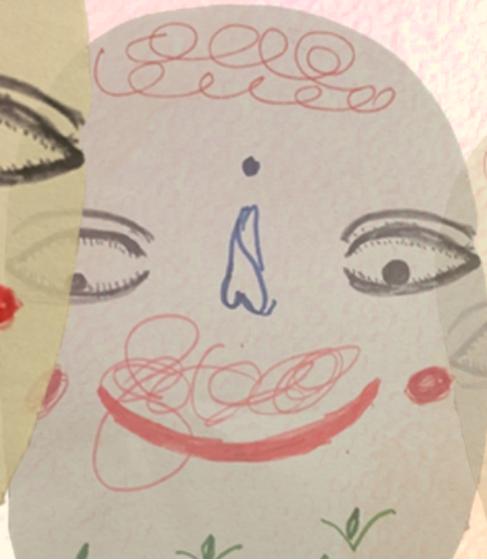
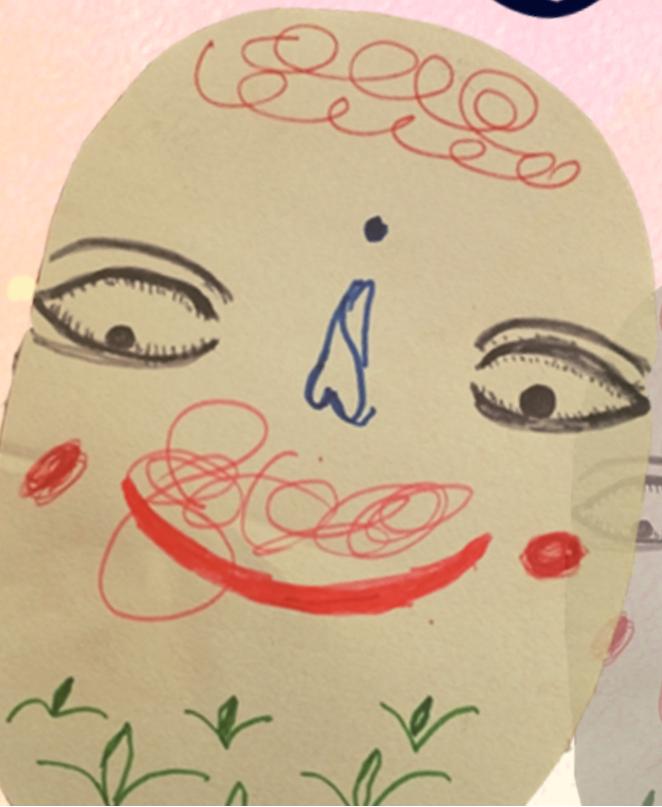




बाहर

अंदर

मेरी दुनिया



# **My World-Inside Out**

**A workshop was conducted with a group of young girls from rural and marginalised locations in Jharkhand, through art based methods on discussing mental well being and health. Self memoir and storytelling were used to initiate a discussion on mental health and identify hidden emotions.**

**Mental health concern remains critical and in the absence of adequate support system, particularly in the rural areas, young girls grapple with diverse forms of socio-psychological problems. The idea behind the interactive session was to break the stigma around discussing depression, anxiety and other forms of distressing emotions, and sharing those feelings without fear and shame.**

# **My World-Inside Out**

**We believe that mapping the mental state through a self-introspective journey is a powerful tool towards healing while reducing the emotional and mental suffering that emerges through multiple gendered realities. Sketches, self-portraits and the usage of colours is a versatile art form to represent the mind(s) which reflects the bittersweet memories of our life journey and reminisces the good/bad emotions from childhood. Such an understanding provides meanings to the multiple kinds of emotions and moods experienced by the individual, especially young girls who are socialised to suppress their inner turmoil. The process of portraying and recognising multiple moods by the young girls through image-based narratives including props like masks was essential for them to eventually express those emotions verbally and introduce them in their everyday vocabulary.**

मुझे बहुत खुशी  
महसूस हो रही है



मुझे  
घबराहट  
महसूस हो  
रहा है



# Masks

What are emotions we are comfortable expressing to the world around us? What are the emotions we feel we need to hide? What happens when we don't find a space to express our difficult thoughts, feelings and fears?

As young women navigating these questions, our participants used these masks to express how they seem to the world and what they hold inside. Interestingly we saw a range of emotions that they didn't necessarily name, and a lot of the girls were careful to make their outer masks presentable with their kajal, lipstick and smiles.

मेरे बाहरी व्यवहार  
से लोग सोचते हैं कि  
मैं एक गुस्सैल  
लड़की हूँ। लेकिन मैं  
बहुत खुश हूँ



# Feelings

When we began work on the first day, we started with a feelings check and almost all the girls said "Achha lag raha hai". Even despite probing and looking for other emotions and sensations we were feeling, it was hard to name and locate these sensations.

During the workshop, we collectively created a wall with names of different kinds of feelings and sensations and by the time we ended our three days, the girls had found words for some of their feelings of solidarity, peace, unease, tiredness, pain, distress, joy, sadness, anger and many more.

क्या मैं  
पुलिस बन  
पाऊंगी?



मुझे घूमने  
का खयाल  
आया



मुझे नदी बनाने में  
मुश्किल हुई  
लेकिन बना लिया  
तो अच्छा लगा



# Zines

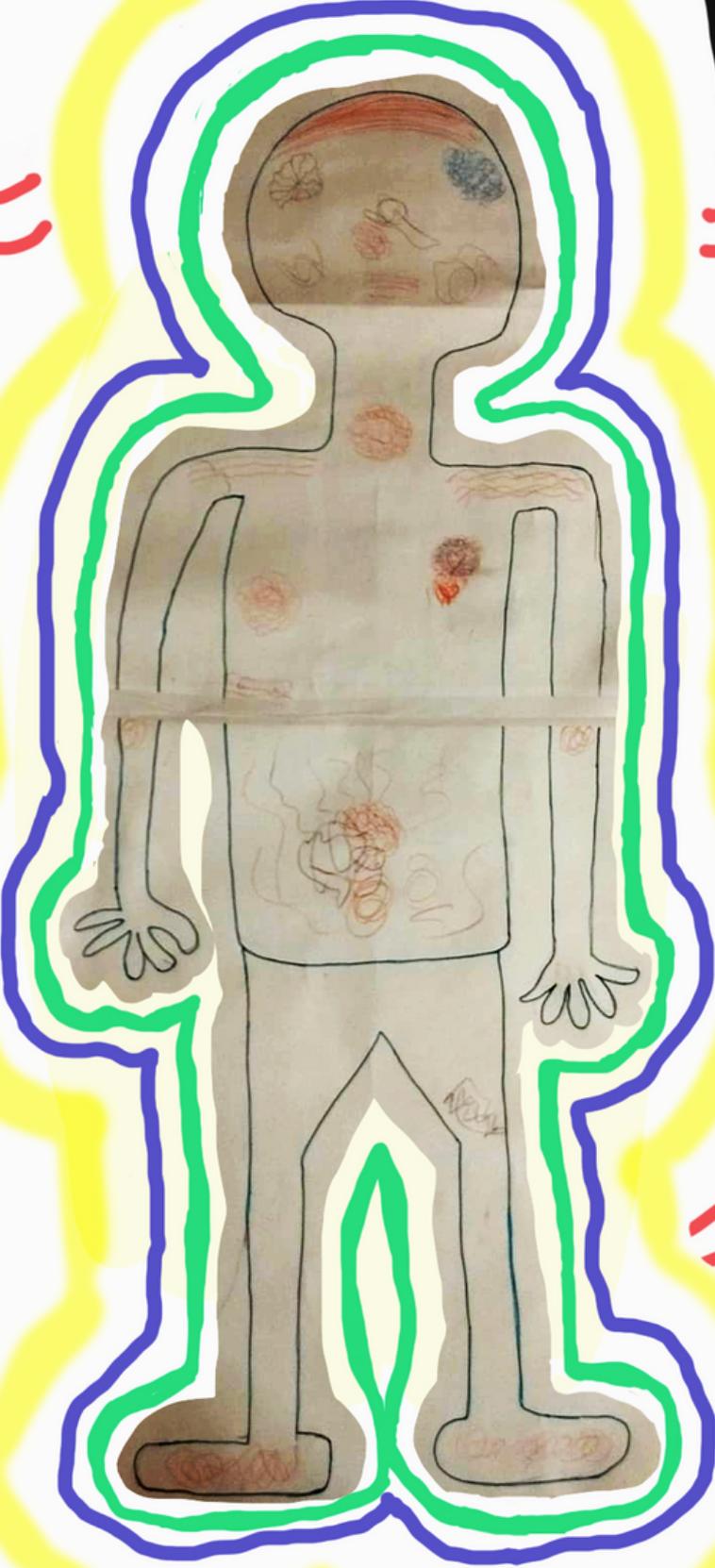
Mapping our memories across different parts of our lives through art allows us look at our lives from a different perspective.

The zines were a way to look at our memories of our childhoods, the previous few years and the coming few years through images and associations. Some of these memories were bittersweet and some were beautiful reminders of more carefree times. The past few years were reminiscent of the pandemic, being homebound and time with family.

The images of the future brought forth wishes and dreams that they girls have for their lives and they left with the hopes to achieve them.

घुटने में दर्द,  
भूख और थकान

सूखा गला,  
गीले हाथ  
पेट में  
हंसी, दिल  
में प्यार



# Body Maps

In the process of finding different feelings and sensations in our bodies, we created a map of our body and scanned them for various kinds of feelings, both physical and emotional, without using words.

Despite the abstraction of the exercise, the girls challenged themselves to use colors, scribbles, shapes and patterns to show what they were feeling in different parts of their bodies.

# Acknowledgment

**We acknowledge the creation of this brief to all the young girls who participated in the Sama workshop (29th-30th March 2022). Through their active participation and sharing, a conversation on mental health was initiated as well as the gendered issues and struggles of young girls were highlighted in connection with the same.**

**We express our heartfelt thanks to Subhadra and Devika for joining the Sama team as Arts workshop resource persons and conceptualising and facilitating the sessions with the girls. Thanks to Sneha Makkad for her support in coordination and documentation.**

**Pictures-Art pieces made by girls during the workshop**



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