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Abhyas



The sacred geometry and geography have played an important role in our journey at the Visual Arts Gallery. Abhyas is a regular and constant practice. One of the cardinal principle of Yoga, it is perspective of mental discipline. We at the India Habitat Centre are constantly moving towards nurturing and promoting art and aesthetics to the outpost of transcended. We have included articles and views that reflect on abhyas as discipline, skill practice, de rigueue, without which nothing can be mastered.

1. Makarand Paranjape

8. Jaya jaitly

'Abhyasatishayajnata': She Who is Know(only)
by Strenuous Spiritual Discipline

Abhyas in Crafts

2. Anindita Balslev

9. Navina Jafa

The Idea of Abhyasa

Abhyas and Riyaz in Indo-Islamic Tradition of
North Indian Performing Arts

3. Fatima Shahnaz

10. Sudha Gopalakrishnan

Abhyas

Training in Kutiyattam: Transmission of a
Sacred Tradition

4. Varun Naraina
Abhyas and Puppetry

11. Vidya Shah

Riyaz

5. Claude Arpi

12. Vidya Rao

Citius, Altius, Fortius, The Importance of
Abhyas for a Collective Experience

Abhyas and the Transformation of the self

6. Lolita Dutta

13. Zubin Pastakia

Design Abhyas: Education in Design

The Built Landscape-Photo Essay

7. Laila Tyabji

Abhyas / Riyaz Mind & Body, Heart & Soul...

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