

## Visual Artist Parul Mehra

### Education:

- Graduate (Primary & Secondary education) at Modern School Vasant Vihar, New Delhi, India
- Bachelor of Architecture from Sushant School of Art & Architecture, affiliated to Guru Gobind Singh Indraprastha University, India
- Mixed Media course, Lasalle College, Singapore
- Perspective Drawing course, Lasalle College, Singapore
- Certified Reiki course from Redefine wellness – Singapore
- Art Therapy Diploma course from C.E.C.A.T (Australia)

### Contact Details:

Divine Creations Collective (registered with ACRA, Singapore): for mixed media artworks, prints & art on products.

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### About the Artist:

Parul is an architect by qualification. Her architecture course enabled her to work with building materials, study dimensions & the understanding of spatial perspectives. While working on projects, she was also practicing her artistic skills alongside. Encouraged by the response of her debut show in New – Delhi (India) along with the strong support of her mentors she steered towards the art world as a professional artist. She's based in Singapore.

Parul's artworks are part of private collections in countries such as Ireland, Dubai, Australia, London, India & Singapore. In December 2022, she launched her coffee table art book at The National Library Building, Singapore. This landmark occasion was a celebration of her decade long journey in the world of visual art.

The book titled "Unmasking the Spiritual Self" is a memoir for art collectors and not for sale. It has received a heartwarming response in over 15 countries. Edition II will be launched soon for worldwide sales.



### Artist's dialogue:

- This is an inner journey.....a catalogue of my sub-conscious being & what it infers on the spiritual plane of my daily life. Sometimes my artistic expressions are decoded months after the paintings have been made.
- Art is a powerful medium of communication and all arts whether visual or performing can impact a generation. My artworks reflect a third dimension which the audience visualizes, as they attempt to unravel my themes. Nature is my best muse & as an environmentally conscious artist, I feel that giving back to Mother Earth is essential. In this context, I have participated in a Fellowship Program focusing on Climate Change to create a dialogue across borders through the arts.
- During the lockdowns in the Covid-19 pandemic, we observed humans across the globe connected via virtual mediums. This helped us tap into

our sub-conscious communication skills. While this unexpected situation made us realize the value of life itself, I found my spiritual and meditative practices guiding me at a deeper level. It was this purpose which led me to launch a coffee table book talking about my artistic journey.

- I associate with charities globally that create positive social impact & I regularly participate in events for fund raising worldwide. I'm a Kundalini Reiki Level 3, practitioner.

- Featured in Publications

- *Magazines: Colours Canvas, Indian Creative Minds, Art & Design, Cosmopolitan, India*
- *English newspapers: The Hindustan Times, The Times of India, The Asian Age, The Morning Standard, The Sunday Guardian, The Hindu, The Daily News- India*
- *Hindi language newspapers : Dainik Jagran, Jansatta, Virat Vaibhav, India*
- *Artist Talk Magazine- January 2022/ November 2023.*
- *Passage magazine, by Friends of Museums, Singapore, Jan. 2025*

Exhibitions & Collaborations:

- Debut Solo show "In Transcendence" at Arpana Caur's Academy of Art & Literature, New Delhi, India, December 2013.
- Group exhibitions at All India Fine Arts & Crafts Society (AIFACS), New Delhi, April & October 2014.
- Group exhibitions at Arpana Caur's Academy of Art & Literature, New Delhi, April 2014/March 2015 /March 2019/March 2020, October 2021.
- Solo show title "An Inner Journey" at Arpana Caur's Academy of Art & Literature, New Delhi, December 2014.
- Group exhibition title "Art Kettle Garden" in collaboration with Kala Care:

"Bachpan Bachao Aandolan" (for helping victims of child labor) along with Mr. Kailash Satyarthi (Nobel Laureate) at,

The India International Centre (IIC) Convention Centre, New Delhi, April 2015

- Group exhibition, title "Artists for Nepal", fundraiser for Nepal earthquake

The India Habitat Centre (IHC) Convention Centre, New Delhi, July 2015.

- Group show at The Art Junction Gallery, The Lalit Hotel, New Delhi, August 2015.
- Solo show at The Taj Bengal Hotel Kolkata, India, November 2015.

- Group exhibition "Ray of Hope" with Kala Care Group, for eradicating illiteracy in India, The American Centre, New Delhi, November 2015.

- Solo show title "A New Dialogue", at

The Alliance Française De Delhi, January 2016.

- Participation at Art Camp title "Art in Industry", hosted by Tata Steel, at Jamshedpur headquarters, India, February 2016.
- Group exhibition title "Art Insight Medium" at Balgandharva Kaladan, (Maharashtra), India, October 2016.

Solo booth at Knotty Tales lifestyle show, at

The Marriot Hotel, Gujarat, India, August 2017.

- 1<sup>st</sup> International Kala Mela, organized by Lalit Kala Akademi Delhi, participation in group showcase. At Indira Gandhi National Centre for Arts, (IGNCA) New Delhi, February 2018
- Solo booth at public arts festival "Imagine", with The Hindustan Times newspaper, New Delhi, March 2018 & February 2019

- Group show title "Grey", with Kala Care group, to raise awareness for air pollution in India, at

The Triveni Kala Sangam, Cultural Centre for Arts, New Delhi, May 2018.

- Solo show with Imag India, for "Clean India Campaign" at Constitution Club of India, New Delhi, August 2018.
- Solo show, title "Dreamscapes" at The India Habitat Center (IHC) Convention Centre, New Delhi, November 2018
- Solo show at Dr. Ambedkar International Center, New Delhi, November 2018.
- Solo show at Marwah Studios, Film City, Noida (New Delhi), January 2019

- Artworks display at The Rara Arthouse Café, New Delhi, January 2019.

- Showcase at The Mongolian Embassy, on World Environment Day, New Delhi, June 2019
- Participation in online group exhibition "The Spirit Remains Unlocked" for The Art Route gallery, July 2020
- Participation in online group exhibition "Confluence of Expressions- I, II & III", by Zervas Art Club, March, July 2021/March 2022
- Participation in International exhibition "The rule of Narrative -II" at Gnaní arts gallery, March 2021

- Group exhibition online "And she slays the demon", charity fund raiser for Covid - 19 in India in collaboration with Singapore RED CROSS, May 2021

- Indian High commission project, title "Azadi Ka Amrit Mahotsav" for marking 75 years of India's independence, at

The Indian Embassy, Singapore, February '22

- Group exhibition at "India Arts Festival", Bengaluru, May 2022.
- Artsy online, solo show title "Natural Entity", January '22
- "Making Waves" group exhibition at Visual Arts Centre, Singapore, January 2024.
- Showcase at Redefine Wellness center, March 2024, Singapore.

- Earth Hour charity ball at MBS with WWF Singapore, April 2024.
- Ion Orchard gallery, Group show with Be One gallery, May 2024, Singapore.
- Sustainability art market with Peace of Art, charity for underprivileged kids in Singapore, Marina Square, May 2024
- "India Arts Festival" Hyderabad, June 2024, India
- Group art show, titled "Worlds of Wonder" in Perak Malaysia, August 2024
- Showcase at Café into the Woods, Singapore
- Group show at Raffles city mall, Be One Gallery, October 2024, Singapore
- Group show "It's a wonderful world" Visual arts Centre, Singapore, January 2025

#### *Upcoming shows:*

Barbie runway project, Marina square, Singapore, June 2025

FIND DESIGN FAIR at Marina Bay Convention Centre, September 2025.

#### *Other Art & Culture activities:*

- Artistic Partner for TEDx Talks, New Delhi (2016)
- Participant at panel discussion for women empowerment, at  
The Constitution Club of India, New Delhi, December 2018.
- Participant at panel discussion, "Yes I Bleed Campaign" to support cause of menstrual hygiene of under privileged women, at  
Delhi University, January 2018.
- TV interview with Delhi Doordarshan (national tv channel in India) for cultural programs.
- Mentoring under-privileged female art students for "Sarvam Foundation", India
- Art featured in calendars for charity by "Little India Foundation", all sale proceeds for homeless street children in India. (2021-2025)

- News editor for "Passage" magazine, by Friends of Museums (FOM), Singapore,
- Arts Fellowship Program with Clim Arts UK. January 2024.
- Hindu Centre Singapore artist talk
- Art on recycled textile boards for Wynist as a sustainability led initiative.

### Member of:

- **Council of Architecture (COA), India**
- The Alliance Française De Delhi, India
- Friends of Museums (FOM), Singapore
- Singapore Furniture Industries Council (SFIC), Singapore

### Book launch:

Title "Unmasking the Spiritual Self"

Seminar at The National Library Building (NLB), Singapore, December 2022

### Awards & recognition:

- Awarded by Tata's office in Jamshedpur at "All India artist's annual workshop" featuring only 21 artists chosen pan India, February 2016
- Awarded by Imag India for spreading message of Clean India campaign. Constitution Club of India, August 2018, New Delhi
- Award for "Beti Bachao Beti Padhao Andolan" (save & educate the girl child campaign) on the occasion of late Prime Minister of India, Shri Atal Bihari Vajpayee's birthday, Delhi December 2018.
- Awarded at Marwah studios, Film City Noida (New Delhi) at inaugural ceremony of Delhi International Arts Festival
- Awarded at Marwah studios, Film City Noida (New Delhi) at the 12<sup>th</sup> International festival for Cellphone Cinema
- Awarded by NGO Rajasthani Academy, at The India Habitat Centre, at Naari Gaurav Sammelan, ( Women's Day celebrations), New Delhi, March 2019

- Awarded by The Mongolian Embassy, New Delhi, June 2019.
- Awarded by AAFT, "Dr. Sarojini Naidu International award for working women", Delhi, September 2021.

*Selected Institutional patronage:*

- Taj Hotel, Kolkata, India
- Tata Steel Company headquarters, Jamshedpur, India
- The Mongolian Embassy, New Delhi, India
- AAFT, Delhi, India
- The Indian Embassy, Singapore
- World Wildlife Fund, Singapore
- Singapore Cricket Association
- Singapore Red Cross



## Artworks

**TITLE:** The Dream Swim

Size: 36" \* 36"

Medium: Acrylic on canvas

Description: Immersed in meditative gratitude... the mind swims out of ignorance & into the Great Dream. This artwork was a part of "Dreamscapes" exhibition, wherein mystical beings are depicted in fantastical settings.



**TITLE:** The Great Reset

Medium: Mixed media on canvas

Size: 16" \* 24"

Description: Recalibrating freedom – This artwork was made during the Covid 19 lockdown. It depicts an unprecedented time in recorded history. Humans were trapped in a concrete cage..... while nature was free & unencumbered.





**TITLE:** The Dreaming Dragon

Size: 36" \* 48"

Medium: Acrylic on canvas

Description: Our resistance to the trials of fire ...

This artwork was a part of "Dreamscapes" exhibition, where in mystical beings were depicted in fantastical settings.

The dragon considered auspicious in many cultures, is depicted in a fluid manner not intimidating & overpowering.



**TITLE:** The Ideal Flight

Size: 11.5" \* 16.5"

Medium: Mixed media on paper

Description: The mystical being is soaring above the three realms, depicting freedom. This artwork is a part of "Spirit remains unlocked" series made during lockdown in the Covid - 19 pandemic.



**TITLE:** The Earth Dreams

Size: 36" \* 60"

Medium: Acrylic on canvas

Description: .....While universal waves imbibe within .....

This artwork was a part of exhibition titled "A New Dialogue" wherein a dialogue was depicted between man & nature addressing the issue of climate change.





**TITLE:** Inner Vibrance in Motion

Size: 24" \* 24"

Medium: Fluid acrylics on canvas

Description: This artwork depicts a vortex in the ocean, a turmoil, which would ordinarily create chaos. However, in this depiction it shows a vibrance, a semi glow of elements in motion. This artwork is a part of "Spirit remains unlocked" series made during lockdown, in the Covid - 19 pandemic.



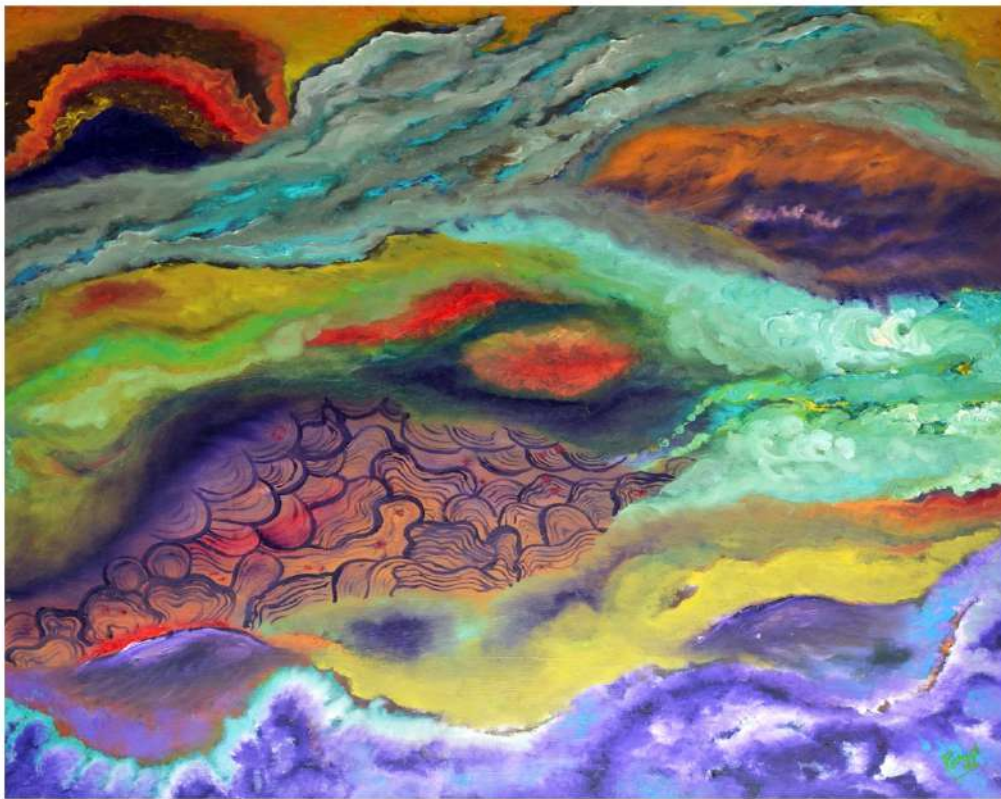
**TITLE:** The Earth is Sleeping

Size: 36" \* 36"

Medium: Oil & acrylic paint on canvas

Description: ..... & restoring inner beauty, while removing the dullness of negativity....

This artwork was part of "A New Dialogue" series for The Alliance Française (New Delhi) which depicted a dialogue of nature with man.



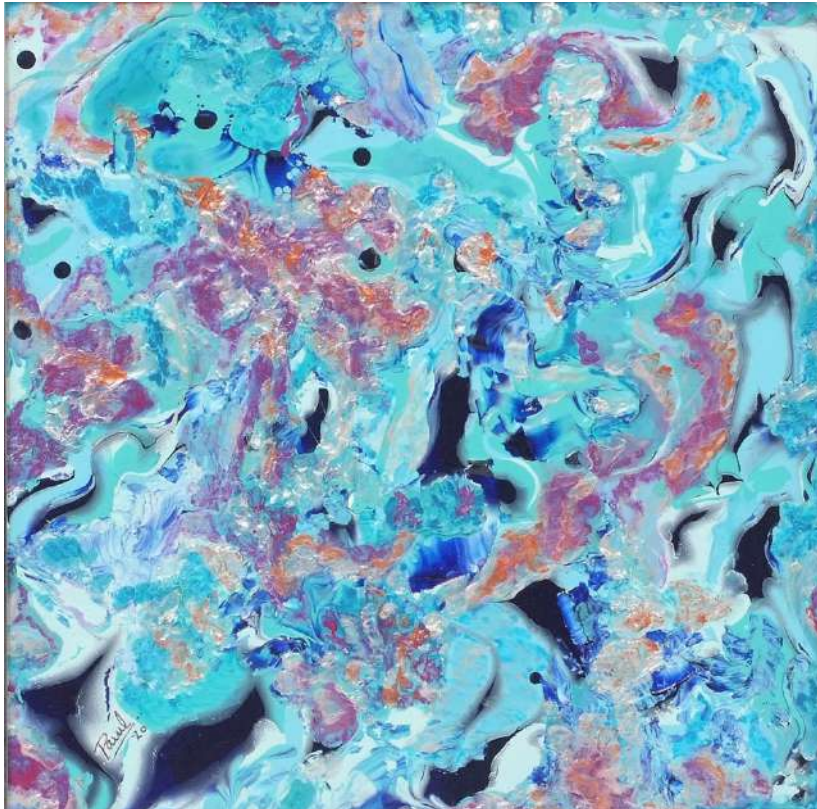


**TITLE:** The Ocean of Possibilities

Size: 12" \* 12"

Medium: Acrylic paint pour on canvas

Description: Waves of ambitious energy, churn our thoughts into actions



**TITLE:** The Sea of Notions

Size: 12" \* 12"

Medium: Acrylic paint pour on canvas

Description: Converting our urges into ambitious energy



**TITLE:** Paradise under Water

Size: 16" \* 24"

Medium: Mixed media on canvas

Description: My depiction of a mystical world under water. Compelling my viewers to think what lies beneath & beyond. I'm fascinated by mermaids & hence they are frequently painted by me in various habitats.





**TITLE:** Symphonies of the Forest

Size: 12" \* 12"

Medium: Collage & mixed media on canvas panel

This artwork is inspired by the varied species of birds, flora & fauna found at Singapore national parks.



**TITLE:** Transition between Realms

Size: 16" \* 20"

Medium: Collage & Mixed media on canvas

Description: Humanity is constantly transitioning between earth, sky & beyond,

In mind, body & spirit...

This is the true essence of evolution.





**TITLE:** Transition in Sleep

Size: 20" \* 24"

Medium: Soft pastels & water-color pencils, pen & ink on paper



**TITLE:** Blessings are Showered

Size: 16" \* 16"

Medium: Collage with Japanese origami paper on canvas board



**TITLE:** Yearning for the Moon

Size: 16" \* 16"

Medium: Collage with Japanese origami paper on canvas board





### *The Ideal Series*

- *Dreams of souls who have realized the highest self.*
- *These four paintings reflect the deepest, inner most thoughts of the artist.*
- *These artworks are a part of "Dreamscapes" exhibition, where in mystical beings were depicted in fantastical settings.*

**TITLE:** The Ideal Effort

Size: 24" \* 36"

Medium: Acrylic on canvas

Description: No stone unturned .... Heavy lifting without complaining, comparing, or criticizing.



**TITLE:** The Ideal Calm

Size: 24" \* 36"

Medium: Acrylic on canvas

Description: Storms abound but childlike devotion stays the course.





**TITLE:** The Ideal Decision

Size: 24" \* 36"

Medium: Acrylic on canvas

Description: Resist selfishness.....



**TITLE:** The Ideal State

Size: 24" \* 36"

Medium: Acrylic on canvas

Description: Exciting dreams are about to begin....

