



“Research shows that if we write down negative thoughts on a paper daily and tear it up, we will get peace of mind. I have created a tool for that purpose.”

“I created a fragrance that reduces stress using Ayurvedic herbs like Ashwagandha and Vetiver. In addition, I have also created happiness candles and medicine which induces happiness when taken.”

“One of the things that brings joy is making new acquaintances. That's why I have also created a technology solution called 'Building Connections'. This solution only works if there are two people. It allows them to talk and learn more about themselves,” said Swetha.

She has been promoting her products under the name “Happiology”. Swetha said, “I don't want to just offer products, I want to provide a whole experience.”

Born and raised in Chennai, Swetha will first test this project in Chennai and then try to bring it to Singapore.

She further remarked that “Since I came to Singapore, I realised that design is a part of everyone's life here. But in India, particularly in Chennai, it is not that prevalent there. Young people my age are now taking their first steps towards mental health. So I thought about how I could help them.”

“I also conducted a test with people in a hotel in Chennai. They came tired after work, but felt a little relieved after getting the full experience.”

“I tried this with my fellow students in Singapore. Because of the fast-paced lifestyle in Singapore, many of them liked this instant relief,” says Swetha.

Swetha has also been running a company called Cosmo Studio in Chennai since last year.

The company is involved in designing packaging materials for different products such as chocolate wrappers. The company is also involved in marketing for new businesses, social media advertising and website design.

Swetha further added, “I am always thinking about how to incorporate a structure into my design which would bring happiness to my clients.”

Swetha tried to apply to LASALLE College of the Arts seven years ago. However, she did not have enough work experience then. She then became fully immersed in her career and only now has she found the time to pursue her Master's degree.

Her parents had come from India and her younger brother from Australia for her graduation. Swetha is the only designer in the family. “They expected me to become a doctor or an engineer. But they accepted that I study design. Today they were proud,” Swetha said.

### **Prevention is better than cure**

Sukriti Singh, who has completed her master's degree in design, has designed a chair to help people stranded in floods transport their children or belongings to a safe place.

This chair can be converted into a float and many such chairs can be joined together to form a bigger float. This has been designed with recycled plastics and clothes.

"During floods, when you focus on saving your children, you end up losing your possessions. But this device would help you save both at the same time."

"My South Indian friends were worried about the frequent floods. When I heard about it, I felt like I could do something as a designer," says Sukriti.

"I thought we could take something that already floats—like a swimming pool float—and turn it into something that can carry weight. Why a chair? You can't move something like a sofa easily; you can move a chair easily," she further added.

Sukriti was born and raised in India. She said that the main reason she chose Singapore to pursue her further studies was the safety for women in Singapore.

Now that she has completed her master's degree, she plans to go back to India to pursue her career. She also said that she wants to test the chair float during floods in India.

"This artistic journey has changed me. It has given me immense growth," Sukriti said. Following this, she wants to continue to strive to bring about social change through the arts.