

Paintings On Mental Health: Chaitali Umesh Hambire

Dr. Chaitali Umesh Hambire is a certified specialist in Pediatric and Preventive Dentistry. She is compassionate and dedicated to the management of various dental problems of children. with more than 16 years of teaching experience. She has many research papers published in national and international journals. She has her artworks published on the cover of may esteemed journals like British Medical Journal (BMJ), The American Homeopath (NASH), Seizure - European Journal of Epilepsy , Journal of Patient Experience, HEAL- Journal of Florida State University College Of Medicine, Journal of Psychiatrists' Association of Nepal, Journal of Family Medicine and Primary Care, Journal of Pediatric Infectious Disease Society, Translational Paediatrics, International Journal of Pediatric And Adolescent Medicine.

Some of her paintings have been used on the Cover of Indian Journal of Mental Health and we truly appreciate her generosity to allow us to use the same.

The collection below is described as follows –

Title - Multifaceted

Medium - Water colours

"Art is the most intense mode of individualism that the world has known" – Oscar Wilde

Art is a powerful method for expression of emotions revealing unconscious thoughts that are difficult to express verbally. Art helps to focus on the positivity and provide opportunity to develop self-identity. A creative person strives to explore the unknown. This involves a significant amount of rearrangement of neural synapses of brain. Art provides a path to the sacred and spiritual, even in a profane and fragmented world. In the past literatures the creativity of the person was usually associated with mental illness and early death. However creative person with healthy mental state is barely mentioned. Thus, it is very important that creativity should be associated with health rather than the illness of the mental state. Art therapy involving creative activities provide a feeling of well-being and peace by secretion of large amount of serotonin, dopamine and endorphins. Art therapy can compliment medical management of various serious diseases by bringing positive emotional and spiritual dimensions.



The covers of Indian Journal of Mental Health have pictures from this collection on the cover page.