

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)

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About the Artist:

Parul is an architect by qualification. Her architecture course enabled her to work with building materials & the understanding of spatial perspectives. While working she was also enhancing her artistic skills. Encouraged by the response of her debut show in New – Delhi, 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, USA. 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 patrons. 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 and giving back to Mother Earth is essential for me.
- 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.
- The company Parul started namely "Divine Creations Collective" deals in artistic products and hosts art workshops along with sales of commissioned artworks.
- *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, India International Centre (IIC) Convention Centre, New Delhi, April 2015

- "Artists for Nepal", fundraiser for Nepal earthquake at, India Habitat 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, American Centre, New Delhi, November 2015.
- Solo show title "A New Dialogue", at 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 at Marriot Hotel, Gujarat, India, August 2017.

- 1st International Kala Mela, organized by Lalit Kala Akademi Delhi, At Indira Gandhi National Centre for Arts, (IGNCA) New Delhi, February 2018 (group show)
- 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 Triveni Kala Sangam, 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 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
- Solo show at The Mongolian Embassy, New Delhi, June 2019
- Participation group exhibition "The Spirit Remains Unlocked" Art Route gallery, July 2020
- Participation "Confluence of Expressions- I, II & III", by Zervas Art Club, March, July 2021/March 2022
- Participation "The rule of Narrative -II" at Gnani Arts Gallery (Singapore), March 2021
- Group exhibition "And she slays the demon", charity fund raiser 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 & Hyderabad June 2024.
- "Making Waves" group exhibition at Visual Arts Centre, Singapore, January 2024.

- Earth Hour charity ball at MBS with WWF Singapore, April 2024.
- Ion Orchard gallery, Group show Singapore, May 2024,
- Sustainability art market with Peace of Art Singapore, May 2024
- Group show "Worlds of Wonder" Malaysia, August 2024
- Display at Café into the Woods, Singapore
- Group show Raffles city mall Singapore, October 2024,
- Group show "It's a wonderful world" Visual arts Centre, Singapore, January 2025

Divine Creations Collective (DCC) launch at:

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

Hosted by Fiera Milano & SFIC

DCC Collaborations:

Honpo wall papers, Apod laminates, Royo materials, Wynist

Other Art & Culture activities:

- Artistic Partner for TEDx Talks, New Delhi (2016)
- Participant at panel discussion for women empowerment, at Constitution Club of India, New Delhi, December 2018.
- Participant at panel discussion, "Yes I Bleed Campaign" to support cause of menstrual hygiene, Delhi University, January 2018.
- Mentoring students for "Sarvam Foundation", India
- Art calendars for charity by "Little India Foundation", all sale proceeds utilized for street children in India. (2021-2025)
- Set design for musical production with- Dreaming child productions (New Delhi)
- Arts Fellowship Program with Clim Arts UK. January 2024.
- Hindu Centre Singapore - artist talk & workshop
- Career talk with grade 11 students at XWA academy, Singapore
- Club 1880 (Singapore) - Interactive talk on art & AI
- Voluntary art workshop at Nordic Pre-school & XWA world academy, Singapore.

Member of:

- **Council of Architecture (COA), India**
- The Alliance Francaise De Delhi, India
- Singapore Business Federation (SBF)
- Singapore Furniture Industries Council (SFIC), Singapore
- National Gallery Singapore
- Hindu Centre Singapore

Book launch:

Title "*Unmasking the Spiritual Self*"

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

Edition II , to be published for sales at bookstores worldwide.

Awards & recognition:

- Awarded by Tata's HQ Jamshedpur at "All India artist's annual workshop" February 2016
- Awarded by Imag India for Clean India campaign, August 2018, New Delhi
- Award for "Beti Bachao Beti Padhao Andolan" (save & educate the girl child campaign) on late Prime Minister of India, Shri Atal Bihari Vajpayee's birthday, Delhi December 2018.
- Awarded at Marwah studios, Film City, at inaugural ceremony of Delhi International Arts Festival
- Awarded at Marwah studios, Film City at the 12th International festival for Cellphone Cinema.
- Awarded by NGO Rajasthani Academy, (Women's Day celebrations), New Delhi, March 2019
- Awarded by 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
- Wynist corporation, Singapore
- XCL World academy, Singapore

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.



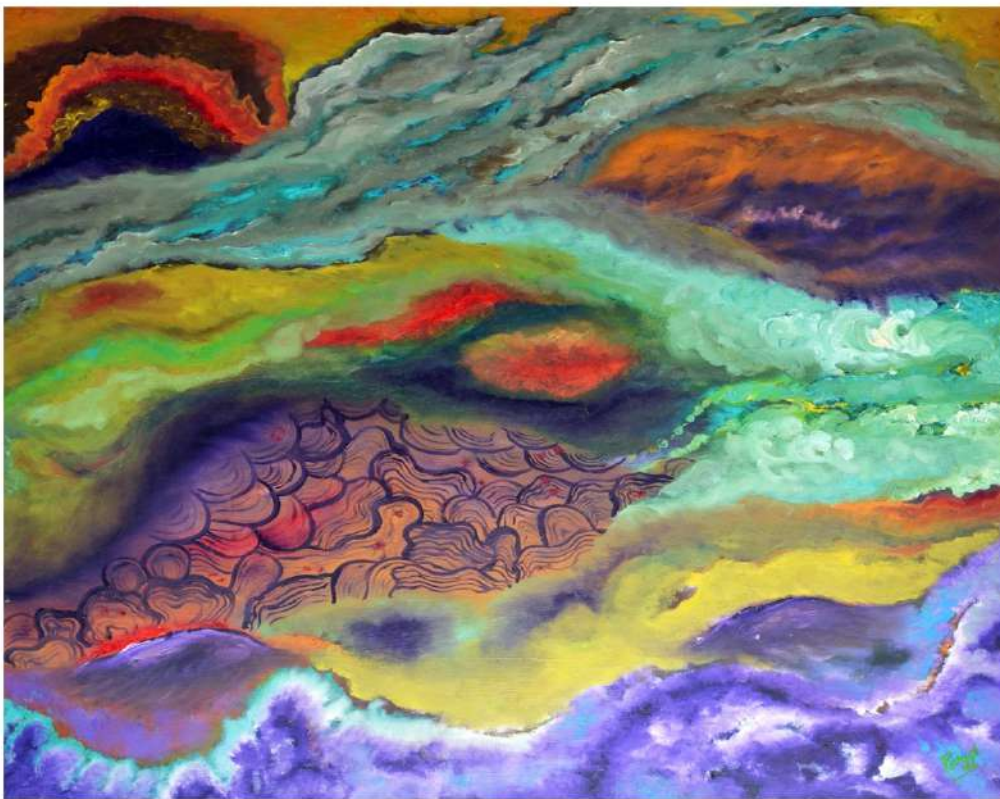
TITLE: The Earth is Sleeping

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.

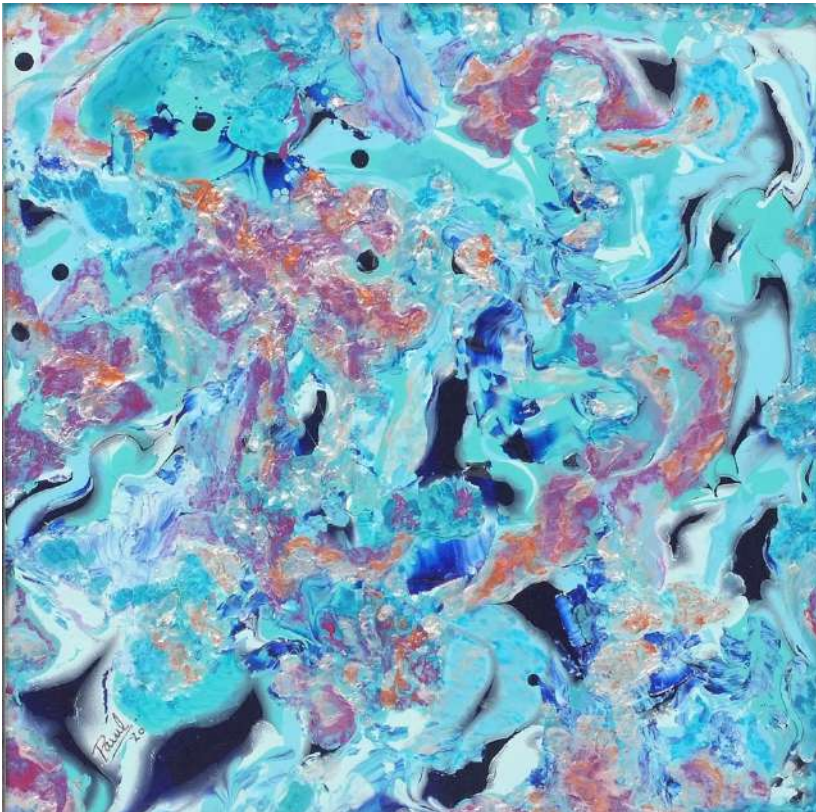


TITLE: The Ocean of Possibilities

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 in 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....

