



MAP INTERNATIONAL
ONLINE CONFERENCE 2025



Advancing Arts-Based Methods for Peacebuilding with Children and Young People

Session 2:

Local Cultural Forms and Arts-Based Methods

10 July 2025, 10.30 am – 12 pm BST

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Co-Investigator (Picturing the Past, Present, and Future in the imaginations, dreams, and journeys taken by young women in Nepal and Rwanda - PPPF) for Nepal

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It is a traditional form of art which depicts the ancient culture of the Mithila Kingdom

The images have a unique shape and reflects the social, religious, and historical lives of the Mithila people.

**Mithila Art-
one of the most
popular form of
art in Nepal**

The paintings are mostly painted by women. Young girls learn the art from their mothers and grandmothers. It is passing down through generations

It creates a bond between humans and nature, as the images portray both human and natural aspects

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1. Induction seminar

- Team and project introduction
- Distribution of materials (bicycle and Mithila-painted T-shirts) to young girls



2. Safe and free space

- Reflections based on proverb,
- Cycling, discussion and drawing
- Activities were Guided by proverbs



3. Mithila Art Workshop

- Translation of ideas into Mithila art
- Young girls and professional artists worked together



4. Art exhibition

- The exhibition was visited by over 700 audience



Art by: Preeti Karna

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1.
Intergenerational
discussion



2. Mithila art
workshop



It complemented the conventional approaches of research.

3. Art exhibition



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1. It was a new approach. Young girls and their parents were initially confused about the process. We had to orient them several times before obtaining their signed consent.

2. The young girls have started to see a dream that they aspire to live in. However, given the present situation which is surrounded by patriarchal structures, they have many challenges. So, it will be difficult for them to achieve their desired dream.



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Potential for future exploration or research

For more policy impact, future research could engage **policy makers** at each stage of the research process.

How to engage **more girls and women** in arts-based initiatives that enable them to express their challenges and dreams directly to the policy makers? This could also be explored through future research.

The engagement of **men and boys** in similar arts-based research can be explored in future research.
