

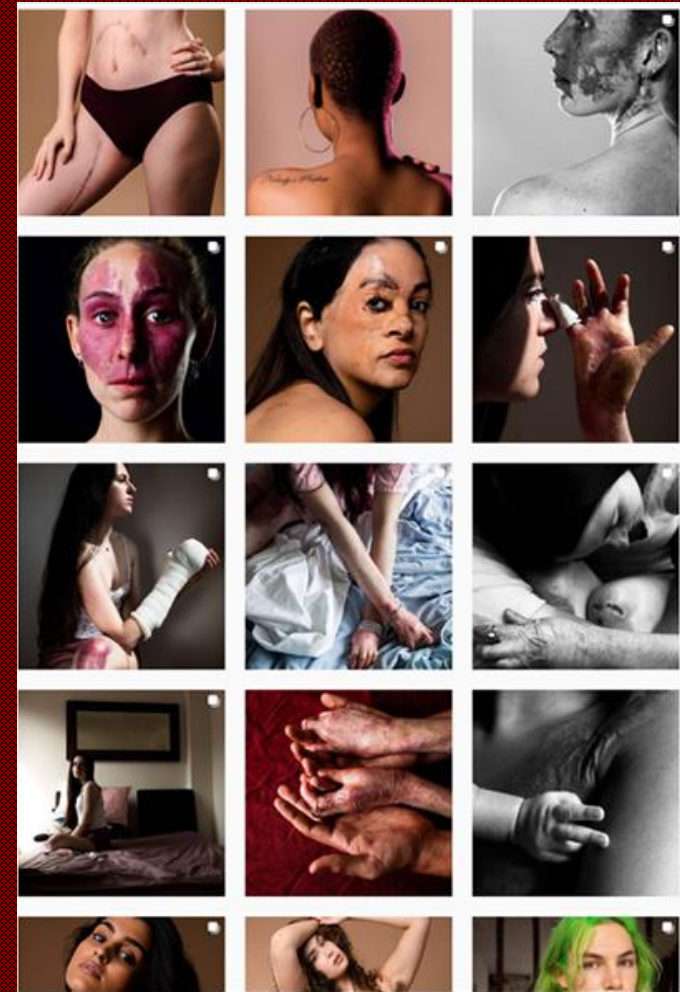
# کیف اضطرار

سید الی وقار تقوی

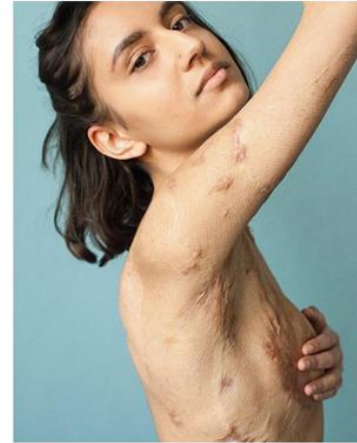
# ABSTRACT

I initiated my thesis with an ideation linked to the connection between Scars and Memory, also how mutually same and different the concept of Scars as Memory (physical scars) and Scars of Memory (mental scars) simultaneously exists in a way that we can correlate them to each other according to our own experiences and in relevance to . Taking my own experience and other people's stories while linking them with Scars, made this topic deflect towards the same plane but a different axis of it. We humans tend to have an array of feelings and emotions that lead us to make certain decisions based on them. Hence, my work progressed to Scars related to Self-Harm. Being in a situation where one tends to self-harm after a traumatic incident or accident is quite relatable to many people including myself. What then really matters is how to cope up with those thoughts and how to find a distraction alternative to an act of Self-Harm. 'Kaif-e-Iztaraab' as a final product for my Thesis, is an animation that talks about my own experiences related to self-harm and how I eventually found a distraction through art using the same tool which somehow held me between the two choices of either making Art or Scars

My initial approach was based upon how scars serve as a memory as they remind you of a certain accident happened in one's life and how there are certain incidents that are a scar for the memory and one can never forget them.



For that, I started reading stories of different people and asking people around about any mental or physical scars they possess.

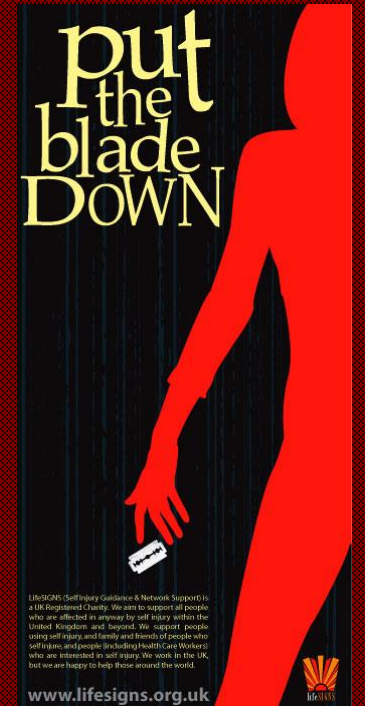
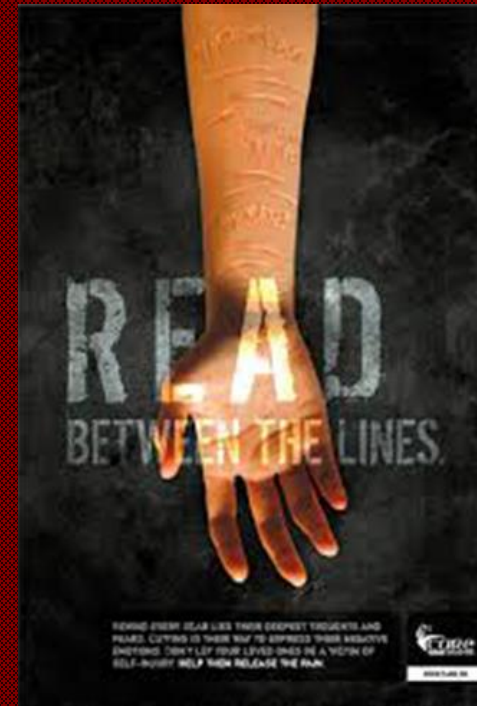


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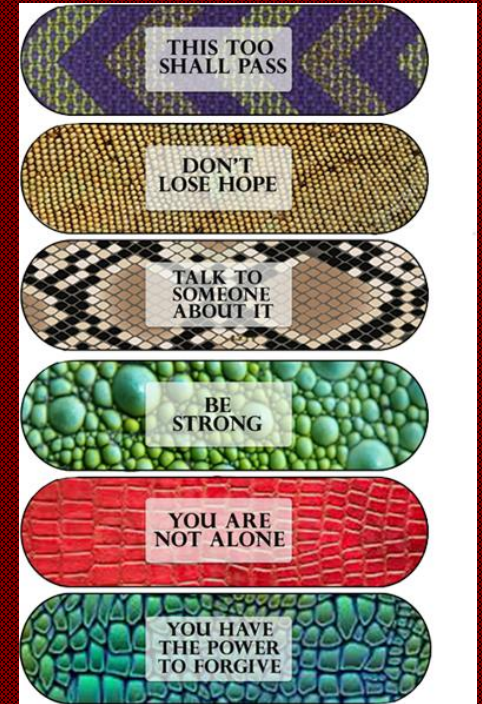
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#scarsandstories: "My scars decorate my entire body - I used to be so ashamed of them, mainly because of the reactions I received. People would stare at them whenever they were on show and in turn I became uncomfortable with having them out. I started avoiding clothes that weren't jeans - if I braved a skirt, I would cover my scars in makeup. I have surgical scars and self-harm scars. As a teenager I suffered from an eating disorder and depression, and as a result at age 16 I jumped off a building in an attempt to end my life. The 20+ surgeries have left me with scars head to toe (literally). The ones on my legs and feet, exposed me the most, along with the others on my right that made me dread wearing a bikini. This was how my scars used to make me feel, but having embraced them as part of me, I no longer feel ashamed. I wanted to take part in this project so that people can become more accustomed to seeing scars and avoid said reactions. Additionally, I want to help and encourage people to embrace their scars. As a student nurse - helping people accept their bodies is part of the job, but how can I do that if I don't do it with my own? @evangelina"

After I narrowed down my topic to Self Harm, I looked through different campaigns about it and tried making one as well. I then tried different mediums of approach towards my idea of how to portray Self Harm.







## 'TIME'

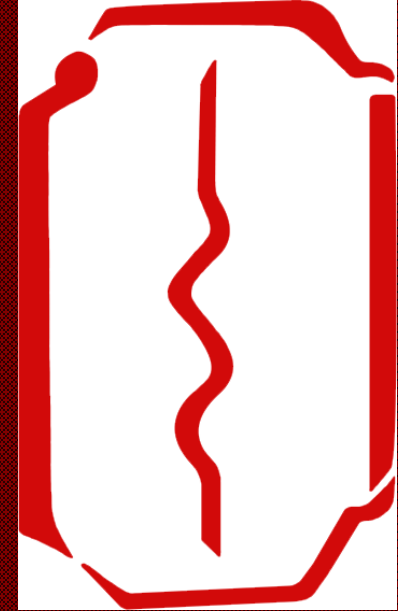
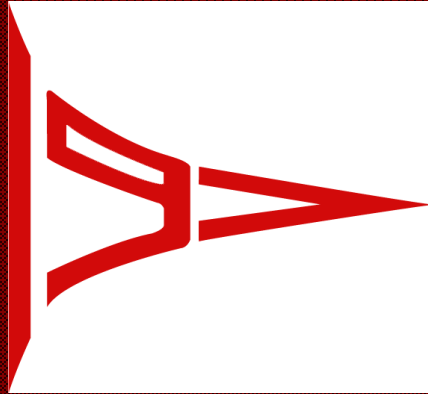
A brand designed for the awareness of Self harm. This contained Band-Aids with the textures of reptiles that had motivational quotes on them.

Textures of reptile skin made with a single element that is blade in order to show the healing through regeneration.



## 'ASAR'

Urdu words used as calligraphy to portray the feelings related to a mind which seeks pleasure or relief after one self harms.





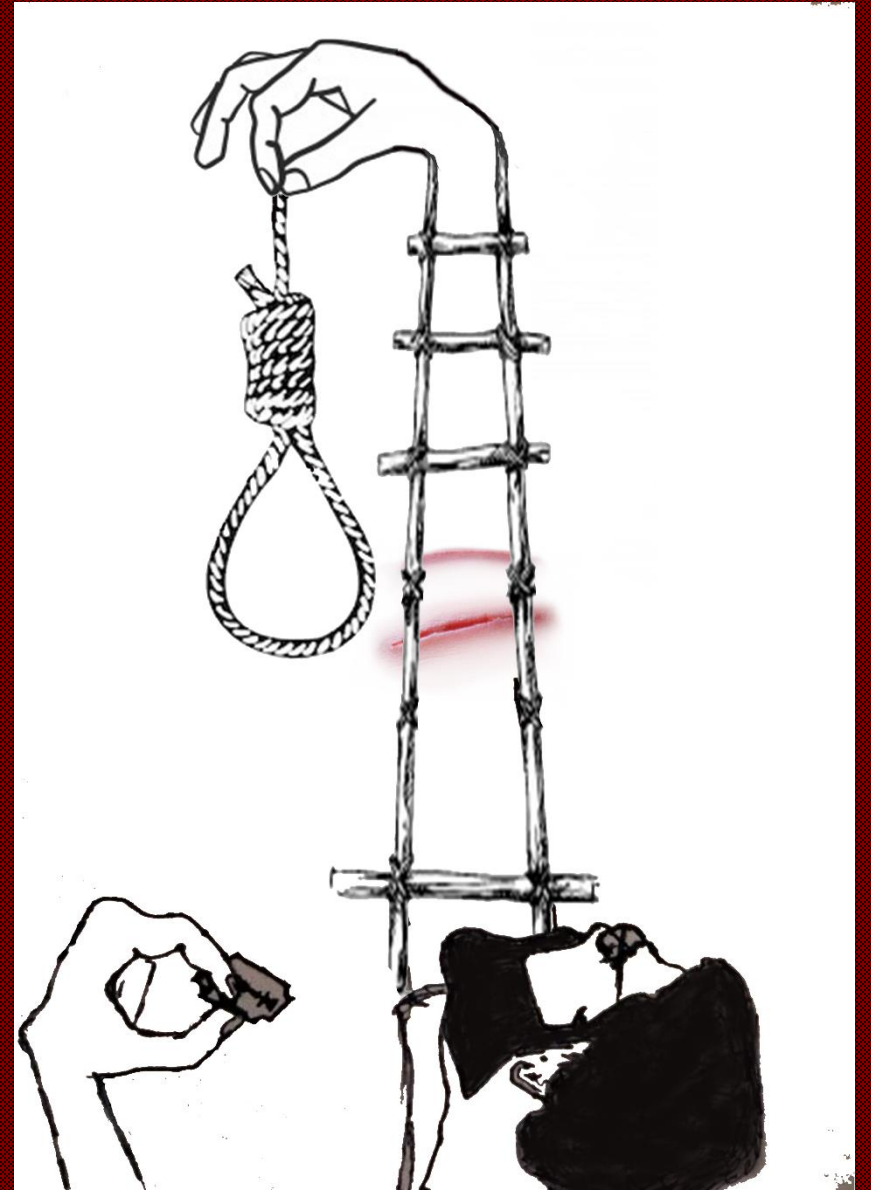
## **'KHUDRAZ'**

A self-portrait using blades in order to show the hidden agony inside oneself when he/she self harms.



## 'MY LAST CUT'

A visual that explains the choice you make when you self harm can eventually lead to a worst decision one can make.



## SEVENTH SEMESTER END PRODUCT

I made an animation on one of the scenarios when I felt helpless and wanted to self harm but instead I found distraction in the form of art.



These sculptures made up of chinks, carved by a paper cutter were the by-product with my animation.





## Storyboarding for Final Project:

I sketched some storyboards which depicted the scenarios after which I self harmed.

This was the first time when I self harmed after I got bullied by my some elderly boys when I walked back from school. I was 11 years old then.



This was when I was travelling in a taxi to my tuition and was harassed by the taxi driver. This was when I was 11-12 years old



This was when I failed in my class.  
When I was 14-15 years old.



This was after a few weeks from my dad's death.  
I was 19 then.





# PROCESS



Harrasement Scene







I call this scene 'Sightmare'.  
This is when you subconsciously  
see things that haunt you from  
the past. I tried depicting a  
reverse scenario when we see  
dreams about falling and wake  
up instantly.

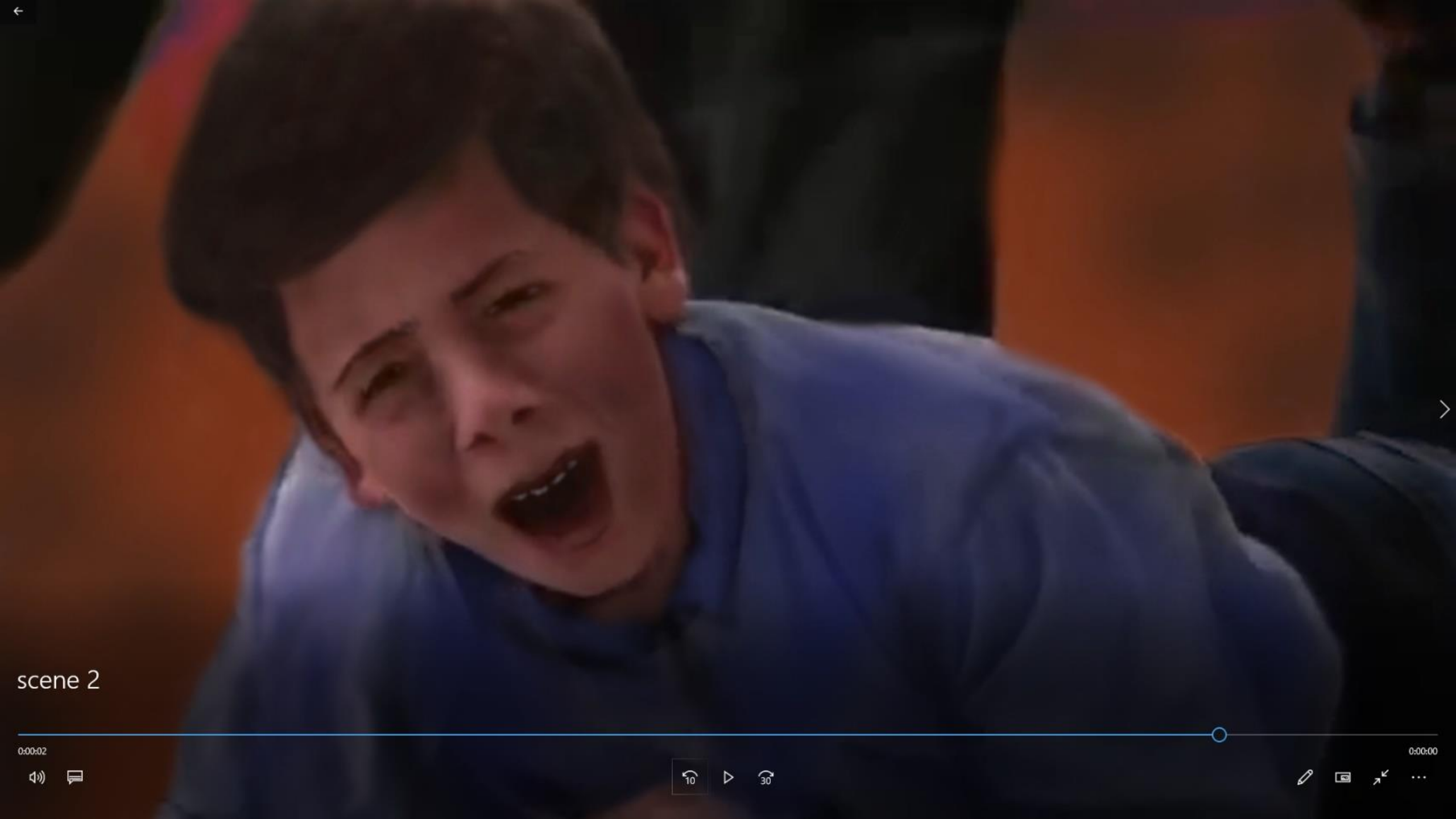






The Bullying scene





scene 2

0:00:02

0:00:00







Failure Scene







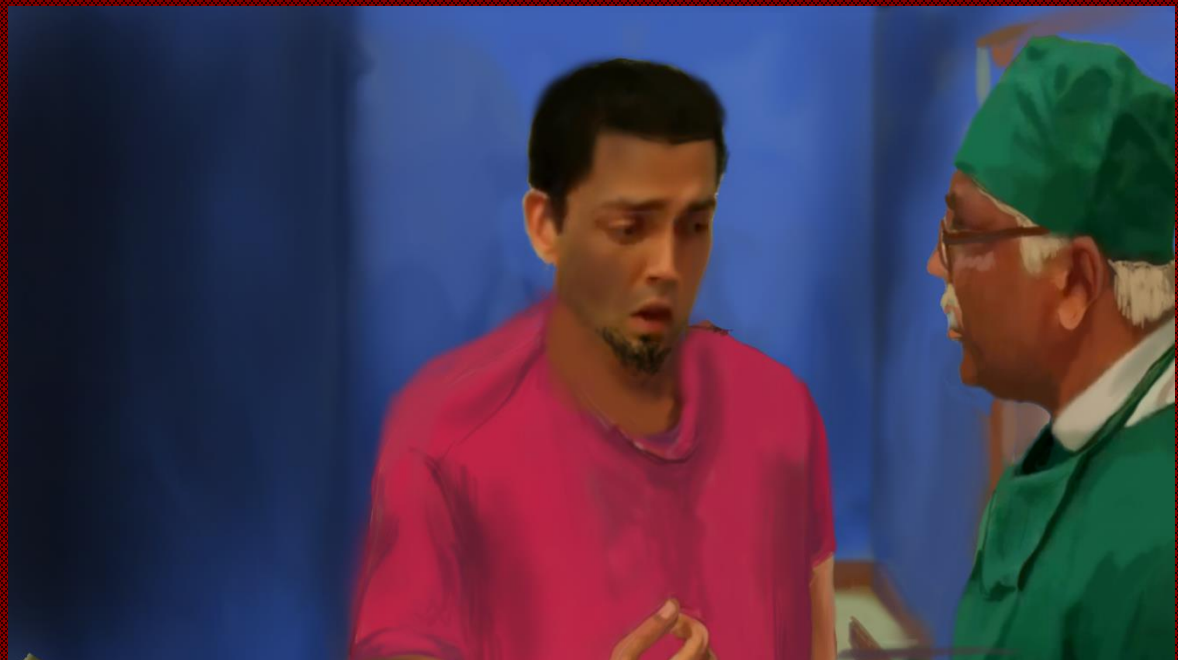






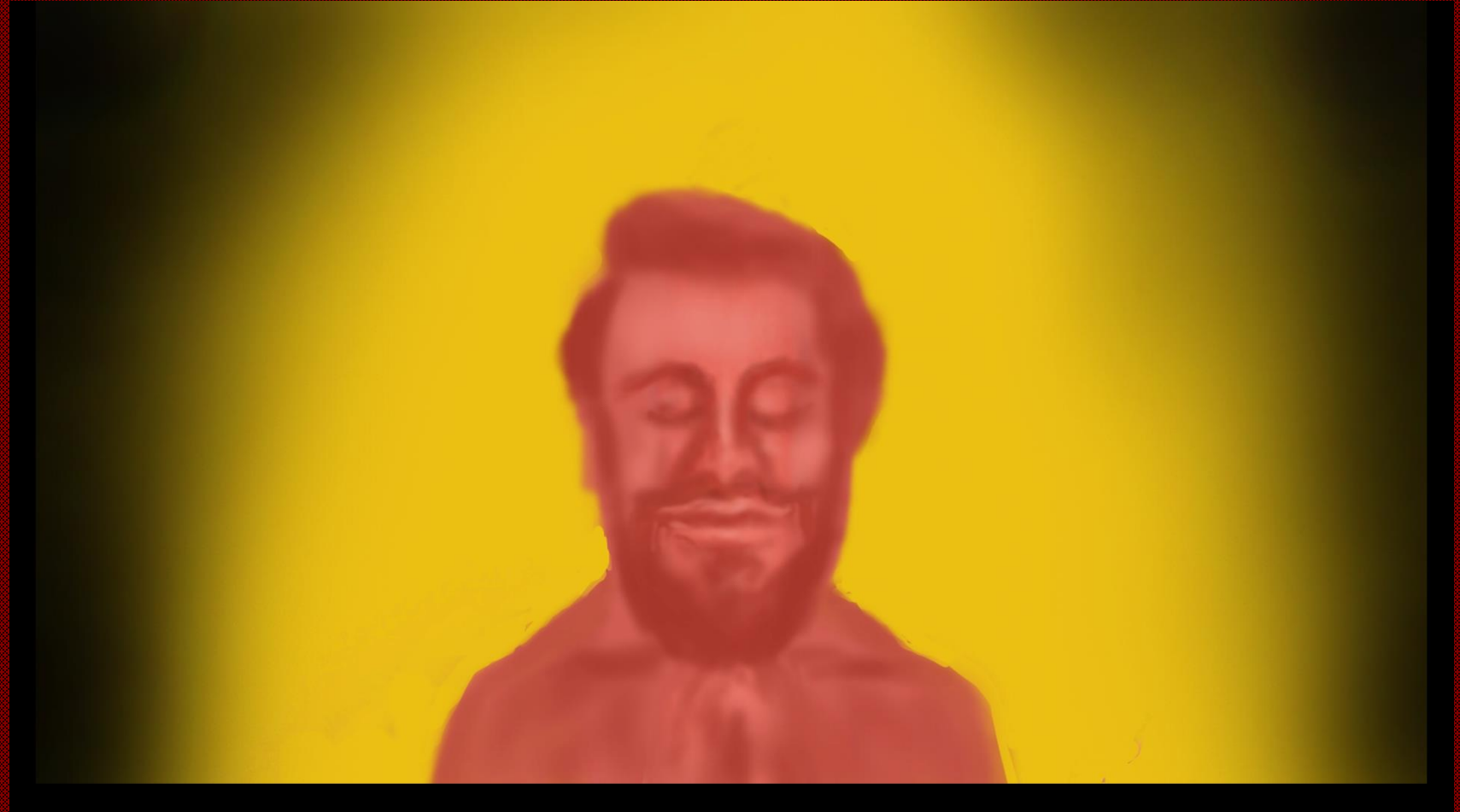


Death Scene





CONCLUSION Scene







**THANKYOU**