

“Mystical Mandala”, Friday Pathshala Online event conducted on 2 October 2020, 5.30PM

This interactive workshop on “MYSTICAL MANDALA” was conducted by VIT Student Council as a Friday Pathshala event. Ms Shreya Deshpande, a talented mandala artist from Bangalore, explained our participants the art of drawing stunning mandalas. As the great literary poet Ralph Waldo Emerson has rightly said, "What lies behind us, and what lies before us are but tiny matters compared to what lies within us." It means that it is not important where we came from but what matters is the spirit and talent within us. This aptly justifies the symbolic meaning of the ‘Mandala’ art which may be employed for focusing attention of practitioners.

Let’s explore the art of ‘Mandala’

For centuries, Mandala has represented the complexity of life and universe. It is a delicate art of focus to improve concentration power, an aid to meditation and also acts as a spiritual guidance tool. In this modern time, Mandala stands as a geometric pattern that represents the cosmos metaphysically. However, it is originally meant to represent a model for the organizational structure of life, that goes beyond mind and body.

About the event

This event aimed at guiding participants to make alluring mandalas under the guidance of exceptionally talented mandala artist from Bangalore - Ms Shreya Deshpande. At the end of this workshop, participants were allotted 15 minutes of time to make one mandala of their choice. To spice up things, Ms Shreya threw some obstacles along their way, while they created one! Lastly, Ms Shreya picked up 3 BEST mandalas to be posted on our official Instagram handle.

Takeaways

Mandalas are believed to represent different aspects of the universe and are used as instruments of meditation. The major takeaways from this session are as follows –

1. Learning Mandala art enhanced the creative quotient of participants
2. Alluring art pieces helped to spread positive vibes
3. Served as a tool to improve the concentration power for these practitioners