

Q-AOS Module Poster Well-Being with Arts

27 FEBRUARY, 2026

➔ HEALTH CLUSTER

Research Objectives

- 🌸 Assess the impact of holistic art-based practices on well-being (esp. Art-Yoga)
- 🌸 Strengthen community inclusion through participatory arts
- 🌸 Advance cross-cultural & interdisciplinary research partnerships

Introduction

- 🌸 COVID-19 highlighted rising stress & declining well-being (IPSOS 2024), also at university
- 🌸 Students, faculty, staff lacked accessible holistic or arts-based support, esp. in East Asia (WHO 2019)
- 🌸 Arts for health remains a research blind spot in East Asia

2025-2026 WBA ACHIEVEMENTS

TEACHING & EDUCATIONAL INNOVATION

- Course *Health, Well-Being & Happiness in French Society*
- Art-Yoga educational & participatory performances (*Interwoven Bodies* exhibition, Fujii Gallery)
- Visiting professorship from Istanbul (3.5 months)

RESEARCH PROJECT & PUBLICATIONS

- Qualitative & Quantitative data collection (Art-Yoga weekly lessons)
- Submitted 2 grant proposals (esp. KAKENHI)
- Published 3 peer-reviewed articles, including the Art-Yoga pilot study's 1st results.

CONFERENCES & KEYNOTES

- 10 Guest Speakerships & Keynotes (WBA project, well-being, & art-based practices) in Japan & Overseas
- Invited top university prof. (Cambridge, UK) for Seminar at KU
- Presentations at international conferences (Japan & Overseas)

EVENTS, PANELS & COMMUNITY ENGAGEMENT

- Organized INTERFACEing 2025 Conference (50 researchers from 20 countries) in Istanbul
- Chaired panel & presented at Kyoto University
- Contributed to 6 multidisciplinary cultural events, including Asia Week.

ART-YOGA RESULTS 1ST PUBLICATION

KEY QUESTION

Can Art-Yoga (arts + yoga) improve emotional well-being, awareness, & self-care in a Japanese university context?

METHOD

- Mixed-methods pilot (3 months): n=16 surveys (HLS-EU-Q47); n=7 pre/post 1hx2 interviews
- Lessons integrated music, dance, visual/poetic imagery with yoga

RESULTS, DISCUSSION & CONCLUSION

- **No significant change in health literacy** between low/high attendance (HLS-EU-Q47; $p \approx 0.98$)
- **Well-being gains:** emotional release, inner clarity, subtle social bonding; happiness \uparrow to median 8, peacefulness \uparrow to 7.5
- **Effects** often short-term; likely require continuity & culturally responsive delivery
- **Feasible**, culturally adaptable approach supporting emotional regulation & self-care in higher education
- **Future work:** longer/iterative programs, better mixed-method triangulation, broader participation for robust stats