
MY EUREKA MOMENT

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The year 2020 has been a tricky year for all of us. The days and months dragged on in lockdown and a drab dullness filled our lives. We tried to keep ourselves busy by spending time with our families, trying new recipes to satiate our tongues but the Covid fear made the desserts lose their sweetness. The human spirit strove hard to make this world a better place to live in.

Like everyone, I also survived on the 3 Fs: Food, Fitness and Friends. Trying recipes from my favorite chefs, learning fitness techniques and talking to friends broke the lockdown monotony.

Still something was amiss. Endless hours surfing the internet led me to an Instagram post by Etsy. It was a tutorial on how to draw a Mandala art diary cover. I was instantly hooked to it and tried my hand at it. To my utter surprise and even my family's, it came out beautifully!

Exploring mandalas, I learnt that it is an ancient art form that first appeared in the Buddhist art produced in India during the first century B.C.E. The mandala is basically a diagram, chart or geometric pattern that represents the cosmos metaphysically or symbolically. Mandalas have been employed in various spiritual traditions for meditation, prayer, healing and art therapy. They are produced on paper or cloth, drawn on a surface with threads, fashioned in bronze or built in stone. In Hinduism, a basic mandala is called a yantra that takes the form of a square with four gates containing a circle with a center point. A spiritual symbol in Asian art, mandalas have since become a popular, meditative element for a variety of different cultures. These geometric designs can be seen in yoga studios, dream catchers, healing circles and other meditative practices. The habit of creating mandalas is a transformative practice that is known to restore inner peace.

I started by watching tutorials on YouTube and checking out designs by various artists on Pinterest and Instagram. It opened the gates of the world of art for me. Learning about this art form kept me busy during the lockdown period. In the past one year, I have been working diligently to improve my mandala art technique. I have created almost a hundred pieces of art on various themes like festivals,

flowers, leaves etc. My mandala bookmarks have received much appreciation from family and friends. Now I have also started learning about hand lettering, brush calligraphy and doodling to add another dimension to my artworks.

This new found hobby is now a part of my routine. I make sure to practice my art daily. It relaxes me and keeps me away from the Covid fear. In the past one year, I have come a long way. I have started an art account titled 'Artistic Pleasures by Tejinder' on Instagram to share my creations with the world.

I can say Eureka- I have found my calling. I hope to continue working on new designs and color combinations in the future.