

香港中文大學
未來城市研究所
城市歷史、文化與媒體研究中心

Centre of Urban History, Culture and Media
Institute of Future Cities
The Chinese University of Hong Kong



**Multiculturalism in Action Project
Online Handicraft Workshop**

多元文化行動計劃
線上手工藝工作坊



**Indian Bottle Lamp
Workshop**
Speaker: Ms. Debika Sarkar

印度瓶子燈工作坊
講者: Debika Sarkar女士

主持: 譚少薇教授
Moderator: Prof. Maria Tam

2020.11.28.

Speaker 講者

Passionate artist, classical dancer, and cultural ambassador

熱情的藝術家，古典舞者和文化大使



- I am Indian and I love to connect minds by creativity. I am a seasoned professional in visual and performing arts, with more than 20 years of experience. I have engaged in a variety of socio-cultural activities in Hong Kong as a cultural ambassador.
- 我是印度人，我喜歡通過創造力來將不同的人連繫起來。我是視覺和表演藝術領域的資深專家，擁有20多年的經驗。作為文化大使，我在香港參加過各種社會文化活動。

Speaker 講者



- I am passionate in facilitating learners to improve their cognitive abilities and social interactions through creative activities, visual and performing arts, active learning and socio-cultural activities, turning knowledge into a virtue and spreading it in a fun-based learning approach.
- 我熱衷於幫助學生提升思維與社交互動；通過創新活動、視覺和表演藝術，主動學習和社會文化活動，並以樂趣為本的學習方式，將知識轉化為美德。
- Naturly is my brainchild. It aims to nurture the new normal future with sustainability and making our living space more interactive and enjoyable.
- 我創立Naturly，通過可持續發展來培育新未來，並使我們的生活空間更具互動性和樂趣。

Naturly – an overview 概述



Indian Classical
Dance
印度古典舞



Arts & crafts 手工藝
Bottle Painting 瓶子畫



Handmade
organic soaps
手工有機皂



“

Let the cultural vibes be reverberated
through our awakened consciousness
to enlighten our inner selves and the
eternal journey.

通過覺醒的意識來迴盪文化氛圍，以啟發我們的
內在自我和永恆的旅程。



NATURLY

HANDMADE IN HONG KONG

Debika Sarkar



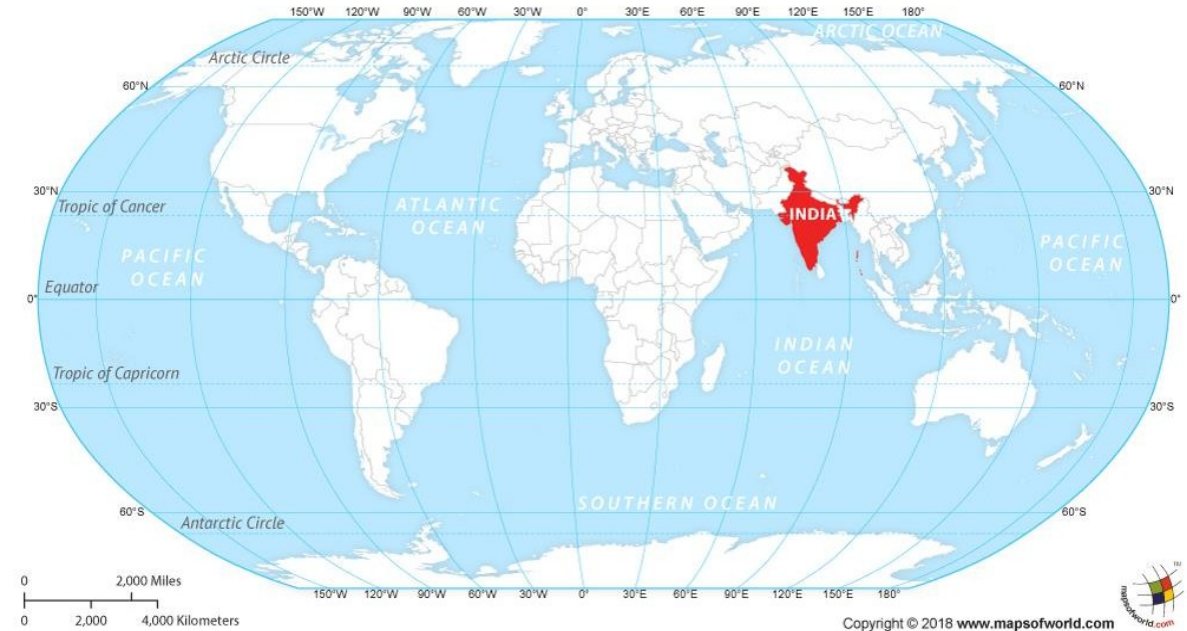
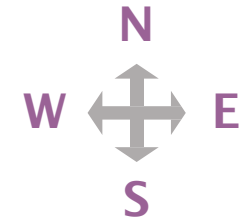


India & its culture

印度及其文化

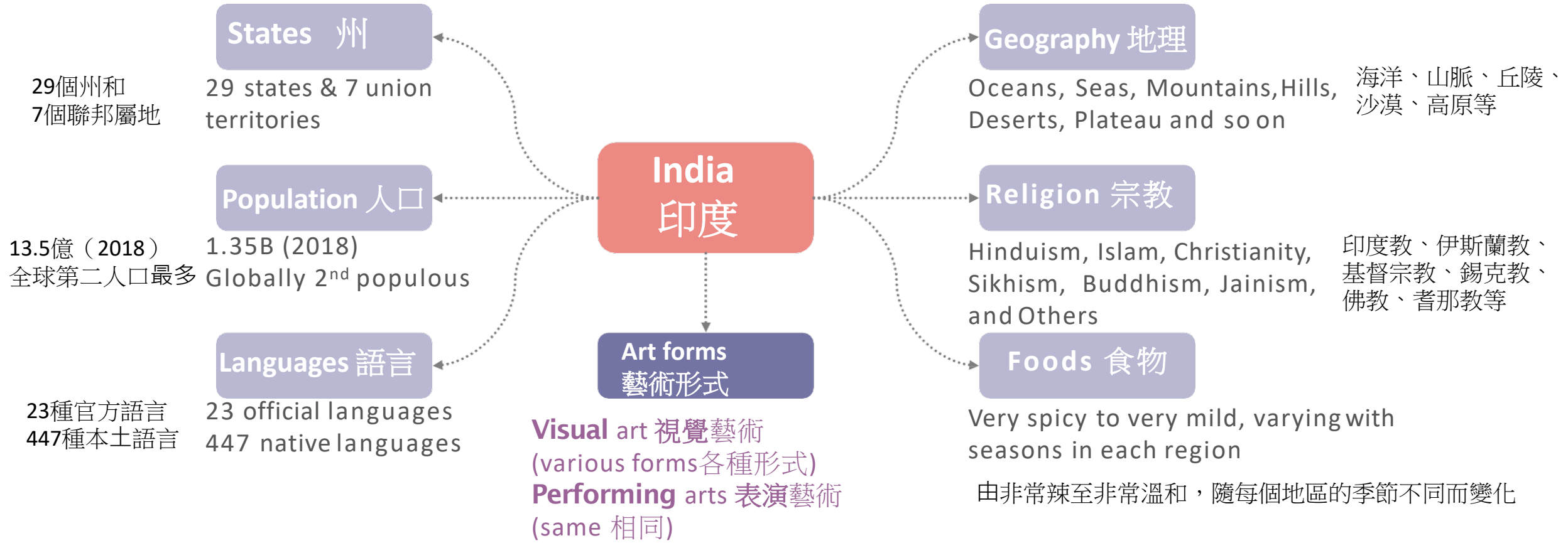
A glance of India in the world map

印度在世界地圖上



Diversity of India and its culture 印度的文化多樣性

- India—**extremely rich culture and history**
- 印度——**極其豐富的文化**和歷史
- Earliest known human remains date back to **30,000 years ago**
- 最早人類遺跡可追溯到**30,000年前**
- **Most flourished civilization 2,500 BC**—Indus Valley Civilization
- 最繁榮的文明**公元前2500**-印度河流域文明



INDIAN ART FORMS

印度藝術形式

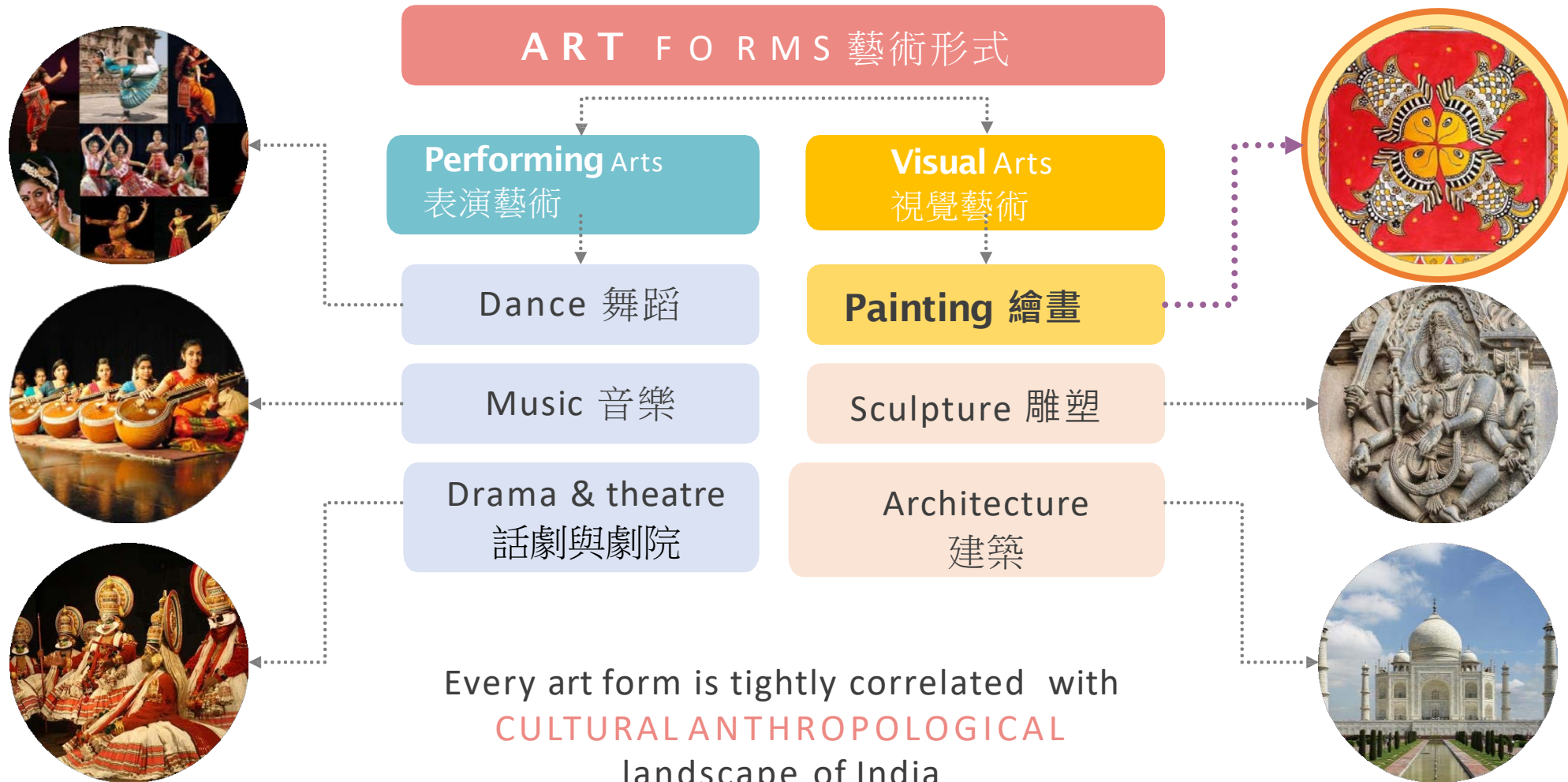


PERFORMING ARTS 表演藝術

VISUAL ARTS 視覺藝術

A brief history of Indian art culture

印度藝術文化簡史



Bottle painting & its usages 瓶子繪畫及其用途

Water glass painting
水杯畫



Abstract objects
抽象圖案



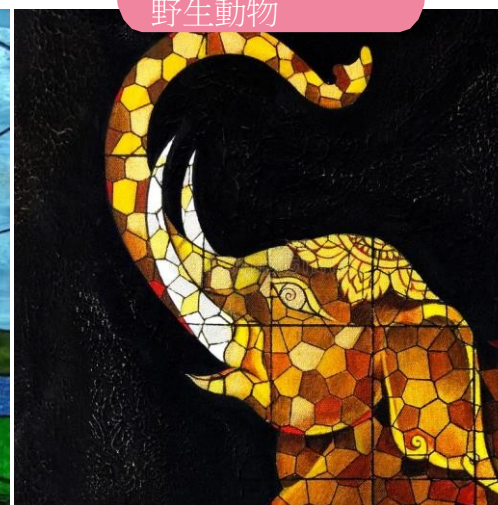
Usages
用途



Social storytelling
社會故事



Regional wildlife
野生動物

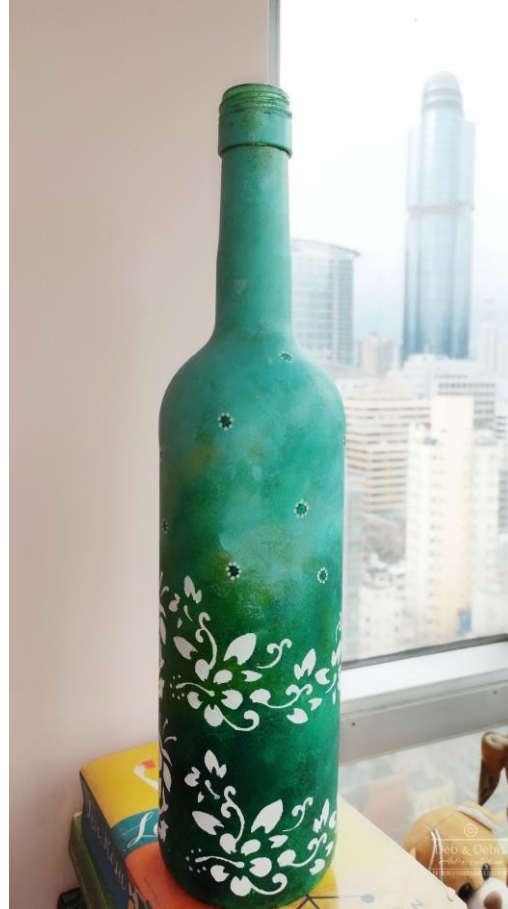


Cultural depictions
文化描寫



Glass bottle painting with Indian art forms

印度藝術形式的瓶子繪畫



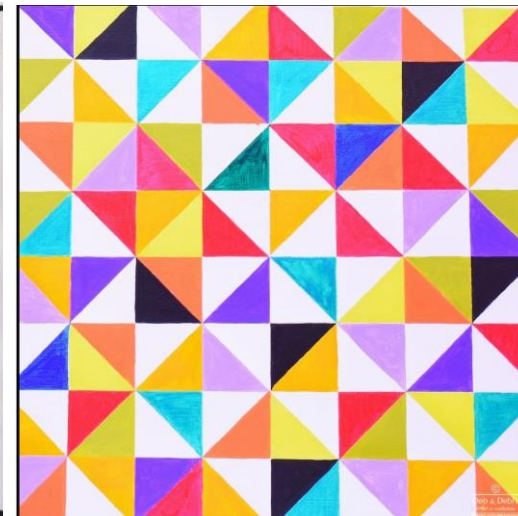
Handicraft with Indian art forms

印度藝術形式的手工藝



Indian art forms on canvas & paper

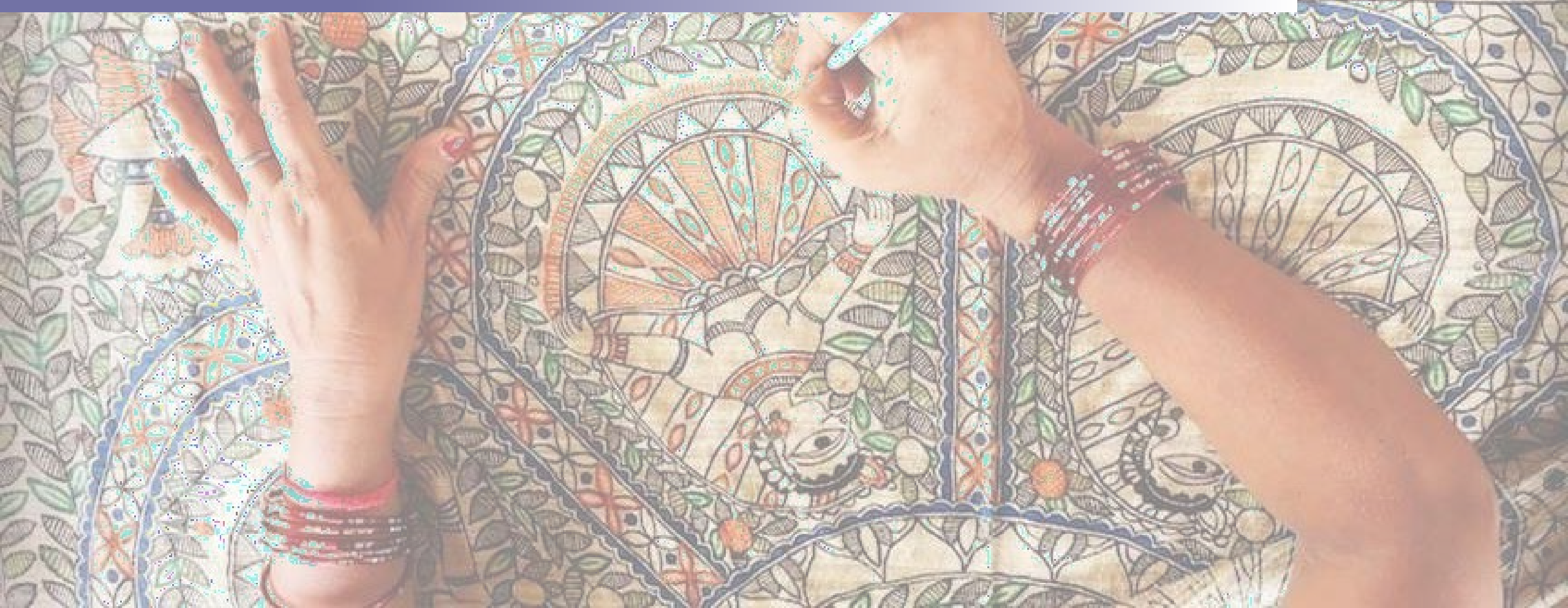
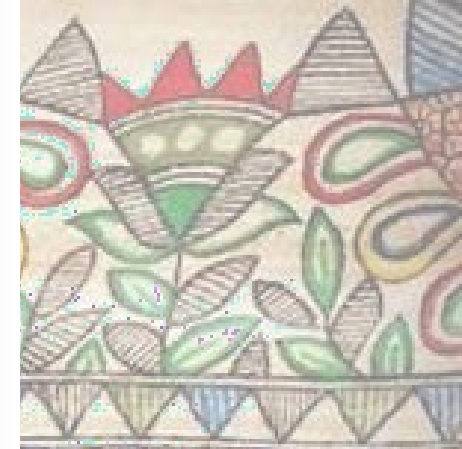
畫布和紙本的印度藝術形式



Significance of Art

藝術的意義

(with a focus on bottle painting 瓶子繪畫)



Art & its significance

藝術及其意義

ART = EXPRESSIONS 藝術=表達

Just imagine, your inner thoughts are the buds of these orchids. When expressed, means bloomed, they shape alike a flower.

想像一下，你內心的思想是這蘭花的花蕾，想法表達出來時，就形如盛開的花朵。

Expressions of your inner-self – your inner thoughts
自我內在的表達--內在思想

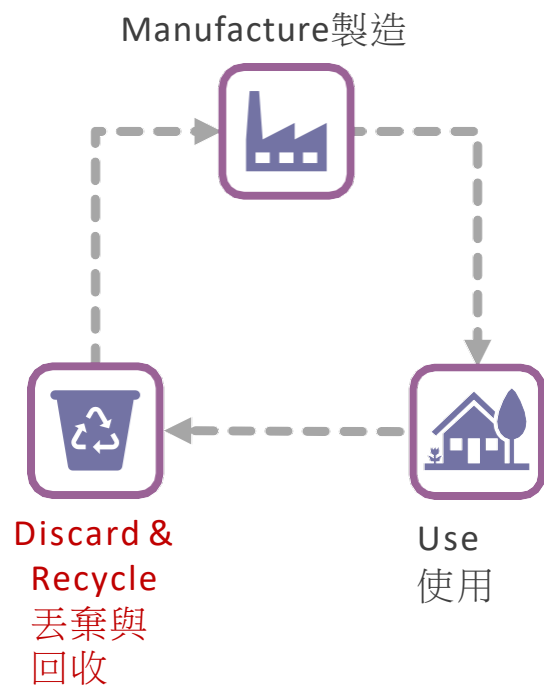
Art helps you in improving/boosting 藝術可以幫助改善/提高：

- Thought processes 思想過程
- Creativity 創意
- Imagination 想像
- Visualizing capacity 能力的可視化
- Expressions 表達
- Storytelling 敘事
- Communication 溝通



Lifecycle of a bottle -- but let's add some creativity

瓶子的生命週期 -- 但讓我們給它加入創意



Transforming a simple item to a masterpiece with creativity 將簡單的物品轉化為具有創造性的傑作



- Regular use
• 一般使用
- Single purpose
• 單一功用



- Put creativity
• 加入創意
- Re-purpose
• 改變功用
- Satisfaction
• 滿足感



- Reuse 重用
- Recycle 回收
- Home décor 家居裝飾
- Gifts 禮物
- Saves money 省錢
- Eco-friendly 環保
- Sustainable goal 可持續目標

What's so special in art? 藝術有何特別之處？

Its benefits are many 它有許多好處：

- Rewarding 回報感
- Satisfactory 滿足感
- Stress relief 減壓
- Creative engagement 創意活動
- Sustainable thinking 可持續思維
- Eco-friendly activity 環保活動
- Cost effectiveness 成本效益
- Aesthetic beauties 美感擺設 (e.g. home décor 家居裝飾, desk/table décor 桌上裝飾)
- DIY activity 自助手作
- Sharable with peers 可與同輩分享

My experience in bottle art 我的瓶子手工藝經驗



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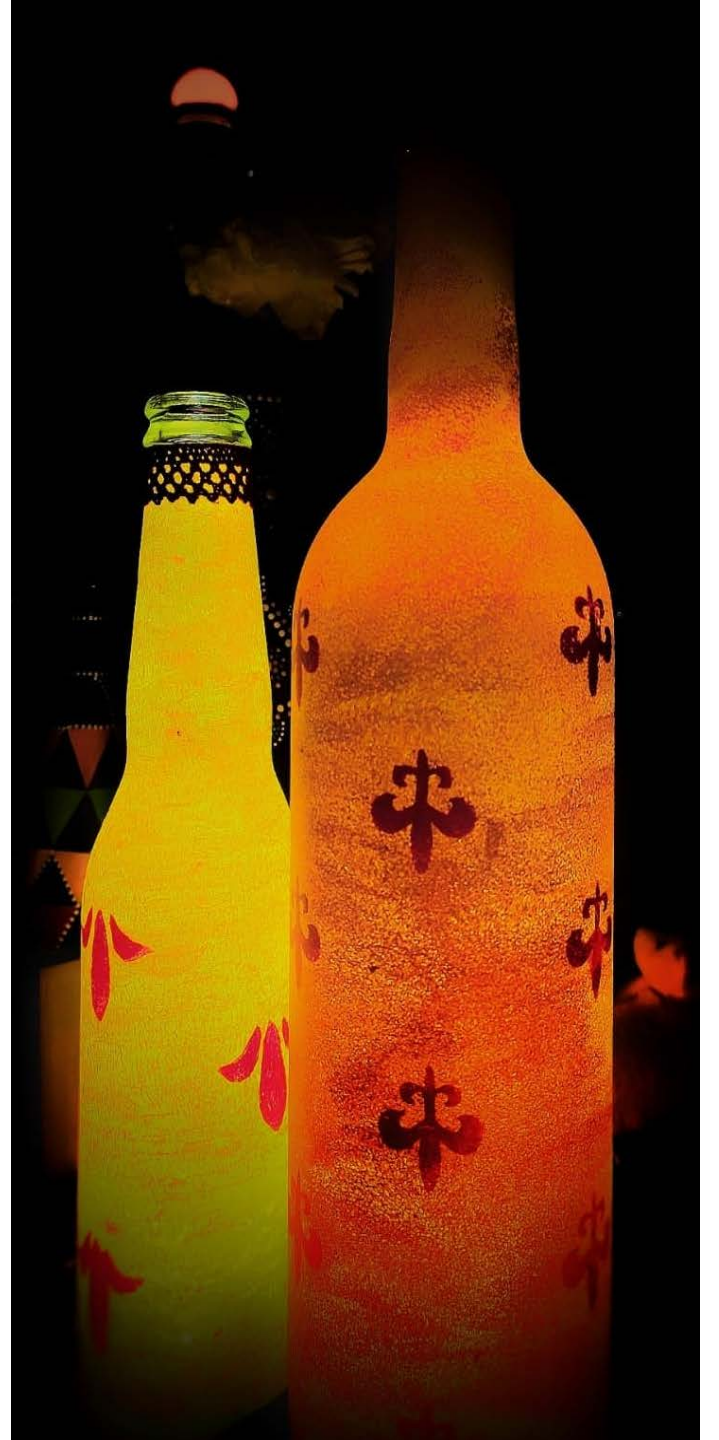
An amazing stress buster. Once I complete a masterpiece, my heart, mind, and soul get filled with joy. 它簡直是壓力剋星。完成一件傑作，我的內心、精神和靈魂就會充滿歡樂。

I must tell you that if you do it keeping your mind and muscle axes sync'd to each other, you must feel the same and enjoy the essence of fulfilment – a great reward to yourself.

我必須告訴各位，如果在做瓶子手工藝時能做到精神與身體同步，你們必定會與我有相同感覺並享受充實的內涵--這是給自己極佳的回報。

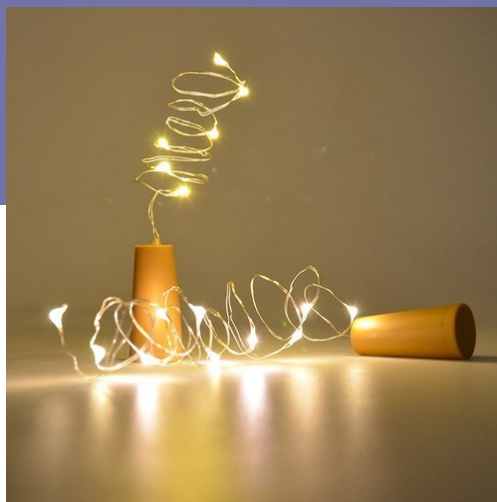
Debi

Let's make our own bottle lamp
一起來造一個專屬的瓶子燈



Materials

- 1) 1 recycled bottle (cleaned and dried)
- 2) Acrylic paint (2 or 3 contrasting colors)
- 3) Paper for making stencil
- 4) 1 sponge (handicraft sponge or dishwashing sponge is fine)
- 5) Scissors
- 6) 1 cork LED lights (Available in Apliu Street, Sham Shui Po)



材料

- 1) 1個再生瓶 (徹底清潔及乾透)
- 2) 塑膠彩 (2或3種對比色)
- 3) 紙 (製造模版用)
- 4) 1塊海綿 (手工海綿或洗碗海綿均可)
- 5) 剪刀
- 6) 1個瓶塞LED燈 (深水埗鴨寮街有售)

Stencil Designs 模板設計



Stencil cutters
模板印



[More ideas for making your own stencils :](https://www.youtube.com/watch?v=3MRkW92sGBE&feature=youtu.be)

<https://www.youtube.com/watch?v=3MRkW92sGBE&feature=youtu.be>



Questions and Answers 問答環節

Let's get connected by creativity and
make our liveability more sustainable.

讓創造力聯繫我們，使我們的生活可以永續。



I am immensely
thankful to
Ms. Lilamayi,
Pro. Maria Tam,
Ms. Connie Chan,
CUHK,
and to all of you



多元文化綫上手工藝工作坊 2020年5月至11月

MIA online handicraft workshops May-Nov 2020

歡樂·教育·創造·動手做！ Fun, educational, creative, hands-on!

Japanese Origami 日本摺紙

Korean Sam Taeguk Fan 韓國三太極扇

Hawaiian Ribbon Lei 夏威夷絲帶花環

Italian Fabric Necklace 意大利布質項鍊

Chinese Paper Cutting 中國剪紙

Pakistani Henna 巴基斯坦手繪

Russian Fabric Doll 俄羅斯布娃娃

Turkish Ebru Paper Marbling 土耳其大理石紋浮水畫

Sri Lankan Wesak Lantern 斯里蘭卡衛塞燈籠

Filipino Benguet Headdress 菲律賓本格特頭飾

Cameroonian Canvas Painting 喀麥隆油畫

Nepali Rangoli 尼泊爾藍果麗

Indian Bottle Lamp 印度瓶子燈



MIA virtual party is on!

Date: 12/12/2020

Time: 11am-12pm

Venue: Zoom

To participate, email photos of your handicraft from our workshops and a text of 50 words max (Chinese or English). There's no limit on how many photos you submit. The email is: hoiyanchan@cuhk.edu.hk. Remember to include your name in the email.

As a souvenir every participant will receive a **limited edition MIA handicraft pack!**

Click the link here: <https://forms.gle/5YHa8tsYj5UxbvuUA> to submit a form now, and send your entries by the deadline **5 Dec 2020**.

Show your craft in the

Multiculturalism in Action Virtual Party!

After you've created those fabulous handicrafts through attending the MIA online workshops, it's time to share them with fellow participants. See what everyone has created, tell us what you've learned, as well as your thoughts and feelings!

Details of virtual party:

Date: 12/12/2020

Time: 11am-12p.m.

Venue: Zoom

Submit form and send your entries by the deadline 5 Dec 2020!

To participate, email photos of your handicraft from our workshops and a **text of 50 words max (Chinese or English)**. There's no limit on how many photos you submit. The email is: hoiyanchan@cuhk.edu.hk. Remember to include your name in the email.

As a souvenir every participant will receive a **limited edition MIA handicraft pack!** Selected works will be featured in a virtual exhibition.

Submit form:

<https://forms.gle/rJ6mUbqWZ9cdxDQT6>



MIA 虛擬派對來了！

日期：2020年12月12日

時間：上午11時至下午12時

地點：Zoom

將你的工作坊成品的照片，連同最多50字(中英均可)，電郵給我們，就可參加。照片遞交數量不限。

電郵地址是：hoiyanchan@cuhk.edu.hk。記得把你的名字寫在電郵中。

每位參加者都會獲贈**MIA限量版手工包**以作紀念！

填寫表格：

<https://forms.gle/5YHa8tsYj5UxbvuUA>，並在**2020年12月5日**截止日期前寄出作品。

快來參加MIA虛擬派對

展示個人手藝！

參加過MIA線上工作坊的你，一定製作了不少優秀手工藝作品。是時候與其他參與者分享成果了！來看看大家的創作，講一下你學到了什麼，以及個人的想法和感受！

MIA 虛擬派對詳情：

日期：2020年12月12日

時間：上午11點至中午12點

地點：Zoom

填寫表格，
並在2020年12月5日截止日期
前寄出作品！

把你的工作坊成品的照片連同最多50字(中英均可)，電郵給我們，就可參加。照片遞交數量不限。電郵地址是：hoiyanchan@cuhk.edu.hk。記得把你的名字寫在電郵中。每位參加者都會獲贈MIA限量版手工包，以作紀念！我們更會選出作品在 MIA 虛擬展覽中展出。

填寫表格：

<https://forms.gle/rJ6mUbqWZ9cdxDQT6>



齊來慶祝 多元文化香港！
Let's celebrate multicultural
Hong Kong!



- Website: <http://arts.cuhk.edu.hk/~ant/knowledge-transfer/multiculturalism-in-action/index.html>
- Facebook: https://www.facebook.com/MIACUHK/?epa=SEARCH_BOX

