

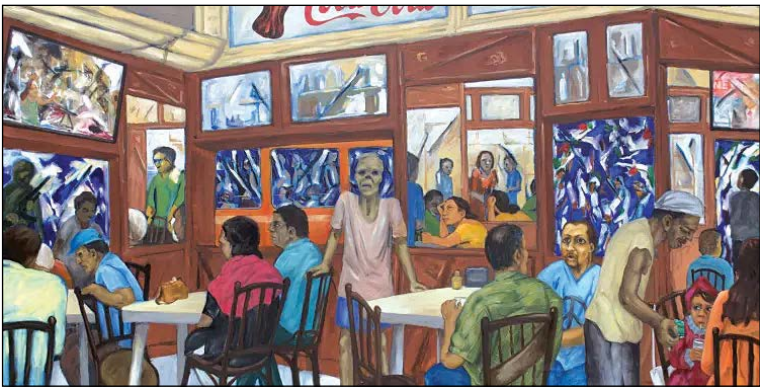
Built and Broken: The Unblinking Eye of Sudhir Patwardhan

Vivek Meneses

It is Mumbai in the hugely impactful paintings throughout Sudhir Patwardhan's landmark solo exhibition Cities: Built, Broken that has been slowly touring the world, starting in London last October and scheduled to wind up in Kochi this September. Nonetheless, it was Panjim and Goa that kept coming back to mind when I viewed this stunning, searing, wide-ranging suite of works on its opening day at the Jehangir Art Gallery in Kala Ghoda on March 25th. My expectations were high – I believe (and have previously written) that Patwardhan is India's greatest living painter – and I still found myself transfixed, especially by the monumental show-stopper Built and Broken (2024) from which the exhibition gets its name. In an email exchange, the eminent architecture professor/poet/translator Mustansir Dalvi told me it depicts "contemporary Mumbai in swirls of form, derived from the city's uncontrollable urges to build/demolish/build and fix what isn't broken (and) a metaphor for the dismantling of urban memory and a lost collegiality." But it is not just one city, because this throbbing, encompassing, intensely wrought masterpiece reveals holocaust at the heart of what is passing for urban "development" in many other places as well, and I immediately perceived it as a veritable Guernica of our times.

In the book published by Vadehra Art Gallery to accompany this exhibition, Gayatri Sinha has an insightful analysis of where the 76-year-old Pune-born physician/painter (for decades Patwardhan practiced radiology in Thane) has reached in his highly consequential relationship with megalopolis Mumbai: "In the last four decades and more, he has chronicled the agency of capitalism transforming Mumbai, and the present series of works mark a climactic peak to this growing dystopic vision. It is instructive here to view the successive stages in Patwardhan's own journey, as he seeks to mirror the city's progress. The scale

PICS: VADEHRA ART GALLERY



of paintings in large horizontal canvases that he chose to work with, particularly from 1980 to 2000, mimics the expanse of the horizon (but) by the time we come to the present set of works, there is a colossal displacement of ideological intent; the meticulous detailing of previous decades and youthful enthusiasm has been replaced by a cynical distrust."

That is putting it mildly, because the artist is clearly past the stage of mere suspicions about what has been happening to Mumbai – and of course it is much worse in Panjim and Goa – and his paintings seethe with unambiguous anger, contempt and sorrow, while also making the connection between local catastrophes to national and global crises. Delhi and UP can be seen here, and Gaza too, with especial power in the deceptively nostalgic Irani Café and the War Elsewhere (2024) where the eye tries to resist but cannot fail to acknowledge an Edward Munch-esque anguish permeating the scene. In his excellent interview with Shilpa Gupta that is the best part of the exhibition book, Patwardhan acknowledges "the rapid transformation of the city made me want to engage with it again. In the last year, however, works like those related to Gaza emerged. What was happening there came as a shock. The immense building activity

that was happening here, in Mumbai, contrasted sharply with the destruction happening elsewhere. Locally, the bulldozer raj also became a counterpoint to all this construction. These two themes began interacting with each other in my work."

Actually, I was doubly lucky on my visit, because I also managed to attend the opening of A Show of Hands, a group exhibition at the Jehangir Nicholson Art Foundation in the CMSVS Museum curated by Ranjit Hoskote in tribute to Gieve Patel (1940-2023), the other supremely thoughtful physician/painter of Bombay (he was also a son-in-law of Goa) who ranks amongst the greatest Indian artists. There were other stars there – Atul and Anju Dodiya, the luminous Neelima Sheikh – but when Patwardhan spoke his sense of loss was viscerally felt, as though he was missing part of himself. And



in fact, in his Frontline obituary for his friend, he does write rather revealingly that "We saw things similarly and we painted similar subjects. Both of us had found a muse in the city of Bombay and both of us tried in our own way to give a place to the downtrodden and social outcasts in our art. This humanism was always a part of our joint endeavour. When our perspectives did diverge, there was always opportunity for conversation and discussion that made us both accept differences and overlaps. Friendship and creativity can go hand in hand when your bond is such that there is no need in it to please the other person. There is enough trust that you can speak your mind freely and fearlessly. To do that takes a lot of courage on both sides."

In the final analysis, it is that courage – the unbowed dignity of soul and spirit – which sets Patwardhan apart at in our unrelentingly vulgar age of the oligarchs. There may be an inherent contradiction in standing up for the little guy in paintings that sell for fortunes to the super-rich, but that is the nature of the art world, and it is entirely to this great artist's credit that he always goes the extra mile to make his works as accessible as possible, and never pulls any punches in upholding the truth in the direct view of those who benefit the most from denying it. In writing this column, I reached out to Hoskote to ask what he thought about my take on "the Guernica of our times", and here is his reply: In 'Built and Broken', as elsewhere in this new body of work – which is compelling in its bleak grandeur – Sudhir Patwardhan achieves a remarkable convergence of impulses. He brings together the lyric impulse – with its emphasis on intimacy and vulnerability, the individual voice – and the epic impulse – which asserts turbulence on a vast scale, the fate of the collective. Before our astonished eyes, Patwardhan reclaims the genre of the history painting. Only, in this account, we ourselves are the broken anti-heroes cast adrift on everyday currents, and our time is the reluctant stage of the tragedy."

Restorative sleep

Restful sleep is a must for restoring your body and mind. Here are a few tips for deep sleep

Aruna Gracias Rathod

Does falling asleep seem like a Herculean task for you? If you have trouble falling sleep before midnight and then you are scrolling on your phone till 1 am or even later, for more than three weeks, it's time to take wake up, literally.

Each one of us has a different sleep schedule. Some of us prefer sleeping past midnight, while some prefer sleeping by 10 pm. Sleep plays an important role in regulating our health, stress levels and how productive we are during the day.

HOW TO SLEEP BETTER

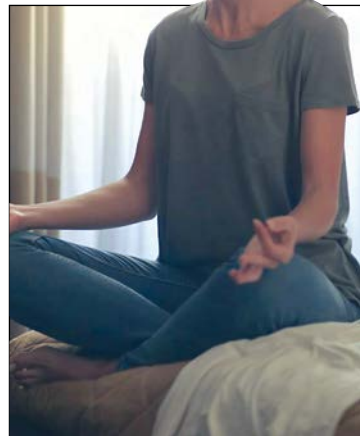
Some habits should be practised without any compromise, while some can be taken lightly. Each one of us has our circadian rhythm oriented differently. Some of us find we are most productive during afternoon while some are night owls. Your circadian rhythm is the pattern your body follows based on a 24-hour day – it's the name given to your body's internal clock. This rhythm tells your body when to sleep and when to wake up. It also affects several other body processes, like your hormones, digestion and body temperature.

PAY ATTENTION TO YOUR INTERNAL CLOCK

The recommended time to sleep is 10 pm. The production of melatonin (a hormone linked with sleep) starts around that time, and it helps in falling asleep. "It is best to avoid late night activities like partying, working so that the body gets into a restful mode," says Sabir Shaikh, Yoga acharya. Our body functions best when it runs consistently on a rhythm, and that is why sleep experts keep insisting on going to sleep at the same time and waking up at the same time every day.

SUNLIGHT HELPS

Walking or exercising in the outdoors is a great way to ensure a good night's sleep. Bathing your eyes in morning light helps us catch the sunrise and the light exposure acts as a powerful signal to your circadian rhythm, telling your brain it's



WHAT TO AVOID BEFORE SLEEP:

- Avoid tea and coffee after sunset.
- Avoid any activity like working in bed on your laptop.
- Keep a television only in your living room, not in the bedroom.

time to wake up and be ready for the day. Exposure to sun helps your brain to restart its melatonin production on schedule, around 10 pm, so you can drift off easily that night.

AVOID ALCOHOL

While a glass of wine helps you feel drowsy, it also interferes with your ability to enter the deepest, most restorative stages of sleep. "If you can't keep away from alcohol on weekends, have it earlier in the evening than late at night," advises Dr Hareesh Pathare. "Or avoid hard drinks and have cocktails instead."

WINDING DOWN BEFORE BED TIME

As babies, adults too need soothing before bedtime. Some soft music, dim lights, having a warm bath, doing some breathing exercises to calm the body and mind – can go a long way in giving you a restful sleep.

Blood donation camp held by SVVM's College of Commerce

The NSS Cell, Alumni Association and PTA of Swami Vivekanand Vidyaprasarak Mandal's College of Commerce, in collaboration with the GMC Blood Bank, successfully organized a blood donation camp at the college campus in Bori. The initiative, aimed at contributing to the community's healthcare needs, witnessed enthusiastic participation from students, faculty, alumni, and



residents. A total of 34 individuals registered for the blood donation, with

from staff, students and locals," said officiating Principal Dr Shekhar Sawant.

29 successfully donating blood. The collaboration with the GMC Blood Bank ensured a smooth and efficient process, taking care of all necessary safety and hygiene protocols. "We are immensely proud of the overwhelming response to our blood donation camp

Palshetchi Vihir



Palshetchi Vihir, the widely appreciated Marathi drama, written by late Vijaykumar Naik and produced by Rudreshwar Panaji will be staged at ManoSobha Kalaghar in Canacona. Deepak Amonkar of Rudreshwar Panaji has re-directed this play. Its first performance was held at the most prestigious Bharat Rang Mahotsav organised by the National School of Drama, in Goa in January.

The play is based on a painful struggle Hirabai Pednekar, the first-ever Marathi script writer, went through while coming up as an artist. Hailing from Devdasi community, the most talented singer, actor and writer Hirabai had to face several obstacles to establish herself as a successful theatre personality, from the male-dominated society and the upper-caste hegemony. The play depicts how Hirabai fought it with a progressive outlook. This play in the taluka of Canacona holds special significance since this inspiring movement began from the villages of Ponguinim and Loliem in the southernmost taluka of the state.

Venue: ManoShobha Kalaghar, Loliem, Canacona
Date: April 5
Time: 6:30 pm

UNDERSTANDING THAT SLEEP IS VERY IMPORTANT

One cannot but insist on the importance of consistent high-quality sleep, and the damage sleep deprivation can wreak on everything from your mood to your metabolism, immune system, and cognition.

MAKE SURE YOUR ROOM IS NEAT, CLEAN, DUST-FREE AND COSY.

Invest in some good bed sheets, pillows and cosy blankets. Add some essentials oils in a bowl like lavender for a soothing atmosphere and fragrance which will help you sleep better.



Theatre performance

Athol Fugard's gripping play, 'A Place with the Pigs', is set to take the stage once again, bringing to life the absurd yet poignant tale of a Russian soldier's self-imposed exile. Directed by Dnyanesh Moghe, the cast includes Deepalaxmi Moghe, Daegal

Godinho and Kimberly Noronha. With an evocative script, a visionary director, and a seasoned cast, 'A Place with the Pigs' promises to be an intense exploration of guilt, redemption, and the human longing for freedom.

Venue: Carpe Diem, Majorda
Date: April 5 and 6
Time: 7:30 pm

DAY WITH THE LORD: A LENTEN YOUTH RECOLLECTION



The Diocesan Youth Centre held its 'Day with the Lord' at Jesus Mary and Joseph Parish in Nuvem. The theme of the day was, "Hope will not disappoint you!" Youngsters had a meaningful spiritual experience and upliftment in their spirit, filling their hearts with hope and joy. About

800 youngsters attended from 60 different parishes. The day began with praise and worship followed by an input session delivered by Fr Reagan Fernandes, director of the VCDC. Fr Blaise delved more into the theme during a unique penitential rite with 'a yellow ribbon on a cross' in the Eucharistic

celebration. The participants engaged in crafting a paper cross along with praying for each other during the evening activity. It was a spiritually fruitful day with youngsters praying, singing, and making new friends. With the collaboration of the parish priest Fr Vital and his assistants Fr Venancio and Fr Joseph with the help of youth volunteers of Nuvem parish and the DYC Team, the programme was grace filled and spiritually nourishing.

Herald Gaming Console

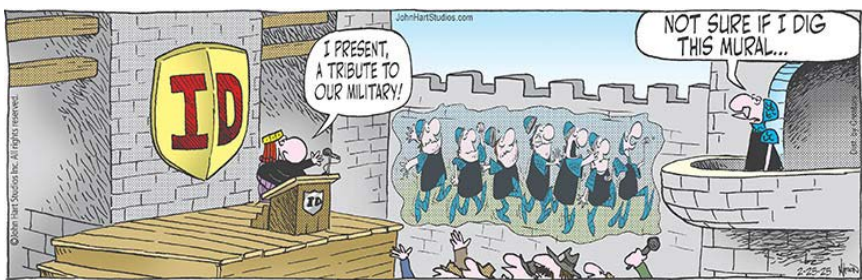
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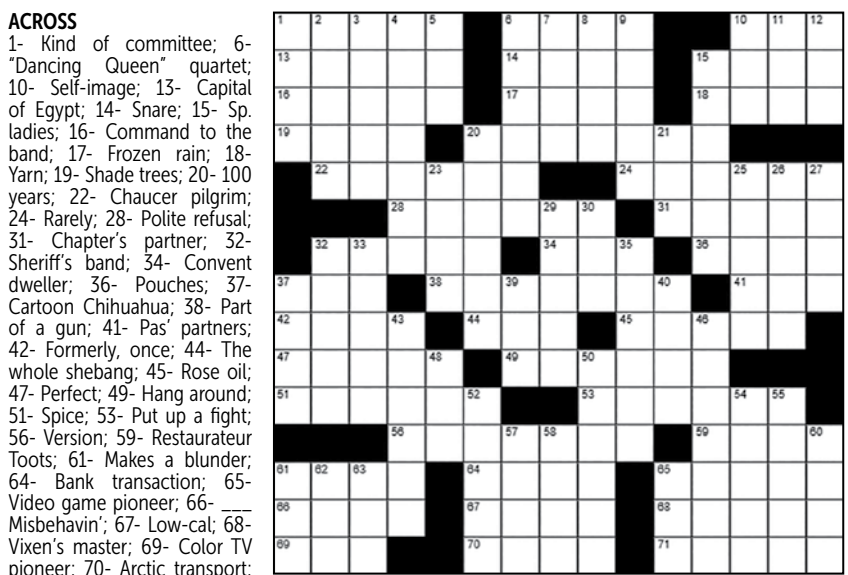
Garfield



Wizard of id



crossword 4811



ACROSS
1- Kind of committee; 6- "Dancing Queen" quartet; 10- Self-image; 13- Capital of Egypt; 14- Snare; 15- Sp. ladies; 16- Command to the band; 17- Frozen rain; 18- Yarn; 19- Shade trees; 20- 100 years; 22- Chaucer pilgrim; 24- Rarely; 28- Polite refusal; 31- Chapter's partner; 32- Sheriff's band; 34- Convent dweller; 36- Pouches; 37- Cartoon Chihuahua; 38- Part of a gun; 41- Pas' partners; 42- Formerly, once; 44- The whole shebang; 45- Rose oil; 47- Perfect; 49- Hang around; 51- Spice; 53- Put up a fight; 56- Version; 59- Restaurateur Toots; 61- Makes a blunder; 64- Bank transaction; 65- Video game pioneer; 66- Misbehavin'; 67- Low-cal; 68- Vixen's master; 69- Color TV pioneer; 70- Arctic transport; 71- Slippery as ____.

DOWN
1- Painful throb; 2- Every 24 hours; 3- Blackjack request; 4- Prayers; 5- Small bed; 6- Goddess of wisdom; 7- Fiber source; 8- Can of worms; 9- Great grade; 10- Slice of history; 11- Guy's partner; 12- Sugar suffix; 15- Fashions; 20- Photographic device; 21- Gun the engine; 23- The majority of; 25- Pulitzer category; 26- Movie award; 27- Pigsty; 29- ____-Saxon; 30- Drinking

solution 4810
DACHA TADA CEDE
ETHER RTES ALAS
BRONC AONE PART
SACH HAPPY LOTTO
GOLITS MINES
HALLITT BONE
ALAE SEINE SEA
NOTWITHSTANDING
NEE PRIOTS ATEE
PREPS ABSURD
THREES ALOHA
WHANG TERIS TVS
ERIC HIVE TRIES
DESI IDEA ODORS
SEAL MESS NANAS

sudoku 4811

	5		2					8
			1	3				9
7	1				3			
		1	6	9	7			2
9			5	3	2	7		
		8				9	6	
4			8	9				
2				1		5		

Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4810

7	8	2	4	3	5	9	6	1
3	6	4	1	9	2	7	5	8
1	5	9	8	6	7	3	2	4
9	1	3	2	4	6	5	8	7
5	7	8	9	1	3	2	4	6
4	2	6	5	7	8	1	9	3
2	4	5	3	8	1	6	7	9
6	9	1	7	5	4	8	3	2
8	3	7	6	2	9	4	1	5