

Fine Arts

1st Lecture

Art

The expression or application of human creative skill and imagination, typically in a visual form such as painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power.

Fine arts: mean creative activity

Fine art is art developed primarily for aesthetics or beauty.

Fields of Art:-

- **Painting**
- **Sculpture**
- **Architecture**
- **Music**
- **Theater**
- **Dance**
- **Film**
- **Photography**
- **Conceptual art**
- **Printmaking**
- **Textile**
- **Graphics**

Elements of Art:-

A commonly used list of the main elements includes form

- **Shape**
- **Line**
- **Color**
- **Space**
- **Texture**
- **Shape:-**

Shape is a closed line. Shapes can be geometric, like squares and circles; or organic like free-form or natural shapes. Shapes are flat and can express length and width.

- **Line:-**

Line is a mark with greater length than width. Lines can be horizontal, vertical, or diagonal; straight or curved; thick or thin.

Color

- **Primary color**

One of three colors red, yellow and blue that can be mixed together in different ways to make any other color.

- **Secondary colors**

A secondary color is a color made by mixing two primary colors together: red and yellow to get orange, yellow and blue to get green, or red and blue to get purple. The secondary color depends on the proportion in which you mix the two primaries. For example, if you add more red yellow, you got reddish orange and if you add more yellow than red, you got yellowish orange.

- **Tertiary colors**

Tertiary colors are made by mixing a primary and secondary color together. Some examples of intermediate colors are yellow green, blue green and blue violet.

- **Space:-**

Space is the area between and around the objects. The space around objects is often called negative space; negative space has shape. Space can also refer to the feelings of depth. Real space is three-dimensional; in visual art, when we create the feeling or illusion of depth, we call it space.

- **Texture:-**

Texture is the surface quality that can be seen and felt. Textures can be rough or smooth, soft or hard. Textures do not always feel the way they look; for example, a drawing of a porcupine may look prickly, but if you touch the drawing, paper is still smooth.

Fine Arts

2nd Lecture

Principal of Design

Principal of design describe the way that artists use the elements of art in a work of art.

1. Balance:-

Balance is the distribution of the visual weight of objects, colors, texture and space. If the design was a scale, these elements should be balanced to make a design feel stable. In symmetrical balance, the elements used on one side of the design are similar to those on the other side; in asymmetrical balance, the sides are different but still look balanced. In radial balance, the elements are arranged around a central point and may be similar.

2. Emphasis:-

Emphasis is the part of design that catches the viewer's attention. Usually the artist will make one area stand out by contrasting it with other areas. The area could be different in size, color, texture, shape etc.

3. Movement:-

Movement is the path the viewer's eye takes through the work of art, often focal areas. Such movement can be directed along lines, edges, shape and color within the work of art.

4. Pattern:-

Pattern is the repeating of an object or symbol all over the work of art.

5. Repetition:-

Repetition works with pattern to make the work of art seen active. The repetition of elements of design creates unity within the work of art

6. Proportion:-

Proportion is the feeling of unity created when all parts (sizes, amount or number) relate well with each other. When drawing the human figure, proportion can refer to size of head compared to the rest of the body.

7. Rhythm:-

Rhythm is created when one or more elements of design are used repeatedly to create a feeling of organized movement. Rhythm creates a mood like music or dancing. To keep rhythm exciting and active, variety is essential.

8. Variety:-

Variety is the use of several elements of design to hold the viewer's attention and to guide the viewer's eye through and around the work of art.

9. Unity:-

Unity is the feeling of harmony between all parts of the work of art, which creates a sense of completeness.

Painters of Pakistan

Pakistan is the land of creative people. There are many artists in Pakistan whose paintings have made them famous internationally and have earned them a prestigious place in the world of art.

1. **Abdul Rehman Chughtai** (1894-1975) developed his own Chughtai style on the pattern of Persian and Mongol traditional style. His work is exhibited in many prominent places in the world including royal palaces and his admirers included the great artist Pablo Picasso himself. Apart from his beautiful watercolor masterpieces, Chughtai is also known for the creative stamps he painted in 1951 and his publication *Murraqa-e-Chughtai* in which he has artistically illustrated the sensitive yet strong verses of Ghalib.
2. **Ahmed Pervaiz** is another great painter from Pakistan. This modernist painter from Rawalpindi is well known in the world of art. His work was exhibited and highly appreciated by art lovers in the UK and other European countries and in the USA as well. Ahmed Pervaiz started his journey with water colors and towards the end of the journey he had progressed to oil paints.
3. **Sadaquain** was genius, a cult figure in the history of Pakistani art. He is famous for his murals and calligraphy. In fact he brought the art of calligraphy into the mainstream of art. His subject was the common man and his struggle which is prominent in his works.
4. **Laila Shahzada** is the first Pakistani female artist who captured international attention and has the distinction of being the first ever Pakistani to be honored with the "Keys of New York City". Her works have been exhibited in major cities of world.
5. Imam of Art, **Ali Imam** was a prolific artist who spent his life in promoting art and artists in Pakistan both as an artist and as a teacher. He belonged to the first generation of artists of Pakistan and his unique style was admired and envied by many.

World famous Painters

1. **Leonardo Da Vinci** (1452-1519) Renaissance, painter, scientist, inventor and more. Da Vinci is one of most famous painters for his iconic Mona Lisa and Last Supper.
2. **Vincent Van Gogh** (1853-1890) Dutch post-impressionist painter. Famous paintings include: sunflowers, The Starry night, Café Terrace at Night.
3. **Rembrandt** (1606-1669) Dutch Master. One of the greatest painters, admired for his vivid realism. Famous paintings include: The Jewish Bride, The Storm of the Sea of Galilee.
4. **Michelangelo** (1475-1564) Renaissance sculptor, painter and architect. Famous paintings include the epic work on the Sistine Chapel.
5. **Pablo Picasso** (1881-1973) Spanish, modern “cubist” painter. Famous works include Guernica, Bird of Peace.
6. **Raphael** (1483-1520) Italian painter, with da Vinci and Michelangelo make up the high renaissance trinity. Famous paintings include, Mond Crucifixion, The Wedding of the Virgin.
7. **Paul Cezanne** (1839-1906) French post-impressionist painter. Famous paintings include, The Card Players, Still life with a curtain.

Fine Arts

3rd Lecture

The Meaning of Shapes

Shapes have an endless variety of characteristics, each communicating different messages to your audience. Shapes are two-dimensional areas with a recognizable boundary. They can be open or closed, angular or round, big or small. Shapes can be organic or inorganic. They can be free-form or geometric and ordered. The different characteristics of a shape convey different moods and meanings. Shapes are a powerful way to communicate.

Designers use shapes to:

- (1) Symbolize ideas or concepts
- (2) Organize information through connection and separation
- (3) Create movement, texture, and depth
- (4) Convey mood and emotion
- (5) Emphasize and create entry points and areas of interest
- (6) Lead the eye from one design element to the next

Types of Shapes

There are three types of basic shapes

- (1) Geometric shapes
- (2) Natural/Organic shapes
- (3) Abstract shapes

(1) Geometric shapes

Geometric shapes are what most people think of as shapes. Circles, squares, triangles, diamonds are made up of regular patterns that are easily recognizable. This regularity suggests organization and efficiency. It suggests structure. Geometric shapes tend to be symmetrical further suggesting order.

(2) Natural/Organic shapes

Natural/Organic shapes are irregular. They have more curves and uneven. They tend to be pleasing and comforting. While they can be man-made (ink blobs), they are more typically representative of shapes found in nature such as a leaves, rocks, and clouds. On a

web page organic shapes are generally created through the use of illustration and photography. They are free from and asymmetrical and convey feelings of spontaneity. Organic shapes add interest and reinforce themes.

(3) Abstract shapes

Abstract shapes have a recognizable form, but are not real. They are stylized or simplified version of organic shapes. A stick figure is an abstract shape depicting a person. Typographic glyphs are abstract shapes to represent letters. Icons are abstract shapes to represent ideas and concepts. Some abstract shapes have near universal recognition. Think of some of the icons you see in the software you use daily.

Shapes can be either positive or negative. They can be figure or they can be ground. Be conscious of the shapes you form with negative space as these are just as, if not more, important than the shapes you form with positive space.

The Meaning of Shapes

There are truly an endless variety of shapes and combination of shapes, each communicating its own meaning and message.

(1) Circle

(2) Squares and rectangles

(3) Triangles

(4) Spirals

(5) Crosses

(1) Circles

Circles have no beginning or end. They represent the eternal whole and in every culture is an archetypal form representing the sun, the earth, the moon, the universe, and other celestial objects between. Circles are used to suggest familiar objects such as wheels, balls, many kinds of fruit. They suggested well-roundedness and completeness.

Circles have free movement. They can roll. Shading and lines can enhance this sense of movement in circles. Circles are graceful and their curves are seen as feminine.

Their movement suggests energy and power. Their completeness suggests the infinite, unity, and harmony. Circles protect, they endure, they restrict. They confine what's within and keep things out. They offer safety and connection. Circles suggest community, integrity, and perfection.

(2) Squares and rectangles

The rectangle is the most used area shape in logo design. The reason for its popularity is because it is a trusted familiar shape that represents honesty, solidity and stability. As squares and rectangles have straight lines and right angles they have a very mathematical,

balanced feel. These shapes scream rational, practical and conformity. As far as shapes go, these are neither flashy nor attention seekers-some may even venture to say that they are boring, however clever designers may twist or turn them to add interest to a design. All websites are made up on a grid pattern using rectangles and squares. The eye reads these shapes easily which is why most text is contained within these shapes.

(3) Triangles

Triangles can be stable when sitting on their base or unstable when not. They represent dynamic tension Action and aggression. Triangles have energy and power and their stable/unstable dynamic can suggest either conflict or steady strength. They are balanced and can be a symbol for law, science, and religion. Triangles can direct movement based which way they point. They can be used to suggest familiar themes like pyramids, arrows and, pennants. Spiritually they represent the religious trinity. They can suggest self-discovery and revelation. The strength of triangles suggests masculinity. Triangles can be used to convey progression, direction, and purpose.

(4) Spirals

Spirals are expressions of creativity. They are often found in the natural growth pattern of many organisms and suggest the process of growth and evolution. Spirals convey ideas of fertility, birth, death, expansion, and transformation. They are cycles of time, life, and the seasons and are a common shape in religious and mystical symbolism. Spirals move in either direction and represent returning to the same point on life's journey with new levels of understanding. They represent trust during change, the release of energy and maintaining flexibility through transformation. Clockwise spirals represent projection of an intention and counterclockwise spirals the fulfillment of an intention. Double spirals can be used to symbolize opposing forces.

(5) Crosses

Crosses symbolize spirituality and healing. They are seen as the meeting place of divine energies. The 4 points of a cross represent self, nature, wisdom, and higher power on being. Crosses suggest transition, balance, faith, unity, temperance, hope, and life. They represent relationships and synthesis and a need for connection to something, whether that something is group, individual, self, or project related...As with lines vertical shapes are seen as strong and horizontal shapes are seen as peaceful. Most everything said about vertical and horizontal lines can be said about vertical and horizontal shapes. Curved shapes offer rhythm and movement, happiness, pleasure and generosity. They are seen as more feminine than sharp shapes which offer energy, violence and, anger. Sharp shapes are lively and youthful and are seen as more masculine.

Fine Arts

4th Lecture

What is Color Psychology?

The Meaning of Colors

(1) Red

Red is color of energy, passion, action, ambition and determination. It is also the color of anger and sexual passion. Red is widely used to indicate danger (high voltage signs, traffic lights). Red is the color of blood and fire, so it is associated with energy, war, danger, strength, power, determination as well as passion, desire and love. Red is a very emotionally intense color. It enhances human metabolism, increases respiration rate, and raises blood pressure.

(2) Orange

Orange is the color of social communication optimism. From a negative color meaning it is also a sign of pessimism and superficiality, fascination, happiness, creative, attraction, success, encouragement and stimulation. Orange is associated with the meaning of joy, warmth, heat, sunshine, enthusiasm, creativity, success, encouragement, change, determination, health, stimulation, happiness, fun, enjoyment, balance, expression, and fascination. Orange is the color of joy and creativity.

(3) Yellow

In color psychology, Yellow is the color of the mind and the intellect. It is optimistic and cheerful...Yellow is the color of sunshine. This is the color of joy, happiness, intellect and energy. It's associated with joy, happiness, intellect, and energy. Yellow produce a warming effect, arouses cheerfulness, stimulates mental activity, and generates muscle energy. Yellow is associated with food, Bright pure yellow is an attention getter, which is the reason taxicabs are painted this color.

(4) Green

Green is the color of balance of growth. It can mean both self-reliance as a positive and possessiveness as a negative, among many other meanings. Green has great healing power. It is most restful color for human eyes; it can improve vision. Green, the color of life, renewal, nature, and energy, is associated with meaning of growth, harmony, freshness, safety, fertility, and environment. Green is also traditionally associated with money, finances, banking, ambition, greed, jealousy, and Wall Street.

(5) Blue

Blue is the color of trust and peace. It can suggest loyalty and integrity as well as conservatism and frigidity. It symbolizes trust, wisdom confidence, intelligence, faith, truth and heaven. Blue is the color of the sky and sea. It symbolizes trust, loyalty, wisdom,

confidence, intelligence, faith, truth and heaven. Blue is considered beneficial to mind and body.

(6) Indigo

Indigo is the color of intuition. In the meaning of colors it can mean idealism and structure as well as ritualistic and addictive. Indigo is the color of the deep midnight sky. It can have a negative effect when used during a depressed state, because it will deepen the mood. Indigo symbolizes a mystical borderland of wisdom, self-mystery and spiritual realization.

(7) Purple

Purple is the color of the imagination. It can be creative and individual or immature and impractical. Purple is associated with wisdom, dignity, independence, creativity, mystery and magic. Almost 75 percent of children prefer purple to all the other colors. Purple combines the stability of blue and the energy of red. Purple is associated with royalty. It symbolizes power, nobility, luxury and ambition.

(8) Turquoise

Turquoise is communication and clarity of mind. It can also be impractical and idealistic. The color turquoise is associated with meanings of refreshing, feminine, calming, sophisticated, energy, wisdom, serenity, wholeness, creativity, emotional balance, good luck, spiritual grounding, friendship, love, joy, tranquility, patience, intuition and loyalty.

(9) Pink

The color psychology of pink is unconditional love and nurturing. Pink can also be immature, silly and girlish. Pink is a delicate color that means sweet, nice, playful, cute, romantic, charming, feminine and tenderness is associated with bubble gum, flowers, babies, little girls, cotton candy and sweetness.

(10) Magenta

Magenta is a color of universal harmony and emotional balance. It is spiritual yet practical, encouraging common sense and a balanced outlook on life.

(11) Brown

The color brown is a friendly yet serious, down-to-earth color that relates to security, protection, comfort and material wealth.

(12) Gray

Gray is the color of compromise, being neither black nor white. It is the transition between two non-colors. It is unemotional and detached and can be indecisive. Gray is a cool, neutral and balanced color. The color gray is an emotionless, moody color that is typically associated with the meaning of dull, dirty and dingy, as well as formal, conservative and sophisticated. The color gray is a timeless and practical color that is often associated with loss or depression.

(13) Silver

Silver has a feminine energy. It is related to moon and the ebb and flow of the tides- it is fluid, emotional sensitive and mysterious. The color silver is associated with the meaning of industrial, sleek, high-tech and modern, as well as ornate, glamorous, graceful, sophisticated and elegant. Silver is precious metal and like gold, often symbolize riches and wealth.

(14) Gold

Gold is the color of success, achievement and triumph, associated with abundance and prosperity, luxury and quality, prestige and sophistication, value and elegance. The color psychology of gold implies affluence, material wealth and extravagance. Gold is illumination, wisdom and wealth. Gold often symbolize high quality.

(15) White

White is color at its most complete and pure, the color of perfection. The color meaning of white is purity, innocence, wholeness and completion. White can represent a successful beginning. It is considered to be the color of perfection. White depicts faith and purity.

(16) Black

Black is associated with power, elegance, formality, death, evil and mystery. When designing for a gallery of painting or photography, you can use black or gray background to make other colors stand out. Black gives the feeling of perspective and depth a black suit or dress can make you look thinner. Black denotes strength and authority; it is considered to be very formal, elegant and prestigious color (black tie, black Mercedes).

Fine Arts

5th Lecture

Drawing

Drawing is one of the oldest forms of human expression. Drawing is a form of visual art in which a person uses various drawing instruments to mark paper or another two-dimensional medium.

Types of drawing

(1) Life Drawing

Drawings that result from direct or real observations are life drawings. Life drawing also known as still-life drawing or figure drawing portrays all the expressions that are viewed by the artist and captured in the picture. The human figure forms one of the most enduring themes in life drawing that is applied to portraiture, sculpture, medical illustration, cartooning and comic book illustration and other fields.

(2) Emotive Drawing

Similar to painting, emotive drawing emphasizes on exploring and expressing different emotions, feeling, moods, self, time etc. these are generally depicted in the form of personality.

(3) Sketching

Sketching is a kind of drawing that puts forward the instant thought of an artist. Thus, it is a rough freehand and loose drawing which is not considered to be a finished piece of work. Sketching, usually results out of visualizing and immediately capturing them onto paper.

(4) Analytic Drawing

Sketches that are created for clear understanding and representation of observations made by an artist are called analytic drawings. In simple words, analytic drawing is undertaken to divide observation into small parts for a better perspective.

(5) Perspective Drawing

Perspective drawing is used by artists to create three-dimensional images on a two-dimensional picture plane such as paper. It represent space, distance, volume, light, surface planes and scale, all viewed from a particular eye-level.

(6) Geometric Drawing

Geometric drawing is used particularly in construction fields that demand specific dimensions. Measured scales, true sides, section and various other descriptive views are represented through geometric drawing.

(7) Diagrammatic Drawing

When concepts and ideas are explored and investigated, these are documents on paper through diagrammatic drawing. Diagrams are created to depict adjacencies and happenstance that are likely to take place in the immediate future. Thus, diagrammatic drawings serve as active design process for the instant ideas so conceived.

(8) Illustration Drawing

Drawings that are created to represent the layout of particular document are illustration drawings. They include all the basic details of the project so concerned clearly stating its purpose, style, size, color, character, effect and others.

Drawing Therapy

Drawing therapy is a form of expressive therapy used in mental health counseling and involves expression through art. The act of drawing works as mediating communication tool between a counselor and an individual, allowing the therapist to access various modes of self-expression.

Purpose of drawing therapy

Drawing therapy typically serves one of three primary purposes

- (1) Self enhancement**
- (2) Expression of stressful events**
- (3) Diagnostic tool**

Drawing therapy allows an outlet for the more right-brained activities of an individual creativity and emotional response. Through this therapy, individuals can give individualized and concrete form to their emotions. Such expression may occur by drawing actual events and images or by drawing abstract shapes, lines or objects that serve as symbol of the individual's thoughts and experiences. Individuals may then examine their inner world and alter pre-conceived notions about themselves and the world around them. In this manner, drawing therapy also serves as an effective aspect of left-brained, rationally based cognitive therapy.

Another beneficial aspect of drawing therapy is based on emotional release. In many cases – particularly after traumatic events – an individual may be unwilling or unable to talk about details and memories. Drawing interventions provide an outlet for the individual to work through his or her event-related feelings. For example, a child who has experienced some form of abuse may remain silent because of fear or shame. Drawing however, is an activity most children deem safe and liberating and thus a traumatized child may be more willing to convey complex emotions and memories through his means.

What is CREATIVITY?

Innovation, on the other hand can be described as “creativity implemented” innovation is putting the idea into practice. While creativity is a thinking process, innovation is a productive process. Innovation adds value to the idea, which otherwise remains as a mere idea. If the idea is likened to a seed, then innovation is the plant that results from planting and nurturing the seed.

Fine Arts

6th Lecture

Fine Arts/Applied Arts/Islamic Arts

What is fine art?

Fine art is “a visual art considered to have been created primarily for aesthetic and intellectual purposes and judged for its beauty and meaningfulness, specifically, painting, sculpture, drawing watercolor, graphics and architecture.”

Fields of Fine Arts:-

1. Drawing
2. Painting
3. Sculpture
4. Print Making
5. Photography

1. Drawing

A picture, image etc. that is made by making lines on a surface with a pencil, pen, marker etc., chalk but usually not with paint.

2. Painting

1. (Art Terms) the art or process of applying paints to a surface such as canvas, to make a picture or other artistic composition.
2. (Art Terms) a composition or picture made I this way.
3. An act of applying paint to the surface with a brush.

3. Sculpture

The piece of art that is made by carving or molding clay, stone, metal

The process or art of carving or molding clay, stone, metal into a sculpture.

4. Print Making

Printmaking is the process of making artworks by printing normally on paper.

Printmaking normally covers only the process of creating prints that have an element of originality rather than just being a photographic reproduction of painting.

5. Photography

An art, process or job of taking pictures with a camera.

What is applied Arts?

The Applied arts are the application of design and decoration to everyday objects to make them aesthetically pleasing. The term is applied distinction to the fine arts which aims to produce objects which are beautiful and/or provide intellectual stimulation.

Fields of Applied Arts

- 1. Architecture**
- 2. Graphic Arts**
- 3. Textile Design**
- 4. Weaving**
- 5. Ceramics**
- 6. Glass**

1. Architecture

The art or science of designing and creating buildings.

A method or style of building.

2. Graphic Arts

The visual arts based on the use of line and tone rather than three-dimensional work or the use of color.

3. Textile Design

Textile design is essentially the process of creating designs for woven knitted or printed fabrics or surface ornamented fabrics. Textile designers are involved with the production of these designs, which are used, sometimes repetitively, in clothing and interior décor items.

4. Weaving

Weaving is a method of textile production in which two distinct sets of yarns or threads are interlaced at right angles to form a fabric or cloth. Similar methods are knitting, felting, and braiding or plaiting.

5. Ceramics

Ceramic art is art made from ceramic materials (including clay), which may take forms including art ware, tile, figurines, sculpture and tableware. Ceramic art is one of the arts, particularly one of the visual arts and of those. It is one of the plastic arts.

6. Glass

Art glass is an item that is made generally as an artwork for decoration but often also for utility, from glass, sometimes combined with other materials.

What is Islamic Art?

Islamic art encompasses the visual arts produced from the 7th century onward by people who lived within the territory that was inhabited by or ruled by culturally Islamic populations

It is thus a very difficult art to define because it covers many lands and various peoples over some 1400 years; it is not art specifically of a religion or of a time or of place or of a single medium like painting.

The huge field of Islamic architecture is the subject of a separate article leaving fields as varied as calligraphy, painting, glass, pottery and textile arts such as carpets and embroidery.

The term Islamic art not only describes the art created specifically in the service of the Muslim faith. For example, a mosque and its furnishings, but also characterizes the art and architecture historically produced in the lands ruled by Muslims, produced for Muslim patrons or created by Muslim artists. As it is not only a region but a way of life. Islam fostered the development of a distinctive culture with its own unique artistic language that is reflected in art and architecture throughout the Muslim world. The lands newly conquered by Muslims had their own pre-existing artistic traditions.

What is calligraphy?

Decorative handwriting or handwritten lettering

Calligraphy is a visual art related to writing. It is the design and execution of lettering with a broad tip instrument, dip pen or brush among other writing instruments. A contemporary calligraphic practice can be defined as, “The art of giving form to signs in an expressive, harmonious and skillful manner”

What is poetry?

Literary work in which the expression of feelings and ideas is given intensity by the use of distinctive style and rhythm; poems collectively or as a genre of literature.

Poetry art is an art form in which human language is used for its aesthetic qualities in addition to or instead of, its notional and semantic content.

Fine Arts

7th Lecture

Art Therapies

Art Therapy Definition

Physical, mental and emotional well-being, you can communicate through your art

The creative process involved in expressing one's self artistically can help people to resolve issues as well as develop and manage their behaviors and feelings, reduce stress, and improve self-esteem and awareness.

Art therapy can achieve different things for different people. It can be used for counseling by therapists, healing, treatment, rehabilitation, psychotherapy, and in the broad sense of the term, it can be used to massage one's inner-self in a way that may provide the individual with a deeper understanding of him or herself.

Art therapy involves the creation of art in order to increase awareness of self and other. This in turn may promote personal development, increase coping skills, and enhance cognitive function. It is based on personality theories, human development, psychology, family system, and art education. Art therapists are trained in both art and psychological therapy.

Why Would I Use Art Therapy?

Art as therapy is generally used as a treatment for something—usually as a way to improve one's emotional state or mental well-being. Expressive arts therapy doesn't have to be used only as a treatment though. It can be used to relieve stress or tension or it can be used as a model of self-discovery. Many people can stand to use some art as a creative outlet.

Relaxation “Art washes away from the soul the dust of everyday life” —Pablo Picasso

Art therapy is a broad term used to refer to the practice of creating art as a way to heal wounds of the mind or spirit. While art therapists are employed with increasing frequency at hospitals, nursing homes, in schools, and in treatment programs for a wide swath of ailments, the rejuvenating, stress-busting results of such a practice are something we can all benefit from.

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's

- Happiness
- Portraits
- Trauma and Loss
- Collaging
- Self
- Gratitude

- Inside the Mind
- Miscellaneous

1. Emotions:-

Deal with emotions like anger and sadness through these helpful exercises.

1. **Draw or paint your emotions:** In this exercise, you'll focus entirely on painting what you're feeling.
2. **Create an emotion wheel:** Using color, this activity will have you thinking critically about your emotions.
3. **Explore puppet therapy:** Puppets aren't just for kids. Make your own and have them cut out scenes that make you upset.
4. **Use line art:** Line is the one of the simplest and most basic aspects of art, but it can also contain a lot of emotion. Use simple line art to demonstrate visually how you're feeling.
5. **Create a family sculpture:** For this activity, you make a clay representation of each family member—mother, father, siblings, and another close or influential family member to explore emotional dynamics and roles within your family.
6. **Paint a mountain and a valley:** The Mountain can represent a time where you were happy, the valley, when you were sad. Add elements that reflect specific events as well.
7. **Attach a drawing or message to a balloon:** Send away negative emotions or spread positive ones by attaching a note drawing to a balloon and setting it free.
8. **Collage a heart.** Collage your childhood memories in a heart formation.

2. Relaxation :-

Art therapy can be a great way to relax. A relaxation technique is any method, process, procedure, or activity that helps a person to relax; to attain a state of increased calmness; otherwise reduce levels of pain, anxiety, stress or anger.

1. **Paint to music:** Letting your creativity flow in response to music is a great way to let out feelings and just relax.
2. **Make a scribble drawing:** With this activity, you'll turn a simple scribble into something beautiful, using line, color and your creativity.
3. **Finger paint:** Finger painting isn't just fun for kids-adults can enjoy it as well. Get your hands messy and really have fun spreading paint around.
4. **Draw something HUGE:** Getting your body involved and moving around can help release emotion as just relax.
5. **Let yourself be free:** Don't allow yourself to judge your work. If you think your paintings are too tight and controlled, this collection of tips and techniques to try should help you work in a looser style.
6. **Only use colors that calm you:** Create a drawing or a painting using only colors that you find calming.
7. **Make a zentangle:** These fun little drawings are a great tool for letting go and helping reduce stress.
8. **Color in a design:** Sometimes, the simple act of coloring can be a great way to relax. Find color book or use this mandala for coloring.

3. Happiness:-

Art can not only help you deal with the bad stuff, but also help you appreciate and focus on the good. Check out these activities all about reflecting on your personal happiness.

1. **Collage your vision of a perfect day.** Think about what constitutes a perfect day to you and collage it.
2. **Take photographs of things you think are beautiful.** Print and frame them to have constant reminders of the beautiful things in life.
3. **Create a drawing that represents freedom.** The surrealists embraced automatic drawing as way to incorporate randomness and the subconscious into their drawing, and to free themselves from artistic conventions and everyday thinking.
4. **Make a stuffed animal.** Soft, cuddly objects can be very comforting. Use this project to create an animal from your intuitive drawings.
5. **Think up a wild invention.** This invention should do something that can help make you happier-no matter what that is.
6. **Make a prayer flag.** Send your prayers for yourself or those around you out into the universe with this project.

4. Portraits:-

Often, a great way to get to know yourself and your relationships with others is through portraits.

1. **Create a past, present and future self-portrait.** This drawing or painting should reflect where you have been, who you are today, and how see yourself in future.
2. **Draw a bag self-portrait.** On the outside of a paper bags, you'll create a self-portrait. On the inside, you'll fill it with things that represent who you are.
3. **Choose the people who matter most to you in life and create unique art for each.** This is a great way to acknowledge what really matter to you and express your gratitude.
4. **Collage someone you admire.** If someone has ever helped inspire your pain collage this person.
5. **Create an expressive self-portrait.** Paint in expressive colors. Select colors for emotional impact.
6. **Create a body image sketch.** Practice life drawing to fall in love with all of the varieties of the human body, including your own.

5. Trauma and Loss:-

These activities will ask you to face some unpleasant aspects of life, but with the goal of overcoming them.

1. **Draw a place where you feel safe.** An art therapy directive for finding your safe place for healing from trauma.
2. **Create a mini-diorama.** This diorama can showcase an important moment in your life or some trauma that you've experienced.

3. **Create a collage of your worries.** What worries you in your life? Out cut pictures from magazines to represent these worries.
4. **Draw something that scares you.** Everyone is frightened of something and in this project you'll get a chance to bring that fear to light and hopefully work towards facing it.
5. **Turn your illness into your art.** Struggling with a potentially terminal illness? Turn your illness into something meaningful with the creative journal method.
6. **Paint a loss in your life.** If you've lost someone you love or something, paint it. This will help you to remember but also to recover.
7. **Make art that is ephemeral.** Sometimes we have a hard time letting go, but this project will teach you that it's ok if something doesn't last. Use materials like sand, chalk, paper or water to create art that you will destroy when it's done.

6. Collaging:-

If you prefer to cut and paste rather than draw or paint, these projects are for you.

1. **Create a motivational collage.** You can hang this collage somewhere you'll see it every day. Filled with images you find motivating, it'll help you keep pushing on.
2. **Create a face collage on a mask.** We all wear masks of some sort. This project lets you showcase what's in your mask and the face you put on for the world.
3. **Create a clutter collage.** Are there things cluttering up your life? In this project, use words and picture to show the clutter in your way.
4. **Collage.** Choose image that you find soothing, calming or even meditative and combine them to create an attractive collage that can help you to relax.
5. **Collage a painting.** To complete this exercise, you'll first to need a simple, abstract painting on paper. Then, tear this painting up the create another. Think about how you felt when you had to tear up the first painting and which you like more.

7. Self:-

Examine aspects life who you are and you see the world through these amazing art projects.

1. **Draw image of your good traits.** Creating drawing of your good traits will help you to become more positive and built a better self-image.
2. **Sculpt your ideal self.** If you could make yourself into the perfect person. What would you look like?
3. **Draw the different sides of yourself.** In this project, you'll explore the different aspects of your personality, giving each a visual representation. You might only have one or two, or maybe even twelve.
4. **Making art with your fingerprints.** Your fingerprints are as unique as you are. Use ink and paint to make art that uses your fingerprints.
5. **Draw yourself as a tree.** Your roots will be loaded with descriptions of things that give you strength and your good qualities, while you leaves can be the thing that you're trying to change.
6. **Paint an important childhood memory.** What was a pivotal memory in your childhood? This activity asks you to document it and try to understand why it was so important to you.

7. **Write and illustrate a fairy tale about yourself.** If you could put yourself into a happily ever after situation, what role would you play and how would the story go? Create a book that tells the tale.
8. **Draw a comic strip about a funny moment in your life.** Enjoy a moment of levity with this exercise that will focus in on a comical even that happened to you.
9. **Create a box of values.** First, collage or paint a box that represents you. Then, place items inside the box that represent the things you value the most.

8. Gratitude:-

Here you'll find a collection of projects that will help you be happy about what you have and express your gratitude for it.

1. **Document your gratitude visually.** What thing are you grateful for in your life? Paint or collage a work that represents these things.
2. **Create a family tree of strength.** This exercise honors those around you who support you. Paint those close to you who offer you the strength you need.
3. **Make something for someone else.** Make something for someone else can be a great way to feel good and help someone else do so as well.
4. **Draw all the positive things in your life.** Everyone has at least one good thing in life, so sit down and figure out what makes you happy-then draw it.
5. **Sculpt your hand in plaster.** Once it's dry, write all the good things you can do with it right onto the hand.
6. **Paint a rock.** This project is mean to offer you strength. You can approach it in two ways. One option is to paint the rock with things that empower you. The other is to paint it with struggles you overcome.
7. **Write on leaves to create a gratitude tree.** What are you grateful for? This project asks you to write those things on leaves to construct a tree or banner of gratitude.
8. **Build a personal altar.** This is a highly personal project that will help connect you with your spiritual side and honor resilience.

9. Inside the Mind:-

Take a look inside your mind to see what's going on with these projects.

1. **Create a blot art:** Like a classic Rorschach test, f old paper in half with paint or ink in the middle and describe what you see.
2. **Mind Mapping:** Make a visual representation of your thoughts to figure out how your mind works.
3. **Make a dream catcher:** Having bad dreams? Create this age-old tool for catching your dreams with a few simple tools.
4. **Draw your dreams:** You can teach a lot from what goes on in your dreams, so keep a dream journal and use it for inspiration to draw or paint.

10.Miscellaneous:-

If you're still looking for something to empower, help or soothe you, these projects may fit the bill.

1. **Use natural materials:** Leaves, sticks, dirt, clay and other natural materials can help you get in touch with the natural world and the more primal side of yourself.

2. **Use your body as a canvas:** You don't need paper when you have your body. Paint on your hands and feet or anywhere else to feel more in touch with yourself.
3. **Sculpt spirit figures:** Connect with those have passed on or your own spiritual essence using these sculpted figures.
4. **Make art out of recycled items:** You can reuse old items that have meaning to you or just re-purpose something you have lying around. Either way, you'll get insights into how you can reshape and re-evaluate your own life.
5. **College with old Photograph:** If you're uncomfortable using old photos you can make copies, but with this project you'll draw out one characteristic you see in the person in the photos.
6. **Create your own interpretation of a famous work of art:** How would you have pointed the Mona Lisa? Using famous work as your inspiration, create your own work. It could help reveal more about your lens on the world.
7. **Use a found or made object as a paintbrush:** Whether it's something sharp or something soft, make your own artistic tool and use it to express what you're feeling.
8. **Paint a window:** Windows let you see in and see out. Paint yours with things you want to hide or show to the world.

Fine Arts

8th Lecture

Optical Illusion

Optical illusion can use color, light and patterns to create images that can be deceptive or misleading to our brains. The information gathered by the eye is processed by the brain, creating a perception that in reality, does not match the true image.

Op art:

Op art also known as optical art is used to describe some mid-20th-century geometric abstract paintings and other works of art which use optical illusion. Op art is also referred to as geometric abstraction and hard-edge abstraction, although the preferred term for it is perceptual abstraction. Op art painters devised complex optical spaces by manipulating repetitive forms such as parallel lines, checkerboard patterns and concentric circles or by creating chromatic tension from the juxtaposition of complementary colors, thereby creating the illusion of movement. When the viewer looks at them, the impression is given of movement, hidden images, flashing and vibration, patterns or alternatively of swelling or warping. Many of the better known op art works are made in only black and white.

Psychological Illusion

Psychological illusions, such as the afterimages following bright lights, or viewing stimuli of alternating patterns are presumed to be the effects on the eyes or brain of excessive stimulation of a specific type – brightness, tilt, color, movement and so on. Theory suggests that stimuli have individual neural paths at various stages of visual processing and that repetitive stimulation may cause a psychological imbalance that alters perception.

Such as the afterimages following bright lights or adapting stimuli of excessively longer alternating patterns (contingent perceptual aftereffect), are presumed to be the effects on the eye or brain of excessive stimulation or interaction with contextual or competing stimuli of specific type – brightness, color, position, tile, size, movement, etc. the theory is that a stimulus follows its individual dedicated neural path in the early stages of visual processing, and that intense or repetitive activity in that or interaction with active adjoining channels cause a psychological imbalance that alters perception.

The Hermann grid illusion and Mach bands are two illusions that are best explained using a biological approach. Lateral inhibition, where in the receptive field of the retina light and dark receptors compete with one another to become active, has been used to explain why we see bands of increased brightness at the edge of color difference when viewing Mach bands. Once a receptor is active, it inhibits adjacent receptors. This inhibition creates contrast, highlighting edges. In the Hermann grid illusion the gray spots appear at the intersection because of the inhibitory response which occurs as a result of the increased dark surround. Lateral inhibition has also been used to explain the Hermann grid illusion, but this has been disproved. More recent empirical approaches to optical illusions have had some

success in explaining optical phenomena with which theories based on lateral inhibition have struggled.

Optical Illusion in Art:

Many artists have worked with optical illusions, including M.C. Escher, Bridget Riley, Salvador Dali, Giuseppe Arcimboldo, Marcel Duchamp, Victor Vasarely, Oscar Reutersvard and Charles Allan Gilbert. Some contemporary artists are also experimenting with optical illusion including Dick Termes, Shigeo Fukuda, Patrick Hughes, Istvan Orosz, Rob Gonsalves and Akiyoshi Kitoaka. Optical illusion is also used in film by technique of forced perspective.

Victor Vasarely:

Victor Vasarely is considered as one of the fathers of op-art. Born in 1906, he had a passion for art. Painter Cezanne was his favorite artist and as he grew older, his talent for art grew as well. At first, he tried to take up a medical career. After noticing that it was not working out too well, he decided to model his childhood artist and started working on various artworks, eventually developing his own style, later known as op-art. He continued to work on his pieces until he died in Paris, 1997.

Bridget Riley:

Fans of Op-art consider Bridget Riley to be the mother of op-art, further developing optical art from Victor Vasarely's style and approach. She was born in 1931 in Norwood. Her father, a printer, had to move because of work and so did the family. They ended up in Lincolnshire, but soon relocated to Cornwall. She grew up in a free childhood and had already begun painting and drawing. She took this up as her main career until her father had been injured in a car accident. For a while she was unable to work on art, but in 1958 she took it up again and started using the op-art style to create new things. She was very successful and is still alive today.

Josef Albers:

Josef Albers born in Bottrop, Germany in 1888. He spent a few years teaching children about "everything", Later becoming an art teacher. After being an art teacher for a few months, he developed into a printmaker and figurative artist. He enrolled in a school that taught about this kind of art and continued his line in art. He taught in Yale for some time and after that spent his time designing and making op-art. He integrated some color into his art and used it and his prior knowledge to create a series of artworks known as "Homage to the Square". He continued his works and died in the 1970's.

Richard Anuskiewicz:

Richard was considered the "American new wizard" of optical art and was not well known but was important in the further development of op-art. Born in Erie, Pennsylvania in

1930. Richard enjoyed art at an early age and was encouraged by his father. At the school he ended up at his passion for art developed and grew and he eventually was able to draw for seven hours straight. When he was older, he went to the Cleveland Institution of Art where he found and became interested in op-art. He graduated and went to Yale and interestingly enough was taught by Josef Albers for some time. He learned about many things from Albers and used this knowledge to create many artworks. He still is alive today, creating new paintings.

Richard Allen:

Born in 1933, Allen grew up in a rural environment, gaining little knowledge of art. However, at an early age he attempted a few works which failed. His father, who worked in the Ministry of Agriculture, sent Richard to the Institute of Agriculture, where he learned about key concepts to making optical-art. As he grew older, he attended the Bath Academy of Art, where he developed his style and skill more. In later years he was diagnosed with Motor Neuron Disease and made little progress with his work because of the symptoms. He died in February 1999.