



## Tochukwu Henry Kandudi

**I am a contemporary artist from Nigeria**

Art has been a wonderful tool and therapy that helps me through anxiety and trauma and helps me to not neglect myself also. It provides me with some structure and keeps my mind focused.

The challenges of socio political matters in my society, the beauty of life and nature and my personal growth all inspire my paintings.

I created the piece 'Reincarnated' when my country Nigeria was in chaos in 2020 as the youths stood up and decided to protest for their rights. That was boldness like no one had seen in the eyes of the youth since the end of the civil war that my father told me of. The unity was such beauty as I had never imagined in my entire life. To be honest, I was proud of my generation.



They might have killed our past heroes who fought for freedom and equality around the world, heroes like Ken Sarowiwa, Fela, Malcom X, Martin Luther, 2pac and others but when this protest started in my country against SARS (Special Anti Robbery Squad) I saw one thing: I saw the vision that these dead heroes had in them. The dream for equality and love. This piece 'Reincarnated' to me means that they can kill the body but they cannot kill the visions and dreams that live inside us.

During the protest, our government began to get frustrated, because we had locked down the toll gate and restricted movement for normal businesses. But instead of them agreeing to our terms of reforming the police departments and ensuring good governance, they deployed soldiers to come after us and when the soldiers came, they shot at us and we lost some souls. So I was struck to create the piece I call 'What is the price of your voting rights?' at the head of this statement.

When it is time for elections our politicians normally come to us, the youths, with bags of money to buy our democratic rights and power which gives them the access and power to lead and rule over us... but when we demanded good security from the same people we took money from to vote for them, they shot at us and killed our brothers and sisters. So with this piece I want viewers to understand that the money they receive during election campaigns to vote these politicians into power is not worth their democratic right. I just hope they can understand this and begin to reject such funds.

I have created the piece titled Abraham freeman to let my people understand that mental freedom is important if we want to build a strong nation.

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Promoting Creativity As A Coping Mechanism For Disability