbai, and Nischay (a school for under-privileged girls) in Jaipur.

Apart from cooking and baking, Shivani has been working with theatre in various capacities since 1998. She has worked as a drama teacher & facilitator since 2000, with schools in Mumbai, Jaipur & Singapore, working on speech & drama, writing programmes, workshops, and school productions.

She wrote & directed Mumbai Calling, a play which was performed at The Edinburgh Fringe Festival by children with learning disabilities & special needs.

Course Facilitator

Jaini Shah

Cooking is a therapeutic activity that uses arts, gastronomy, and an individual's personal, cultural, and familial relationship with food to address emotional and psychological problems.

Jaini, an inquisitive artist, holds a Masters in Science - Food, Science and Nutrition and aims to inspire and guide individuals to a life of nourishment and healthy living via food, through her venture - Food Architect.

She believes that the holistic health and healing of an individual can easily be achieved through simple yet effective food habits and lifestyle modifications. She is a strong advocate for mental health awareness and mindfulness. She also aims to reach out and help individuals achieve complete health and wellness by taking care of their nutrition, physical and mental health!



Apart from food, artistic curiosity led her to various workshops, including textiles and made her explore more ways of putting it to use. Embroidery, dream catcher making and macrame have been a part of her hobbies. She looks forward to implementing her learnings through the mediums of arts into teaching textiles.

Dor

Textile Arts

Textile has had its relation with us since ancient times just as food has! Food, clothing and shelter, are the basic necessities of humankind. What is interesting is that a single fiber comes together as a thread then turns to yarn and then a beautiful piece of fabric with multifunctional purpose.

The significance of fabric, is beyond simply covering and protection of oneself - it's a part of one's identity. More often than not, it is a way of expressing emotions and one's creativity as well.

The use of textiles isn't just limited to garments anymore - it's used in home decor, upholstery, bags, and shoes, and most things we see around us. Our lives are incomplete without the use of textiles.

Therapeutic Benefits -

- Fine and gross motor skills
- Coordination
- Attention
- Creativity



Course Specifics -

- Learn different textures of fabric
- Folding, knotting
- Dying
- Stitching a garment
- Weaving and embroidery on different fabrics

In this course the students will explore the art of using different types of threads and fabrics and create beautiful items/products that they can use in their life.

Course Facilitator

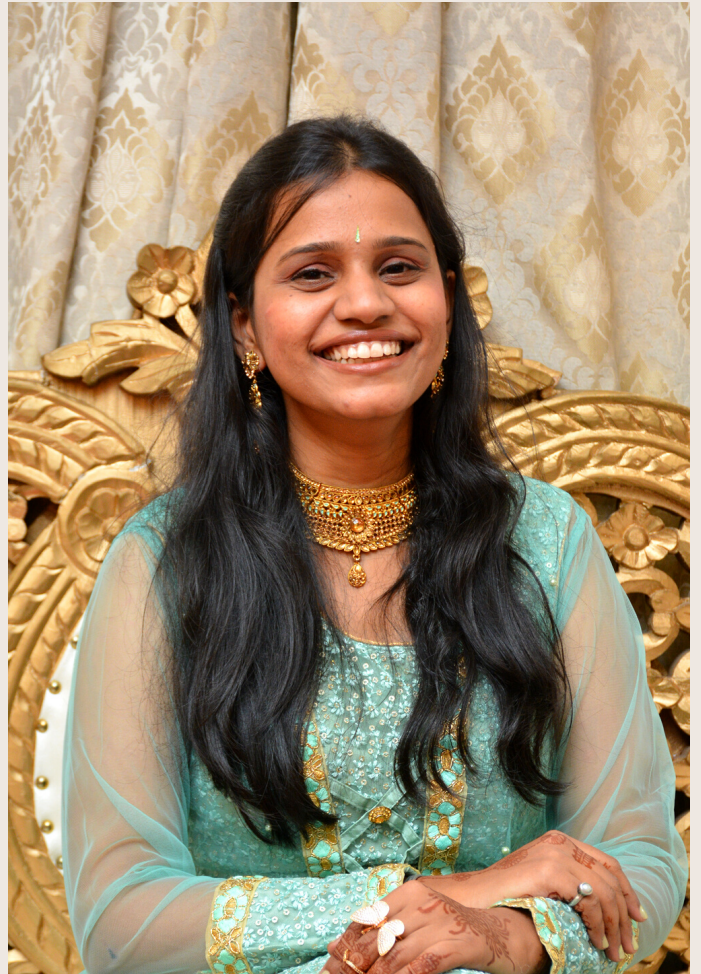
Surabhi Dhamapurkar

"The feeling of creating something makes us confident and helps to uplift our self esteem. So, let's keep the baggage of rules and regulations behind and enjoy the process of freedom of creation."

Surabhi Dhamapurkar has a post graduate from SNTD university in Counseling Psychology.

She has been working with special needs children for the last 4 years, currently at Child N You Organization.

She started exploring her passion for textiles as a young student and her interests grew deeper as she understood more about the weaving communities in India.



Working with fabric pushes her to focus on herself and the intricate elements of her surroundings.

Course Advisor

Bhumika Singh

"We sleep, but the loom of life never stops, and the pattern which was weaving when the sun went down is weaving when it comes up in the morning."

-Henry Ward Beecher

Bhumika Singh is a multidisciplinary designer whose works span from Textiles, Fashion and Apparel, Ceramic and Glass, Installations and murals, Branding and Graphic Design, User centered Design and Industrial Design. Bhumika studied Textiles at GBPUAT, Pantnagar and did her Masters in Design from NID, Ahmedabad.

Currently she is pursuing Graphic Design from California Institute of Arts. Having grown up in the beautiful hills of Uttarakhand, nature plays an important role in her design inspirations. Her range of academic interests include, Traditional Craft Practices, Design Thinking, Sustainable Design, Design in Public Domain, Social Design, Strategic Design Thinking to name a few.



Bhumika has been involved in various research and consultancy projects at both micro and strategic levels in various industrial and social sectors. She played a pivotal role in co-working with the craftsmen of Melaghar, Tripura and designing a platform for them to showcase their products in the contemporary market. Her area of work also includes documenting craft traditions and providing interventions in traditional craft practices to suit the needs of the present market.

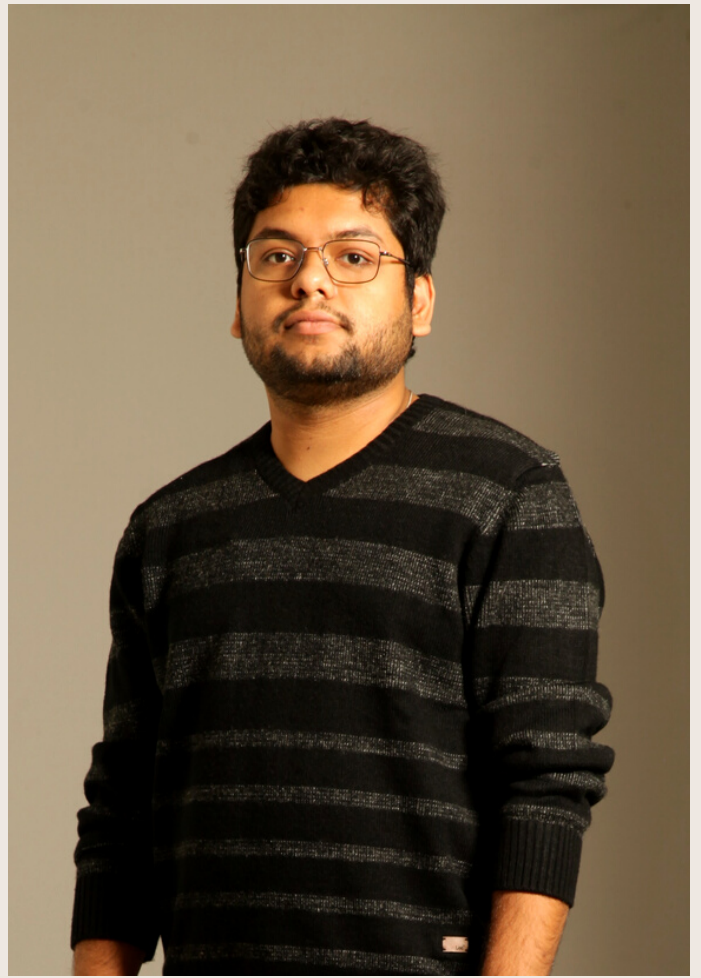
Course Advisor

Debajyoti Sengupta

"One of the master craftsmen I work with closely, Raghuveer Koli from Chanderi, once told me, "In these thousands of strands of warp and weft, I search for my identity..." this will stay with me as one of the most inspiring things I heard."

Debajyoti is a creative and artistic professional with multiple years of experience in Textile Design, Art Direction, and Illustration.

A multidisciplinary designer, and well versed in all aspects of the design process, his portfolio spans research and documentation, strategy, design development, product management, art direction, fine arts, and installation.



A National Award winner, from Govt. of India, and many international awards in his belt, his works have been showcased and published in India and abroad. Humans and their aspirations form the definitive inspiration in his works.

His own aspiration is to document and revive traditional craft practices, making the knowledge accessible in the public domain.

Vaanya

Horticulture

The Horticulture program is an immersive program which focuses on interactive and experiential education around ecology. The course equips the student with skills to engage practically in the garden, while also allowing the time and space to develop a personal understanding of the interconnected nature of the world.

This course is an exciting opportunity for the student to learn the practical skills needed to grow indoor plants, herbs and vegetables and practice horticulture whilst working with nature.

This is an additional training provided to the students which will happen online

Therapeutic Benefits -

- Fine Motor Skills
- Stimulate the senses
- Understanding self
- Social skills
- Muscle strengthening
- Life skills



Course Specifics -

- Learning the basics of growing your own food, herb garden, regrowing vegetables using scrap and creating terrariums
- Gain knowledge about plant health and maintenance
- Using various gardening tools
- Composting
- Best out of Waste
- Microgreens
- Art in Nature - Ikebana, pressed flowers, macrame and nature photography

Course Facilitator

Ashwini Gowdara

"Nature has taught me more than I could have ever imagined and it only continues to amaze me day by day."

Ashwini, holds a Bachelor of Arts in Psychology and takes interest in understanding the interconnectedness of the human mind and nature.

She's an urban gardener who imbibed the passion for growing various plants, veggies and fruits from her parents and now uses her learnings about plants in therapeutic settings.

Ashwini yearns to create a life of caring for animals, plants, gardening, cooking with organically grown vegetables, creating, building and learning to live with the land. She believes in eating less from a box and more from the Earth!

She also creates art inspired by the elements and fractals of nature, finding empowerment in simple skills, weaving creativity into all aspects of life.



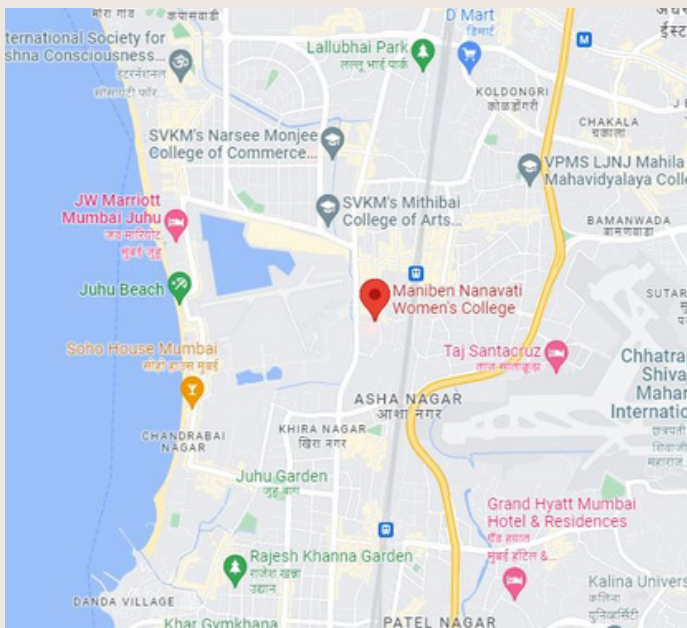
Ashwini also practices traditional methods of using medicinal plants and a low waste lifestyle. Spending quality time amidst nature has not only helped her heal but also deeply connect with herself, communities and a larger world. She aims to shine light on how Nature prompts us to reflect on the ever-changing nature of existence and what might lie beyond it.

Contact Us

Address of the Institute

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Maharashtra



[click image for directions](#)

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Or

Send us a WhatsApp msg on

+91-9987140250

We request you to fill up the Google form below which will provide us with the required information regarding the prospective student.

[**Click here to fill the form**](#)

Once we receive the form, one of our representatives will connect with you to give you the details and answer your queries.

Looking forward to hearing from you. We also request you to inform others who would benefit from this program by forwarding this brochure to them.