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Poetic and performance

Final Assignment

As corona is spreading very fast all around the world it is very depressing to see people in dying in a large number. I myself was depressed. This depression was further worsened by seeing the depressing posts of the people which was creating panic in me. I was not been to the parlor since months due to the lockdown I felt myself sick as my eyebrows were fully grown, my arms were not waxed. I thought people were also feeling the same. Based on those feelings I tried to do a performance art to make people and myself feel good and make people do a challenge. In this quarantine it is ok not to wax, it is okay if you cannot do your brows and it is okay to be hairy. I spread this and continued for the people who cannot go to salons and were insecure about.

Instructions for that task were to take a marker and write the text on the face and arms.

“It is no shame to not wax your arms”

“It is okay if you can't do your brows”

“We are all together in this”

I took the still pose



Based on the feelings I chose different words to explain the experience and observation of each word:

Panic

According to my experience and observation, panic is sudden uncontrollable fear or anxiety, often causing wildly unthinking behavior.

When saying the word loudly 'panic' it create a fear that someone is getting we need to help. It may be that I myself is getting panic telling my situation to others so that I can get help.

When saying the word “panic” silently it means I am keeping it to myself. It can be that I worried about my panic and thinking about the measures which can help me to get rid of it.

Depression

According to my experience and observation, it is feelings of severe despondency and dejection.

When saying out the word “depression” It comes in the sense of getting help as you are telling your own situation. It can also come in a way that you are explaining people how to get rid of it.

When saying the word silently it comes in a sense of keeping it to yourself and thinking about the necessary causes and preventative measures

Anxiety

According to my experience and observation, it is a feeling of worry, nervousness, or unease about something with an uncertain outcome.

When saying the word “anxiety” loudly it comes in a way of giving awareness to the people how to get rid of it? Telling them necessary steps they should take to get

rid of it. It may come in a way of seeking help like how to get rid of it or telling your situation to others.

When saying it silently it comes in a way of being fearful about the problem. you are thinking how to get rid of the problem or how to help others who are facing anxiety.

Loneliness

According to my experience and observation it is sadness because one has no friends or company.

When saying out the word loud it gives scenario that one should live alone in loneliness. Or it may be that one is facing all the problems due to loneliness. It is the way of telling the person possible reasons.

When saying the word silently it gives the scenario that one is thinking to live alone it may be because the entire problems one is facing because he is not alone. Other reason may be one is alone and he is facing depression he needs to socialize.

Restlessness

According to my experience and observation it is the inability to rest or relax as a result of anxiety or boredom.

When saying out loud “restlessness” it gives the feeling that one person is telling other that he needs to relax. It comes in way of giving awareness to the other person.

When saying the word silently it means to keep to yourself it comes in a way that you are feeling down and you are thinking that it is because of restlessness. One should sleep and have proper rest to feel energetic.

Doubtfulness

According to my experience and observation, it is of uncertain outcome or result. admitting of or causing doubt; uncertain; ambiguous. unsettled in opinion or belief; undecided; hesitating.

When saying out loud it means that giving the other person awareness that he should clear all the uncertainties and doubts. Collecting all the facts or making clear the person’s doubts.

When saying silently it means one is doubtful he needs to clear all the doubts. In his mind he is trying to solve all the problems. It means one is keeping to him.

Sick

According to my experience and observation, affected by physical or mental illness.

When saying out loud it comes in way of giving awareness. It is to tell other person that he should get checked or keep some measures to keep safe and take care of him.

When saying this word silently it means that one is not feeling well. He is thinking that he is unwell and need to get examined by the doctor.

Hopeful

According to my experience and observation it is feeling or inspiring optimism about a future event.

When saying it loudly it means one should not lose hope, he should be hopeful that this too shall will pass. It come in way that telling someone good news that there is a hope.

When saying the word silently it means you are consoling that there is a hope. May be you are hopeful about something. It means you are thinking about a scenario about the hope.

Sadness

According to my experience and observation it is the condition or quality of being sad.

When saying out loud “sadness” you are telling someone not to be sad. This will pass. You are consoling someone or maybe you are telling someone about your own sadness and telling them how to get through it.

When saying it silently it can come in a scenario that you are sad you are thinking about the reasons why you are sad. You are thinking how to get rid of it. You are thinking about the reasons that made you feel that way.