

Sehgal

# Gratitude Through Art

An art initiative  
in collaboration with  
Children's Hope India

Amar Nath Sehgal Private Collection

**In collaboration with**  
Children's Hope India  
For  
Medanta Hospital  
2025

IN COLLABORATION  
WITH

CHILDREN'S  
HOPE  
INDIA

## INITIATIVE

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A collaborative art engagement between the Amar Nath Sehgal Private Collection, Children's Hope India (CHI), and Medanta Hospital titled "Gratitude Through Art." Through a series of creative workshops with children from less privileged communities supported by CHI, a group of 24 children created an original artwork.

They chose to express gratitude to doctors and healthcare workers through their story.

The artwork will be installed in a select area of Medanta to transform the hospital space with color, emotion, and meaning.

The project not only gives children access to enriching, museum-led art experiences but also fosters empathy, creativity, and connection between communities and caregivers.



# SEHGAL X CHI INITIATIVE

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This Initiative, established by the Sehgala Museum in 2023, is dedicated to fostering creativity and emotional well-being through the integration of art in under-served communities. The initiative focuses on delivering thoughtfully designed workshops for students and offering art therapy sessions for teachers, creating a nurturing and stimulating environment for both learning and personal development.

This comprehensive, child-centric program provides students with early exposure to the arts, encouraging imaginative thinking and offering enriching educational experiences during the most formative years of their schooling. To date, over 20 workshops have been conducted across various age groups, engaging children in the fundamentals of creative expression and creative thinking. The initiative not only builds artistic skills but also contributes to their emotional resilience and cognitive.

# OBJECTIVES

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## **Foster Creativity and Confidence in Children**

The workshops cultivated imagination, enhanced artistic expression, and built self-confidence among participating children through hands-on creative engagement and opportunities for personal exploration and presentation.

## **Promote Emotional Well-Being Through Art**

Once displayed in the hospital, the children's artworks are intended to evoke joy, foster human connection, and instill a sense of empathy and appreciation for the dedication of caregivers and medical professionals.

## **Uplift Hospital Visitors and Patients**

By transforming clinical spaces into more welcoming and emotionally resonant environments, the initiative aims to offer comfort and encouragement to patients and visitors alike, particularly those navigating difficult or uncertain times.



### **Inspire Interest in Medicine and Caregiving**

The creative process/workshop and exposure to the healthcare setting are designed to spark curiosity about the medical profession and nurture a deeper awareness and respect for the field of caregiving among young participants.

### **Enrich the Hospital Aesthetic**

The artworks will contribute to the visual and emotional rejuvenation of the hospital environment, creating a vibrant and meaningful atmosphere through a thoughtful and collaborative infusion of color, story, and creativity.





# CHILDREN'S HOPE INDIA

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In the year 1990, a small group of professional women in New York came together to make a difference. Their hope: to secure a better future for children in need. That year, 70 children secured four square meals a day, shelter, access to education, and counselling services. 70 children began to pursue their dreams - again. Our goal is to see every child in school, empowering them with quality education, securing optimum health and nutritional outcomes, and accessing resources needed for wholesome development and holistic growth.

Our primary work in India is aided through strategic fundraising and symbiotic collaborations with organizations undertaking exceptional work that aligns with our values and vision.

**Mission:** To lift children from poverty to prosperity by supporting not just academic growth, but also their physical, emotional, and career development.

**Vision:** A future where every child is empowered and can live with dignity, with support spanning from cradle to career.

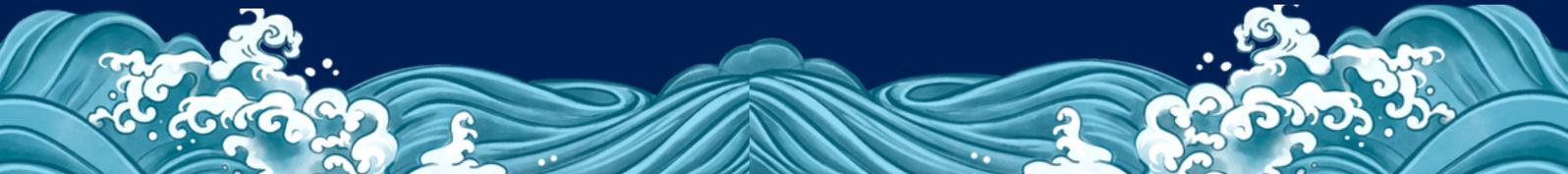




## THE PROJECT CONCEPT

The Garden of Life is a testimony of gratitude to the doctors of Medanta Hospital made by children. The artwork depicts the ocean as a metaphor for their world, a colourful garden that grows endlessly like their imagination. The richness of an underwater world filled with vibrant fish, coral reefs, weeds, grass and deep-sea life, comes alive on canvas. The artwork reflects the power of imagination in building worlds of colour, love, and resilience that is theirs.

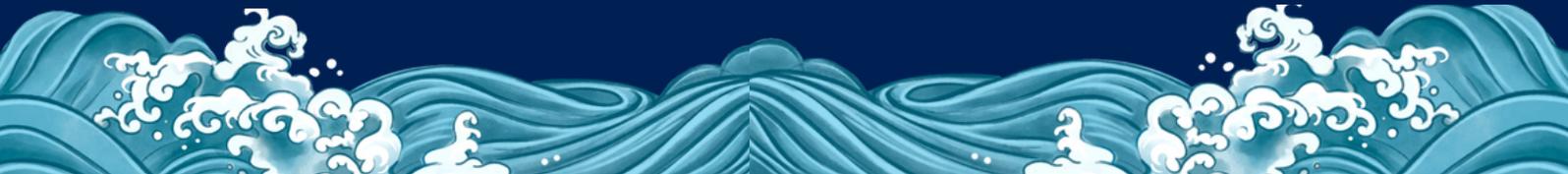
Inspired from Medanta's Tree of Life, the poem, The Garden of Life, is an artwork that invites us into a world that reminds us to pause, be grateful for one another, and the promise of growth.



For the participating children, the project serves as more than a creative exercise. To see their art come alive at Medanta Hospital carries profound meaning. It is an opportunity to build confidence, to share their perspectives with a wider audience, and to experience the validation of their artistic potential. Their art now belongs to a space that values their creativity, acknowledges their potential, and celebrates their dreams. For those who pass by, it is an invitation to pause, to marvel, and to carry a little of their ocean within. For patients and visitors, it offers a moment of connection and inspiration, reminding us of the vital role imagination and compassion play in the process of healing.

Hospitals are spaces where hope and healing meet, and this collaboration ensures that the children's voices ripple outward, which could leave an impact. By situating their vision in such a public space, the project ensures their imagination can comfort, uplift, and inspire all who encounter it. This collaboration between Medanta and the children is to enhance their creativity to heal people.

In a world where miracles happen every day, this is our effort to remind every child that the world is their oyster.



# P O E M

## The Garden of Life

Down in the deep where the blue currents flow,  
A garden is growing where few flowers grow.  
No Sun overhead, no sky shining bright,  
But somehow the coral still catches the light.

Fishes are flying, and turtles can sing,  
An Octopus dances with bubbles that ring.

The sea stars are smiling, the dolphins play along,  
And handprint- flower petals dance to a song.  
An Octopus giggles and floats with grace,  
While jellyfish twirl in a watery space.

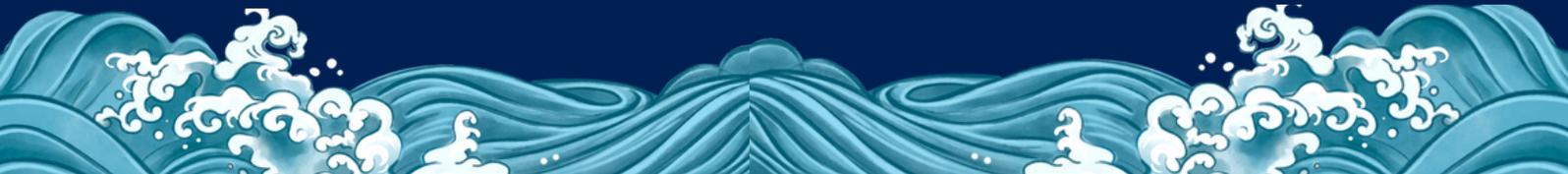
But how did this place come to shimmer and gleam?  
Who painted the sea with a child's sweetest dream?  
It was not just magic or brushes and glue.  
It bloomed from the quietest things people do.

From bandaged soft hands and warm-hearted care,  
From voices that comfort and always are there,  
From check-ups and charts, from eyes that see pain,  
From holding us gently again and again.

We built this wild world with glue, Love, and thread,  
But someone was holding us softly ahead.  
This ocean, these creatures, this Colour, this play,  
They came from the kindness that lit up our day.

We may not say “thank you” in words clear and loud,  
But it’s there in the seaweed, the sunlight, the cloud.  
A scroll full of dreams, of compassion and light—  
You made it all grow—our Garden of Life.

By Tanya Saha





# THE PROJECT EXECUTION

The Garden of Life

## Pre-Workshop Activity - MOVIE SCREENING

### Finding Nemo

The internationally acclaimed, Academy Award-winning film, Finding Nemo, was chosen for the children to watch. Through the film, the children observed

### Story & Theme

1. Timeless story of family & love
2. Overcoming Fears - Teaching children that it's okay to be afraid but important to try new things.
3. Resilience & Hope – Despite challenges, never give up hope.



## Characters

4. Lovable, Diverse Characters – Their favourite Character, the optimistic Dory, and the fish tank friends – they resonated with the theme of true friendship that is non-transactional.
5. Positive Role Models – The characters like Dory demonstrate optimism, kindness, and problem-solving in difficult situations. The children most enjoyed the aspect of having humour in a tough situation.

## Educational

6. Marine Life Awareness – The film introduced children to the underwater world—coral reefs, different species of fish, sea turtles, and sharks—in a fun, imaginative way. It helped them expand their imagination.
7. Environmental Awareness –It hinted at issues like pollution and human impact on marine life.

Conducted over 4 workshops, the project was planned and developed to bring a group of talented children together to create a large-scale canvas painting.



Organised by Megha Madan, an established contemporary artist, the children explored the themes of underwater life as a metaphor for their own world.

### **Workshop 1 – My underwater world**

The Children made their own underwater theme world inspired by the movie. They also created their character – a fish that they resonated with.





## Workshop 2- Character Building

The final characters were made for the painting. The children personalised their characters and gave them personalities with colours that resonated with them.





### **Workshop 3 and Workshop 4 – Final Layout**

Megha planned the layout for the children beforehand, but guided them to create it, rather than copying it. The children began feeling accountable for the project, and they were invested in planning the best possible layout.

In the 3rd Workshop, they made canvas cutouts of large sea animals and worked in groups. This activity included group work – planning and execution as a group, which meant that they had to work independently while making decisions as a group.

The technique of colour application for the painting was developed by Megha, who guided them throughout. Older children worked on the large canvas cutouts, and younger children worked on paper and developed their own versions. A group of children worked on the underwater flora and shells.

In the 4th Workshop, the large background was made. It was a fun exercise due to its large scale. They worked on the blue hues, learning the shades of water and the science of light.



# THE FINAL ARTWORK

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## **The Garden of Life**

*by - Grateful Children*

Length: 9ft 2 inches

Height: 4ft 10 inches

Acrylic paint, oil pastel, and paper on canvas

2025



# THE PARTICIPANTS

- |             |                     |
|-------------|---------------------|
| 1. Khushi   | 13. Sana Parveen    |
| 2. Sneha    | 14. Sanam Ansari    |
| 3. Deva     | 15. Kartik          |
| 4. Sakshi   | 16. Anam Ansari     |
| 5. Aradhana | 17. Tannu Kannojian |
| 6. Sadhna   | 18. Kajal           |
| 7. Shiva    | 19. Palak           |
| 8. Jyoti    | 20. Riya            |
| 9. Mantisha | 21. Priya           |
| 10. Raunak  | 22. Musarraf        |
| 11. Nitika  | 23. Shekha          |
| 12. Aradhya | 24. Manthsha        |

**Art direction and workshops** : Megha Madan

**Curation** : Mandira Row

**Coordination and assistance** : Tanya Saha

**CHI support** : Richa Kulshreshtha

## ABOUT US

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The Amar Nath Sehgal Private Collection is a repository of sculptures and artworks by the South Asian Modern artist, Amar Nath Sehgal. We are a single artist museum, the first of its kind in the country. In 2022-2023 we celebrated the artist's centennial birth anniversary.

The Amar Nath Sehgal Private Collection, located in his former studio-home, preserves his legacy and extends his vision by encouraging young people to use art as a language to connect with the world around them.

We are here to create a deeper awareness and appreciation of the artist's contribution to the world over 6 decades of his life time. Through scholarships, grants to budding artists, experiential programs and meaningful collaborations, we intend to create a dialogue between the art of the past and the future generations. The Sehgal Collection is dedicated to preserving art and educating the community we are building. Our active outreach program ensures our commitment to the community.

Selgal





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