

## **Artform: Thangka Painting**

Thangka painting is a revered traditional form of Buddhist art that encompasses the creation of religious scroll paintings on silk or cotton. These artworks serve as vital teaching tools, vividly depicting scenes from the lives of the Buddha, Bodhisattvas, and other deities, as well as intricate mandalas and cosmological maps. Thangkas play a crucial role in meditation and rituals, acting as visual aids to enhance spiritual practice.

The themes of Thangka paintings are diverse and profound, including the life of the Buddha, various Buddhist deities, significant historical events, and essential religious concepts like the Wheel of Life (Bhavachakra). Renowned for their intricate details, vibrant colors, and precise iconography, Thangka paintings adhere to strict guidelines and proportions dictated by Buddhist scriptures to ensure religious accuracy and symbolism. This meticulous attention to detail and symbolic imagery continues to inspire and educate practitioners and admirers worldwide.

## **Artwork: The Six Symbols of Longevity**

In this exquisite artwork, the artist has depicted “The Six Symbols of Longevity,” which hold significant spiritual importance for followers of Buddhism. Each symbol in the painting represents different aspects of a long and prosperous life. The six symbols portrayed in this artwork are the crane, tortoise, pine tree, deer, rock, and peach. Together, they reflect the interconnectedness of nature and the spiritual aspirations of Tibetan Buddhism. This artwork offers viewers both aesthetic beauty and profound cultural and spiritual insights, serving as a testament to the enduring legacy of Thangka painting.

## **Artist: Mithun Kumar**

Mithun Kumar, hailing from Kangra, Himachal Pradesh, has dedicated the past eight years to mastering the art of Thangka painting. He honed his skills over four years of rigorous training under the guidance of Master Locho Bodh and Ms. Sarika at the Khaniyara Museum in Dharamshala. His commitment to preserving this traditional art form is deeply rooted in his family’s legacy, which includes the creation of miniature paintings. Mithun Kumar's work is a reflection of his profound understanding of Buddhist art and his dedication to its meticulous craftsmanship.

**Location:** Bharat Mandapam, New Delhi

