

Mindfulness + Microbes
 A STEAM + WELLBEING project
 Using Fine Scientific Drawings and Ceramic Art
 Sculptures
 Artist Pria Muzumdar

Objective and Narrative

Mindfulness and Microbes is a STEAM study integrating the artistic beauty of graphic visualizations (drawings) and ceramic analogies (sculptures) of microbes and a host of scientific anecdotes, analogies and facts of wonderment on the human microbiome.

Our Personal Mini Eco-System

We are a product of our environment

As infants, we (and our guts) come into this world with a blank slate of sorts, awaiting our first contact with the microscopic organisms that surround us. Our first exposure via the birth canal, followed by a gut-nurturing concoction of mother's milk, is nature's way of establishing the foundation on which we begin to build our microbiome.

Family (heredity), diet, and environmental exposure throughout our developing years cultivates an ecosystem that will play a starring role in the determination of our health for a lifetime.



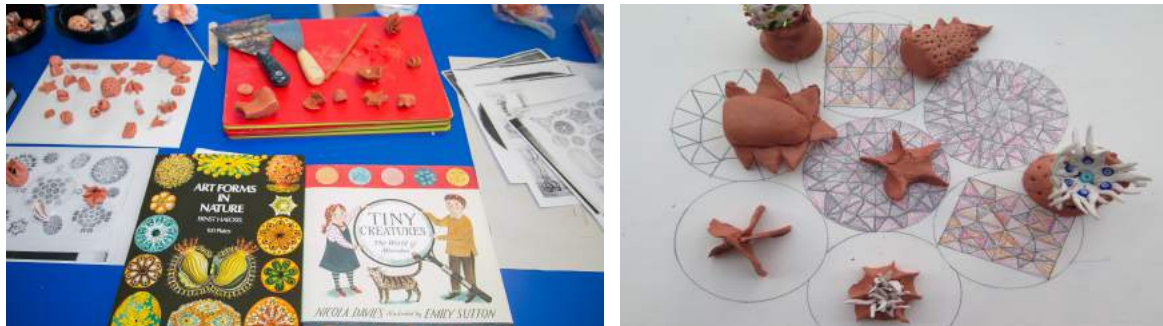
In fact, every time you kiss someone, every time you pet an animal, each time you eat a meal or apply a cosmetic, you are affecting the composition of our own microbiome.

It is called the *Human Microbiome* and it determines an incredible amount about our health and personality.

Artistic Process

This arts-based **inquiry** into the Human Microbiome triggers significant research into science and mathematics as students study the nature and power of the trillions of microbes that affect our physical health and mental wellbeing.

The arts inquiry is visually gorgeous, articulated by using combinations of traditional art methods (drawing and ceramic sculpture) with 21st Century technologies, engineering and materials.



Students study the diverse shapes, colours, sizes and dimensions of these microscopic microbes and create remarkable individual and collective art pieces that show the gut-brain axis, speculating on mechanisms on how the gut microbes and brain might communicate and influence each other...and impact our entire body and health.

Learning Outcomes

All roads lead to the microbiome

The entire project is interdisciplinary at several different levels, a true STEAM and WELLNESS mixed media art project. Students consider the following.

What do scientists mean when they tell us we are only 10% human?

What does it mean that we are what we eat?

What does it mean when scientists tell us that the more diversity in our gut bacteria, the better off we will be.

If it only takes 24 hours to cultivate our own gut flora or microbiota, how can we do this and what is the health benefit?

Over time, microbiota forms colonies to combat obesity, type 2 diabetes, heart disease, autoimmune disease, mental disorders and certain forms of cancer.

Let's build our gut microbiome!

