



# Project Report

On

## EMPOWERING UNDERPRIVILEGED GIRLS THROUGH MEHNDI ART SKILL DEVELOPMENT PROGRAM

**Submitted By : Nav Astitva Foundation**

### **Introduction**

In the spirit of empowerment and cultural enrichment, a transformative initiative is underway to uplift underprivileged girls through the Mehndi Art Skill Development Program (MASDP). This groundbreaking project is a collaborative effort between the Nav Astitva Foundation, Rotary Club of Patna Millenium, and local partners dedicated to fostering skill development and self-reliance among underprivileged girls. This program aims to revive the traditional art of Mehndi, providing a platform for these girls to enhance their skills, express creativity, and ultimately contribute to their economic independence.

## **Background**

Mehndi, or henna art, is an ancient form of body decoration with deep cultural roots. Often associated with celebrations and rituals, Mehndi art holds historical significance and has been a traditional skill passed down through generations. However, many underprivileged girls lack access to resources and opportunities for skill development. Recognizing this gap, MASDP was conceived to provide a meaningful avenue for these girls to acquire a valuable skill, fostering confidence and opening doors to economic opportunities.

## **Key Objectives of the Program**

- 1. Skill Development:** MASDP aims to offer comprehensive training in Mehndi art, covering traditional and contemporary designs. Workshops, practical sessions, and hands-on experiences will empower participants to master the art form.
- 2. Girls' Empowerment:** By equipping underprivileged girls with the skill of Mehndi art, the program seeks to empower them socially and economically. Mehndi art becomes a potential source of income, contributing to financial independence.
- 3. Preservation of Cultural Heritage:** MASDP plays a vital role in preserving and promoting the cultural heritage associated with Mehndi art. Through this program, traditional designs and techniques are passed on to the next generation.
- 4. Community Building:** The program encourages the formation of a supportive community among the participants. Group activities and collaborative learning create a sense of camaraderie and shared experiences.

**5. Market Access and Marketing:** MASDP assists participants in marketing their Mehndi artworks, providing them access to wider markets. This ensures that their talent is recognized and rewarded, further enhancing their economic prospects.

**6. Sustainable Livelihoods:** Integrating Mehndi art into the participants' skill set aims to create sustainable income opportunities, ultimately leading to improved living standards for underprivileged girls.

### **Implementation Details**

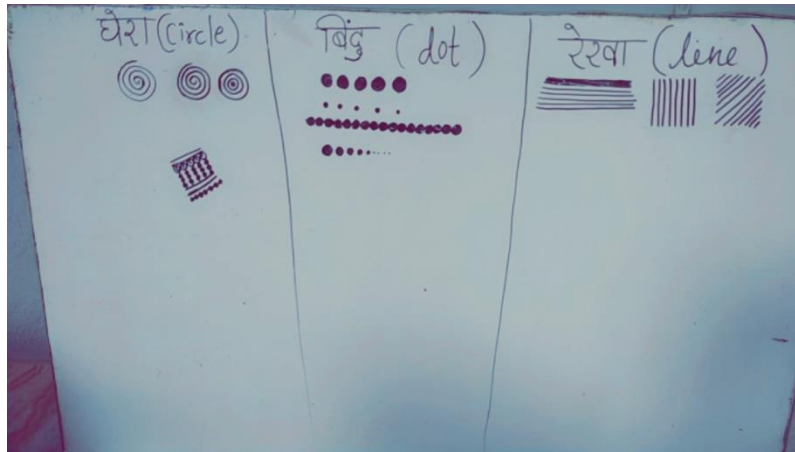
In collaboration with Rotary Club of Patna Millenium and Nav Astitva Foundation, MASDP is committed to providing a 10-days skill development program for underprivileged girls. The program will include theoretical and practical sessions, guest speaker sessions, and a concluding exhibition to showcase the participants' talents.

## **Day Wise training Details**

**10-days Skill Development Program (MEDP) on Mehndi Art for Adolscent Girls**

Location: Nav Astitva Foundation, Patna

## Day 1: Introduction to Basics - Dots, Lines, and Circles



The first day of the MASDP summer program focuses on laying a strong foundation by introducing participants to the fundamental elements of Mehndi art: dots, lines, and circles.

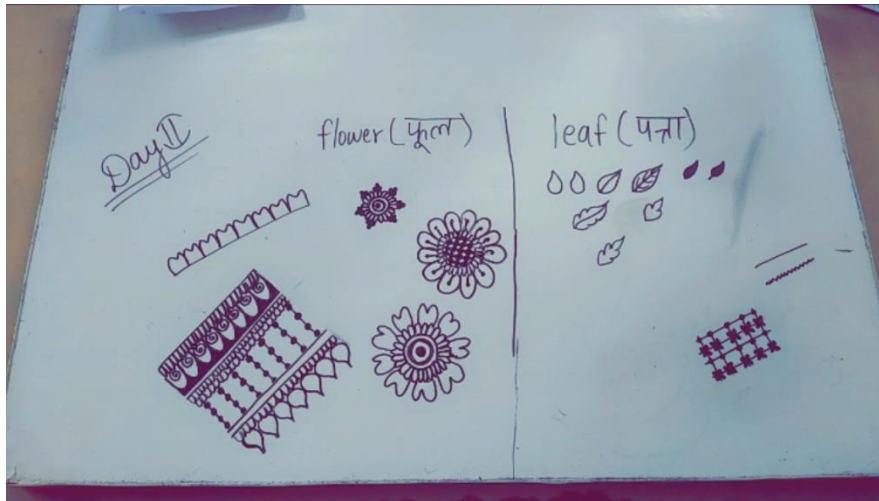
### Key Takeaways:

**Dots:** Participants begin by learning the art of creating precise and consistent dots, understanding their significance in Mehndi designs. Dots serve as the starting point for intricate patterns and play a crucial role in establishing symmetry and balance in the artwork.

**Lines:** The girls are then guided through the skillful creation of various types of lines, emphasizing the importance of control and finesse. Mastery of lines is essential for crafting detailed and expressive Mehndi designs, ranging from simple to complex.

**Circles:** Building on their understanding of dots and lines, participants delve into the art of drawing circles. Circles are a key component in Mehndi art, forming the basis for floral motifs and geometric patterns. Learning to execute circles with precision enhances the girls' ability to create diverse and aesthetically pleasing designs.

## Day 2: Introduction to Basics - Flower & Leaf



Madhubani art, also known as Mithila painting, is a traditional folk art form that originated in the Mithila region of Bihar, India. It is characterized by vibrant colors, intricate patterns, and geometric shapes. One of the key elements in Madhubani art is the depiction of flowers and leaves, which play a significant role in the overall composition. Let's explore the basics of how flowers and leaves are represented in Madhubani art.

### Key Takeaways:

**Cultural Significance:** Participants learn about the historical and cultural significance of incorporating flowers and leaves in Mehndi designs. This knowledge adds depth to their understanding of the art form and its connection to traditions.

**Symbolism:** The day is dedicated to exploring the symbolism behind different flowers and leaves commonly used in Mehndi art. Understanding the meanings associated with these elements enhances the girls' ability to create designs that resonate with cultural nuances.

**Practical Application:** Hands-on sessions allow participants to practice creating intricate flower and leaf designs. Experienced instructors guide them through various techniques, ensuring that the girls gain practical skills that can be applied in real-world scenarios.

**Creative Expression:** The focus on floral and leaf designs encourages creative expression. Girls are encouraged to infuse their personal style into the art form, fostering a sense of individuality and uniqueness in their creations.

### Day 3: Peacock Design

The heart of Day 3 lies in the specialized training tailored to perfecting the Peacock design. Trainers, often experienced Mehndi artists themselves, guide the girls through the step-by-step process of creating the Peacock motif. This includes the intricate detailing of feathers, the graceful arc of the body, and the artful incorporation of additional elements that complement the central design.



### Hands-On Practice:

Participants then engage in hands-on practice sessions where they apply the theoretical knowledge gained earlier in the day. Under the watchful guidance of the trainers, they practice creating Peacock designs on their own hands and on designated practice surfaces. The emphasis is on precision and attention to detail, allowing the girls to grasp the finer aspects of the art form.

## Day 4 Highlights - Basic Finger Design on Paper:

On the fourth day of the MASDP summer training program, participants delved into the intricacies of Mehndi art by focusing on basic finger designs on paper. This session aimed to lay the foundation for mastering the art form, allowing the girls to develop fundamental skills that would serve as building blocks for more complex designs in the future.



### Key Takeaways:

**Foundational Skill Development:** Participants were introduced to the art of creating basic finger designs on paper, emphasizing precision, symmetry, and attention to detail. This foundational skill is essential for progressing to more elaborate Mehndi designs.

**Cultural Appreciation:** The session emphasized the cultural significance of Mehndi art, fostering a deeper appreciation for the traditional craft. Participants learned about the historical and cultural roots of Mehndi, connecting the art form to its rich heritage.

**Confidence Building:** As the girls successfully translated basic designs onto paper, a sense of accomplishment and confidence began to emerge. This empowerment is a vital aspect of the MASDP, aiming to instill self-assurance in participants as they develop their artistic abilities.

**Skill Progression:** Day 4 marked the beginning of a skill progression journey, with participants building on their knowledge and capabilities. The basic finger designs serve as a stepping stone for more advanced techniques and patterns in the coming days.



## Day 5: Basic Arabic Mehndi Design on Paper with Pen

Participants engage in hands-on learning, gaining insights into the intricacies of Basic Arabic Mehndi design. The day's activities include:



### Key Takeaways:

**Introduction to Basic Arabic Designs:** Participants learn about the distinctive features of Arabic Mehndi, emphasizing elegance and simplicity.

**Understanding Patterns:** The session focuses on common patterns such as floral motifs, geometric shapes, and intricate linework, laying the groundwork for more complex designs.

**Practical Application:** Participants practice creating Basic Arabic Mehndi designs on paper using a pen. This practical session allows for experimentation and skill refinement.

**Peer Collaboration:** Group activities foster a sense of community and collaboration, encouraging participants to share ideas and techniques.



## Day 6: Knowledge of Design on Paper with Mehndi

On day 6 of the program, participants delve into the intricacies of Mehndi design on paper. This phase focuses on honing their artistic skills and translating traditional designs onto a two-dimensional canvas. The curriculum includes:



### Key Takeaways:

**Theory of Design Elements:** Understanding the fundamental elements of Mehndi design, such as motifs, patterns, and symbolism.

**Practice Sessions:** Hands-on practice with paper and pencil, allowing participants to experiment with various design elements and gain confidence in creating intricate patterns.

**Guidance from Experts:** Experienced Mehndi artists provide guidance, sharing tips and techniques to enhance the participants' skills in translating designs from imagination to paper.

**Cultural Context:** Exploring the cultural significance of different Mehndi designs, deepening participants' understanding of the art form's rich history.

## Day 7 Milestone: Full Hand Mehndi on Paper

On the seventh day of the program, participants reach a significant milestone as they gain knowledge and mastery in creating full hand Mehndi designs on paper. This achievement marks a tangible demonstration of their progress and showcases the depth of their acquired skills. The intricate patterns serve not only as a testament to their artistic abilities but also as a portfolio that can be showcased for potential clients and employers.



### Key Takeaways:

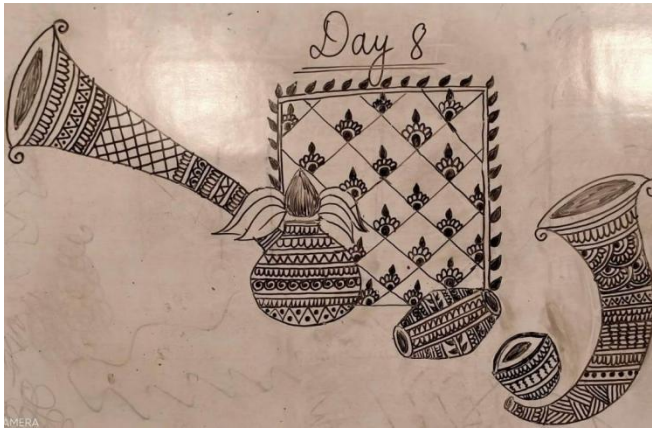
**Skill Acquisition:** Participants leave the program with a comprehensive understanding of Mehndi art, having mastered the technique of creating full hand designs on paper.

**Increased Confidence:** The program instills a sense of confidence and self-worth in the girls, empowering them to face challenges with resilience.

**Gateway to Opportunities:** Armed with a valuable skill, participants are better positioned to explore economic opportunities in fields such as event decoration, bridal Mehndi, and other related enterprises.

## Day 8: Basic Bridal Mehndi Art Training:

On the eighth day of MASDP, participants delved into the intricate world of Basic Bridal Mehndi Art. The curriculum encompassed essential elements such as Tabla (drum), Dhaal (shield), Haathi (elephant), Ghoda (horse), and Palki (palanquin), which hold cultural significance in bridal Mehndi designs.



### Key Takeaways:

**Tabla Design:** Participants learned the art of crafting mesmerizing Tabla designs, incorporating traditional patterns and motifs that symbolize rhythm and harmony.

**Dhaal Artistry:** The Dhaal, or shield, was explored as a canvas for creativity. Girls were taught to intricately weave Mehndi patterns, symbolizing protection and strength.

**Haathi Symbolism:** Understanding the symbolism behind Haathi (elephant), participants adorned their designs with majestic representations, symbolizing power, wisdom, and good luck.

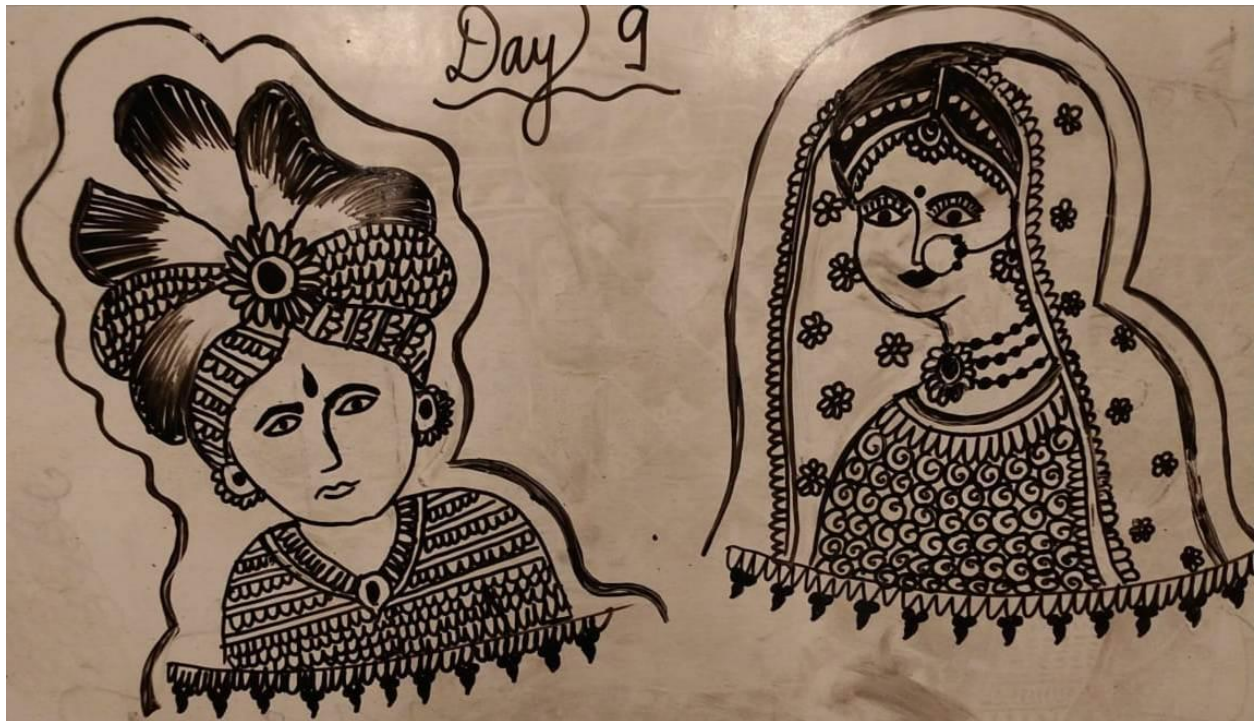
**Ghoda Elegance:** Bridal Mehndi art extended to capturing the grace and beauty of a Ghoda (horse). Participants practiced designing elegant Mehndi motifs to symbolize resilience and companionship.

**Palki Craftsmanship:** The art of creating Palki designs was a key focus, highlighting the significance of this traditional bridal element. Girls learned to intricately detail palanquin designs symbolizing royalty and grandeur.



## Day 9: Bridal and Groom Designs on Hand with Mehndi

On day 9 of the program, participants delved into the intricate world of bridal and groom Mehndi designs. This specialized focus provides them with a comprehensive understanding of the art form, aligning with contemporary trends and traditional aesthetics. The day's activities included:



### Key Takeaways:

**Design Techniques:** Participants learned advanced design techniques specific to bridal and groom Mehndi, incorporating cultural motifs and symbols.

**Ceremonial Significance:** Understanding the cultural and ceremonial significance of Mehndi in weddings, participants gained insights into the role of their art in these joyous occasions.

**Hands-On Practice:** The day was dedicated to hands-on practice, allowing participants to refine their skills under the guidance of experienced mentors.

**Creative Expression:** Encouraging creative expression, participants were given the opportunity to experiment with variations of designs, ensuring a personalized touch to their creations.

## Day 10: Competition Day:

As part of MASDP, Day 9 marks the culmination of weeks of training and practice – it's Competition Day. The event not only serves as a platform to showcase the skills acquired by the participants but also fosters a spirit of healthy competition and camaraderie among them.



### Key Takeaways:

**Full Hand Mehndi Art:** Participants showcase their proficiency by creating intricate and elaborate Mehndi designs on their own hands. The full hand Mehndi art allows them to exhibit the culmination of their learning journey and creative expression.

**Mehndi Application on Others:** A unique aspect of the competition involves participants applying Mehndi on the hands of other women. This not only demonstrates their skill but also emphasizes the potential for economic opportunities, as participants could offer their services for events and celebrations.

**Judging Criteria:** A panel of experienced Mehndi artists and industry experts evaluate the participants based on various criteria, including design complexity, neatness, creativity, and overall presentation. This adds an element of professionalism to the event, simulating real-world scenarios.

## **Impact and Future Opportunities:**

The competition day serves as a transformative experience for the participants, boosting their self-esteem and confidence. Beyond the event, MASDP continues to connect participants with potential opportunities for showcasing their skills in the market. This holistic approach aims to break the cycle of underprivileged circumstances by providing a pathway to economic independence through the art of Mehndi.

## **Challenges and Solutions**

Acknowledging the challenges faced during the program is crucial for continuous improvement. Potential challenges may include limited prior exposure to art, language barriers, and financial constraints. The program will incorporate tailored solutions such as simplified instructions, language support, and provision of necessary materials.

## **Conclusion**

The Mehndi Art Skill Development Program for underprivileged girls stands as a beacon of hope, aiming to empower, inspire, and uplift. Through skill development and cultural preservation, this initiative seeks to create a positive impact on the lives of underprivileged girls, aligning with the vision of a more inclusive and empowered society.



**Thank You**