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Art that improves culture and society, relieves stress, and promotes the preservation and promotion of Indian culture through art.

Dr. Kumkum Bharadwaj

HOD Drawing Department

Maharani Laxmi Bai Government Girls College, Indore, M.P.

Abstract

Art & Culture plays an important role in the development of any nation. It represents a set of shared attitudes, values, goals, and practices. Humankind shares their lives and experiences through art. It is through a culture's art that society gains a deeper insight into the history of that moment. Throughout history, society has been marked by several political, economic, social, environmental, and artistic factors. And for each historical change and transition, art has accompanied human development through its different movements,

Art can also be used as a therapy, healing, self-knowledge, and wellbeing. Art therapy helps from children to adults explore their emotions, improve self-esteem, manage addictions, relieve stress and improve symptoms of depression and anxiety. BeBecoming more popular each day and gaining notorious space, those therapists combine science with some visuals Becoming more popular each day and gaining notorious space, these therapists combine science with some visuals arts to help reveal someone's thoughts, feelings, and psychological disposition. to help reveal someone's thoughts, feelings, and psychological disposition. Becoming more popular each day and gaining notorious space, these therapists combine science with visual arts to help reveal someone's thoughts, feelings, and psychological disposition.