

Punita

Visual Artist

Punita is a visual artist who works with a variety of artistic endeavors. Most of her life has centered teaching, coaching and lifelong learning. Visual art has always lit a fire in her journey of life. By understanding the psychology of art, Punita strives to accomplish the higher purpose of her life.

Challenges of mixed media, application of oil colors with spatula, pen & ink, diligent placement of silk colors and watercolors are just a few of the techniques that Punita thrives on. She explores using strong contrasts, vibrant and exquisite colors and marrying them together in such a way that provides solace to life. In her artistic style, fluidity and variety in colors plays a very significant role. She emphasizes the balance of colors while simultaneously seeking to manifest asymmetry.

Punita's art brings attention to love; self love, love for humanity and the deep love for our planet 'mother earth.' She understands what we do to the planet we do to ourselves. Her art conveys the complex message to all humanity: love and return to your own significance. By remembering our unconditional self worth, we must never habituate to the unspeakable oppressions and vulgar disparities placed on us through life.

Understanding the spiritual realms as a human being plays a significant role in Punita's work. Her art represents the required transformation from a shallow, performative and unrealistic world to one that dreams to be more loving, compassionate, accepting and honest. Her work captures the dream state of mind as she navigates between harsh reality and soft faith and devotion to other realms. She gained her inspiration and knowledge from her instructor Jerry Heine, at the University of Alberta where she studied in visual arts.

Punita has exhibited her work nationally and internationally. Punita's generous spirit and passion to alchemize her art into community healing is evident by her donations to several nonprofit organizations including charity groups, silent auctions, and fundraising events for those marginalized in the real world.