

# “Colour Therapy – An Overview”

Organized by the Alumni Association of Gokhale Memorial Girls’ College in  
Collaboration with the Department of Communicative English

Date: 6th May 2025 | Time: 2:30 PM – 4:30 PM

The Alumni Association of Gokhale Memorial Girls’ College, in collaboration with the Department of Communicative English, organized an insightful and engaging workshop on “Colour Therapy – An Overview” on 6th May 2025. The workshop was conducted by Dr. Tinni Dutta, a distinguished alumna of the college and currently serving as an Assistant Professor in the Department of Psychology at Muralidhar Girls’ College, Kolkata.

## Objectives of the Workshop

The workshop aimed to:

- Introduce students to the basic principles and psychological foundations of **Colour Therapy**, an alternative therapeutic approach.
- Demonstrate how colours can influence **emotions, mental states, and personality traits**.
- Provide students with a **hands-on, interactive experience** to help them understand the application of colour-based psychological analysis.
- Encourage **self-awareness and emotional exploration** through creative expression.
- Promote interdisciplinary learning by blending **psychology with communication, art, and mental well-being**.

## Workshop Overview

The workshop was primarily designed for the **Semester 6 students** of the **Department of Psychology** but students from other departments also enthusiastically participated, making it an inclusive and interdisciplinary event.

Each student was provided with an **A4 sheet and a set of crayons** and was encouraged to **draw freely—anything that came to mind**. There were no thematic constraints, allowing the participants to express their thoughts and emotions through colors and shapes.

Following the drawing session, **Dr. Tinni Dutta** engaged with the students to **analyze their artworks**. Using her expertise in psychology and color theory, she decoded elements from each drawing—such as the choice of colors, shapes, patterns, and overall composition—to identify aspects of the students' **personality traits, emotional states, and even underlying fears or phobias**.

This method served as a non-verbal, creative channel for students to **explore their inner world**, providing them with insights into their own behavior, thought patterns, and subconscious inclinations. Dr. Dutta also explained how color therapy is used in clinical and therapeutic settings and its relevance in managing stress, anxiety, and emotional imbalance.

The session was not only educational but also therapeutic in nature, with many students expressing surprise and curiosity at the accuracy of the observations made through their drawings.

## Conclusion

The workshop on “**Colour Therapy – An Overview**” was an enriching experience that combined psychological theory with creative practice. It successfully met its objectives by introducing students to a **less conventional yet impactful form of therapy** that can aid in understanding human behavior and mental health.

By engaging with an alumna who has gone on to make significant contributions in the field of psychology, the session also served as an **inspirational platform** for current students. It highlighted the importance of **self-expression and mental well-being**, and encouraged students to explore interdisciplinary approaches in their academic and personal growth.

The collaboration between the **Alumni Association** and the **Department of Communicative English** added further value to the event, reinforcing the spirit of connected learning and lifelong mentorship that Gokhale Memorial Girls’ College strives to uphold.

---



**Gokhale Memorial Girls' College**  
**Alumni Association**  
**Workshop on**  
**"Colour Therapy - an Overview"**  
**by**  
**Dr. Tinni Dutta, Assistant Professor**  
**Department of Psychology, Muralidhar Girls' College, Kolkata**  
**6th May, 2025**

