

# The Aesthetic Around Us



# Declaration

This is to declare that this project work is done by **Sreeja Burman, BMCOMM1913** for the course Digital Still Photography. It has been carried out in the Xavier School of Communications under the supervision of **Mr. Pramod Saha**.

The work is an original creation/production and it does not form part of any other production or content or audio-visual on the basis of which a degree or award was conferred on an earlier occasion or to any other student or to any media professional. The stock footages and clips from the secondary sources are duly acknowledged, further the earlier works of other people has been attributed and cited.

We understand the Xavier University Bhubaneswar's policy on plagiarism and declare that the work is my own effort, except where specially acknowledged and has not been copied from other sources or been previously submitted for award of any degree in parts or whole of any assessment.



# Acknowledgement

*We are grateful to **Xavier University Bhubaneswar** for giving us the opportunity to learn and grow. Further, we thank Xavier School of Communications for providing us with ample resources and environment to learn and develop.*

*We sincerely thank **Fr. Donald D'Silva, SJ., PhD.**, Academic Dean of Xavier School of Communications for his motivation and encouragement.*

*We would like to express our thanks to **Mr. Pramod Saha** our course instructor for his inputs and support in successfully completing this project.*

*We extend our thanks to all the faculty members, technical and support staff of Xavier School of Communications and to all the academicians from whom; we have learnt all about communication and media.*

*We whole heartedly thank all the people who helped us to successfully complete this project work.*

*Finally, we would like to thank our parents for their unconditional love, affection and for their sacrifice.*





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# Introduction

*This book contains Photographs that are taken of regular things that take place around us in order to emphasise on it's aesthetic appeal. This beauty goes un-witnessed in our daily rush. And so I decided to highlight it, so that I could remind those who see this that they don't have to go to fancy places to click fancy photographs. Every thing they need is right beside them, all one needs to do is open one's eyes. I made it in a slightly informal way as though one was flipping through a journal.*



# ***THE** Beginning*

*when we think of the daily, the mundane, we start thinking about how our days normally go. And thus, we go back to the beginning of every day. In this day and age no one really wakes up to the sunset anymore. But, it happens everyday and the amount of love and joy one feels while observing this phenomenon cannot be fully expressed in words. Witnessing this makes one enjoy a sense of self satisfaction and appreciate their existence in this mysterious yet beautiful world. But it also gives you a certain hopes that things can better than what it is now.*

*"Give me odorous at sunrise a garden of beautiful flowers where I can walk undisturbed."*





# Sunrise



*And so I spend the morning at the railway station contemplating the banalities of everyday. And as the sky mesmerizes me I understand their significance. Its refreshing, this new beginning. I'm anxious, yet there's a sense of relief. It's the magnificance of the bright, emerging sunrise that almost drives me dizzy. Its wonderful. What really impresses me further is the smell that comes with the morning, the smell of freshness and a sense of purity along with it.*





*After I witnessed that beautiful sunrise, I couldn't help but think that I should make this weekend about everything I miss out on a daily basis. Like the charm of folding the bedsheets, smoothing out the bed cover, and most of make the bed look inviting for the next time I rest on it.*





*And so I bring out the old-fashioned kettle for some much needed hot water for my coffee.*





*"There are times when breakfast seems the one thing worth getting up for"*



# Breakfast

*They say breakfast is the most important meal of the day, so the next stop is where I blend my coffee with some warm milk. And who said breakfast always has to be messy. It can be so beautiful that you forget its food too. Whether you have it alone or by yourself, if you've spent your morning watching the sunrise, breakfast is a much needed meal. yet, there is a sense of achievement in making that perfect coffee for yourself. Maybe even take a walk through a park with that coffee. I'm not stating that one should do this everyday, because let's state the obvious, no one has time for this on a workday, where we're bound by time and we rush everything. But taking out time on a weekend for oneself is as important as one's career. We all need time to unwind the psychological pressure that accumulated over the week. And we should take out time for our hobbies, no matter what they might be. If you're a businessman but had a flair for painting, then do that. for me, breakfast is the time when i map out the plan for the entire day. if this is a day I spend with myself and observe the beauty in everything around me, I might as well make the best of it.*







*One should make sure that they eat healthy atleast at breakfast. It's important to consume fruits on a regular basis, as their nutritional value can detox the body from the enviromental toxicity. And so I make myself some Grapefruit juice to cleanse the week's junk intake. As I wash the fruits, I find myself moved by the morning light coming through the window making the fruits on the table glow. It's easy to miss the beauty around, but I feel as though the universe is giving me opportunities to admire it today. I feel energised as i drink a liitle juice after coffee. Yes, you can have both with a certain break in between ofcourse.*





*Today I made sure to de-clutter and decorate my dining table, just for myself. I'm figuring out ways of self care today as week days rarely allow that kind of a luxury. I put a pretty flower in a glass bottle just as final touch to my breakfast. But take a look at how it glowed in the light of the room and sun. It was so aesthetically pleasing that I had to take a photograph.*





# THE Artist

"Every artist was first an amateur."

*Sometimes I feel like art is the only thing one can truly live for, or maybe it's just me. But the joy I get from simple creation is beyond expressing. It's when I make my emotions and my vulnerability visible to the universe, and I revel in the glory of creating something.*



*For those that feel like art is not for them, believe me when i say it is for everyone. One does not need to learn anything to express, even a simple line that you draw will express far more than you can begin to imagine. Painting has always been a way for me to let go of my stress, and espeacially on the weekend, i cannot wait to bring out my sketchbook.*

*But to be honest, I try to make as much art as possible most days. It's what keeps me going in the utter chaos of work and an impossible schedule.*

*Art for every one is much needed detox from the excessive media we consume over the weekend and I'm not even including binge-watching in this. Art is a way of chatharsis as well, when you observe others doing it. And it is as satisfying as making, and for that we have YouTube, the ever present tool of knowing and learning if not entertainment.*

*Pinterest is another platform where art flourishes and is respected by people in the diffent art genre online communities. So no matter what kind of art one likes, there's a place for you on the internet, for reference and inspiration.*





# Aesthetics

*Here is a few of pictures that I took to explain how beautiful the process of art can be, its as beautiful as the end product. For an artist this clutter of paint, brushes, palettes, and paper is quite regular and normal, it's what I'm use to everyday. And hence, I'm also aware of it's aesthetic value. Sometimes it dazzles me to stare into the smudged paint on palattes and contemplate how something so beautiful can exist yet go completely un-noticed.*







*"Art enables us to find  
ourselves and lose ourselves  
at the same time."*

*The above photograph is a painting I made one afternoon to express femininity and my inner feminism. Also I included this photograph to show the end result of spending an afternoon engrossed in art and creation and surround oneself in aesthetically pleasing tools of self expression.*





# Catharsis

*I wrote the definition below, in order for one to understand what I'm speaking of. And thus, it brings me to this photo, its a compilation of the things that i love, and try to enjoy most days, seeing art, making art, buying Fiction merchandise because fiction is always better than reality, also juices. Before I go any further I need to clarify one thing to my readers, I am a nerd and I'm very proud of that.*



*meaning: “purification” or “cleansing” or “clarification” refers to the purification and purgation of emotions—particularly pity and fear—through art or any extreme change in emotion that results in renewal and restoration. It is a metaphor originally used by Aristotle in the Poetics, comparing the effects of tragedy on the mind of a spectator to the effect of catharsis on the body.*





That's a picture of one of my most read books, That's Harry Potter and the sorcerer's stone laying beside is Hermione's time turner. This my idea of the perfect afternoon spent in solitary space engrossed in books I love.

"I mean, it's sort of exciting isn't it? Breaking the rules."



# THE Reader

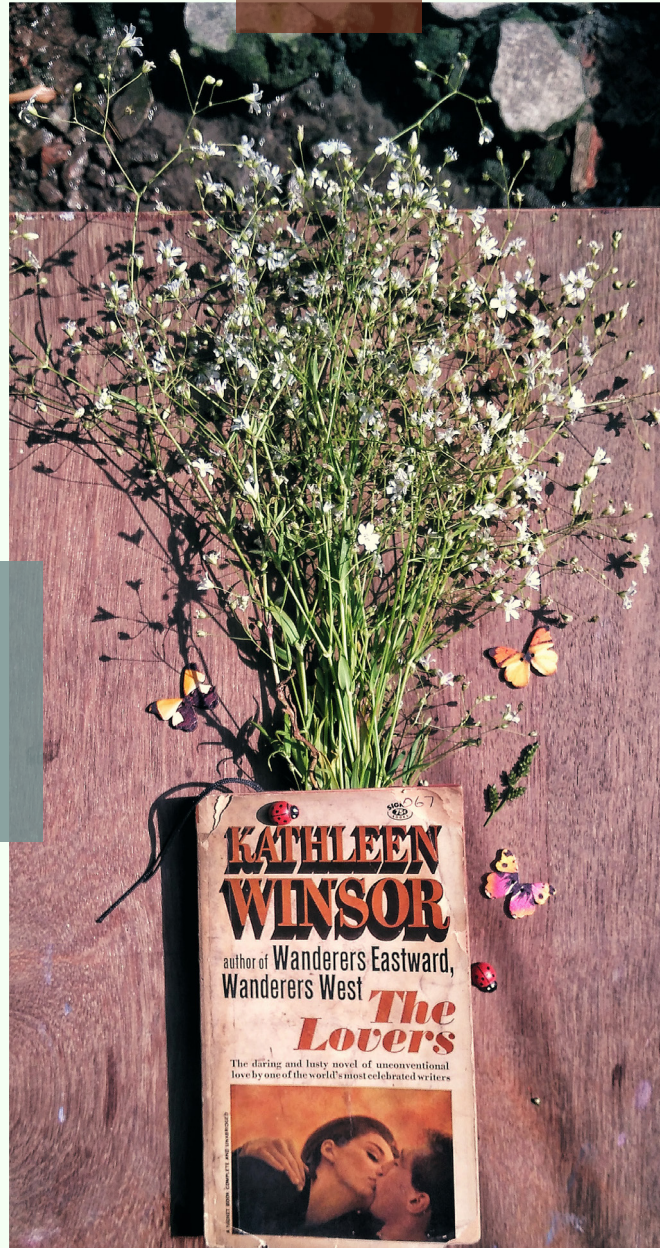


*Reading adds a sense of escapism to your day as much as binge-watching netflix can. Call me old school but no matter how many films I watch, I can't ever deny that reading is much better. And it is a habit i try to practice everyday be it a week or a weekend.*

*But reading does not have to be bland, add some spice like a jar of cold fruit juice, and witch actual fruits maybe. Add a tinge of aesthetic stationary for annotation purposes, like post-its and and coloured pens, and you have the perfect recipe for Instagram worthy pictures.*







*The smell of old books is fragrance that should be commercialised if you ask me. I'm that creep who visits bookshops to smell books not just to buy them. This is the oldest book I possess and quite frankly, one of my absolute favorites. A smidge of wild flowers with musty smell of old pages is a perfect combination for an all together heavenly experience.*





# *EVERYDAY* Textures



*One of the best things you can do in a day is go out and explore a bit around you. Experience the gift of nature and observe the glittering yet un-noticed treasures around you. That's what I decided to do that day anyway as I found myself craving the outdoors. Normally as a introvert, my hermitic behaviour is overpowering, but today felt different. I wanted to go to a beach side. The sound of ocean was what I felt like I was missing.*

# *AND* Places





*"I used to capture the vastness and the immensity of the world and confine it to the limited pages of the parchment."*



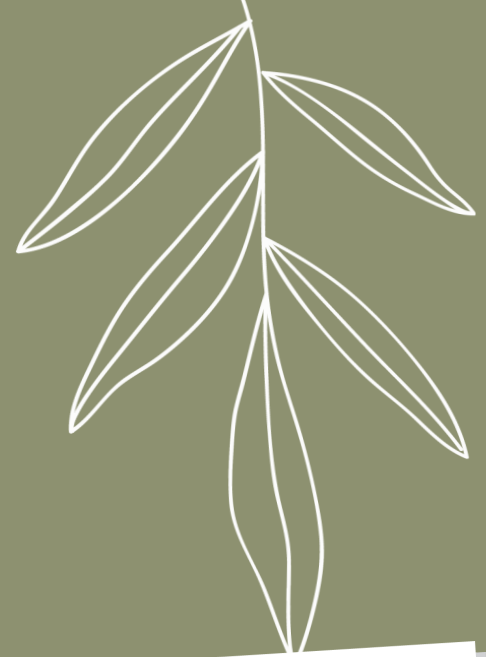
# Beach Day



*And so there I was spending what was left of the afternoon in a peaceful beach side immersing myself in the sound of the roaring sea, calling out to her forgotten glory. For now she exists just for the human eyes and to horde their litter. I found a beautiful cottage, that looked quite like the beginning of Wes Anderson's Moonrise kingdom. And I couldn't help but stare at it's fiction like existence, as though only I can see it. I think one should spend time to observe nature, it gives one a lot of clarity as well as increases curiosity.*









*"All who wanders aren't lost"*






*"The sea, once it casts its spell, holds one  
in its net of wonder forever."*





*We often travel the city every day, yet we miss the architectural feat of the city. One misses out the obvious in front of their eyes. Like in the movie, 500 Hundred days of Summer, the protagonist, Tom, just sits on a bench near the city bustle to observe the buildings no one cares about. And just like tom I found myself admiring the old forgotten buildings of the city. They stood like a long forgotten memory of happier times.*







*Wooden textures had always had a special place in my heart, they can turn anything simple into a complex aesthetically appealing work of art. I remember a quote someone said, (do google it) "photographs are made, not taken", it struck me now as I made a simple composition, that comprises of nothing much yet can speak volumes if look into it.*





*As I walked back from the beach I passed by a church, It looked so beautiful that I couldn't my eyes off of it. I'm not a religious person but place had a sense of calm attached to it, it's almost like this the place to think, contemplate, figure out your philosophy.*







*Decided to take a walk through a park after all the sea viewing. So here is a photograph of some wild flowers I noticed as I passed through the park.*



# Antique Chop



*Decided to visit an old antique shop as I walked back home. It was one of the oldest lanes in town, and holds old treasures that no one really wants anymore. I feel like an expert in old abandoned things these days, not that I'm implying anything. I found these old phones and they dazzled me like most old things do. I think I am going to count the number of times I say old in this paragraph.*



# Food



*After a day of self exploration I think I deserve a delicious lunch, nothing heavy, maybe as light as breakfast. I decided on getting myself some dragon fruit, yes, I admit it's a bit quirky lunch. But who said anything about me was 'normal'?*

*I decided on some fruits and maybe a little street food to go with it.*



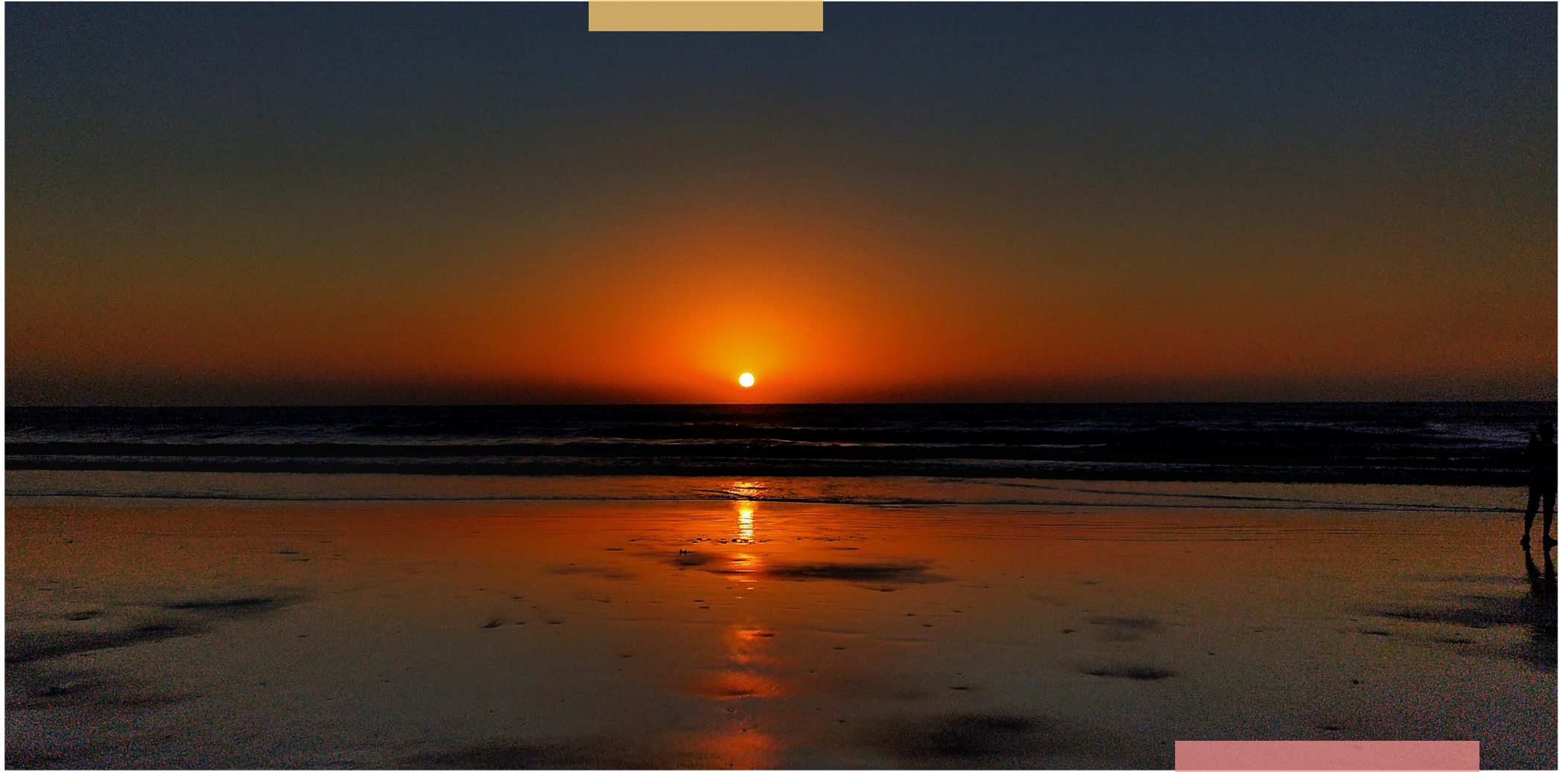




*"One cannot think well, love well,  
sleep well, if one has not dined  
well."*







# *THE* Sunset







*I feel as though sunsets are another luxury we often miss out on our days. Although this takes place everyday, how honestly can one admit that they make out time to stare up at the sky on a week day?  
We're so busy with ourselves that our ignorance towards this beautiful planet is causing it lose it's beauty. Is humanity truly that selfish?*





# Evening Leisure

*So this evening I decided to do something I rarely do, go out and dine with friends. I rarely meet my friends as my weeks very often stay packed with work. But socialising is something I often dread as well, but there are few people who are just as bad as me and we all think we get bragging rights for who's the worst.*

*For starters the evening was food and fun and reminiscing the times we were closer, the sense of nostalgia filled everyone in the room. It's funny how we can forget our closest in the ocean of our monotonous everyday, yet hide that we are so lonely inside.*







*The clinks of wine glasses  
with a hearty laughter in  
everyone's soul, the sign of a  
well spent evening*





# Snacks

*I feel like snacking is an important part of the evening. I mean what are those aesthetic cafes and tasty street food there for anyway. I mean a mason jar filled with mojito and if you don't take a picture of that and put it up as your instagram story, can you really consider yourself a millennial? But I think one would have guessed by now that I am a food lover. It's delicious and mostly pretty amazing to stare at. Even if you stare at a stick of fried potatoes, it won't dissappoint your eyes.*







# Nature



*To the countless greenery who have lost their charm due to the human presence, I apologise. For nature is by far the most magnificent thing on this planet and we are nothing but mere mortals who fade compared to them. It is their tremendous capability to endure all that comes against them and stand firm is what astounds me.*

*We ignore them yet they bloom ever colorful. And this ignorance of ours is depleting this planet of its beauty, robbing it of its romantic glory.*

*And hence I prefer to walk amongst the ignored. I walked back home that evening happier than ever to have finally taken a detox from the polluted daily.*

*Nature never ceased to surprise me and it still does, more now than ever.*







*"Those who contemplate the  
beauty of the earth find reserves  
of strength that will endure as  
long as life lasts."*













# *THE* Dinner

*After a long day, just like anyone else I had an appetite of an elephant. I was tired and very hungry, but satisfied with my day. And as I stepped in the kitchen I found myself craving Chinese food.*

*So i whipped up some fried rice and chilly prawn and dimmed the light of the dinning room to have a little peaceful dinner time with myself. People usually find spending solitary time as a sign of loneliness, its not always true. One can enjoy time spent with oneself.*

*Either way I found this day extremely insightful in my endeavour to truely understand the beauty in the mundane. It has been quite the productive day in terms of introspecton and contemplation.*







*I decided to set up the table like ones in restaurants to spice up the dinner table and a touch of aesthetic appeal.*



# Binge Watch



*Let's admit it, no one goes to sleep these days without binge-watching some of the episodes of some popular series.*

*And I'm no different. But as I opened my gadgets to surf through netflix, I realized how technology apps appeal to us. This photograph was taken to present that visual appeal.*

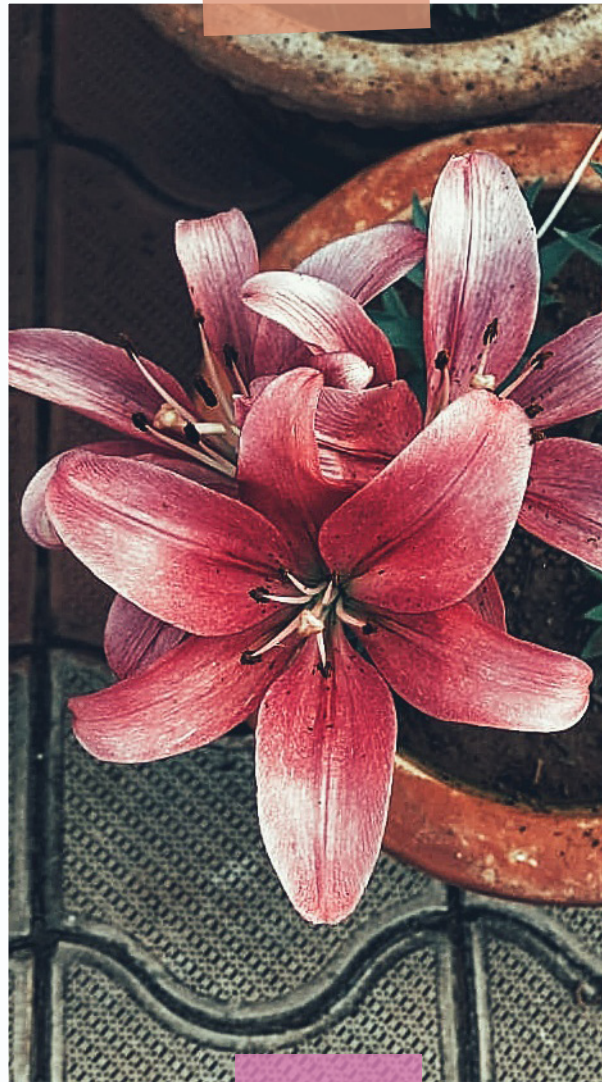




*Outside the window all that was visible was fog and the vague outlines of trees through the street lights. Finally, the wonderful day has come to its end. It's the time to stare up at the stars, take a deep breath and slowly walk back to my bed.*



# ***THE*** *Ending*



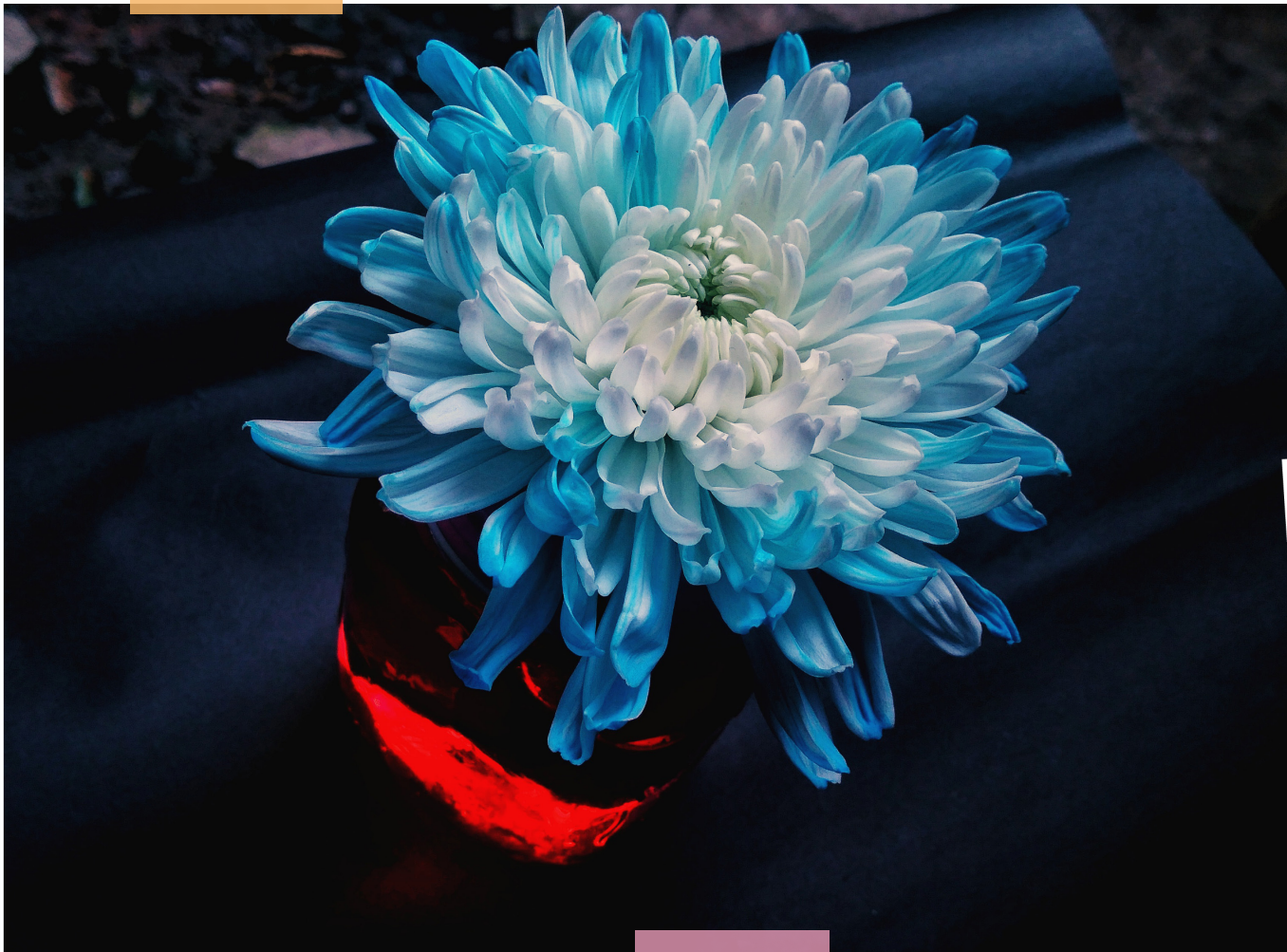
*And so we've reached the ending of a simple story of a day of unwinding in a solitary enviroment.*

*these photographs are taken on that walk back home that evening which helped me gain so much self insight to observe the beauty in everything around me.*

*And so I end this saying, don't let the week define your mood of the weekend. I hope this book inspires one to look around and take in the beauty of small things which go unnotices by everyone else.*







*"Be observant of what is around  
you, beauty has a strange way of  
sneaking in."*





