

Art to calm the heart

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Amit Patni, director of the Campden Family Office, has a new stressbuster: Painting. Patni says he tries to ensure that he spends at least two to three hours on this hobby, three times a week. If time permits over the weekends, he spends a few more hours at his easel, he says.

Patni says he used to love drawing as a child. Today, he's exploring abstract art and portrait painting. "Painting has helped me learn to focus

better. It is like meditation; it relaxes me and keeps me calm. I don't realise the passage of time when I'm painting. It lets me forget about the world outside. It works as a medium of healing, self-exploration and understanding," he says.

Though he considers himself a beginner, Patni practises by recreating the paintings that he owns. "The goal is not to create a masterpiece but to express oneself freely through art.

Art therapy is beneficial to anyone who experiences the stresses of everyday life. It helps you with concentration, focus, discipline and attention to detail," he said.



Amit Patni