



Shifali N. Mehra

Artist, Founder & Teacher



## ARTIST STATEMENT

For me, personally, "Art is my internal dialogue, and my works are guided by my inner impulse, a longing for certain forms, colours and materials, and it is not until they are on canvas or paper that they tell me what they want."

My art approach is fairly expressive - wherein I transfer my life experiences, ideas, emotions and theories onto canvas and paper.

Every artwork has a unique story, and is sure to please art connoisseurs, collectors and lovers from all walks of life.

Read on, for more...



Viewing life from a new angle, this artwork was produced post a sabbatical taken - due to an eye surgery.

Life seemed puzzling, hazy and confusing, with my brush laying emphasis on the eyes - an event that occurred subconsciously.

**THE JIGSAW PUZZLE** | OIL ON CANVAS | 50 inch x 37 inch | 2009



**ANTICIPATION** | OIL ON CANVAS | 20 inch x 32 inch (EACH PANEL) | 2010

We, humans, are inquisitive souls - always yearning to know how will our future unfold. Spiralling in depths of anticipation, which, for most times, is far worse than our beautiful reality.



**BLISS** | OIL ON CANVAS | 48 inch x 12 inch (EACH PANEL) | 2012

Ignorance is bliss, for a creative mind - how true could this saying be!  
Imagine, enjoying your own company - away from the happenings of the functioning world,  
where you are alone with your thoughts and colours.



**EARTH TO EARTH** | OIL ON CANVAS | 48 inch x 96 inch | 2013

Have you ever experienced existential questions after a personal loss? Like, who are we? Where do we come from? Where do we go? Ashes to ashes, earth to earth, life is just a journey between heaven and earth.



**FATE & FORTUNE** | OIL ON CANVAS | 72 inch x 96 inch | 2014

This piece explores the porous boundary between what we envision and what we inhabit. It captures the moment where the ethereal nature of dreams collides with the weight of reality, suggesting that our lived experience is a constant synthesis of both



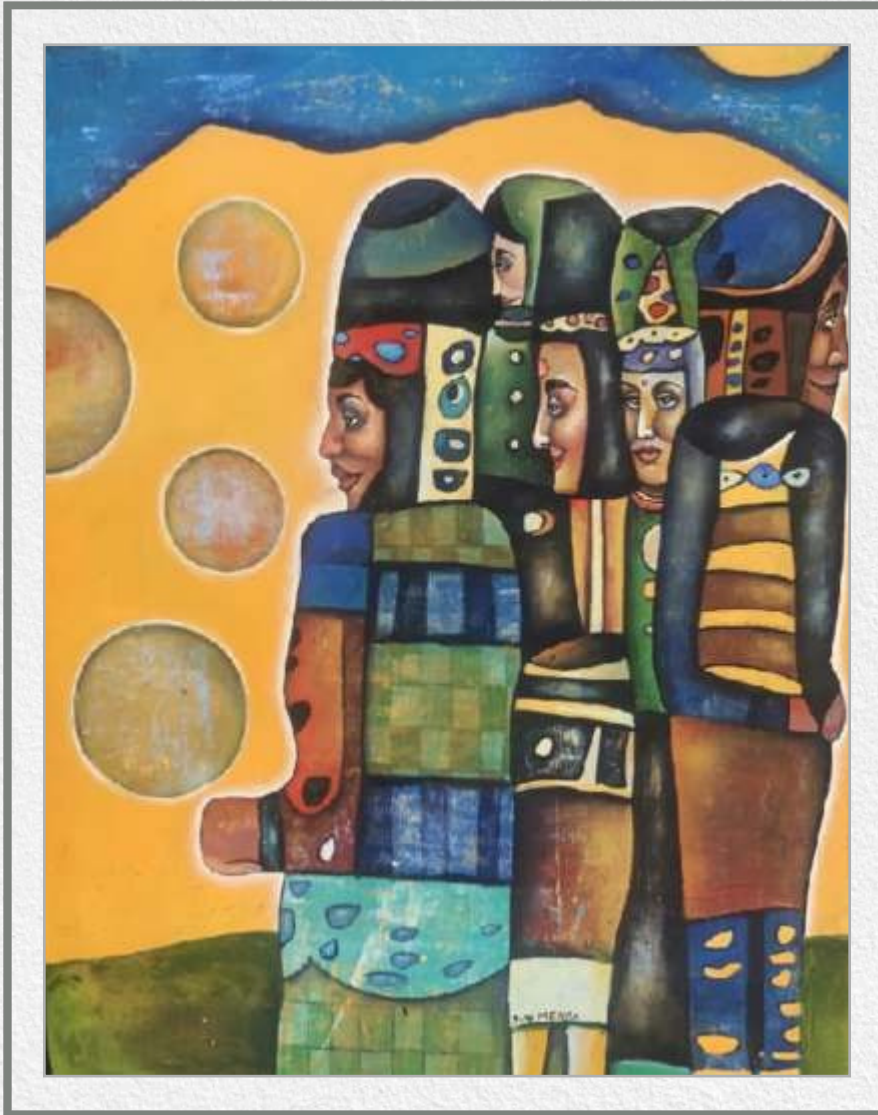
**FACES** | OIL ON CANVAS | 20 inch x 71 inch | 2015

A collection of expressive faces on canvas, each telling a silent story and reflecting the many layers of human identity.



**LIFE** | OIL ON CANVAS | 36 inch x 72 inch | 2020

A visual dialogue exploring how sorrow and joy intertwine, shaping one another to define the depth, contrast, and richness of human existence.



**FAMILY** | OIL ON CANVAS | 39 inch x 30 inch | 2020

Taking a cue from my own family's personalities, this piece is representative of families around the world.

With the mothers, the main protective power, and the fathers, who are her conscious thought, and then we have the children - all of them with their own quirks and qualms.



This peice is a celebration of movement, both of the body through the woods and of the mind through the spectrum of color."Inception is about the moment nature and color collide to create a new perspective."

**INCEPTION** | OIL ON CANVAS | 34 INCH X 62 INCH | 2023



Inspired by the Sphinx, true power lies in the union of unyielding strength and profound intelligence. It is a reminder to be both a guardian of one's values and a seeker of hidden truths.

**A FINE BALANCE** | OIL ON CANVAS | 24 INCH X 24 INCH | 2024



**DESTINED CAGE** | CHARCOAL ON PAPER | 48 inch x 96 inch | 2009

Destiny is better defined as one's life purpose decided by a higher power.  
But, what if - that very destiny begins to feel like a jinx, a series of misfortunes, and, suddenly, you are caged in your own being!



**COSMOS** | CHARCOAL ON PAPER | 72 inch x 48 inch | 2016

Adam and Eve, according to the creation myth of the Abrahamic religions, were the first man and woman. Their love story always begins with a question and is filled with theories and analogies, further interpreted in this artwork.



**PEARLY GATES** | CHARCOAL ON PAPER | 58 inch x 96 inch | 2016

Life is a journey between earth to heaven. Till we live as humans, we are always either unhappy or sad or constantly desiring for more - forgetting that happiness is nothing but a state of being, and these 'Pearly Gates' are a metaphor of the same.



**THINGS I TEACH @ ART WONDER | CHARCOAL ON PAPER | 58 inch x 96 inch | 2017**

Inspired by the child-like quality in Paul Klees' work- a drawing is a line going for a walk. One of my first charcoal works at CSM London, this work is also a representation of my teaching approach at Art Wonder.



**BALI SERIES** | CHARCOAL ON PAPER | 48 inch x 60 inch (EACH PANEL) | 2019

This artwork is inspired by the feeling of surreality and amazement that I experienced at the beautiful temples in Bali. A second glance at them - took me back to the time they were created, and I transpired that vision onto the paper.



**TIME TRAVEL | CHARCOAL ON PAPER | 42 inch x 65.5 inch | 2020**

A painting capturing the ethereal moment of stepping through the stones, blending the rugged Scottish Highlands with the shimmering veil of time. It explores the enduring pull of history and love across centuries.



**PEOPLE** | PEN ON PAPER | 16 INCH X 11.5 INCH | 2021

This drawing reflects the emotional and physical interconnectivity between people, revealing the unseen bonds formed through shared presence, touch, and feeling. create a quiet constant exchange



**FREE-PLAY @ ART WONDER | CHARCOAL ON PAPER | 94 INCH X 57 INCH | 2025**

Free Play is inspired by a workshop I created at Art Wonder. It explores a boundless state of mind where control dissolves, consciousness expands, and creativity flows freely.



## **PROFESSIONAL CV**

### **Qualifications**

Bachelor of Fine Arts in Painting (1994-1998)  
Master of Fine Arts in Painting (1998-2000)  
MA Fine Art from Central Saint Martins, London (2005-2006)

### **Participations**

Group Shows in India and Abroad

### **Scholarships**

HRDC Scholarship (2002-2004)  
HRDC Scholarship (2006-2008)

### **Solo Exhibitions**

Moods & Moments, LKA Delhi (2002)  
Odyssey, Arpana Kaur Gallery, Delhi (2005)  
Prophecies, Nehru Centre, London (2006)

### **Camps Attended**

LKA Graphic Camp, Delhi (2000)  
Wood Cut Camp, Udaipur (1997)  
Himalaya Trekking Camp, Art Home (2007)

### **Collections**

India and Abroad

### **Entrepreneur/Founder Teacher**


Art Wonder (2016)

For Art Enquiries & Feedback

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