

SUNAINA BHALLA

e sunaina@sunainabhalla.com
m +65 98535340
w www.sunainabhalla.com
Instagram: [bhalla.sunaina](https://www.instagram.com/bhalla.sunaina)
Facebook: [bhalla.sunaina.7](https://www.facebook.com/bhalla.sunaina.7)

Sunaina is a contemporary artist of Indian origin, living in Singapore. Educated in India, she moved to Tokyo in the late 90's and has spent the last two decades in various parts of North and South Asia. Having completed her formal education as a textile designer specializing in print, she chose to pursue an immersive education in the traditional art form of Nihonga in Japan, where she spent 5 years studying under Suiko Ohta-sensei of the Kyoshin-Do school. She completed her Masters of Fine Arts degree from Goldsmiths University, London and Lasalle College of the Arts, where her thesis topic was 'The Gesture and the Ritual of Pain'

Her work revolves around the repetitive and ritualistic nature of gestures and their traces. She explores the transformative effects of the deliberate infliction of pain on the human body during the curative process of alleviating disease and decay. By using materials analogous to the fragile nature of the body, juxtaposed with photography, fabric and embroidery, she examines the passage of time and the mark making that documents this process. Some of the materials used are blood test strips, gauze bandages and suture needles.

Using her personal experiences as a Breast cancer survivor and a caregiver to her daughter with Type 1 Diabetes, she documents the journey of trauma and relief through gestures as a visual language

Sunaina has exhibited in Japan, India, Singapore, Europe and the Middle East. Her works are in the permanent collections of the ESSL Museum, Vienna and Mumbai Airports Authority, India, and in various private collections globally. She has also had her works successfully auctioned at the Mainichi Auction in Japan.

She also runs wood block printing workshops regularly in Singapore, Myanmar, Indonesia, America and Australia

PROFESSIONAL QUALIFICATIONS

M.A (Fine Arts)
Goldsmith's College, University of London,
MFA La Salle College of the Arts, Singapore

Dip. Textile Design (Printing Major with Distinction)
New Delhi Polytechnic for Women, New Delhi, India

SELECT SOLO EXHIBITIONS

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| 2024 | 'Incursions, Incisions and Renewal', Exhibit 320 gallery, New Delhi, India. Parallel event during the India Art Fair 2024 |
| 2022 | 'Body Terrains', Nine Fish gallery, Mumbai, India |
| 2020 | 'Sharps and Such', Art Outreach, Singapore |
| 2017 | '16', Art Konsult Gallery, New Delhi, India |
| 2013 | United Art Fair, New Delhi, India |

2012	<i>Her Continuing Narratives</i> , Gallery Art'n Soul, Mumbai, India
2009	<i>Towards Utopia</i> , Gallerie Alternatives, New Delhi and Gallery Art'n Soul, Mumbai, India
2007	<i>A Silent Comment</i> , Museum Gallery, Mumbai, India

SELECT GROUP EXHIBITIONS

2025	<i>Fibreart International 2025</i> , Contemporary Craft, Pittsburgh, USA
2025	<i>What doesn't Kill You</i> , Art Outreach Singapore, an Art Linguistics project
2025	<i>For each, A World</i> , 39+ Art Space, Singapore during Singapore Art Week 2025
2024	<i>Confluence of Culture</i> , 39+ Art Space, Singapore
2024	<i>Threads That Bare</i> , Delhi Contemporary Art Week, New Delhi, India
2024	<i>I Interpret</i> , third anniversary show, Nine Fish Gallery, Mumbai
2023	<i>Bodies: Women in Film and Photography</i> , Objectifs, Singapore
2023	<i>Chimera of Proximity</i> , NFT show, The Upside Space
2022	<i>Redaction</i> , By Substation, Visual Arts Centre, Singapore
2022	<i>Voices</i> , Portico Library, Manchester, England
2021	<i>Rehang</i> , Bikaner House, Anant Art gallery, Delhi, India
2021	<i>Stitch Your story Project</i> , British textile Biennial
2021	London Biennale 2021, <i>Selected artist</i>
2021	<i>Time Warp'</i> , Gallery Veda, Chennai, India
2020	<i>Pameran Poskad</i> , Ion art Gallery, Singapore
2020	<i>ESSL Museum collection show</i> , Albertina Museum of Modern Art, Austria
2020	<i>Jogja International Creative Arts Festival</i> , Yogyakarta, Indonesia
2020	<i>Streets of Hope'</i> , Street banners, Public art project, Singapore
2020	<i>Print Expo Fair</i> , Austin, Texas, USA
2020	<i>Little India Art Project</i> , Installation Singapore
2019	<i>Group show</i> , Le Dame Art Gallery, London, UK
2019	<i>Affordable Art Fair</i> , Singapore - Featured on the 'Spotlight' wall
2019.	<i>Art Rooms Awards show</i> , Melia White House, London, UK
2019	<i>Art Rooms Roma</i> , Rome, Italy (Art Awards Finalist)
2019	<i>Kriya Festival</i> , Yogyakarta, Indonesia - Presentation and workshop at the Festival
2019	<i>Mainichi Auction</i> , Tokyo, Japan
2019	<i>Art Rooms Roma</i> , Selected artist (Rooms category), Rome, Italy
2019	<i>IRise</i> , Group show for Women's day, Art Houz Gallery, Bengaluru, India
2018	<i>The Ma Project</i> , Two-person show, Japan Foundation, New Delhi, India
2018	<i>Gaj Mahotsav</i> Group show, Wildlife Trust of India, Indira Gandhi National Centre for the Arts, New Delhi, India
2018	<i>The Ma Project</i> , Two-person show, Japan Creative Centre, Singapore
2017	<i>Maybe</i> , MFA Graduation show, Earl Lu Gallery, Lasalle College of the Arts, Singapore
2017.	<i>Enriching and empowering multicultural craft</i> , Indonesia Institute of the Arts, Yogyakarta, Indonesia
2017.	<i>Multi Group show and Collaboration with KUAD+PROJECT 2016</i> , Kyoto, Japan
2016	<i>Freshly Squeezed</i> , Brother Joseph McNally gallery, Lasalle College of the Arts, Singapore

2014	<i>Gita Govinda</i> , Lecture and presentation show, India House, Singapore
2014	<i>The Pink Filly Show</i> in aid of the Cancer Foundation, Gallery ArtnSoul, Mumbai, India
2014	<i>Mela Phulkari</i> , Visual Arts Gallery, India Habitat Centre. New Delhi, India
2014	<i>Word, Text, Image</i> , Clarkes Amer, Jaipur, India
2013	<i>T and T Contemporarian</i> , Group show, (in honour of Frederic Brulee Bouabre), Guadalupe, France
2013	<i>Affordable Art Fair</i> , Singapore
2013	<i>Kala Ghoda Festival</i> , Mumbai, India
2013	<i>The Black Frame Project</i> , Indigo Blue Gallery, Singapore
2012	<i>Parallel Journeys</i> , Two-person show, collateral event during the India Art Fair at the Spanish Cervantes Centre.
2012	<i>Public Art Project</i> , Kala Ghoda festival, Mumbai, India
2011	<i>Women's group show promoting cultural ties between India and Saudi Arabia</i> , National Museum, Riyadh, Saudi Arabia
2010	<i>Under the Banyan Tree, India awakens</i> , Essl Museum, Vienna
2010.	<i>Where the Streets have no Name</i> , Curated by Dr. Alka Pande for 'The Salaam Baalak Trust: New Delhi, Singapore, South Africa
2009	<i>Journey V</i> Group show in aid of Breast Cancer for the NGO 'Passages', at Gallery Art'n Soul, Mumbai
2009	<i>Colours of Life</i> , CPAA Annual Exhibition, Cymroza Gallery, Mumbai, India
2009	<i>Creative Intent IV</i> , Gallerie Alternatives' 10 th Anniversary show, Gallerie Alternatives, Gurgaon and The Visual Arts Gallery, India Habitat Centre, New Delhi
2005	<i>First Singapore Art Show 2005</i> , Ministry of Communication and the Arts, Singapore Judges Choice award for the work titled "Peace-Freedom"

MASTERCLASSES & WORKSHOPS

2023- 2024	<i>Wood Block Printing workshops:</i> New York- Asia Society Museum at FIT Fashion Institute of Technology (annually) Fabric and Design Workshop- Museum, Philadelphia
2022	<i>Wood Block Printing workshops</i> , Artlink community programme
2021	<i>Wood Block Printing Workshop</i> , India Heritage Centre, Singapore (March Holiday programme)
2021	<i>Wood Block Printing Workshop</i> , National Gallery, Singapore (ongoing)
2020	<i>Online Zoom workshop on printing with recycled materials on fabric</i> (part of the ViArt Award judging)
2020	<i>Block printing workshop</i> , Lloyd's Inn, Singapore (in partnership with The Starving Artists)
2020	<i>Block Printing workshop</i> , British Club, Singapore
2019	<i>Block Printing workshop</i> , British Club, Singapore
2019	<i>Wood Block Printing Masterclass</i> , Asia Society, New York, USA
2019	<i>Artpreneurs special workshop</i> , Mural Arts, Philadelphia, USA

2019	<i>Wood Block printing Masterclass (ongoing), National Gallery, Singapore</i>
2019	<i>Block Printing workshop, Victoria Cultural Centre, Bendigo, Australia</i>
2019	<i>Wood Block Printing Masterclass, Disabled Care Centre Project, Myanmar</i>
2019	<i>Wood Block Printing workshop, Tanglin Trust School, Singapore</i>
2019	<i>Wood Block Printing workshops, Artist's studio (ongoing)</i>
2018	<i>Wood Block Printing workshop, Okada café, Joo Chiat, Singapore</i>
2015	<i>Wood Block Printing Masterclass, Kala Ghoda Festival, Mumbai, India</i>

RESIDENCIES

- 2022: Objectifs women in Film and Photography, Singapore: A month-long residency exploring the medium of film, focusing on trauma and the body
- 2023: Ajrakh printing workshop space, Bhuj, India: spent 10 days working with traditional ajrakh printer Fayaz Khatri, learning the technique and creating a body of work

COLLECTIONS & COMMISSIONS

<i>Goldman Sachs</i>	India
<i>The ESSL Museum</i>	Vienna, Austria
<i>The Albertina Museum</i>	Vienna, Austria
<i>Mumbai Airports Authority</i>	India
<i>The Godrej Collection</i>	India
<i>The Piramal Collection</i>	India
<i>Other Private Collections</i>	Japan
	Hong Kong
	India
	Singapore
	United States of America

WORK EXPERIENCE:

Lecturer (*Part time*), Lasalle College of the Arts, Singapore
 Ongoing: Block printing and art workshops, various locations in Singapore, US, Indonesia, Myanmar
 Designer at Satya Paul Studio, New Delhi, India 1993-94

SPECIAL PROJECTS:

2020 ongoing annual : Judge – ViArt Art competition , recycled art in Primary and Secondary schools Singapore