

Achievements 2019-20

1. Our student Ms. Samridhi Thukral from FYBA/B was the **All India Topper in Psychology of everyday life** by organized by IIT Kanpur on NPTEL- SWAYAM



- Ashmi Sheth and Aniket Patil's Claymation short film "Blue" was officially selected for screening at the **2019 American Art Therapy Association (AATA) Short Film Festival** at Kansas City, USA. The AATA Short Film Festival was a part of the 50th AATA Annual International Conference. The movie was screened on 31st October 2019.

Link to the movie: <https://youtu.be/GyQv8eQ4VLw>

NY-TE5138 | Art Therapy Film Festival

Sarah Pray, MA, LPC-IT

Location: Imperial Ballroom

This panel session showcases selected short films related to the field and practice of art therapy. Each film screening will be followed with a discussion with the filmmaker (if present) and audience reflection. **Films to be screened are:** *Blue* by Ashmi Sheth and Aniket Patil; *Sylvia* by Meirav Haber, LMFT, ATR; *Fierce Love & Art (Trailer)* by Laurence A. Becker, PhD & Ron Zimmerman; *How Art Heals: Integrating Practice and Research* by Hephzibah Kaplan, RATH and Lucy Qandil; *Art Therapy at the Department of Juvenile Justice* by Lee Cohen, MPS, REACE, ATR-P and Ivo Dovale; *Life Choices in Art Therapy* by Marco A. Ruggeri; *Journey Through Art Therapy* by Jane Kwon.



Link to the screening of the movie and our address:

<https://youtu.be/kZFdyjIOkh4>

3. Book “silence echoed: poetries that heal”



“*silence echoed: poetries that heal*” is a collection of poems by Ashmi, which aim to heal the wounded, motivate the depressed, and inspire the hopeless. Initially written as a means of catharsis and inner healing; the poetries wish to instil the lost hope and feed strength to the otherwise wandering mind, struggling for mental peace and intellectual contentment.

The Amazon #1 bestseller under “Women’s Poetry book free,” *silence echoed* has touched many worldwide with already over 100 copies sold.

Ashmi recently won the award for “Author of the Year 2019,” at a LitFest organised by NE8x Official

4. Ashmi's poems have been **published in a number of international anthologies and magazines** including Bloom: Poems of Loss, Heartbreak, and New Beginnings," "From the Ashes – A Women's Anthology" and SPEAK Magazine.
5. **Co-ordinator** of the two-day International Workshop on "*Art therapy, attachment theory and mental health*" by Indian International Institute for Art Therapy and Research (IiiART) & Canadian International Institute of Art Therapy (CiiAT), held on 16-17 March, 2019 at IiiART, Bangalore.



6. Research paper "*Efficacy of Mandala Creation on Anxiety, Mood & Self-Healing*" published in GAP (Grand Academic Portal) BODHI TARU - *An International Peer-Reviewed Open Access Journal of Humanities*, Volume: II, Issue: II August 2019 [ISSN: 2581-5857] <https://www.gapjournals.org/>