

# Indian Art Forms: Art Forms Like Mandala Art, Warli Painting and Free Style Painting has the Ability to Develop Concentration, Creative Mind, Patience, Concentration, Cognitive and Healing Ability Among All


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<https://doi.org/10.55041/ijstmt.v2i3.417>

**Cite this Article:** Rameshwar, S. (2026). Indian Art Forms: Art Forms Like Mandala Art, Warli Painting and Free Style Painting has the Ability to Develop Concentration, Creative Mind, Patience, Concentration, Cognitive and Healing Ability Among All. International Journal of Science, Strategic Management and Technology, 02(03). <https://doi.org/10.55041/ijstmt.v2i3.417>

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## **ABSTRACT:**

painting is a form of art work. Art is defined with different meaning by different artists. ‘Painting has the ability to express thoughts which cannot be expressed in words. This article has different painting styles with a specific meaning for each. It includes mandala art, Gautama buddha painting, pencil sketch, warli painting, forest theme and lord Krishna painting. These paintings have brief description and meaning behind it.

**KEYWORDS:** paintings forms, mandala art, Gautama buddha painting, Warli painting, pencil sketch, forest fire, lord Krishna.

## **INTRODUCTION:**

Painting is the practice of applying colours to the thoughts in our mind rather than expressing in words. Painting involves various techniques from traditional art to modern and free style. There are different painting styles in India, they are; Tanjore painting, Mysore painting, warli painting, madhubani painting, kalamkari, gond painting, miniature painting, Kerala murals, Bengal Pat, Phad, Patachitra and many more.

This article has various art forms which involves from mandala art to free style using watercolours.

1. **Mandala art** mainly is a unique style and old folk-art form, developed from single colour to multicolours. Content in this article has three forms of mandala with different colour combinations. Mandala art develops concentration and focus among the people who create the work. Mandala art is focused on measurements and accuracy. Hence it benefits from creative things to develop focus among all.

2. **Gautama buddha** painting is created with pure poster colours and water shades. Mixing of colours develops positive attitude and vibes among the creator of the painting and among the viewers as well. Buddha is known for peace and spiritual enlightenment among the people. Hence this calm faced painting of buddha will surely develop positive mindset among people.

3. **Candle pencil sketch**, the word ‘candle’ itself indicates brightness. This pencil sketch of candle in front of dark background shows the sign of positivity among the negative or from darkness to brightness. Pencil sketch of candle is done on the drawing sheet with sketch pencil with minute shading ideas.

4. **Warli painting** is a folk art of India. Warli painting is done on walls, canvas sheets and floor by mixing clay sand and using it as basic background. White and black colour is used in warli painting, But in this paper. Warli painting is used as basic concept and used with modern art forms by using different colours and shaded background. Warli painting has a mixture of rangoli

patterns, old art form designs in it. It shows the versatility and ideas of tribal art form of India. Warli painting will create focus while drawing delicate lines and minute patterns.

5. **Wild life and forest fire**, is a painting done on canvas sheet with bright colours and it shows the effect of forest fire and struggle of elephant in the particular painting. It is just the imagination of the artist about the struggle of animal during hard times.

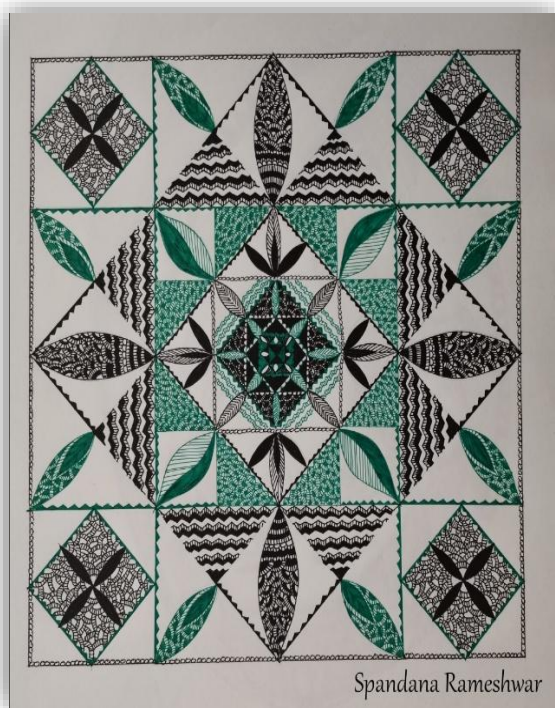
6. **Lord Krishna**, done on drawing sheet with delicate lines and patterns. Low Krishna look elegant and charming. The colours are bright and shaded with positive colours like green, blue, yellow and red. Radha and Krishna are in middle of beautiful flowers. Free

form paintings develop new ideas and drawing skills among the artists.

Thus, this article has different painting styles from folk style like mandala art, Warli painting to modern art forms which includes pencil sketch, poster colour painting, water colour painting and free style forms. Painting or any art form develops concentration, patience, creativity and thinking ability. It is just not mixing of colours and getting a pattern on the sheet but it is the thought process and understanding between mind, hand and colours. Painting involves both ideas and skills of an artist.

All the paintings exhibited in this article is painted and sketched by the author and artist *Spandana Rameshwar*.

## 1. MANDALA ART:



(a)

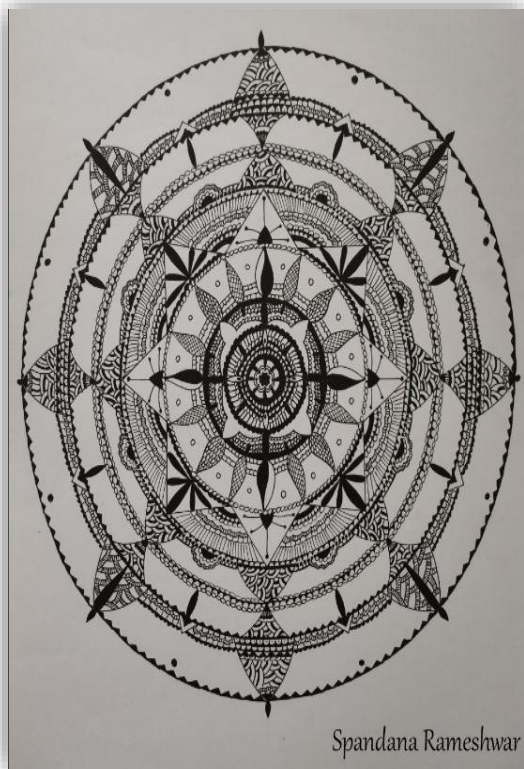
Mandala art work (a) is done with two shades that is, black and green. There are different patterns and designs which are used authentically in mandala art form



(b)

Mandala art work (b) is done with two colours red and black. the work is symmetry and with perfect dimensions measured, this work has unique designs which are used in mandala art form.

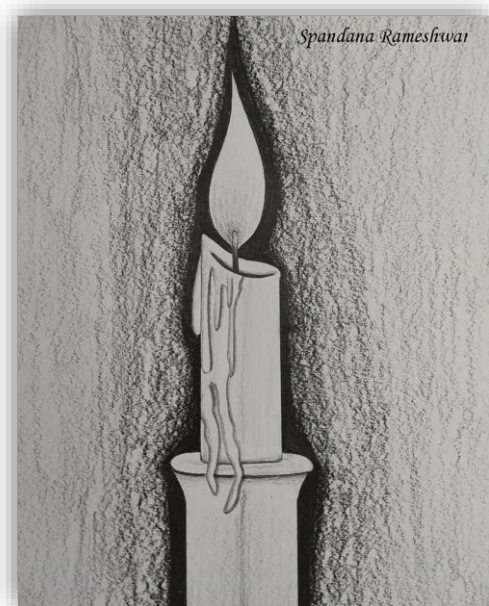
## 2. GAUTAMA BUDDHA:



Painting of spiritual teacher, meditator, philosopher, Gautama Buddha. This painting is done of canvas sheet using oil paints, and poster colours. It is a free style painting.

## 3. PENCIL SKETCH OF CANDLE:

It is pencil sketch of a candle. This theme explains the move from darkness to light, sketched on white plane sketch sheet.



(c)

Art work (c) is done with single colour black. it is spherical shape with perfect symmetry and designs enclosed in it.

Mandala art is a form of Traditional art, origin of deccan region of India, which was first seen in Buddhist time. These three Mandala arts is done in different patterns.

(a). the first art work is done with two colours, that is; black and green. The designs are genuine and real patterns of mandala art form. (b). the second Mandala is done with black and red colours. (c) the third mandala is done with single colour, black. The designs are authentic.

4. **WARLI PAINTING:**



(a) Modern warli painting (a) done on canvas sheet with bright yellow and green background, which indicates peace and time of harvesting. This painting shows the celebration during the time of crop harvesting.



(c) Warli painting (c) is done with yellow and blue background, where the folks are returning back home in the evening from work.

is adopted and mixed with modern art. The warli style painting indicated the life of folks. Painting are done with attractive colours and added folk pattern to it.



(b) This is form of warli painting (b) with reddish orange and yellow background which indicates sunrise and folks are going to farm for work.



(d) This warli painting(d) has light yellow and orange background. It shows detailed pattern of house done in warli painting and the structure of trees. Folk forms of male and female done in warli painting. The birds are

unique and simple as well. It is the time of celebration and harvesting.

It is folk style art form, warli painting. but in these painting warli painting style Warli painting is also called folk painting or tribal painting. These four warli paintings carry different themes and explanations. Warli painting has the origin in region of Maharashtra in cities like Dahanu, Thalasseri and Jawhar district. Warli painting explains the life of folks.

#### 5. WILF LIFE AND FOREST FIRE:



Painting is done on canvas board. This painting has a bright red and yellowish-orange shade background. The background indicates forest fire and the tree is dry and leaves are burnt. The elephant is alone and shown to be with fear.



Painting of leopard using canvas sheet and acrylic paints. The eyes play an efficient role in attracting the art.

#### 6. LORD KRISHNA:



Lord Krishna is painted with poster colours on a drawing sheet. The designs are of free style and flowers are bright red in colour. Krishna is shown with his beautiful peacock feather and flute.

## **CONCLUSION:**

Thus, this paper has a brief note on different art forms, which include, Mandala art, Gautama Buddha, Pencil sketch of candle, Warli painting, Wildlife and forest fire, Lord Krishna. Mandala art is an ancient Indian art style seen in Sahyadri region, which is composed of different authentic designs and patterns. Gautama Buddha is done on canvas sheet, Buddha is a symbol of peace, and meditation. The green leaves indicate the bodhi tree. Pencil sketch is done on drawing sheet, With single shade. Warli painting is an ancient art form which illustrates the lifestyle of folk life. The patterns of house, trees, humans, birds, vessels, jewels used in warli Art form are painted. Wildlife and forest fire are an

imagination work of artist to show life of animals. Lord Krishna painting is unique and simple with free hand designs and patterns, the colours used are attractive and bright.

Hence this article gives information about different Art forms with paintings done by Artist *Spandana Rameshwar*. Article just not aims to shows Art work but also the benefits of learning and improvising painting styles with new ideas and to encourage the old art styles done in India.

Painting is not only a form of art. It also serves as medicine to improve concentration, creativity, focus, meditation and heal depression among patients. Thus, this article will be helpful for many readers to learn and study more about differ art forms.

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