



artrise auctions

Radiance of Cosmic Consciousness

Who am I to Who I am

A solo show by **Sonika Agarwal**



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A solo show by *Sonika Agarwal*

12th September – 3rd October, 2023

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“Alongside our endeavour with promoting the Modern Masters, we are concerned with contemporary and emerging talent. Sonika Agarwal’s deep inward search for her identity and self, reflects in her work that is unique in its style and approach. It captures the gentle glow of the cosmos.

It taps into the unseen energy that surrounds us and pushes our mundane lives towards something extraordinary.. both spiritually and cosmically”.

Uday Jain
Director, Dhoomimal Gallery



Tapping into Multi-directional Energy

The human understanding and study of the Cosmos is as ancient as human civilization itself and our current knowledge, though vast is actually only a fraction of Cosmic energy, time, matter and mass. One may be left with many questions especially if one were to attempt to combine the understanding of the Cosmos with that of the Divine order, as did Aristotle.

The treatise *De mundo* (dated around the 1st cent. BCE) offers a cosmology, in the Peripatetic tradition (philosophical tradition founded by Aristotle) which draws also on Platonic and Stoic thought, and subordinates what happens in the cosmos to the might of an omnipotent God. Thus, the work is paradigmatic for the philosophical and religious concepts of the early imperial age, which offer points of contact with 'nascent Christianity'.

In the Vedic understanding of the Cosmos it is even more vast and philosophical. The most common cosmological conception of *Lokas* in the Veda was that of the *Trailokya* or triple world: three worlds consisting of earth, atmosphere or sky, and heaven, making up the universe. In fact, Many Hindus believe that there are 14 lokas, or worlds that make up a multiverse. They believe that there are inhabitants in each of these planetary systems.

The artwork of artist Sonika Agarwal touches upon these various aspects of Cosmic belief, understanding and philosophy in a manner that is deeply visual and experiential. Her paintings evoke a very personal and yet universal understanding of the Cosmic belief and energy and it touches the inner core of humanity, shaking loose the weight of our own mundane existence with the power to embrace something larger something that is both scientific yet divine. The opposites of light and dark come together in a unifying moment that is truly both spiritual and also deeply physical so that one may experience and contemplate the unity of these diversities present in our universe.

The phenomenon of looking inward and retreating to that quiet place inside, where all the dualities and oppositions of the world unify, is perhaps an outcome of the Corona virus and the subsequent lock down that required us humans to take time off our busy schedule and retreat to a more solitary and meditative state of being. It has definitely provided many artists with a chance to reflect and draw upon their inner self. Sonika speaks of one such phenomenon where she was encouraged to introspect and draw upon past experience bringing to it a new vigour and understanding. Instead of just conjuring an impression of planetary motion, with spheres, circles, lines and ellipses, Sonika has focused on the element of light, evoking it through paint that is luminescent in the dark. She has used colour, mass and pattern to convey a composed dynamic amid the uniformity of her circles, a shape that she feels has opened up a fourth dimension – one of spirituality. Sonika taps into the potential of cosmic sound that vibrates with the energy of life what is known as the 'cosmic motor', that propels us with its vitality.

The ease of bringing together scientific belief and the Vedic understanding of the universe is almost seamless in Sonika's approach; the metaphorical is evoked in her understanding and fascination toward the ethereal dance of life. Many artists like *Edvard Munch* (*Dance of Life*, 1900), and *Henri Matisse* (*Le Dance*, 1910) have referred to the celebration of human life. Munch employs a masculine gaze where he evokes the virgin dressed in white, the married woman dressed in red and the old widow dressed in black to symbolize these important phases of a woman's life. Matisse preferred to focus on a group of multi-gendered nude dancers caught in a collective moment of 'innocent freedom' and joy, holding hands as they whirl around in space. Sonika's dance of life is evoked by her use of abstract swirling lines, going deeper into the center of the canvas touching the primal human desire to tap into force of life. Where human energy comes together beyond the limits of physical form; rather it is in formlessness that she gathers the spirit and takes it to another level of consciousness. The cosmic ocean flows beyond the binaries of Purusha and Prakriti (male and female) encompassing the forces that are self-generating like an Electromagnetic force or a self-powered multidirectional energy.

'Try to paint your world as though you are the first person looking at it – The wind ... and the cold – The dust – and the vast starlit night.' Georgia O'Keeffe

Georgina Maddox
Critic-Curator



Would any soothsayer of Art predict that *“Radiance of Cosmic Consciousness- Who Am I to Who I Am”* would someday feature as a milestone in the history of Art? Would they take their artistic license to suggest that Mona Lisa’s eyes would follow these artworks at the Louvre, like they do at all visitors with her mysterious smile of *“Cosmic Consciousness.”* This remains an artist’s fantasy, the drive behind the exhibition that we present before you.

Historically and cosmically, it is often out of disorder emerges order. For instance, Post World War II, Abstract Expressionism emerged in America. Now post Coronavirus too some new Art Forms may emerge, which are not referential to the past as the world looks inward for spiritual salvation.

The *“Radiance of Cosmic Consciousness”* possesses a universal language, a new story to tell with an innovative technique not intimidated by the past. For over seven years as an artist I have been looking inwards doing my sadhana at my studio evolving and upgrading my technique to create these mystical paintings that take you on a spiritual journey from *“Who Am I to Who I Am.”*

The artworks are similar to the X-ray vision of the Cosmos. They represent the sound and vibration of energies of the Cosmos. *“Where there is a vibration, there is bound to be a sound, which means the whole of existence is just a complex web of sounds.”* - Sadhguru (Born Jagadish Vasudev 1957)

It is about seeing the unseen, hearing the unheard where the grosser light vanishes into the radiance of the cosmos. *“ॐ Aum is the primordial, effulgent sound which permeates the entire cosmos- the wise call it by many names. Spiritual masters concur- ॐ Aum is the universal sound and not religious in nature. ॐ Aum, Hum, Amen, Amin are one and the same. It is the invisible divine power, the only doer, the sole causative & activating force that upholds all creation through vibration.”* The biblical words refer to the threefold nature of God as Father, Son, Holy Ghost (Sat, Tat, ॐ Aum in Hindu scriptures).

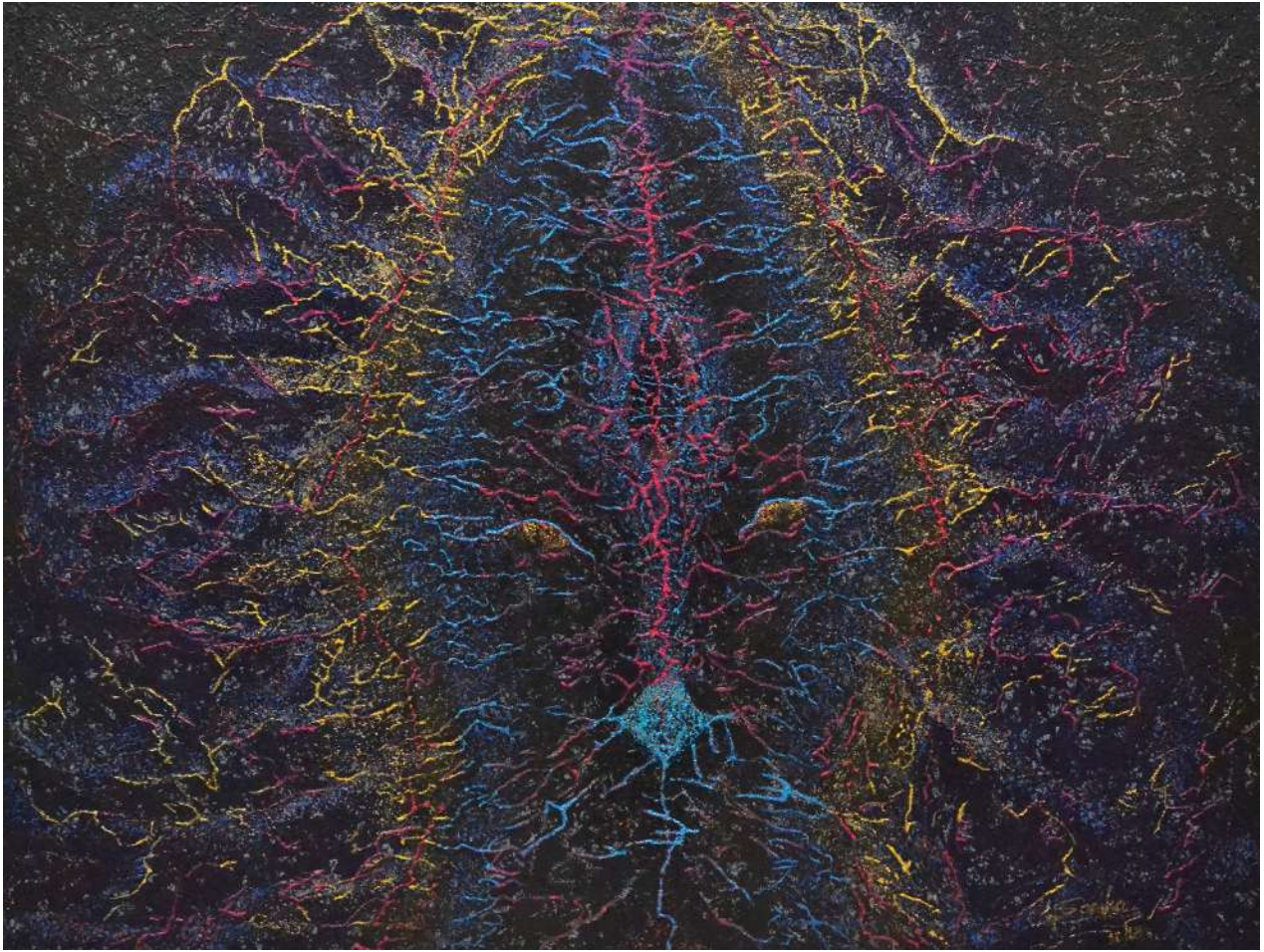
ॐ Aum is the vibration and sound that in a subtle way is omnipresent and is the common chord that binds these *“Radiance of Cosmic Consciousness-Who Am I to Who I Am”* paintings together. These paintings resonate with the description of experiencing the Cosmic Consciousness by the spiritual masters.

What makes these artworks unique is that they are an eventful expression of inner life- the spiritual cosmos inside a human being. These are visual images of the spirit which is countless tissues of light. It is here the cosmic beams condense on the canvas to dance over forms unconcerned about joining the dots and traversing from formlessness to form. *“While painting, I remove myself from the stage itself and let the Divine play for me.”* This act transports the painter to a place within, which most people yearn to understand and reach to. It is commonly believed that to understand the world is far more important than to understand yourself. These paintings are arresting flashes of insight, an unabashed declaration of our inner radiance: *“Of what use is knowing the ends of the universe, if we cannot understand the microcosm of our Self. AtmanamViddhi- Know Thyself.”*

“ॐ Aum is the Radiance of Cosmic Consciousness that is condensing on the canvas illuminating the vibration of the cosmic motor and sound of the cosmic drum.”

Sonika Agarwal





Vibration of the Cosmic Motor | Acrylic on canvas | 36 x 48 inches | 2018

The ancient Sage Patanjali says, “ॐ Aum is the actual cosmic sound, the whir of the Vibratory Motor, the witness of the Divine presence.”

They resonate with the description of experiencing the cosmic consciousness of the spiritual masters. The painting is best expressed in the words of Paramahansa Yogananda- “The entire cosmos is gently luminous; like a city seen afar at night, glimmered within the infinitude of my being. A mellow radiance, ever undiminished, It was indescribably subtle. The creative voice of God I heard resounding as ॐ Aum, the Vibration of the Cosmic Motor.”

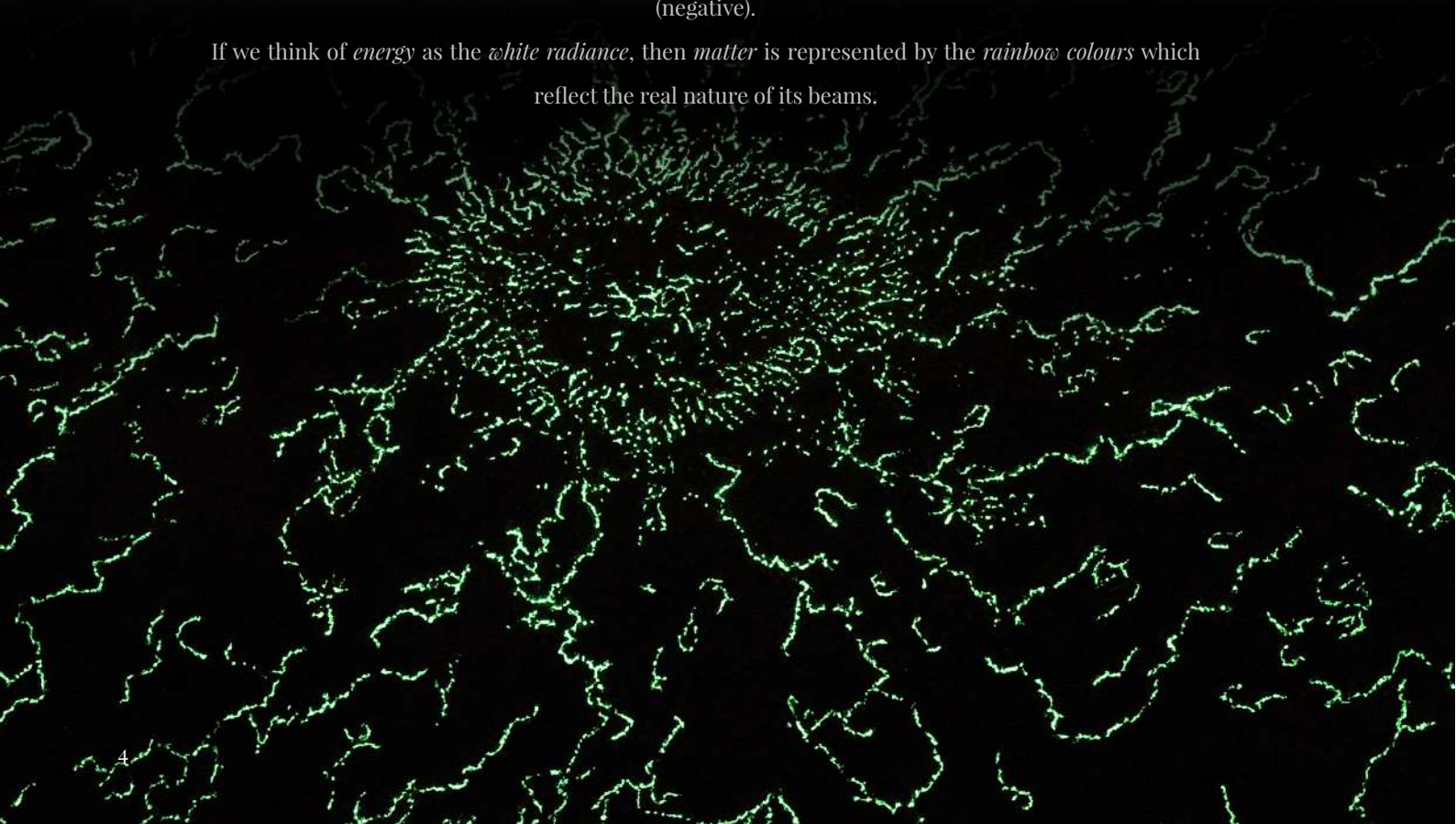


Cosmic Ocean (Sheer-Sagar) | Acrylic on canvas | 48 x 84 inches | 2020

After the “*big-bang*”, there appeared these particles of matter and antimatter that pulled away by force of magnetism, as they both had a positive-charged end and a negative charged end. The negative attracts the positive, while a similar charge repels the other. This results in a continuous attraction-repulsion ethereal dance between matter and antimatter particles.

The Vedas refer to *the electromagnetic field force as the ‘Cosmic Ocean (Sheer-Sagar)’*. Our spiritual masters have labeled “*the life energy*” as *Purusha-Male* (positive) and “*the matter*” as *Prakriti-Female* (negative).

If we think of *energy* as the *white radiance*, then *matter* is represented by the *rainbow colours* which reflect the real nature of its beams.



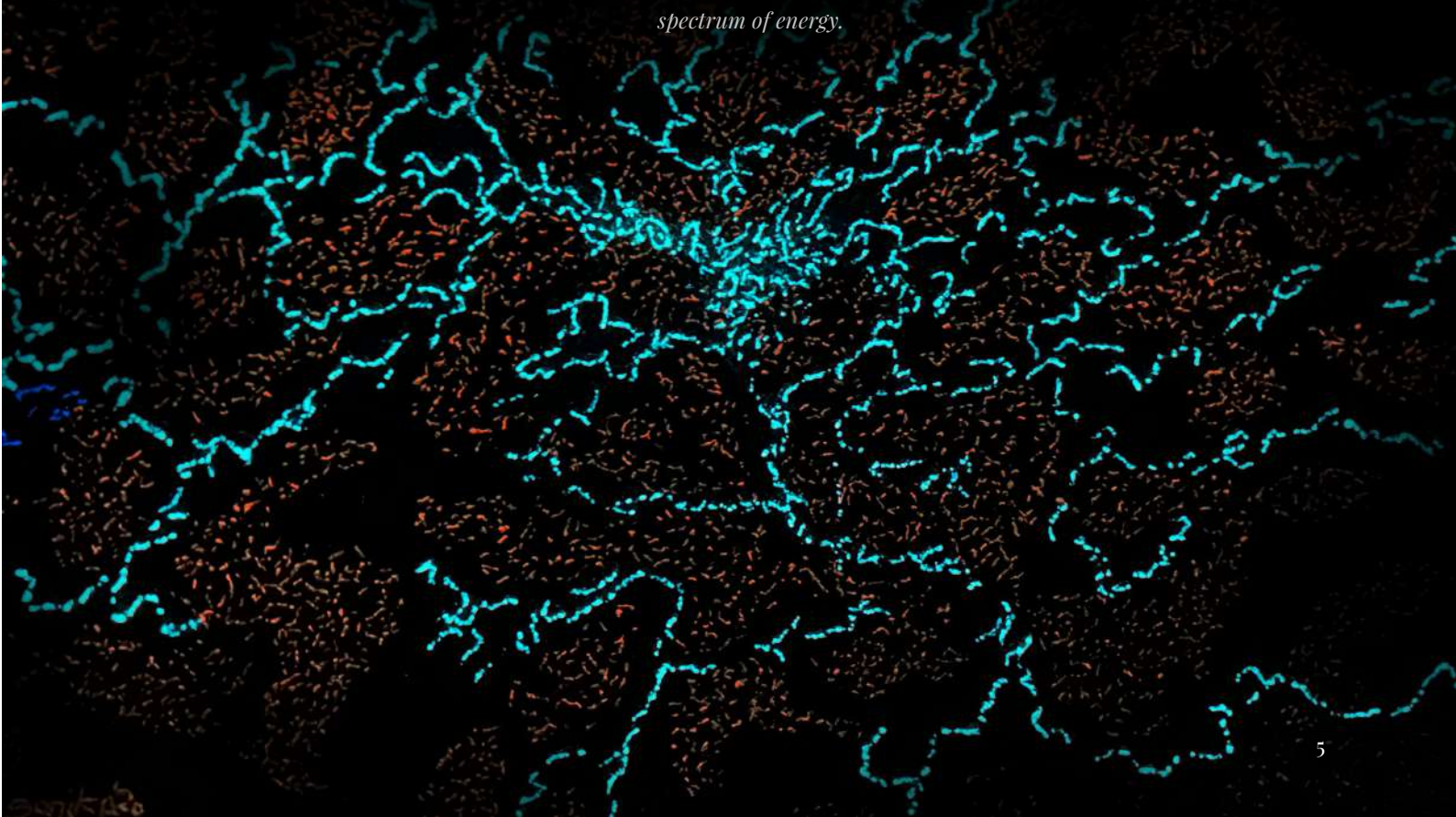


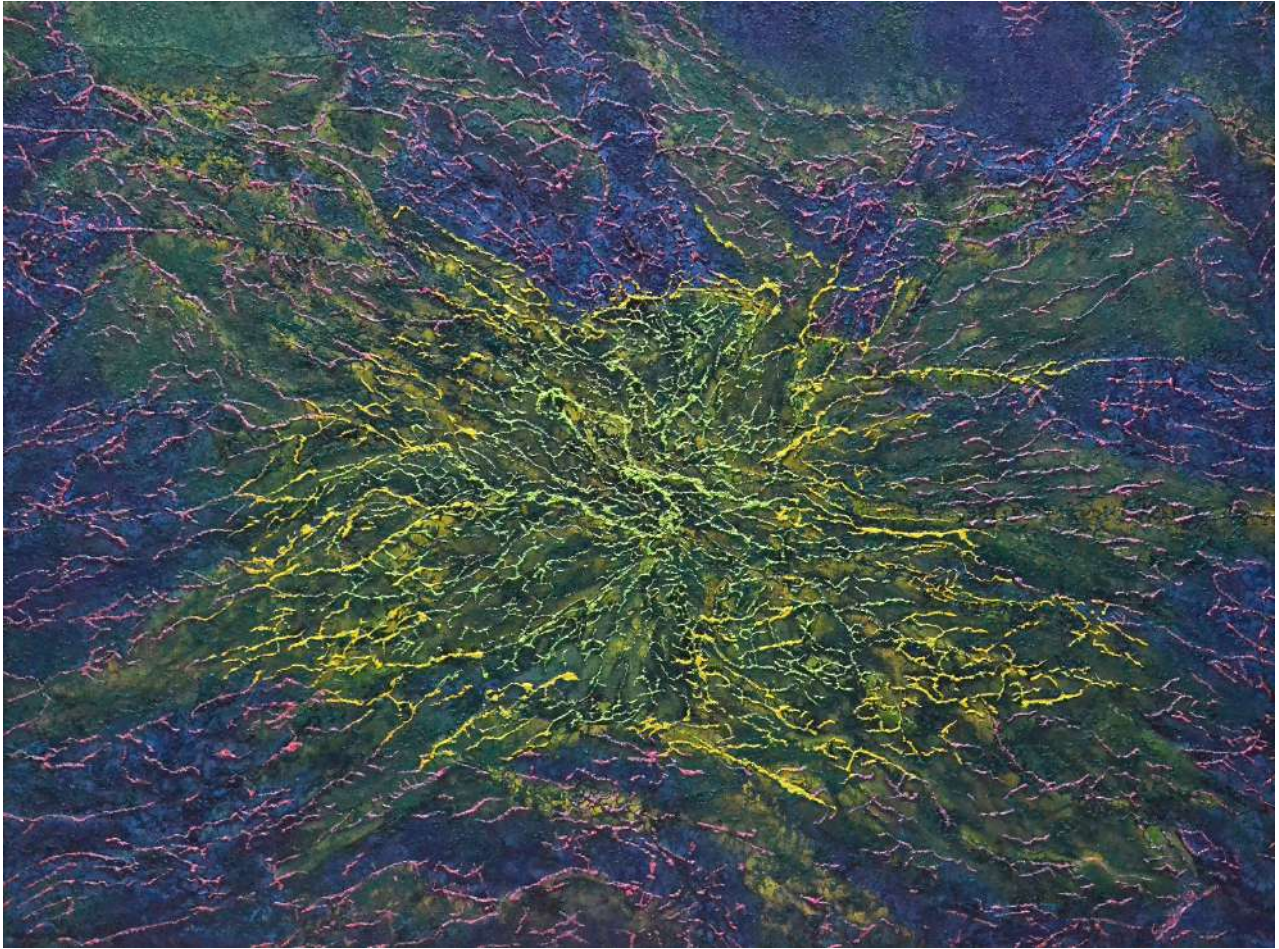
Cosmic Churning of Matter and Anti - Matter (Samudra Manthan) | Acrylic on canvas | 48 x 72 inches | 2019

There is a *Churning of Matter (life energy-male) and anti-matter (prakriti-female)* due to the force of magnetism and their combination manifests life.

This continuous attraction-repulsion ethereal dance creates *Electromagnetic* field force or Cosmic Ocean which is always in a state of flux, *giving out* the lively *waves of Consciousness*, which are composed of *Luminosity, Sound* and the *Transforming Force (progeny)*.

With their negative-positive charges, the matter and anti-matter *dissolve, transduce* and produce a *spectrum of energy*.





Sound of the Cosmic Drum | Oil on canvas | 36 x 48 inches | 2019

ॐ Aum is the primordial, effulgent universal sound and is the common chord that binds these paintings together. Spiritual masters concur that: “ॐ Aum is the innermost music of our being, the whole music of life grows out of this. ॐ Aum of the Vedas, became the sacred word Hum of the Tibetans, Amin of the Moslems & Amen of the Greeks, Romans, Jews & Christians. It is the invisible divine power, the only doer, the sole causative & activating force that upholds all creation through vibration.”

Sound of the Cosmic Drum

A sound has a form, a form has a sound
It is just a complex web of sounds
A sound not heard by the human ear
A sound that is the root of everything
A sound a key to the cosmic consciousness.

-Sadhguru



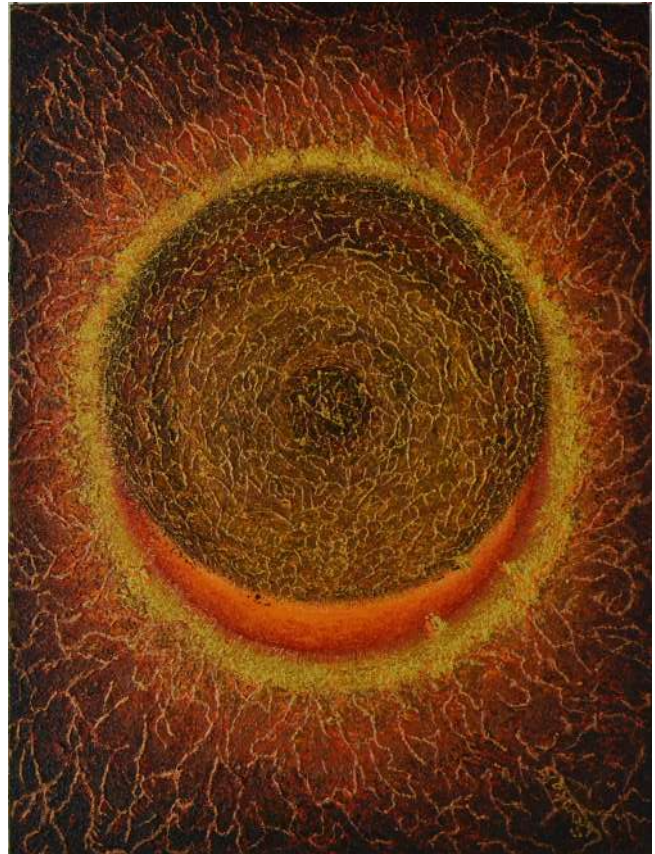
Cosmic Union (Yoga) | Oil on canvas | 48 x 48 inches | 2019

The combination of the five great primordial elements (Prakriti) - Space, Air, Fire, Water & Earth constitutes the entire phenomena of nature, internal and external, that we see & feel around & within us. The Life Energy (Male) & Matter (female) go together. Physical manifestation begins when life energy penetrates matter.

The human body (matter) gets motion from the life currents through the breath (life energy). ॐ Aum vibration is the substance of all matter & is the link between matter & life energy. So, a human being possesses both masculine & feminine nature. The *"mating within oneself"* - of the sterner masculine qualities with the softer feminine nature; manifests in the perfect *'Cosmic Union'*, which is *Yoga*.



Who Am I | Oil on canvas | 48 x 36 inches | 2019



Illusion | Oil on canvas | 48 x 36 inches | 2019

What is the law of the universe,
What is the purpose of life or the very origin of life itself?

Shaken up in this whirlpool
It's time to confront the fears and feel the pain of not knowing
It's time to look within and eagerly enquire

Why am I here, where am I going,
What is I.Me.Mine and
WHO AM I?

Living in a world of make believe
Am I really alive or sleepwalking?

I want to seek what is real and what is not real
Is That in me or am I in That,
or is That not in me; nor am I in That?

I swim in uncharted waters fearlessly
to experience the existential reality
and to unveil
WHO AM I



The Only Way Out is In | Acrylic on canvas | 48 x 48 inches | 2018

Is life all about me or not me?
Inhalation and exhalation go on largely involuntarily
This life and death hangs by the thread of breath

It feels as if a fly on the wall
is witnessing my life, my sufferings and joys
and the dilemma of I.Me.Mine

It seems, *the only way out is in*
so I take a U-turn
and go beyond the five senses

Having traversed the centrifugal and centripetal paths,
I realise, this body, mind and intellect is all that I have gathered
Now this I.Me.Mine has disappeared and all that is left is You.



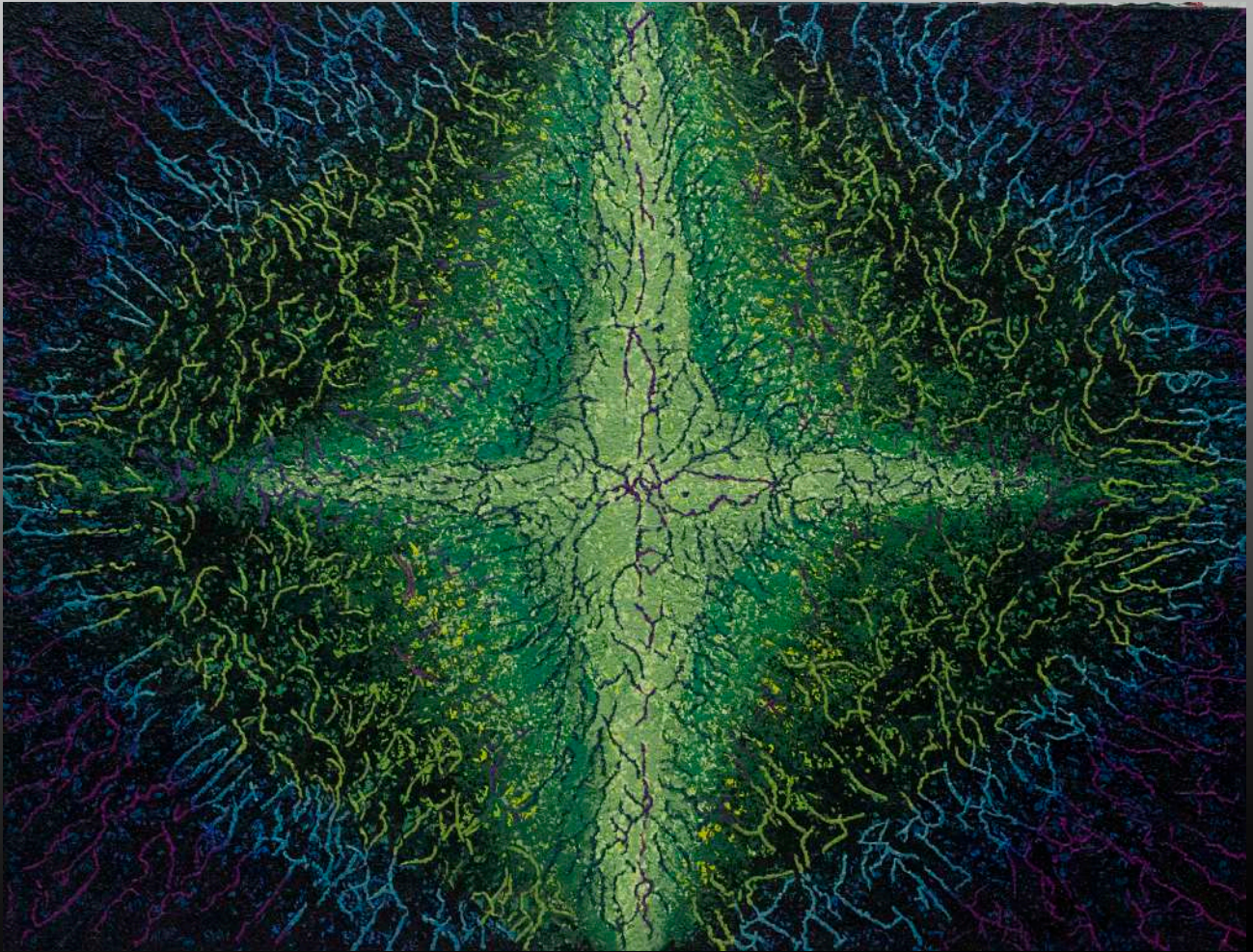
Cosmic Essence as Light | Oil on canvas | 72 x 60 inches | 2019

In this journey of life,
I shed the old
and let it all go.

A spark of yellow, orange and red light
dispelled the darkness, and
Realisation dawned in the spiritual eye

What more can one ask for in this life
this mind has evolved to reach its cherished destination.

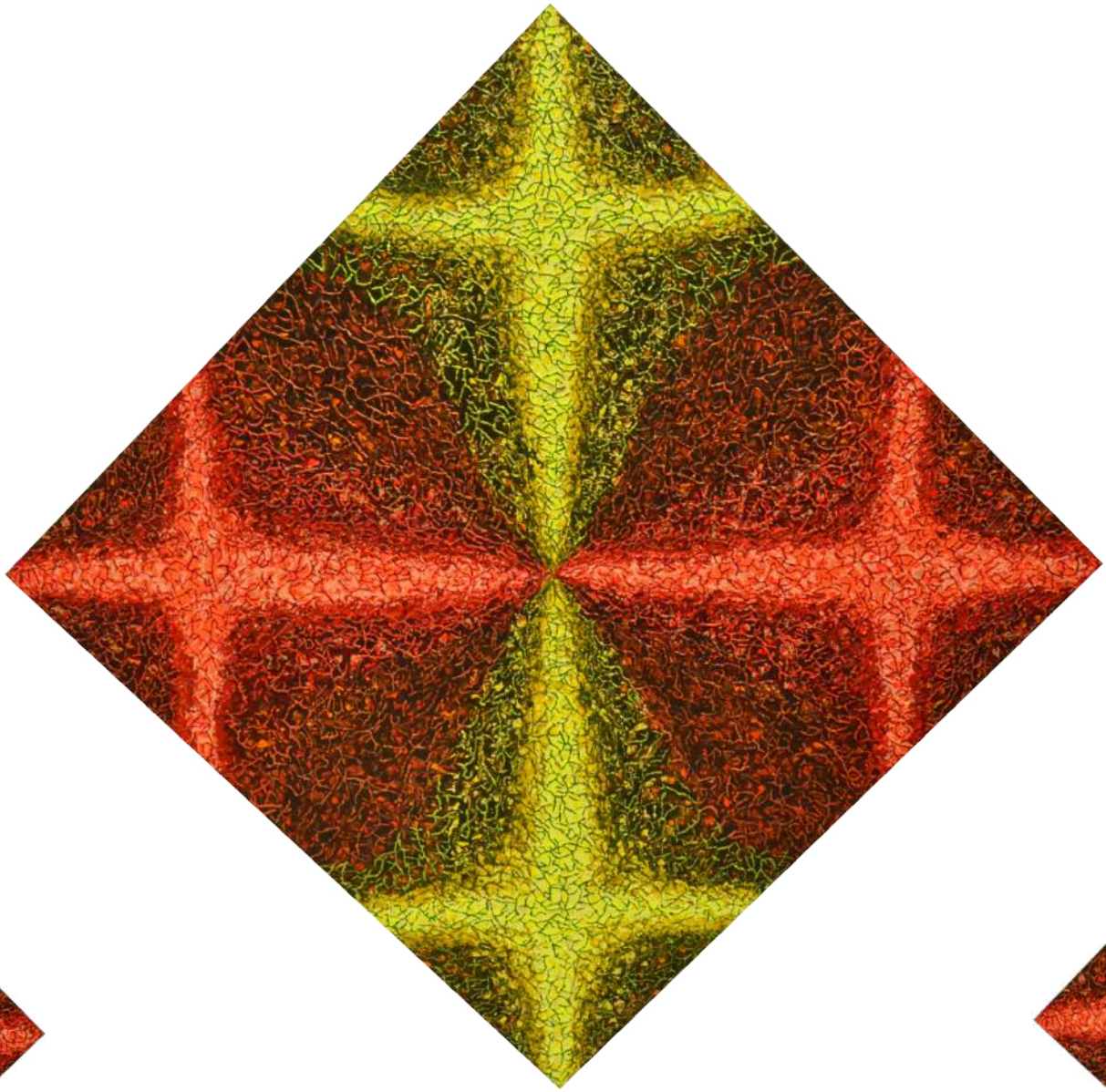
Now, when I close my eyes, I start to perceive
the *cosmic essence as flashes of light.*



Awakening of Cosmic Consciousness | Acrylic on canvas | 36 x 48 inches | 2019

Earth centre or Muladhara Chakra* is the four-petaled lotus- The “petals” being symbolic of four specific rays of conscious creative vibrations. It is the subtle centre of life and consciousness at the base of the spine in the tailbone. The opening of this chakra in the microcosm of the human body leads consciousness inwardly, to the highest centre of cosmic consciousness in the astral brain.

A joy broke out within on this journey of Self enquiry, as there was an “*Awakening of Cosmic Consciousness*” and we are soaked in its radiance. *chakra refers to the energy points in the body, placed in 7 different points on the spinal column.



Highway to Cosmic Consciousness | Acrylic on canvas | 42 x 42 inches | 2019

In meditation, energy vibrates in the spinal column and there is an upward movement and rise of pure consciousness. At the microcosmic level there are 7 spiritual centers or chakras of light and energy as the reservoir of *Cosmic Consciousness*. These are in the spinal column from Muladhara Chakra— the four rays petaled lotus to Sahasrar Chakra- the throne with thousand rays petaled lotus - which is the *Highway to Cosmic Consciousness*.

The creative cosmic beams start to condense on the canvas, to dance over forms unconcerned about joining the dots and traversing from formlessness to form.

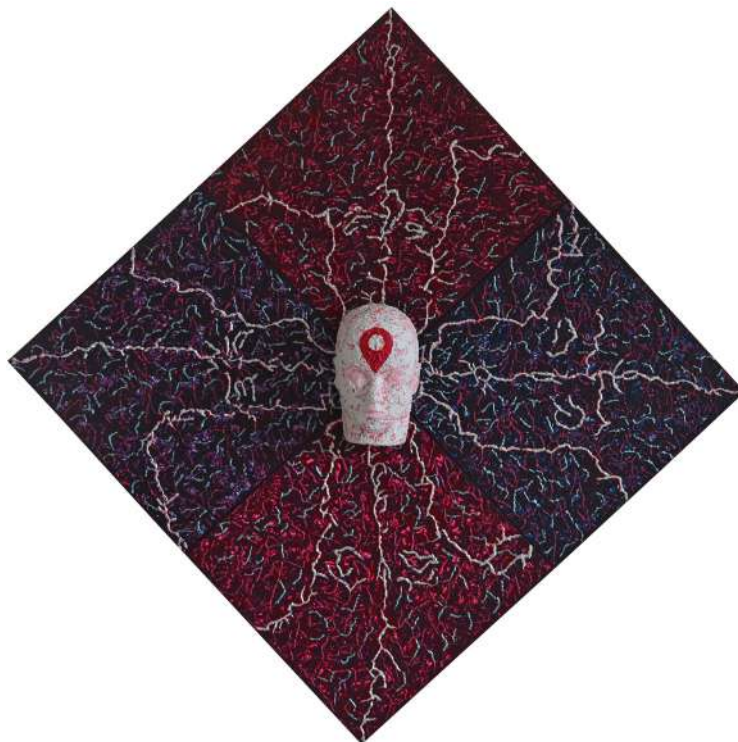


(i)



(ii)

The Whirlpool of Thoughts | Acrylic on canvas
24 x 24 inches (each) | 2019



The Mind's Destination | Acrylic on canvas | 36 x 36 inches | 2019

Running from pillar to post for societal goals
struggling every day, just for a little more
Such is the predicament of life.

Human beings are of immense possibilities
but still choose to sit in the seat of ignorance
busy feeding the body and mind
with prejudice, false ego and pride.

Are we missing the whole purpose of being human
unconscious of the presence of the Grace within us?

wake up before it's too late
reach the mind's destination
to realise our divine nature
and appreciate the meaning of being human.



Doorway of Cosmic Consciousness | Oil on canvas | 48 x 84 inches | 2019

Moving from waking state to dream state
from dream state to deep sleep state
You taught me to see the mystical dimension of life
all the rest became transient to the eyes.

In devotion, I am surrendering to you
your vibrations flow in me and tears of love roll down
the play of air sings your name in every breath of mine

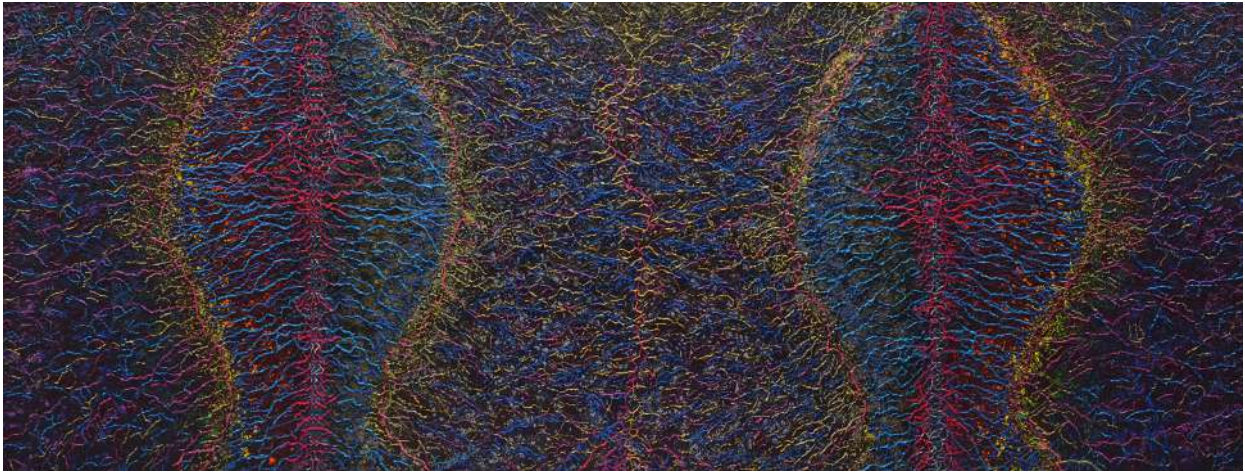
One enters the wide open doorway of the Supreme
by removing myself from the stage
and let the Divine play for me.

You shine like electric blue,
surrounded with golden yellow.
And I want to be merging into the *Doorway of Cosmic Consciousness*.



Lifetrons (Prana - Shakti) | Acrylic on canvas | 36 x 48 inches | 2019

The Universal Prana is the Para-Shakti (pure nature), is the inborn energy or force which is infused in all the atoms and sustains the cosmos. Life force is a mixture of consciousness and electrons and can be called as "*Lifetrons*". *Prana Shakti* or life-force pervades the whole body. The life force in the sperm and ovum cell, come together and develop as an embryo and ultimately into a full grown human being. This creative life force energy enters into the physical body through the medulla and descends through seven subtle centres or chakras in the spine and brain. The nerves are the main pathways of life force (Prana) in the body. The human physical body is directly created and sustained by the Prana-Shakti or life-force. Inhalation and exhalation go on largely involuntarily throughout one's life till Prana-Shakti leaves the body.



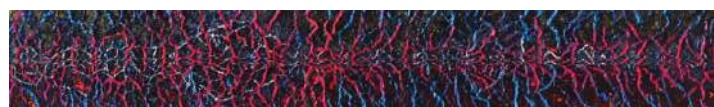
Axle of the Universe | Acrylic on canvas | 36 x 96 inches (Triptych) | 2019



Axle of the universe

As the physical body has a brain, spinal cord with nerve pairs forming plexuses at the cervical, dorsal, lumbar, sacral and coccygeal regions, so the astral body has an astral brain of a thousand rays (petaled lotus), an astral spine with subtle centres of light and energy and an astral nervous system whose myriad luminous channels are called nadis.

In the astral nervous system channels flow the life-force or Pranas in five differentiated forms. The main astral spine of light is the sushmana, which is the *Axle of the universe* in the human body. It has within it two luminous spines (or astral nadis)- on left, ida; on right, pingla. These two constitute astral sympathetic nervous system- which, in turn controls the corresponding sympathetic nervous system of the gross body.





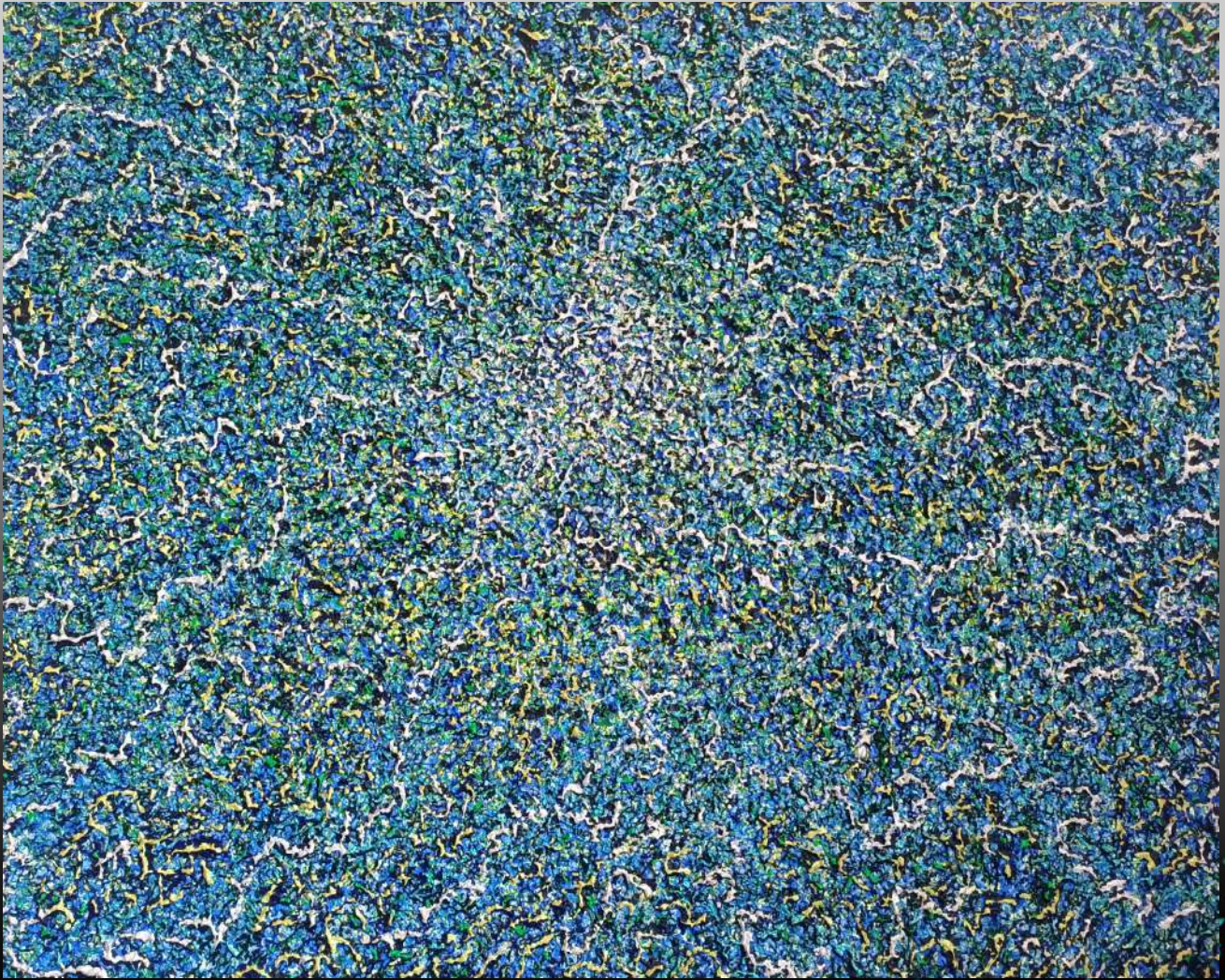
Unity with Cosmic Consciousness | Oil on canvas | 48 x 60 inches | 2019

In meditation, energy vibrates in the spinal column and there is an upward movement and rise of pure consciousness. The consciousness reaches the medulla and the spiritual eye at the point between the eyebrows one finds the doorway into the Star-Lotus of “a thousand”
(innumerable) rays.

This reservoir of life and consciousness with its thousand petals or rays of currents enliven the whole body through the subdynamos of the 7 spiritual centres in the spine and brain. Here one is able to *unite oneself with Cosmic Consciousness*. One perceives the omnipresent light spreading over the sphere of eternity, and his body as a miniscule emanation of this light.

Here joys are pure and inexhaustible.

When you reach this goal there is no language to explain that transcendent experience.



Key to the Cosmic Consciousness | Acrylic on canvas | 46 x 60 inches | 2019

The physical body when positioned with the arms outstretched to the side with feet apart resembles a five-pointed star. This five starry rays seen in the spiritual eye symbolizes the five vibratory elements which create the physical body i.e. earth, water, fire, air and ether.

“Masses of whirling light appeared; the radiance gradually formed itself into an opal-blue spiritual eye, ringed in gold and centered with a white pentagonal star. Penetrate your consciousness through the star into the kingdom of the Infinite Spirit”.

- Paramahansa Yogananda

An ocean refuses no river

In the ocean of my love
There is no space for you,
for him, for her, for this and that

If you have touched the ocean
No point thinking of rivulets
and streams that brought you

In only becoming the salt of its salt
Can one *know the ocean.*
-by Sadhguru



Know the Cosmic Ocean (Sheer Sagar)| Acrylic on canvas | 48 x 60 inches | 2022



Passage of Life (Brahmandra) | Acrylic on canvas | 72 x 120 inches | 2021

In search of Truth, did I go back and forth

Wandered through Mountains
bathed in rivers sacred, with the pious

Whichever way the blind pointed
with hope and zest me travelled

Every which way I smelled the scent
but round and round is all I went

Wasted lives to know the one who is not
but the feverish pitch of seeking would cease not

What does it take to fathom the ocean
even fish or whale is clueless of the ocean

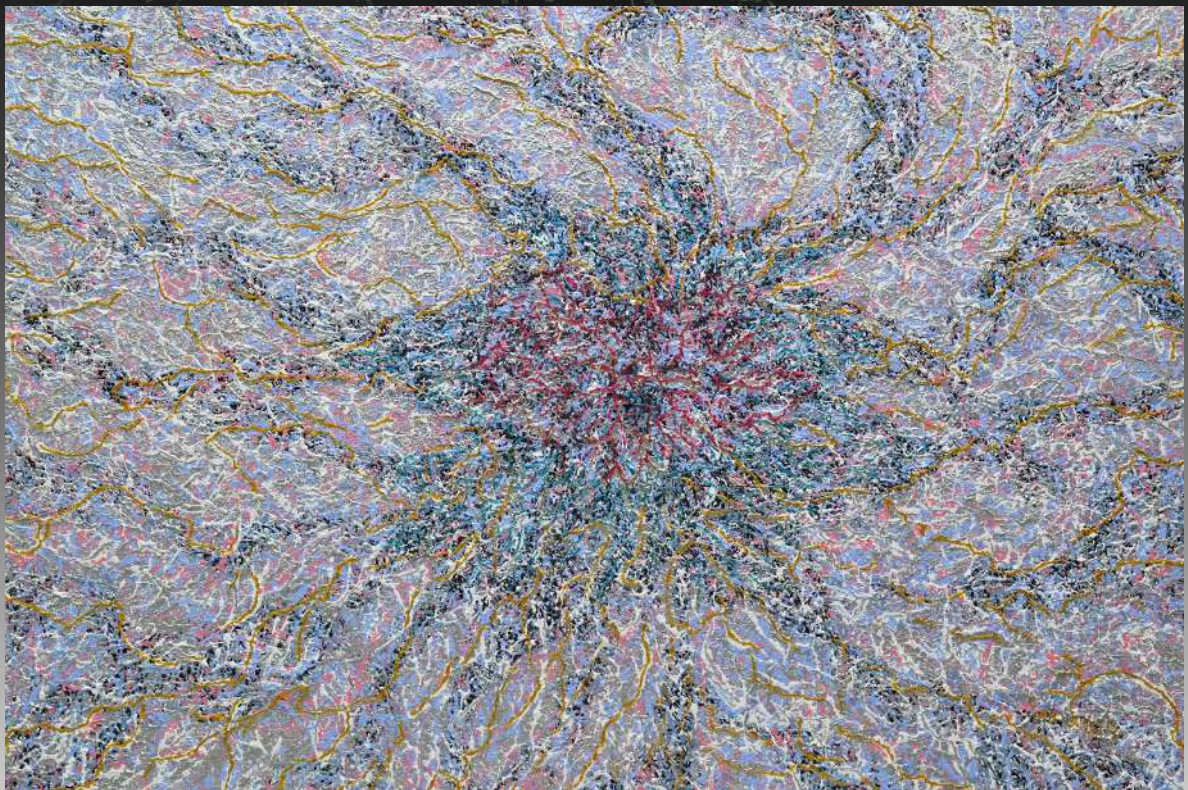
It is only the salt that can be ocean
a Salt Doll I became, just a plunge made me the ocean. -
Sadhguru

That is in me and I am in That.
It is that 'One Truth' the wise call by many names
that disperse the Radiance of Cosmic Consciousness.

The thought on canvas convey an acme of immortal experience
with a quicksilver like fluidity that makes one intoxicated with
bliss, which we all are yearning for.

The colourful universal drama is emanating from the single
white light of a Cosmic Primordial Source.

The uplifting currents of Life force is spoken of as being born of
nectar because its source is in the bliss of Brahman divine *nectar
of immortality*, (Amrita) is the cerebral thousand petaled lotus.



Nectar of Immortality | Acrylic on canvas | 40 x 60 inches | 2019



Cosmic Prakriti or Five Great Primordial Elements-I | Acrylic on canvas | 60 x 84 inches | 2022

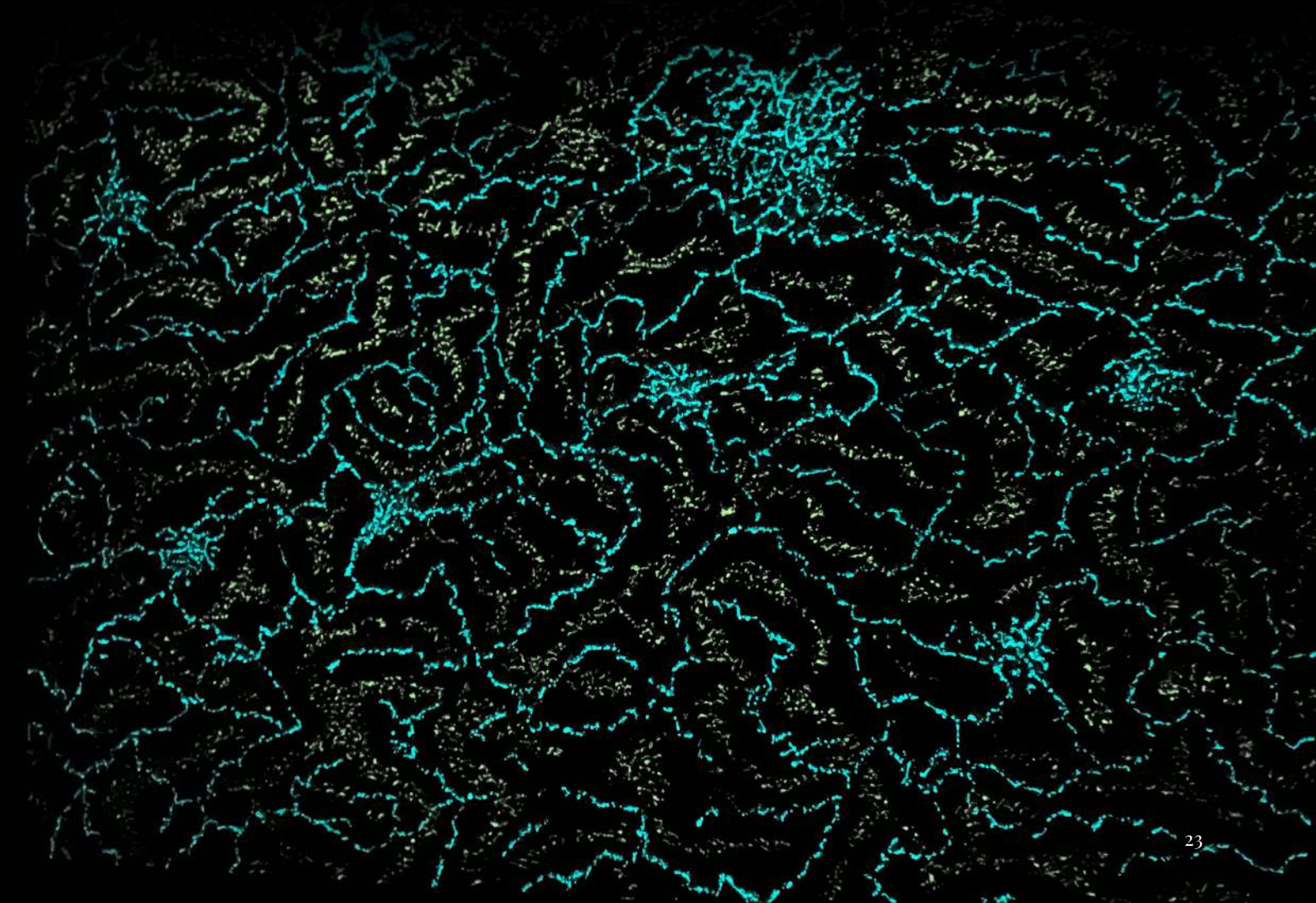
Vedanta suggests the concept of Maya- That which is not, yet appears to be. Maya has its two powers- a) The Veiling Power- that veils the Truth and b) The Projecting Power- that projects the entire world of names and forms.

Maya has three qualities- Sattvaguna-knowledge, Rajoguna-activity, Tamoguna- inertia.

Maya first created the Five Great Primordial Elements (Cosmic Prakriti)- Space, Air, Fire, Water & Earth and their combination constitutes the entire phenomena of nature. The material cause is never different from the created object. So, Maya the material cause of the five elements and its three qualities pervades the entire creation and its permutation and combination.



Great Primordial Elements (Cosmic Prakriti) II | Acrylic on canvas | 60 x 84 inches | 2022





Cosmic Dream | Acrylic on canvas | 60 x 60 inches | 2020

“An aspect of the nature of Consciousness is to dream the cosmic universe and the creatures in it. This objective *Cosmic Dream* structure is spoken of as ॐ Aum.

The ॐ Aum or cosmic intelligent vibration is the first manifestation in creation. It derives its power from the Creator’s Intelligence- the pure unchanging consciousness within the dream is the Spiritual eye, individually expressed as the soul.

The Cosmic vibration (ॐ Aum) with its law of duality (Maya) caused the birth, sustenance, and dissolution of all matter and beings through the law of Karma (action). This law of action holds sway over all activities of human and nature.



From the footsteps of Sadhguru to the footprint of Adiguru | Acrylic on canvas | 44 x 72 inches | 2023

As the scabbard carries the sword but is always different from the sword and doesn't affect it in anyway. Similarly, the Self is covered by five sheaths. These are-

1. Food Sheath (Annamaya Kosa-our body which is the accumulation of the food),
2. Vital Air Sheath (Pranamaya Kosa- which controls the five main physiological functions of the body called Pranas),
3. Mental Sheath (Manomaya Kosa- the mind and the five organs of perception-eyes, ears, nose, skin, tongue),
4. Intellectual Sheath (Vijnanamaya Kosa- the intellect and the five organs of perception)
5. Bliss Sheath (Anandamayah Kosa- It is of the nature of ignorance of the world & the Self, yet endowed with the bliss of the Self).

The functioning of these sheaths proves the presence of the Self. But they form the covering which conceals the jewel of the Self in its folds. Through continuous discrimination one must *walk the path from the footsteps of Sadhguru to the footprint of Adiguru* beyond the five sheaths to realise the Self.



The Journey of the Artist

'Atmanam Viddhi- Know Thyself'- The Artist is on a journey of Self- discovery and is moving from *'Who am I to Who I am.'*

In search of Truth, she questions what is the law of the universe? What is the purpose of life or the very origin of life itself? Shaken up in this whirlpool, it's time to confront the fears and feel the pain of not knowing. It's time to look within and eagerly enquire- Why am I here, where am I going, What is I.Me.Mine and *Who am I?* Living in a world of make believe, am I really alive or sleepwalking? I want to seek what is real and what is not real. Is That in me or am I in That, or is That not in me; nor am I in That?

On this journey of Self enquiry, the artist takes a leap of faith into the abyss, with no boundaries and limitations, to experience the existential reality.

"It is only the salt that can be the ocean, even fish or whale is clueless of the ocean. A Salt Doll I became, just a plunge made me the ocean".- Sadhguru

'If you think, "I knew well", it is certainly but little. What speech cannot reveal, but what reveals speech. What cannot be seen by the eye, but by which the eyes are able to see. That one breathes not with his breath, but by which breath is breathed. What one cannot feel with the mind, but because of which they say that the mind feels.

(Extract from Kenopanishad)

It is that *'One Truth'* the wise call be many names, that disperse the *'Radiance of Cosmic Consciousness'*.

No intellectual arguments, rationalisation or emotional adjustment can supplement the Truth which is the only liberating factor.

The expressions on the canvas and paper (words) happen simultaneously as they go hand in hand. It is surprising to see how the canvas and words complement one another as if they are made for each other.

Artist Statement

This is a living Cosmos- You Are That (Tat Tvam Asi). One identifies with the Cosmos and feels that there is no such thing as this is my life and that is your life as we all are interdependent. If we look closely then we must analyse what is that we are fighting for on this planet? Is it a case of your identity versus my identity, your religion versus my religion, your nationality versus my nationality? Everybody's identification should not be limited to just themselves.

Our planet is just a lonely speck in the great enveloping cosmic dark but our imagined self-importance, gives us the delusion that we have some privileged position in the universe. Think of all the rivers of blood spilled by all those Emperors and Generals, so that in triumph they could become the momentary masters of a fraction of a dot, even though no one has ever gained from War. So, when each one of us identifies with the Cosmos, we recognise our small role on this planet. Freedom, love and co-operation resume their fundamental meanings for all humans.

The Earth is the only planet known so far to harbour life. It underscores our responsibility to deal more kindly with one another and to preserve and cherish the pale blue dot, the only home, we have ever known.

"The artist dreams of a humanity that goes beyond moral conundrums, ethical doubts and in the journey from "Who am I to Who I am" is illuminated by the "Radiance of Cosmic Consciousness."



Picture Courtesy Harshit Agarwal

About the Artist

My Art Education over 18 years took place while walking on paths where no one has walked before, since paths are made by walking. One has not adopted any traditional school of thought, intellectualism or any other ism. My journey has been blessed with International and National exposure in art exhibitions and art residencies. The preferred medium to express myself on is oil and acrylic colors on canvas, charcoal, water colors, Drawing on paper and art installations.

Milestones

- Honoured with the **National Stree Shakti Award** in 2013, which one received from the Hon'ble President of India, Late Shri Pranab Mukherjee.
- One of the five nominees of **Ponds Femina Woman of Substance Award** organized by the Times of India in 2013.
- The Government of India, **Ministry of Culture Fellowship Awardee** to research on the Art and Craft of the Tribals of Uttarakhand in 2014.
- Part of the Indian Delegation in **The Asian African Youth Festival organized at Beijing**, China where 16 Asian and African countries took part in 2016.

International Group Exhibitions

- 3 city tour of **South Africa - Group show of 4 artists** at the National Museum of Cultural History Pretoria, Sandton Art Gallery, Sandton and Art Space, Durban sponsored by Indian Council for Cultural Relations of the Ministry of External Affairs in 2012.
- 2 country tour of **Egypt and Armenia- Group show** of 4 artists sponsored by Indian Council for Cultural Relations of the Ministry of External Affairs in 2010.
- Colombo, **Sri Lanka- Group show of 4 artists** sponsored by Indian Council for Cultural Relations of the Ministry of External Affairs in 2011.
- New Delhi, India- **Group show of India-Pakistan Women Artists** at Azad Bhavan Gallery, Indian Council for Cultural Relations of the Ministry of External Affairs in 2014.

International Artist-in-Residence Programs

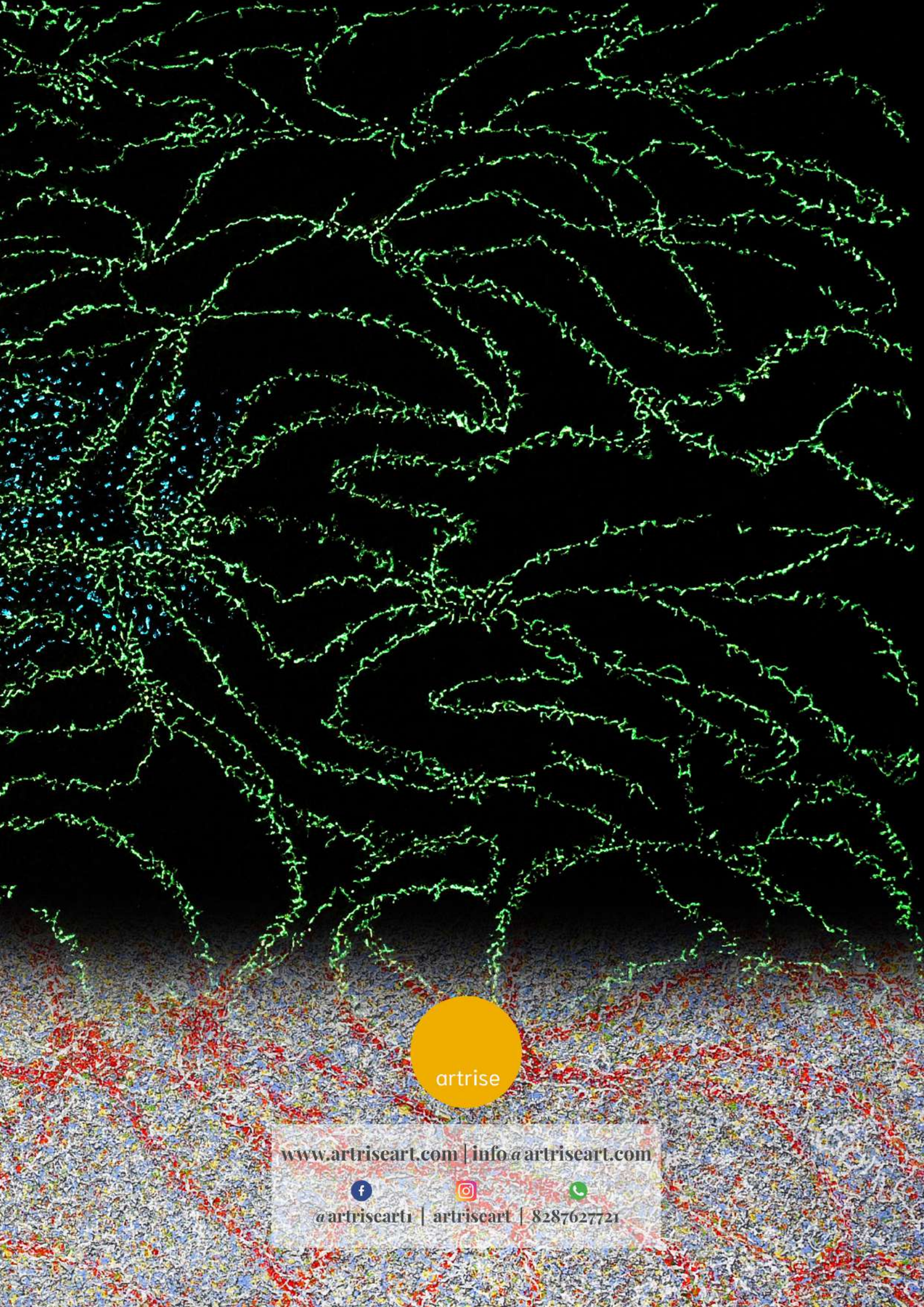
Was part of India's Cultural Diplomacy efforts and participated in numerous cultural dialogues with Artists from Germany, China and South Asian Countries as a Brand Ambassador from India. The life of an artist evolves constantly as interacting with different cultures both Internationally and Nationally broadens one's horizons.

- Oceans of Connectivity- Participated as an artist in **India- ASEAN Artist Camp** at Udaipur, India in 2022 organised by Seher, India.
- **Art Freundschaft: India- Germany Artist Exchange** Program held in Berlin, Germany for consecutive 4 years 2013-2016.
- **Maitri: India-China Women Artists' Residency** in Jaipur. The collection also travelled to different parts of India, sponsored by Indian Council for Cultural Relations, Ministry of External Affairs in 2014
- **Indo-German Youth Fest** in New Delhi, Hosted German Artists in India for an art and culture exchange program in association with The German Embassy in 2012.
- **Cultural Confluence-United Colors was organized for artists from 7 South Asian countries-** Afghanistan, Bhutan, Bangladesh, Nepal, Maldives, Sri Lanka held in Delhi sponsored by Indian Council for Cultural Relations, Ministry of External Affairs in 2012.
- Colours of Harmony- was organized for **Indian and Sri Lankan artists** in Colombo and in Delhi in association with Indo-Sri Lanka Foundation in 2013 and 2014
- Shades of Togetherness – was organized for **India and Bhutan artists** in Thimphu and in Delhi in association with Indo-Bhutan Foundation in 2013 and 2015.

National Artist-In-Residence Programs

- Art for Heart held in Uttarakhand, for the Indian artists in 2013.
- Colors of Himalayas-II, III held in Uttarakhand, for the Indian artists in 2014 & 2016 respectively
- Shades of Spiritualism held at Rishikesh, for the Indian artists in 2016.





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