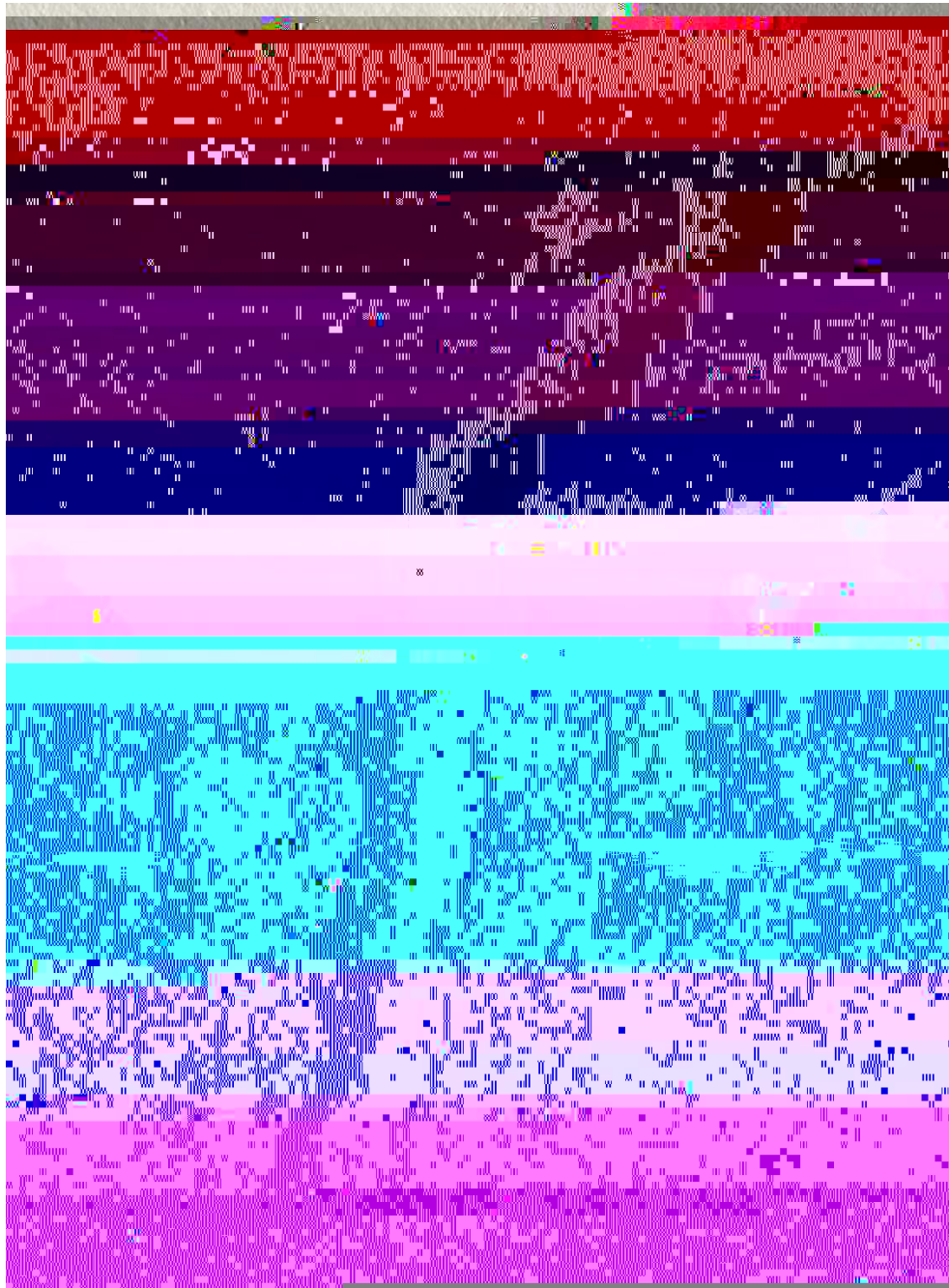


**Understanding the Tether Between Landscape, Spirituality, and Health by traveling  
through India  
Aadhya Ramineni, 2023**

Over winter break I travelled to India to deepen my understanding of how community and nature are central to our health and wellness. I visited Kerala in South India to learn more about ayurveda, a form of plant medicine prevalent in the region. Afterwards, I travelled to Uttarakhand for two weeks. I stayed in an ashram and embarked on a Himalayan hike to learn about why people hike in India and what their relationship to nature is like. I visited regions of India that I had never been to before and experienced the unique relationship communities there have with nature. I documented the trip through photos and a short video that encapsulates the different experiences I highlighted above. After coming back to Bowdoin, I took an advanced collaborative independent study with Professor Mark Wethli in which I drew on my experience in India to create a visual art series. The result was a series called "Dreams," inspired by the Fleetwood Mac song as well as my trip through India. More specifically, I made paper-cut collages and an interactive tree sculpture.

Title of Series: Dreams

Medium: Flashè, Paper C. gGeW Dreams



**Faculty Mentor:** Mark Wethli  
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