

The Freedom to Feel: How Indian Masters Expressed Emotions Through Their Art

Hey! Young Artists

Have you ever felt so happy you wanted to draw the sun in bright yellow? Or maybe so calm that you filled your page with blue? That's the magic of art — it lets you show your feelings without using words.

Sometimes, talking about emotions can be hard. But with a brush, a pencil, or even just crayons, you can draw exactly how you feel. A doodle can show excitement, a bold line can show anger, and soft colors can share peace.

Art is not just about creating something beautiful. It is about telling stories without words and connecting with others through feelings. It helps—

Recognize and name their emotions

Manage stress and find calm during difficult times

Build empathy by sharing their inner world with others

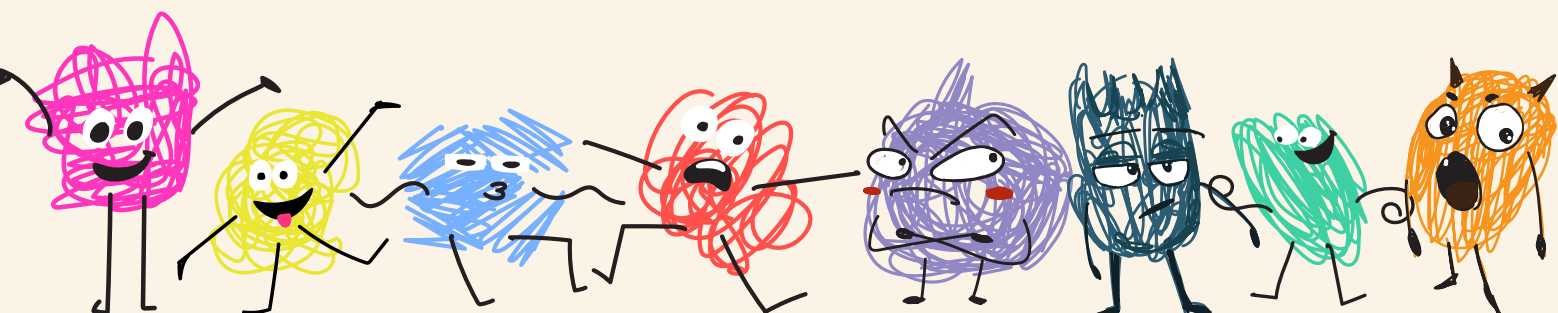


Guess What?

Famous Indian artists did the same thing!

They used colors, faces, and stories to share what was inside their hearts. Just like you, they weren't afraid to draw their emotions.

Let's explore them.



Amrita Sher-Gil: The Painter of Emotions

Amrita Sher-Gil, often called the “Indian Frida Kahlo”, poured raw emotions into her canvases.

- Her works like ‘Three Girls’ reflect loneliness and longing.
- Others show tenderness, resilience, and strength in everyday women.
- She used muted palettes and expressive faces to capture inner worlds — making emotions the soul of her art.

Amrita’s courage to paint what she felt, rather than what was expected, inspires children today to be honest in their own expressions.



Raja Ravi Varma: Humanizing Gods and Goddesses

Raja Ravi Varma’s art was more than grand and beautiful — it was deeply emotional.

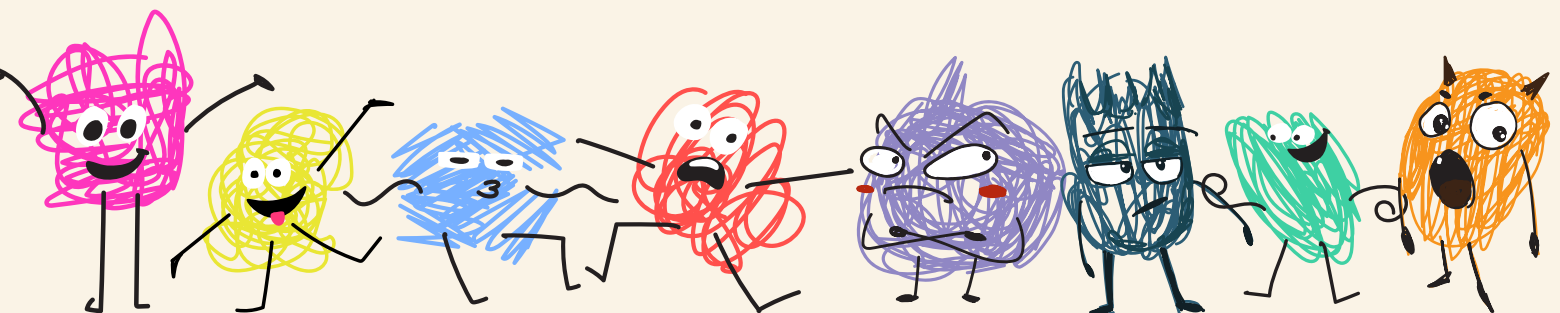
- In his portraits of goddesses, we see grace, calmness, and compassion.
- His mythological paintings showed love, courage, and devotion.
- By giving gods human emotions, he showed that feelings connect us all.
- His art reminds children that emotions are strengths, not weaknesses.

His work is a reminder that emotions are not weaknesses but strengths that make us relatable and human.

Want to dive deeper into the lives and works of these artists?

Explore CAMI’s Appreciation Art Videos, where we bring to life the genius of Amrita Sher-Gil, Raja Ravi Varma, M.F. Husain, and more — in simple, engaging ways for children.

And then, encourage children to join our September Artfest: Draw Your Emotions, where they can follow in the footsteps of these masters by expressing their own feelings through art.



AUGUST WINNERS



Jai S
Artfest Winner



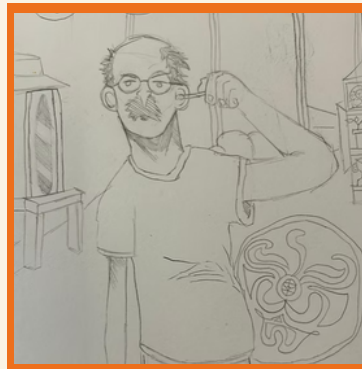
Pranit C
Artfest Winner



Divyansha M
Artfest Winner



Samuel A
06-10 Years



Aariv N
06-10 Years



Manavya S
11-15 Years



Nirvesh F
11-15 Years



Sahil K
16-18 Years



Devnanandana D
16-18 Years