

ARTIST STATEMENT

My practice explores memory, belonging, and the quiet emotional weight carried by everyday objects. I work across painting, surface design, illustration, animation, and children's storytelling, using colour and playful imagery to reflect on childhood, family, and cultural memory. Objects often become stand-ins for lived experiences, holding stories of care, comfort, and connection.

After losing my mother to cancer and becoming a parent myself, I began creating art while processing grief while also honoring joy- art that offered a sense of repose and emotional growth. I am interested in how art can hold tenderness, protection that many of us felt as kids, especially how familiar imagery can create space for reflection and belonging.

Food, domestic objects, and moments drawn from travel and childhood stories frequently appear in my work. These elements allow me to explore how memory is carried through the senses while becoming a deep shared experience. I am especially drawn to the ways in which cultural traditions and everyday practices shape identity across generations.

Through my work, I aim to create visual narratives that feel nourishing and accessible. Whether through a painted object, a children's book, or a playful interactive project, I hope to invite viewers into moments of recognition, comfort, and joy.

PARMEET ARORA BORI (b. 1982)

Lives in Toronto, CANADA

EDUCATION

Introduction to Project Management for Creative Professionals, OCAD, Toronto, CA	2025
Fashion Design, London College of Fashion, UAL, U.K.	2003-2005
Fashion Design, N.I.I.F.T, Mohali, India.	1999-2002

EXHIBITIONS

- 2025 ArtWorksTO: Newcomer Program — Media Arts. Toronto, ON.
- 2024 Toronto Outdoor Art Fair (TOAF 63). Toronto, ON. July.
- 2024 *Intersections*, Group Exhibition, Arts Etobicoke. Toronto, ON. November–December.
- 2024 *Intersections*, Group Exhibition, Arts Etobicoke. Toronto, ON. August–September
- 2023 *We Are Resilient*, Group Exhibition, Arts Etobicoke. Toronto, ON.
- 2023 *All the Small Things*, Group Exhibition, Northern Contemporary Show. Toronto, ON.
- 2023 *ROOTS: South Asian*, Group Exhibition, Arts Etobicoke. Toronto, ON.
- 2019 Parallax Art Fair, London, UK. July.
- 2009 Solo Exhibition, *Gibberish*, BVB Art Gallery, London, UK. June.
- 2003 Solo Exhibition, *Exploring Self*, IndusInd Bank Art Gallery, India. February.

DESIGN & COMMISSIONS

- 2025 Milton Annual Tea Fest Promotional Poster, Designer. MPL, Milton, ON.
- 202 Concrete Barriers, StART Street Art Mural, Toronto, ON.
- 2024 Outside the Box, StART Street Art Mural, Toronto, ON.
- 2020 Mural, Happy Days Montessori, London, UK
- 2020 Mural, Private Commission, London, UK
- 2019 Mural, Children's Section, Preston Road Library, London, UK
- Ongoing Abstract painting commissions for private collectors.
- Ongoing Founder & Illustrator, *Arora Bori Studio*; artist-designed stationery, prints and goods.

CHILDREN'S BOOKS & PUBLICATIONS

- 2025 "*Bibi: Stories from the Heart*", Illustrator. Khalis House Publishing, UK. November.
- 2025 "*We Are Cheesemakers*", Illustrator. Saffron Press, Canada. March.
- 2022 "*Saffron Press Calendar*", Illustrator. Developed in response to a creative brief inspired by the Farmers' Protest.
- 2020 "*Hare vs Bear*", Illustrator. Written by Alex Cooney.

GAMES & INTERACTIVE PROJECTS

- 2025 "*Sock Squad Card Game*", Co-Creator & Designer. Card game project; led and completed a successful crowdfunding campaign. December.

FILM & ANIMATION

- 2024 "*Ethical*", Animator. Award-winning full-length experimental vegan documentary.
- 2025 "*Planted*", Animator. Award-winning short experimental vegan film.

TEACHING & COMMUNITY ENGAGEMENT

- 2025 Newcomer Artist Ambassador, Mabelle Arts. Toronto, ON.
- 2021 Instructor, Skillshare. *Balancing an Art Practice with Motherhood*. Published March.
- 2020–2021 Founder and Art Facilitator, *PERMISSION TO CREATE*. Online creative community.
- Ongoing Program Host and Workshop Facilitator, Toronto Public Library. Toronto, ON.