

Founder's Quill From the Ocean's Depths to the Soul's Heights



Mr. Neeraj Kr. Jaiswal
Founder, Director & Identity Head
Hope Society & Arty Hearty Retreats

After sailing across the seven seas and seven continents for over two decades and steering multiple health-care institutions as the Managing Director, one truth has stayed with me — **life is fleeting, but its meaning is eternal.** Amidst all the milestones, one truth echoes loudest: **We live only once and meaning is our true pursuit.** In the

dance of time, destiny, and existence, our deepest quest remains unchanged: **To connect — with others, with nature, and with ourselves.**

In this world of endless scrolling and digital noise, humanity is losing its most precious connection — with the self. I've seen rooms full of people, eyes locked on screens, hearts elsewhere. We're more wired, yet more withered. We've traded presence for pixels.

Our guiding light, our beloved father, Late. Shri Govind Kr. Jaiswal and I founded Hope Society in 2005 with a vision to serve society selflessly. And from it emerged a creative leap - **Arty Hearty.** It's not just a platform, but **a soulful movement to reconnect through creativity, compassion, and culture.** A space where children craft meaning, seniors rediscover their spark, and artists find their voice. **A retreat where nature, art, and literature converge — reviving the lost language of the heart.**

Our crown jewel? **Arty Hearty Retreats (AHR), immersive art journeys / workshops in the lap of the majestic, mighty Himalayas, where people unplug, unwind, and awaken.** Through art, music, and literature, under the mentorship of renowned artists and maestros, **AHR helps you reconnect — with nature, family, and your forgotten inner spark.**

And now, we proudly present Arty Hearty World — a newsletter born of passion, pulsing with purpose, and not just art. A creative boulevard for every hidden talent, to explore, express, and engage. **It is a eulogy to hidden talents, silent stories, and the timeless power of creativity. It's your window to a world where you can create, breathe, belong, and be Arty Hearty.**

Let's reclaim joy, rediscover wonder — and feel alive again.

Let's paint, write, sing, and above all — feel again.

7 PEOPLE. 7 COLOURS. 1 AIM

Let's Create for Change!

Thus was born. **Arty Hearty Retreats (AHR).** A soulful 'Art for Cause' initiative by **Hope Society Noida**, envisioned by seven passionate artists and art lovers to empower artists and promote Indian arts. Set in the tranquil lap of the Himalayas, these art retreats / workshops are curated by renowned and senior artists, authors, musicians, etc., and offer immersive journeys **where creativity meets mindfulness, and passion finds purpose.**

Arty Hearty Retreats are crafted for everyone with a spark of creativity — **from seasoned artists to curious hobbyists, imaginative kids to inspired seniors, passionate professionals to soulful seekers.** If art lives in your heart, **AHR is for you.**

AHR celebrates the vast spectrum of Indian art — from painting and sculpture to folk music, dance, theatre, and storytelling. Each art retreat / workshop includes curated workshops, exhibitions, and artist - led conversations — culminating in a public Finnesage exhibition, where artworks created during the retreat /workshop are showcased and sold, with 100% proceeds going to the artists.

The funds raised help support underprivileged art students, foster local artisan communities, and preserve India's cultural legacy. Whether you're a master with a brush, a child with a dream, a professional seeking pause, or a soul yearning to create — **Arty Hearty Retreats welcome every heart that beats for art.**

Now entering the creative cosmos is **Arty Hearty World** — a tri-monthly newsletter and a movement, an emotion in itself. More than just a collection of updates from the creative world, **it is a canvas for connection, a platform to create, express, and rediscover your inner self.**

Arty Hearty World brings together stories, interviews, event highlights, and thought-provoking insights from the world of art, literature, music, dance, and theatre. It is thoughtfully **designed to be a sanctuary of creativity in the digital age — encouraging you to slow down, reflect, and articulate your feelings through colours,**

words, movement, and sound.

Whether you're a seasoned artist, a curious learner, a student, a working professional seeking balance, a hobbyist, a child bursting with imagination, or have a longing to reconnect with your creative core — this newsletter is your personal playground of ideas, with sections like:

Wordsmith's Nook — where sonnets, reflections, and stories take shape.

Arty Hearty Visura Verve — a vibrant window into the minds and masterpieces of renowned artists, featuring their works and inspiring conversations that stir the soul.

Kiddies' Corner — a celebration of children's raw and fearless creativity.

Arty Hearty Art Scape — spotlighting the works and voices of both renowned masters and emerging talent.

Arty Hearty Laurels & Lumora - a dazzling showcase of winning creative works from our competitions that celebrate brilliance, passion, and the luminous spirit of art & culture.

Arty Hearty Chromaire - featuring global art, music, and literary initiatives, along with upcoming Arty Hearty events, classes, and competitions.

Arty Hearty World believes that art has the power to heal, to bring joy, to connect us to each other and to ourselves.

In a world overwhelmed by screens, notifications, and digital overload, **Arty Hearty World offers a gentle nudge to look inwards, find your rhythm, colour your dreams, articulate your emotions, and connect through creativity with your family, community, and your deepest self.** **Arty Hearty World** is more than just a newsletter, it's an emotion.

It's your one-stop vista to explore, engage, and express.

It's your window to a world where you can create, breathe, belong!

Get In Touch

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Website <https://hopesociety.in/arty-hearty-retreats/>





Whispers of the Wreckage



An effusive teenager, Saumya, pens down a profoundly heartfelt tribute to the victims and families of Air India tragedy. Currently an 11th grader studying in Amity International School, Noida Saumya is a published author at NBT and is a sub-editor for her school newspaper, The Global Times. The article focuses on the Ahmedabad Plane crash, a tragedy which left us all silent & sad.

On the ominous day of June 12, 2025 the Boeing 787-8 Dreamliner, en route to London, crashed into a residential area shortly after takeoff, killing 241 of the 242 people on board and several others on the ground, including 4 students from B.J. Medical College. Only one passenger survived the tragedy. Ever since then, news headlines have been popping up about every single update. 210 victims have been recognized with the help of DNA tests till now. Many bereaved people have been waiting at the site, for the bodies or remains of their loved ones. Their stories and anguish have made everyone's blood cold with shock. Parents on their way back home after dropping their children at the hospital, realized that the casual goodbye was all that's left on the way home. Family members waiting at home found out that there was no point. Promising individuals all set to start the

dream life in London, never landed. The journey made to change their life ended up exchanging it. A whole family of an elderly citizen had come to visit him worried about his health. It was so wonderful and heartwarming! They spent a whole weekend together and then his children went back by that plane. Just like that, his whole family tree was burned to the ground. Many of the next of kin relayed the last time they had been together with the victims. Beautiful memories of parties, surprise visits, vacations and trips have now been tainted with tragedy. As for the crew members, they faced the same fate. Their dreams of excelling in the field, travelling, responsibility of helping the passengers and ensuring their comfort and safety were all gone in a second. The sound of the crash has echoed through the hearts of every Indian. **And I feel helpless.**

Wasteland

I walk these paths again, where I have and have not been. When I was a fledgling and new to the world, I walked these floors of brick and dirt and moss with uncertain steps. My great grandmother's grindstones rest on the wall of the neighbour's house. Parts of her being were brought here when she ceased to be. These potted plants that stand at attention, I used to play among them. My grandmother's plants, while she could still tend to them. Only the rain feeds and greets them now.

Today, it rained. Like it always does in June. Shallow puddles. Life is here, and death. Life is slow, sneaking, passing by. So much of me is in the dust of this place. So many summers. So much love. Why does my grandmother seem to shrink in size? Do our spines curl with age to slowly become whole?

What does a child write, when rain falls on mossy floors and plants sway and insects buzz and lizards crawl? Of flowers and lights, of course. I pluck the flower and keep it close. I snap the stem and the pus of life oozes out, I lay on my back on the terrace floor as rainstorms pass. I saw the neighbour-

hood cat slip unnoticed past our verandah. My Cheshire cat. I'm Alice. This is Narnia. I'm obviously a Ravenclaw. The man on the road was a prince disgraced. My self was just colors. My games of make belief are buried somewhere in these foundations. I cannot seem to pick them back up. I spent the whole day excavating my childhood and labelling its parts. This is my wasteland. Everything I am has washed up here, and nothing new grows. There is no life, and all life begins here.

There's more concrete on the horizon now. They're building edifices of the new in my quaint old town. In the summer haze, any industry feels rushed. The face of the city keeps changing. There's less, and less, and less of me left in the granular. What is left to be claimed, here and now? In this game of identity, so much is lost. I want to be lucid, be formless, be free. Be untamed by what streets I walk and the languages I do not speak. I see the world cave in on itself. Does rust hang in the air still? My family built its roots on the soil of war and divine retribution. Old plaster peels off and ends up in the bellies of the next generation. We are all one in decay.



Yashni Sharma is a student of English Literature at Miranda House, University of Delhi. She is currently enrolled in The Young Writer's Initiative's Summer Workshop for novel writing, working on a piece that centers queer women in domestic narratives. A alumna of Amity International School, Noida, She is currently a Union member of BlueQuill, the Creative Writing Society of Miranda House.

Footprints On The Sands Of Time



Smitha Thothathri Raman (61) is a veteran educator, avid traveller, and a leader who understands child & adult psychology! A trained classical dancer and an erstwhile National Softball player, she sketches traditional art forms. Having taught IT & AI in a prestigious school in Delhi NCR for 3 decades, she is now a global Certified Happiness Coach too!

**Why footprints?
Why Sand?
Why time?**

Let's start by understanding the last word first – Time. Time as we know never stops. It is the only constant that keeps changing forever. Once it passes, it never returns. But there is something about time that stays and returns.

What is that?

Let's move on to the next word - Sand which too, just like time, keeps shifting constantly. Rarely stands still! Even in this shifting sands there is something very beautiful that can be left behind. Do you know what they are? Those are - Footprints.

Now let's see all three words in perspective.

Time is like the ever shifting sand, never at a standstill. Yet in those mires of sand, some people leave their positive mark, and are remembered for their meaningful actions and achievements, their service to people and society, they leave behind examples for others to see and learn from.

Each one of us come into this world with a great responsibility i.e. to leave behind the best footprints like: **help, love, care, respect, kindness, gratitude, empathy, spending quality time and providing emotional and physical support to people who need it.** Thus, building stronger relationships, peaceful and happy living and creating a positive impact.

These are the distinctive footprints that you will be leaving behind, your very own, precious, unique: **Footprints on the sands of time. Footprints of compassion, connection and care.**



Artist Shashi K, Paul

The Child and Nature

Creator : Artist Shashi K Paul
Sculptor & Painter
President Art & Culture
(Hope Society & Arty Hearty Retreats)
Founder Shilpigar Art Studio

"Baar Baar aati hai mujhko madhur
yaad bachpan teri,

Gaya le gaya tu jeevan ki sabse
mast khushi meri"

These lines by legendary poetess, Ms. Subhadra Kumari Chauhan evoke the cherished memories of a free and joyous childhood.

'The Child and Nature' series shown here were created in 2008, by renowned

artist Shashi K. Paul has been conceptualised to depict kids in free moods running after each other, playing with broken wheels, trying to catch kites or listening with awe to a local *dhapli wala*, thus emphasising, innocence and simplicity lost in translation and transition to urbanity.

In modern times, **screens have stolen the soul of childhood**. Where once laughter danced under open skies, now blank stares sit behind glowing glass, **trading innocence for isolation**.

These series of sculptures created in mixed media with **bronze, steel, and fibre** as the main constituents gave an aesthetical, soulful and visual dimension to the **intimate association with nature and free spirited explorations** vital for holistic happiness of human beings.

Amidst the swirl of flowing forms, one sculpture speaks in silence—a child, light as laughter, holds a globe gently beneath

his feet. It is not just Earth he balances, but a world of wonder his own.

Arms outstretched, he lifts a weary man, worn by the burdens of the day, eyes clouded with fatigue.

In this quiet gesture lies a powerful invitation:

Come back.

Back to the world where skies were wide, hearts were light, and joy was unbound.

Where innocence shaped reality, and happiness needed no reason.

At the end of the longest day, a child's hand can lead us home, home to happiness and joy within. Artist Shashi's dream was and still is, to awaken the adult, remind them of their lost paradise and inspire them to do their bits to revive the mother earth and bring back the joys of lost childhood and innocence soaring freely in the lap of nature.

A multifaceted artist with inherent love and skill of sculpture Artist Shashi is truly an 'Incarnation of Creativity.' Sculptures, murals, installations are his forte and paintings his reflections. His compositions are a fusion of fragility and strength, an oxymoron, but true in case of Shashi's sculptures. Sturdy lines, sharp bends, fluid movements, a sense of freedom and space describe his creations. Despite complexity of his compositions, the figures are ingeniously balanced. His works have adorned a number of solo and group shows at both national and international platforms and he is loved by art aficionados and critics alike. Shashi's sculptures adorn the collections of several renowned art collectors globally.



Smoked pine wood structure, handmade paper, charcoal, smoked fish bowl, beaker, aqua based objects with acrylic, pen, ink and water-colour. (7ft by 4.5 ft)



Artist Subhro K, Banerjee

My Aquarium

Creator : Artist Subhro Kumar Banerjee

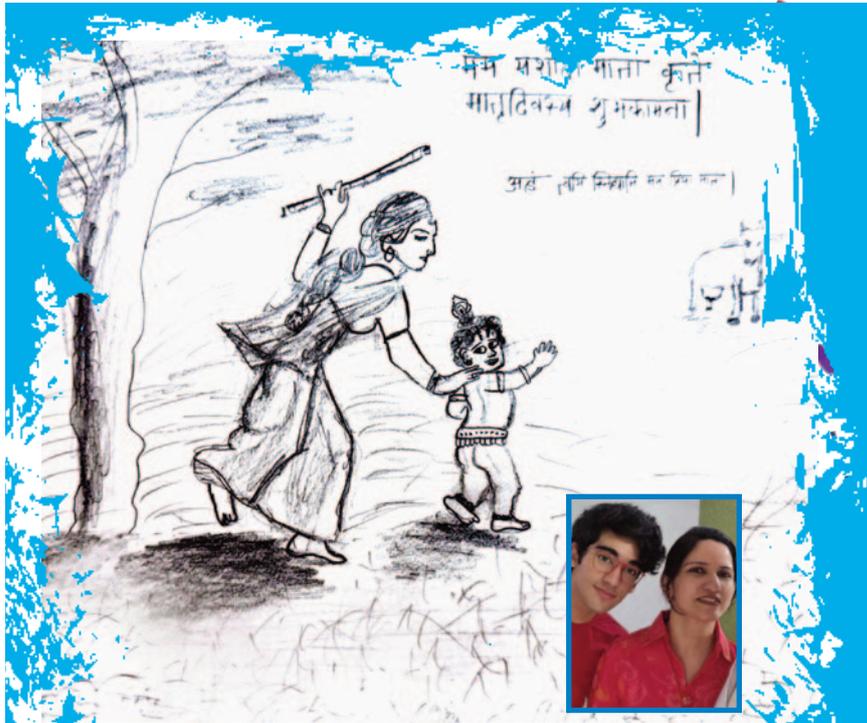
We often live divided between two versions of ourselves: the person we are and the polished image we present to the world.

Beneath the surface, there's an inner conflict between authenticity and the idealized, glossy identity we show off. This outer layer, like a shiny, reflective bowl, projects a life of status and joy, filled with smiles and apparent success.

It's a carefully crafted illusion meant to reflect how we want to be seen — yet it can be so convincing that it starts to blur the line between genuine feelings and those we've staged for the world to see.

Artist Subhro is a multidisciplinary artist, cartoonist, and visual designer based in Kolkata. An alumnus of Rabindra Bharti University, Calcutta, Subhro began his career as a cartoonist and illustrator at The Times of India and The Economic Times. Subhro is known for his dynamic and vibrant creations, encompassing paintings, installations, and videos.

He deftly weaves together abstract, figurative, and surreal elements, creating soul stirring and thought-provoking pieces. Playing with a diverse range of media, juxtaposition is the mainstay of Banerjee's art wherein he creates intricate open ended layers perspectives through the vivid arrangement of diverse and often contrasting images.



Mother's day

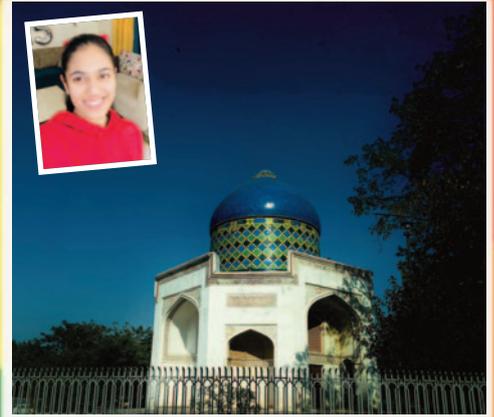
The one that gave life to me and meaning to my life
 The one that gives me a home and protection to this home
 The one that gives me strength but pulls all my pain to her own
 The one that I pray to more than God himself.
 The only one that unconditionally gives me all the love in the
 world and never seeks for anything in return.
 To the one most beautiful to ever be!
 Thou are not a person but divine in disguise,
 For I to repay this blessing shall put the universe below your feet
 one day and make it worship you for an eternity.

Penned with love by Aditya Raj Kocchar for his lifeline his
 'Mother'. Pic features them both together.



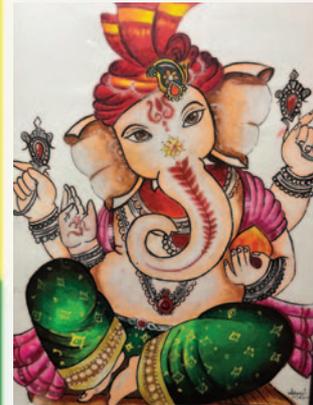
A father's day greeting card **crafted by a daughter for her father with love.**

Kshitija Garg, a 6 year old kid can be spotted here with her sister Kanak Garg and father Sachin Garg.



Timeless Tales

A photographic tale in blue juxtaposed beautifully against the blue by a 15 year old, doyen of lenses Sehaj Grewal.



Om Shree Ganeshaya Namah

A painted ode to the **Vighnaharta**,
 by Akshita Juyal.



Shadows of Innocence

Pencil shade art by Anant
 Sharma inspired by his
 brothers Shivansh and
 Tejas.





As kid with his inspiration, his 'Maa', Smt. Shyamali and his guiding light father Shri. Nirmal Kumar Bhattacharjee

“Where the Soul Paints First”

AHR in conversation with the renowned senior artist Shri Partha Bhattacharjee, President of India's silver plaque winner for the best work (2000 - 01) by AIFAC.



With his dear son Pavel



With his strength, his wife Reeta

AHR: What was your first ever encounter with art?

Partha Sir: It began in Class 9, when I copied a classmate's painting of an eagle. That moment stirred something within me. But I was a good student, and like most children in the 70s, my family expected me to become a doctor.

AHR: How did you find your way back to art?

Partha Sir: With quiet support from my uncle, I applied to Government Art College. I only had 3 months to prepare, and when I didn't see my name at the bottom of the result list, I thought I'd failed, only for my friend to find my name at the top. My elder brother, who was already working, convinced our parents and supported me financially.

AHR: What is your wife's role in your journey?

Partha Sir: She is my strength. During early struggle days, I took small jobs just to buy paints. She saw me doing that and said, "Stop. I'll help you buy colours with my small salary." That quiet faith became my strength.

AHR: What inspired your iconic 'Devi' series?

Partha Sir: My mother. She was a gifted singer, & legendary Hemant Kumar's junior. But after marriage, she was silenced by conservative family expectations. I listened to her sing, her voice wrapped in sacrifice. That quiet strength, resilience, that divine power within every woman, became 'Devi'.

AHR:

You also had a life - changing encounter with the legendary Satyajit Ray. **Partha Sir:** Yes, I once approached him with my poster designs. He saw it and said, "If you join a studio, it will ruin your career. Go home and paint." Those words became my turning point. I left commercial art, and later, paid tribute to him through an exhibition on his 1st death anniversary.

AHR: Who are top 3 artists who have inspired you the most?

Partha Sir: Rembrandt, his light is the light of the heart. When we light a lamp, we illuminate ourselves first. That's what his work feels like. Then, Vincent



Devi

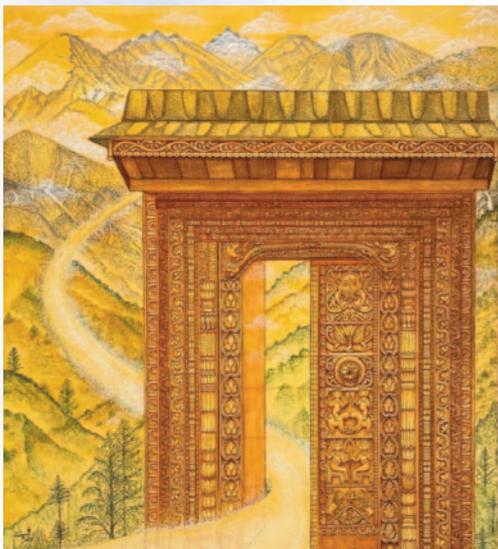


Durga Puja Pandaal

Van Gogh, his life of pain, his loneliness, his uncompromising dedication to art, all that speaks to me deeply. Indian artist Ganesh Pyne, his technique, his patience, his detailing, there's a meditative energy in his work.

AHR: Your message for aspiring artists today?

Partha Sir: Don't paint for money or fame. Money is for painting, painting is not for money. **Paint with honesty. Create for your soul.**



On Display : Peace Resides in Thoughts

Acrylic on canvas
Size: 30" * 36"

Everyone craves for peace in the hustle - bustle of today's busy life. Often, we fail to realize that peace exists in our very own thoughts. Giving a pause to our pace, we should peep into our mind and check the thoughts which are fleeting in flashes. We simply have to open the door in our mind, keep aside the burden of negativity and unnecessary thoughts and embrace positivity. This is the gateway to peace.

From Engineer to Enchanter of Thoughtful Art

Art Show

Mumbai Art Week (April 13 - 20, 2025)

Organiser: creARTors collective

Curator: sidhARTha karmakar Art Foundation

Creator : Artist Sayani Dasgupta Mondal

Gallery : Srijanika Art Gallery, Navi Mumbai



Born in 1987 and raised amidst the natural beauty of Kolkata, Sayani Dasgupta left behind a decade - long career in engineering to follow her true calling- Art. She honed her craft under the mentorship of acclaimed President Awardee artist Partha Bhattacharjee, who has helped deepen the aesthetic and inner voice in her work.

Her art is defined by subtle color palettes, fine lines, and detailed

strokes inviting viewers into a tranquil, meditative space.

Her painting **Peace Resides in Thoughts**, a serene acrylic-on-canvas, was proudly featured at Mumbai Art Week 2025, hosted by Srijanika Art Gallery. The exhibition, curated by the sidhARTha karmakar Art Foundation and organized by the creARTors collective, which was a vibrant celebration of Indian creativity across mediums: painting, photogra-

phy, digital, and print. It brought together over 155 artists from across India.

Now based in Navi Mumbai, Sayani uses her canvas to explore the quiet symphony between philosophy and nature Her travels across India inspire new visions rooted in its breathtaking landscapes and architecture, allowing her to express philosophical ideas through visual language.

Through symbolism and abstract expression, she delves into the philosophical mysteries of life. Previously showcased at Raja Ravi Varma Art Gallery, Pune (2024), and now at Mumbai Art Week, **Sayani's work continues to grow as a quiet force, whispering wisdom, one brushstroke at a time.**

GEOMETRY OF THE SOUL



Artist Kuheli Paul Purkait, Vice President of Art & Culture at Hope Society, is a painter, folk arts specialist, and revered art educator with over 15 years of creative engagement. Trained in Kolkata, her artistic spirit is deeply rooted in the city's vibrant cultural heritage.

From colonial architecture to street life, all distilled into elemental geometric forms. For Kuheli, everything in nature and society holds a structure, a shape a quiet rhythm waiting to be revealed.

Her artworks, often crafted on wood, marry simplicity with precision, translating the chaos of life into a captivating visual harmony. With a lyrical mastery of calligraphy and an empathetic heart attuned to the innocence of children, she is as much a guide as an artist.

Kuheli's journey is a continuous exploration of form, balance, and meaning, an evolving dialogue between the real and the abstract.

Rhythmic Sojourn – A Tale of Sargam and Taal

**Kathak Exponent
Guru Susmita Ganguly**

At the tender age of 6, little Susmita's nimble feet took to tapping to the euphony of Taal & Sargam and thus began her lifetime love with rhythm, grace, and expressive beauty of Indian classical dance. Under the enlightening mentorship of her **Guru Sujit Karmakar**, she started learning the art of Kathak and soon picked up its nuances to perfection, her feet never skipping a beat, her eyes expressing emotions deep, Susmita embarked upon the journey of exploring the rhythm of life inside out.



Having earned the Master's degree in Kathak, her years of dedicated practice and unwavering passion, instilled into her the realisation that more than just an art, Kathak had become her identity, her soul's language. And thus, she committed her life to her art which was her and herself. She decided to spread the joy of rhythm to young minds with her especially curated Kathak classes in Delhi/NCR and went on to become a renowned Kathak guru and much beloved teacher in a reputed school.

An artist by heart and soul, Susmita loves to explore new vistas of dance and create new avenues of rhythm for her students to discover. Her classes, go beyond just the training, they are the boulevard of human connections where students love to share as much about their lives and experiences as

much as they love to dance, sing and paint.

Susmita didi, as everyone lovingly calls her strives to instill Indian values and culture especially in children through Kathak classes and has great expertise of simplifying complex steps as per the level of learners. No matter how difficult a chakkar or a tukda, with her it flows like a vivacious stream of river, happy, joyful and easy. Susmita creates masters through baby steps.

A loving mother, a caring wife, an inspiring teacher, and a dedicated Kathak artist, Susmita is now wholeheartedly dedicated to nurturing

her dream, Deb Kala Sangama vibrant school in Greater Noida West, where dance, music, and art come alive.



Deb kala Sangam

DANCE MUSIC & ART

SUB JUNIOR . JUNIOR . SENIOR

Kathak Dance

Western Dance

Indian Vocal Music

GUITAR

Art

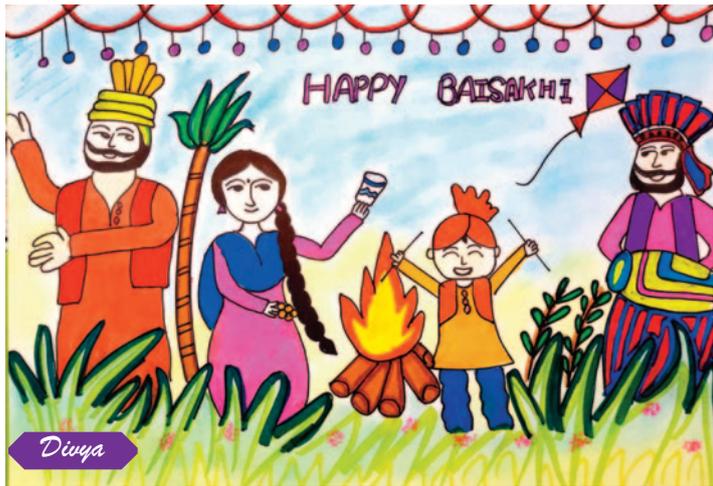
Abacus

AIG Park Avenue, Gaur City-1, Gr. Noida (W), U.P.-201306 | Email-debkalasangam@gmail.com

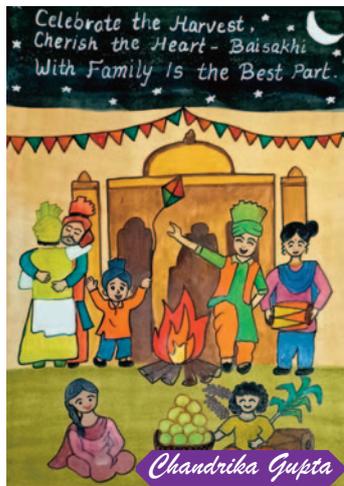
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Category 6 to 10 yrs



Divya

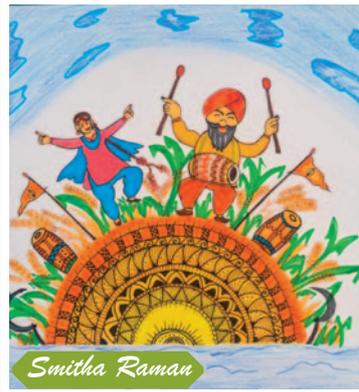


Chandrika Gupta



Vedika Keswani

Category 18 + yrs



Smitha Raman



Darba kanjilal



Sharmila Sen Poddar



Biswaroop Sur

Category 11 to 17 yrs



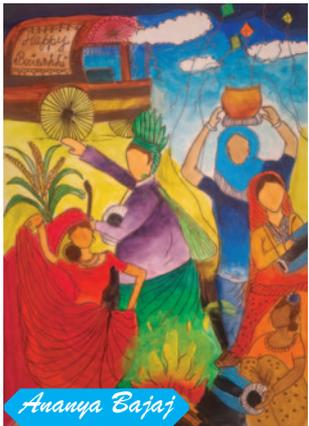
Neel Hait



Ayush Kandar



Shrishti



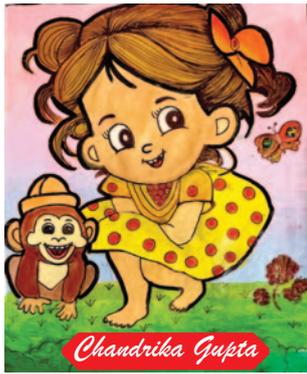
Ananya Bajaj

We proudly unveil the vibrant, winning creations of our Eso He Boisakh art competition, a celebration of Baisakhi's spirit through bold strokes and heartfelt hues! Forget rankings - each artwork is showcased for the sheer joy and Arty Hearty spirit it radiates !



Atharva Keswani

Category 6 to 10 yrs



Chandrika Gupta



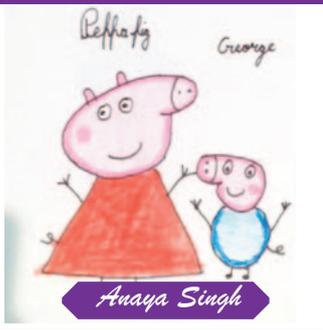
Daksh Chuiwal



Shambhavi Singh

At AHR, we believe art heals, spreads joy, and inspires happiness. Laughter danced through colours on May 4, as AHR celebrated World Laughter Day with Cartoons Just for Laughs! Just pure joy in every quirky line and cheerful stroke. Each creation here is a giggle on paper, a smile in stroke pure celebration of creativity, care, and joy. The artworks featured here aren't in any order of prize, but in the spirit of creativity, smiles, and the playful design of this page!

Jury Cute mentions



Anaya Singh

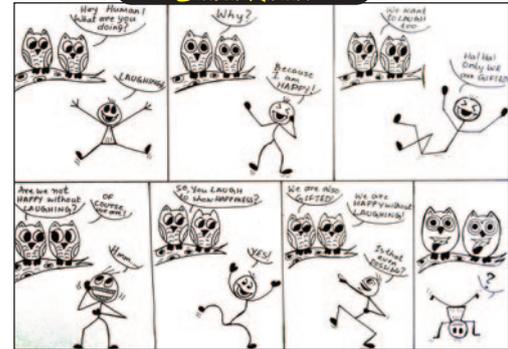


Riyansh



Saransh

Jury Merit appreciation
Smitha Raman



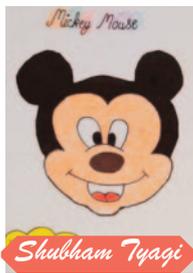
AHR Cute mentions



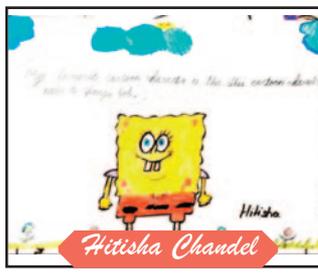
Kshitija



Danya mehta

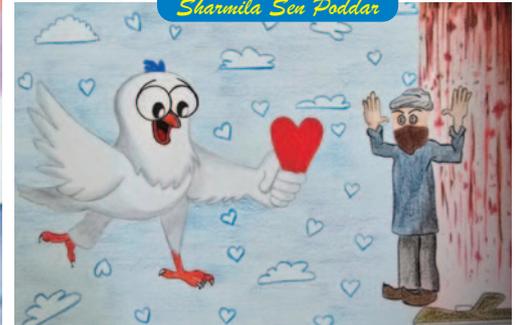


Shubham Tyagi



Hitisha Chandel

AHR Special Mention
Sharmila Sen Poddar



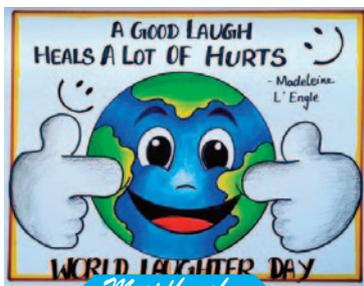
Category 11 to 17 yrs



Akshiti Chaubey



Saanvi Jain



M sidharshan

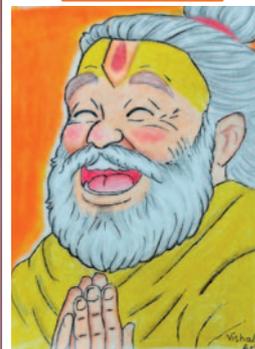


Shatakshi Srivastava

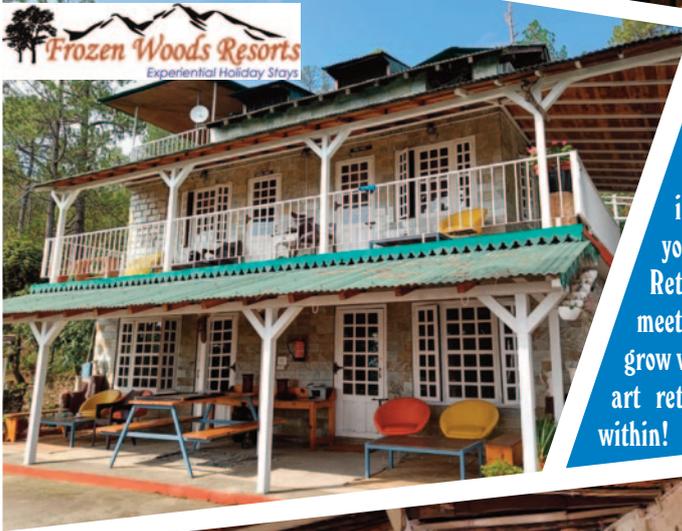
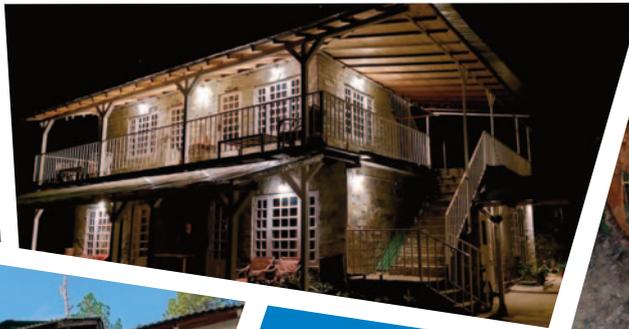
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