

**Understanding the Tether Between Landscape, Spirituality, and Health by traveling  
through India**  
**Aadhya Ramineni, 2023**

Over winter break I travelled to India to deepen my understanding of how community and nature are central to our health and wellness. I visited Kerala in South India to learn more about ayurveda, a form of plant medicine prevalent in the region. Afterwards, I travelled to Uttarakhand for two weeks. I stayed in an ashram and embarked on a Himalayan hike to learn about why people hike in India and what their relationship to nature is like. I visited regions of India that I had never been to before and experienced the unique relationship communities there have with nature. I documented the trip through photos and a short video that encapsulates the different experiences I highlighted above. After coming back to Bowdoin, I took an advanced collaborative independent study with Professor Mark Wethli in which I drew on my experience in India to create a visual art series. The result was a series called “Dreams,” inspired by the Fleetwood Mac song as well as my trip through India. More specifically, I made paper-cut collages and an interactive tree sculpture.

Title of Series: Dreams

Medium: Flashè, Paper Collage on Wood Panels



**Artist's Statement**

“This series is inspired by the song “Dreams” by Fleetwood Mac and my travels through India. Overall, the series is about becoming an adult and realizing that your dreams may not come true. But, at the same time, the series challenges this disillusionment to one's dreams through pieces that highlight the power of both nature and community. Simplifying the rendering process to blocks of paper this series relies on the fundamentals of visual art: color, shape, and composition. I ask individuals to tie their dreams to a sculpture of a tree, which was inspired by practices from temples in South India where trees are believed to be auspicious and godly. Ultimately, I hope the work empowers individuals to visualize their dreams rather than giving up or hiding their dreams. What's a dream of yours?”



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