



The Spotlight

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BE THE STAR



DISCIPLINE

Artist's Friend or Foe?



FROM THE FOUNDER'S DESK

Discipline and creativity are often spoken of as opposites. One is about structure, order, and repetition; the other about surprise, freshness, and freedom. But in truth, they are not rivals. They are companions, each incomplete without the other. Discipline provides the rhythm that sustains art. It is what brings the musician back to practice every morning, the dancer to the barre, the writer to the desk.

A steady routine trains the body and the mind, ensuring that the tools of the craft stay sharp even when inspiration wavers. Without this structure, creativity can scatter—appearing in sudden flashes but fading before it finds a shape.

Yet, creativity reminds us that art is more than repetition. Too much routine risks becoming mechanical, where the habit overshadows the spark. Rules and structures are meant to guide, not to confine. Creativity asks for detours, for play, for the willingness to bend or even break patterns when the moment calls for it. Without this openness, discipline can harden into rigidity, leaving little space for discovery.

The artist's
choose
to allow

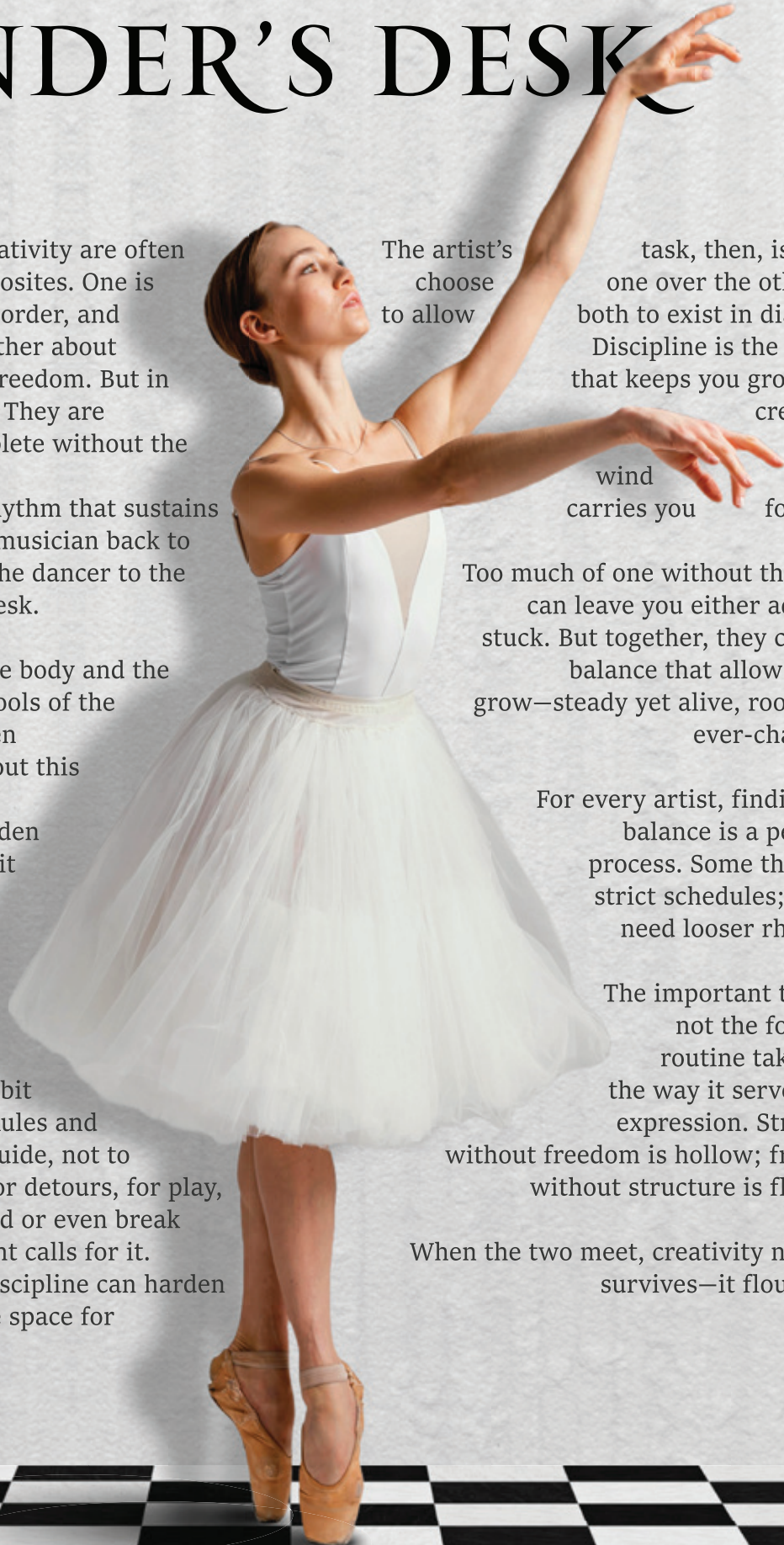
task, then, is not to
one over the other but
both to exist in dialogue.
Discipline is the anchor
that keeps you grounded;
creativity
is the
wind that
carries you forward.

Too much of one without the other
can leave you either adrift or
stuck. But together, they create a
balance that allows art to
grow—steady yet alive, rooted yet
ever-changing.

For every artist, finding this
balance is a personal
process. Some thrive on
strict schedules; others
need looser rhythms.

The important thing is
not the form the
routine takes, but
the way it serves your
expression. Structure
without freedom is hollow; freedom
without structure is fleeting.

When the two meet, creativity not only
survives—it flourishes.





Artist's Routine

Every artist dreams of often shows up when it floor. A steady routine

inspiration striking at the right moment. But the truth is, inspiration knows where to find you — at your desk, in your studio, on your practice floor. A steady routine doesn't kill creativity; it invites it.

Here are a few simple

habits that can help keep both discipline and imagination alive:

Set a creative hour

Choose a fixed time each day to sit with your art. It doesn't have to be long — even 30 minutes daily is more powerful than waiting for a perfect free afternoon. Regularity builds rhythm.

Start small, stay steady

Don't aim for perfection every day. A few brushstrokes, a single sketch, a short dance warm-up — these small acts keep the connection alive and reduce the fear of starting.

Create a ritual

Light a lamp, play a certain piece of music, or sharpen your pencils before beginning. Rituals prepare the mind and body, signaling that it's time to enter creative space.

Balance work and rest

Discipline is not about working endlessly. Breaks, walks, and silence are just as important. They give space for ideas to breathe and return stronger.

Reflect often

Keep a journal of what you create or practice each day. Over time, you'll see patterns — days when structure helped, and days when freedom led you to new ideas.

Routine is not meant to cage creativity. It is the rhythm that makes the unexpected possible. By showing up each day, you create the conditions for surprise to arrive.

Let's Hear From The OGs

We often romanticize creativity as a chaotic flash of lightning—a wild, unpredictable force that strikes without warning. But for many legendary artists, the secret to a lifetime of genius isn't found in waiting for the storm. Here's how some of the masters command inspiration to appear, day after day.



Gustave Flaubert (Novelist)

"Be regular and orderly in your life, so that you may be violent and original in your work."

The Lesson: A stable, predictable life can create the safe container needed for your creative mind to explore dangerous, wild, and groundbreaking ideas.

Twyla Tharp (Dancer and Choreographer)

"Creativity is a habit, and the best creativity is a result of good work habits."

The Lesson: Automate the start of your day with a simple ritual. It conserves creative energy and makes showing up a reflex, not a choice.



Varun Grover (Writer, Lyricist, and Comedian)

"For me, the only way out is to write. The only way to get better is to write more."

The Lesson: Don't romanticize the outcome; focus on the process. The path to creative breakthroughs is paved with consistent, sometimes unglamorous, daily effort.



A.R. Rahman (Composer and Music Producer)

"My best work happens after midnight. I don't have any phones ringing, no distractions. It's a freedom."

The Lesson: Your most effective routine doesn't have to be a 9-to-5. Find your personal window of maximum focus and guard it fiercely.



Anish Kapoor (Sculptor)

"All ideas are unrealised. The work is in the doing."

The Lesson: A big idea is worthless without a process to execute it. Structure and discipline are the tools that transform abstract concepts into tangible reality.



Chuck Close (Painter and Photographer)

"Inspiration is for amateurs; the rest of us just show up and get to work."

The Lesson: Don't wait to feel motivated. The act of beginning is what generates momentum. Professionalism in art means working even when you don't feel like it.



Hayao Miyazaki (Animator and Film Director)

"The creation of a single world comes from a huge number of fragments and chaos."

The Lesson: Creativity is often chaotic. A disciplined daily routine provides the essential structure needed to wrangle fragments of inspiration into a complete, coherent masterpiece.



Real Stories | Real Impact

Anjolie Ela Menon



Few Indian artists have sustained a career as long and influential as Anjolie Ela Menon. Born in 1940, she began painting seriously in her teenage years and went on to study at the École des Beaux-Arts in Paris. Today, she is regarded as **one of India's leading contemporary painters**, with works displayed in galleries and museums across the world. Yet, behind the recognition lies a quieter truth: a life built on steady discipline and devotion to her art.

Menon's studio routine is central to her practice. She has often spoken about the importance of returning to the canvas every day, even when inspiration feels distant. For her, discipline is not a restriction but a way of keeping the channel open for creativity to flow. This daily commitment gave her the freedom to explore different styles over the decades — from her early Byzantine-inspired figures, with their haunting eyes and glowing halos, to later works experimenting with abstraction, mixed media, and even murals.

Her career milestones reflect this discipline. In 2000, she was awarded the Padma Shri for her contribution to the arts. Over the years, her exhibitions have spanned continents, yet she has always emphasized the routine of returning to her studio in India, quietly working

balance of persistence and reinvention. Padma Shri for her contributions have spanned continents, routine of returning to her away from the spotlight.

What stands out in Menon's journey is her consistency. While her themes of memory, myth, and the human condition remained the foundation, **the act of painting itself becomes a meditation, where hours slip by unnoticed.** That discipline, repeated over decades, has kept her vision alive

and her art ever relevant. **She once remarked that the kind of meditation, where rhythm, repeated over**

For young artists, her story offers a lasting lesson: **discipline does not cage creativity — it sustains it.** By showing up day after day, Menon allowed her art to transform with her, proving that routine is not the opposite of growth, but its quiet companion.

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Rang Ae Mehfil



Our First Musical Night

Our talented team of musicians and instrumentalists had the honor of performing at the opening of the CBSE FEZ Cricket Tournament. The air was filled with rhythm and melody, as the audience swayed to the tunes—and so did we. It was truly a night where music brought everyone together.

Acrylic Painting Workshop

On a bright Sunday morning, our students experienced the artistic brilliance of S. M. Panda during an Acrylic Painting Workshop. With every stroke, he revealed the magic hidden in his brush. Inspired, the students tried their hands at the basics and experimented with different techniques, creating their own vibrant versions of acrylic artworks.



Routine and creativity often seem to pull in different directions. One asks us to repeat; the other asks us to break away. Yet, as this issue has shown, both are threads of the same fabric.

Every artist discovers this balance in their own way. Some lean on strict schedules; others prefer gentle rhythms. What matters is not the shape of the routine, but the space it creates for expression to grow. Discipline steadies the hand, creativity frees the mind – and between the two, art finds its voice.

As you step into your own practice, ask yourself: What rituals keep me steady? What freedoms keep me alive? The answer may not come all at once, but the search itself is part of the art.

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