

I am a contemporary artist of Indian origin, currently based in Singapore. My work investigates the intimate terrain of ritual, pain, and healing through a multidisciplinary lens. My exploration centres on the repetitive, ritualistic gestures inherent to healing—the deliberate infliction of pain as a powerful act of transformation and reclamation within the body.

Underlying my practice is an urgent critique of the patriarchal systems that shape how women's bodies are experienced, treated, and narrated.

The materials I choose—blood test strips, gauze bandages, suture needles, fabric, and embroidery—serve as witnesses to the body's journey through disease and recovery. These fragile materials pose as both documentary traces and as metaphors for the marks left by time, trauma, and care. I juxtapose these elements to create installations and works on paper that reflect the passage of time, the layers of experience, and ways the body remembers.

Acts of care, endurance, and healing are often framed as feminine obligations—silently imposed and systematically undervalued. By centering my experience as a breast cancer survivor and as a caregiver to my daughter with Type 1 Diabetes, I foreground the societal expectation that women endure and provide, often without recognition or relief.

Materials associated with the medical and domestic realms—blood, bandages, embroidery—become sites of both bodily surveillance and quiet resistance, reclaiming “women's work” as acts of agency and authorship.

My process questions who has permission to heal, to express pain, and to bear visible marks. Through ritualized gestures and the documentation of their traces, I offer a visual language for vulnerability, resistance, and the radical act of self-recognition in the face of societal erasure.

My practice is at once personal and political: a testament to trauma, endurance, and relief, and an interrogation of the patriarchal structures that continue to frame and define the stories of women's bodies.