



International
Epilepsy Day

ART EXHIBITION

Thank you to all the artists who submitted entries on the theme of “Milestones on My Epilepsy Journey.”

We hope that these artworks will foster a greater understanding and empathy among those who may not be familiar with the challenges associated with epilepsy.

Art can transcend words and provide a deep connection to the human experience. As viewers engage with these pieces, we hope that they gain insight into the strength and courage required to face the uncertainties that epilepsy often brings.



**International
Epilepsy Day**

MY DUCKS IN MY HEAD AND ME

GIANLUCCA

I'm Gianluca. I am 7 years old. I underwent functional hemipherectomy completely eliminating epileptic seizures and medication. This art space, I had at school. My integrative teacher accompanied me. Thank you for spreading what makes us all happy. Music. Art. Sport.



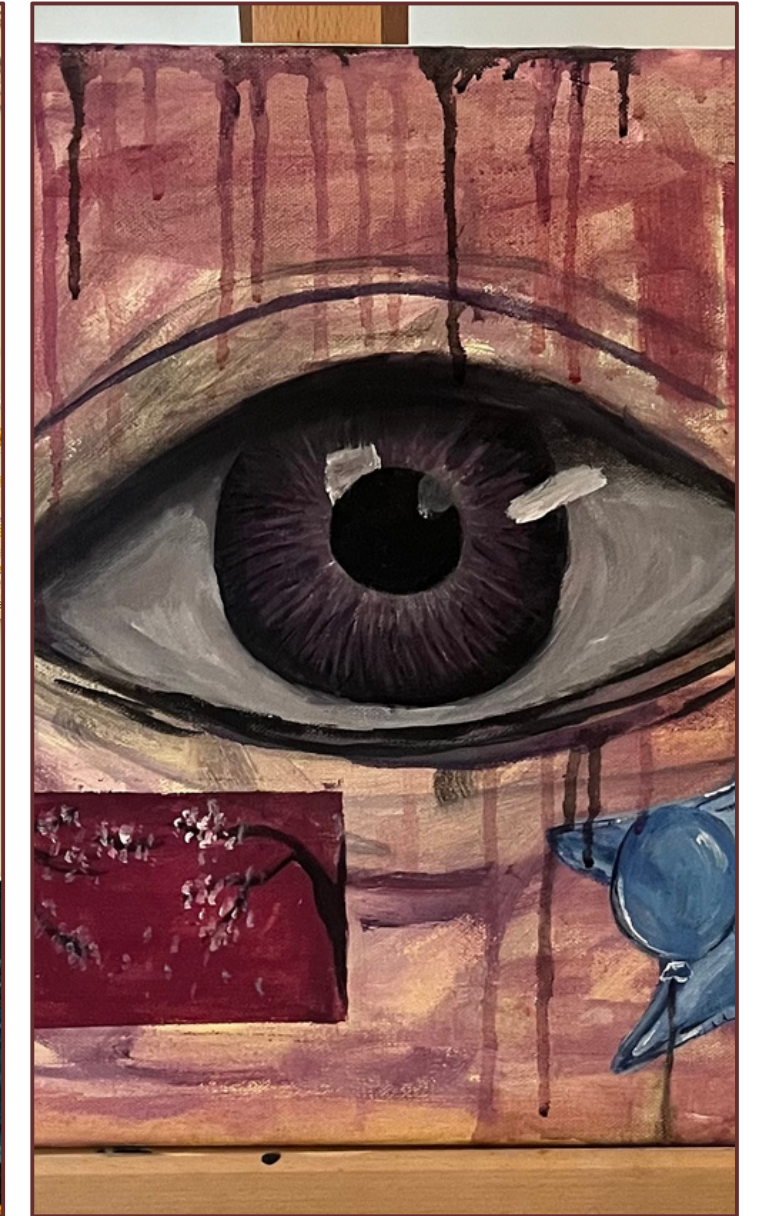
Argentina



EYE IN BLOOM

ABEERA ZIA

In my painting, the big eye is like my personal lens on the world, shaped by my journey with epilepsy. The mix of lively flowers and playful balloons tells a story of resilience and fleeting moments of happiness through it all. The eye, my unique viewpoint, catches the beauty in growth despite the challenges. The blossoms stand for strength, and the balloons symbolize little celebrations in the midst of the unpredictability of epilepsy. Together, these elements paint a picture of embracing the beauty of life and finding joy despite the ups and downs—an artistic reflection of my human experience with epilepsy.

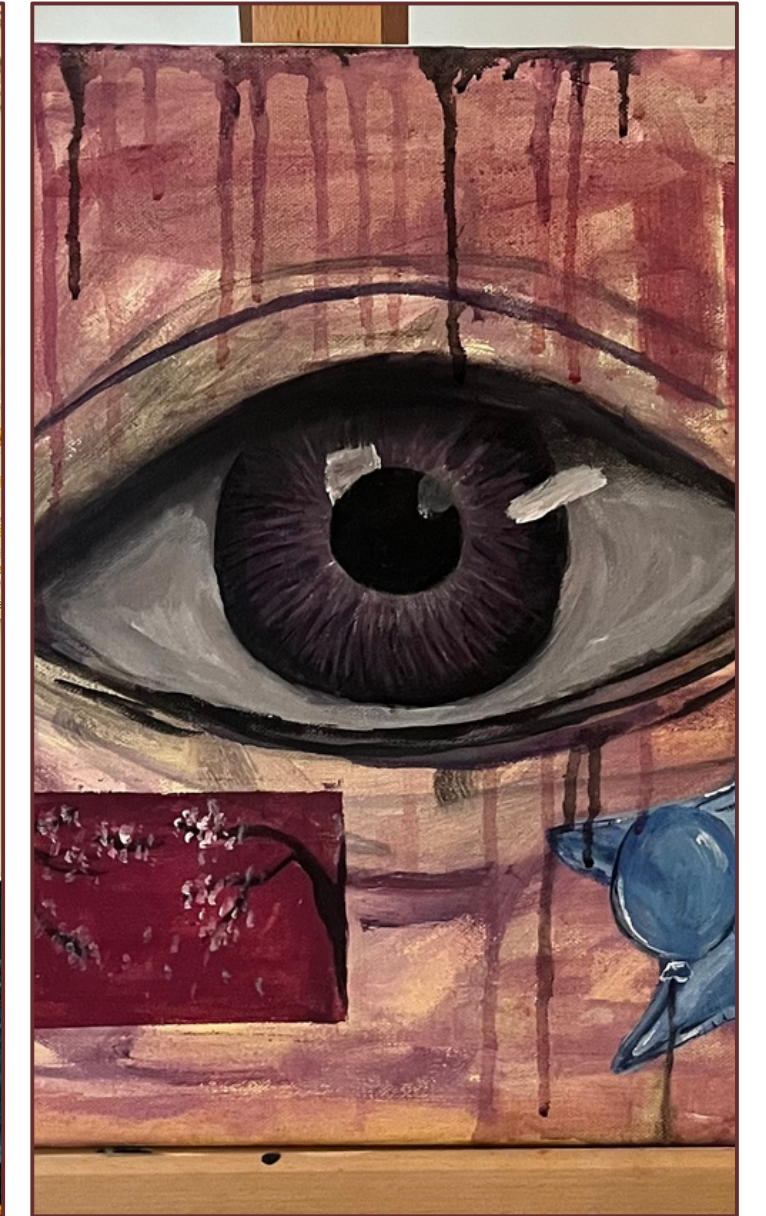


Australia

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Australia



PAINTING

JAYNE MEYER TUCKER

Life with epilepsy is like living life in a vortex. My husband Ronnie and I painted this picture following another glitch in my epilepsy journey. It is call VORTEX as the three different types of vortex: FORCED; MIXED; FREE are how we experience life when living with epilepsy. The avoidance of triggers is like the moments of FORCED procedures to be followed. The MIXED emotions are related to the experiences of stigma. The feeling of being FREE is the sweet spot when epilepsy is being managed.



Australia



CONGREGATION

NADINE NAUMOV

In my artwork, 'Congregation', I offer a glimpse into my personal odyssey with epilepsy, weaving resilience, wisdom, and strength into its intricate details. Since I was seven, epilepsy has been a steadfast companion, shaping my journey with its unpredictability and challenges. Through the swirling lines of my drawing, I illustrate the ebb and flow of my condition, navigating the highs and lows with unwavering determination. At the heart of the composition lies a majestic swan-like figure, symbolising my resilience and intuitive wisdom in the face of adversity. Much like the swan gracefully glides through life's waters, I move forward with poise and dignity, guided by my inner strength and intuition

.Surrounding the swan are a congregation of birds, representing hope and guidance throughout my journey. These feathered companions serve as my spirit guides, offering comfort and reassurance during the darkest moments. Despite the challenges posed by epilepsy, my seizures are now controlled, a testament to my perseverance and resilience. Through my artwork, I find solace and expression, turning my struggles into triumphs and capturing the beauty amidst the chaos. 'Congregation' is more than just a drawing; it is my story—a visual chronicle of my journey with epilepsy, marked by resilience, wisdom, and unwavering spirit. It reminds me that despite life's challenges, there is always beauty to be found and hope to guide the way.



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Australia

TREE OF LIFE

NADINE NAUMOV

In my intuitive drawing, 'Tree of Life', I embarked on a journey of self-expression and reflection, starting from random, intricate swirly lines and culminating in the creation of a beautiful, expansive tree. As an artist, this drawing holds profound significance for me, capturing an aspect of my personal journey with epilepsy.

Through the creation of the 'Tree of Life', I found a way to channel my emotions and experiences into art. The intricate lines symbolize the twists and turns of my journey with epilepsy, while the emergence of the majestic tree represents growth, resilience, and strength.

My affinity with nature and trees has always been deeply rooted in my soul. In the spiritual realm, trees are often seen as symbols of life, growth, and connection to the divine. The concept of the 'Tree of Life' has ancient origins, with references in various cultures and religions, including the Bible. One specific example from the Bible is found in the Book of Genesis, where the Tree of Life is mentioned in the Garden of Eden. It is described as a tree whose fruit grants eternal life, symbolising immortality, wisdom, and divine nourishment.

Despite the challenges posed by epilepsy, my seizures are controlled through medication, allowing me to pursue my passion for drawing. Through the creation of the 'Tree of Life', I am reminded of the transformative power of faith, resilience, and spiritual renewal in overcoming life's challenges. It serves as a testament to my journey of growth, healing, and spiritual connection.



Australia

SOARING HAVEN

NADINE NAUMOV

In my drawing 'Soaring Haven' I explore the depths of my journey with epilepsy, weaving resilience and hope into its intricate design. Beginning with random, swirling lines, the composition gradually takes shape, revealing a bird-like figure amidst celestial circles and other organic forms.

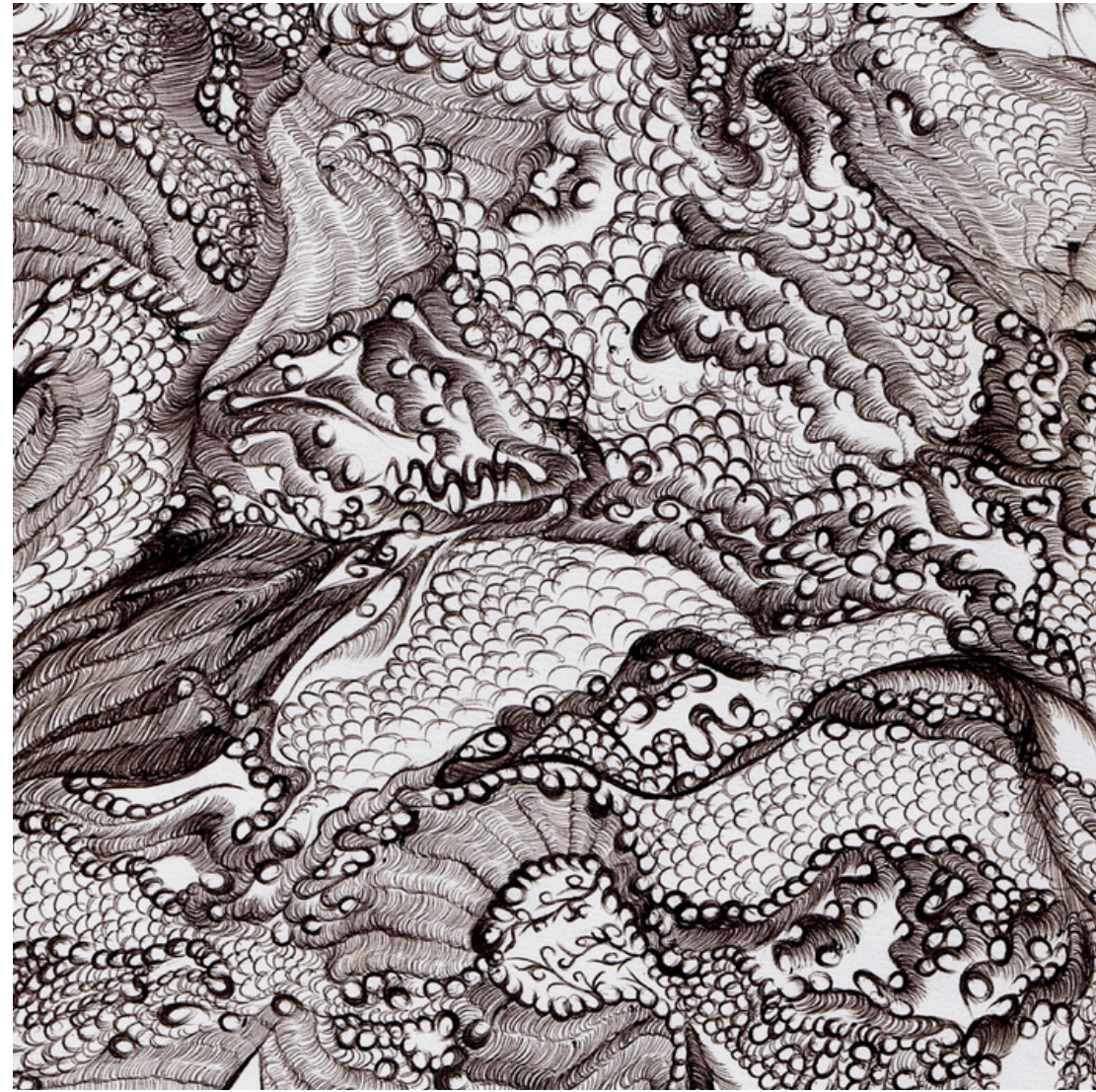
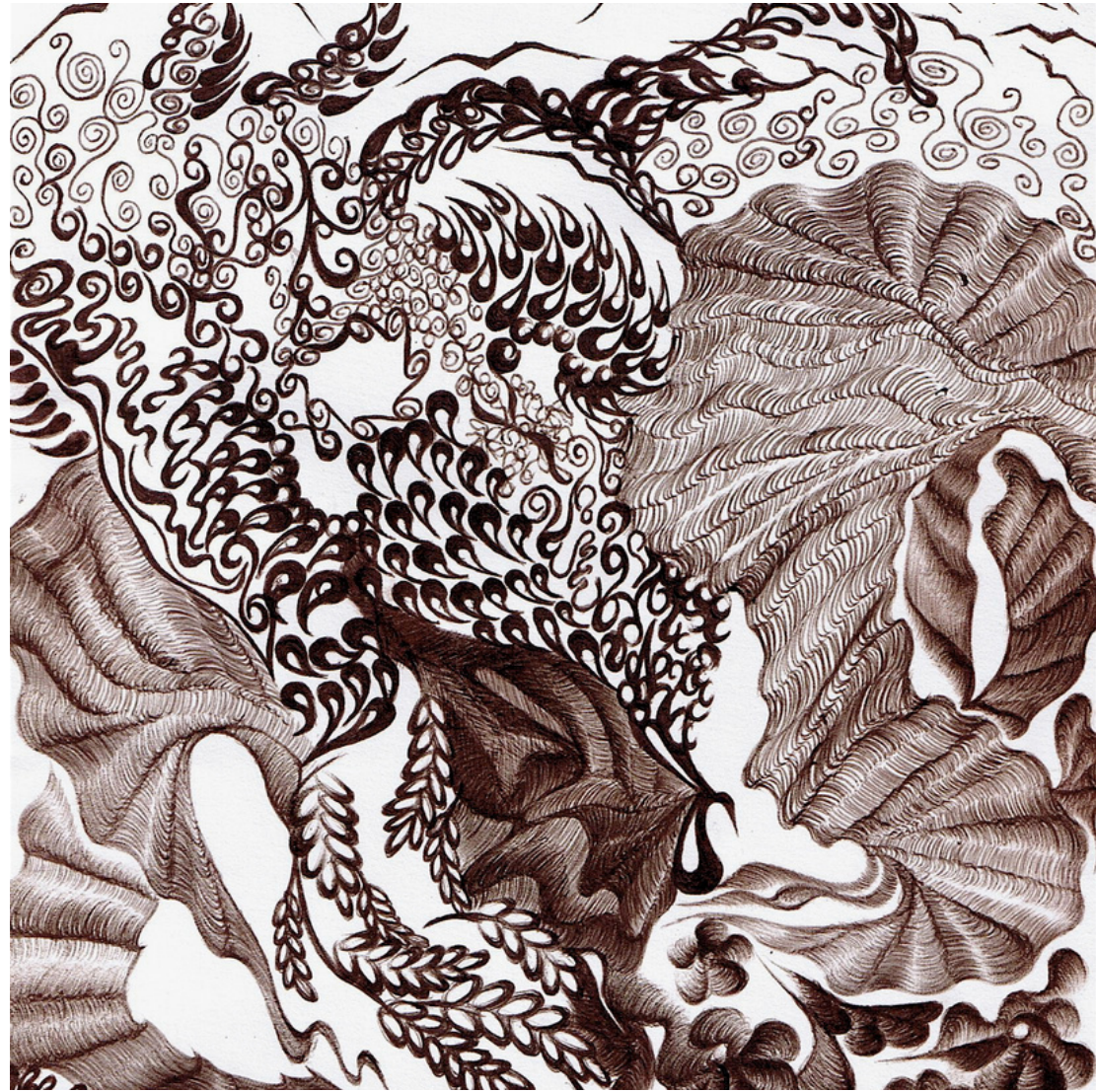
Through 'Soaring Haven' I channel the strength and determination that have carried me through the challenges of my epileptic condition. The bird-like figure symbolises freedom and transcendence, embodying the soaring spirit within me. The circular forms represent unity, wholeness, and the cyclical nature of life's challenges and triumphs.

My lifelong affinity with birds infuses this piece with deeper meaning. In spiritual symbolism, birds often represent freedom, guidance and spiritual connection. Drawing inspiration from the Bible, where birds are revered as messengers of hope and peace, 'Soaring Haven' becomes a testament to the enduring power of faith and resilience in the face of adversity.

As I continue to navigate life's journey with epilepsy, 'Soaring Haven' stands as a visual reminder of the strength and beauty found in overcoming obstacles. It is a testament to the transformative power of art and the indomitable spirit within us all.



Australia



MURAL

MAX LUCA

I painted this mural, due to my diagnosis of epilepsy in 2018. It shows the brain, and many life experiences with epilepsy.



Australia



THE TREE OF LIFE

IRMA ELIAS TORQUEMADA

This tree represents our own existence, from the moment we are born with our roots rooted in the ground, until we reach the end of our life. Just as epilepsy was "the sacred disease," the tree of life was "the sacred tree."

The work is of a patient in occupational therapy.



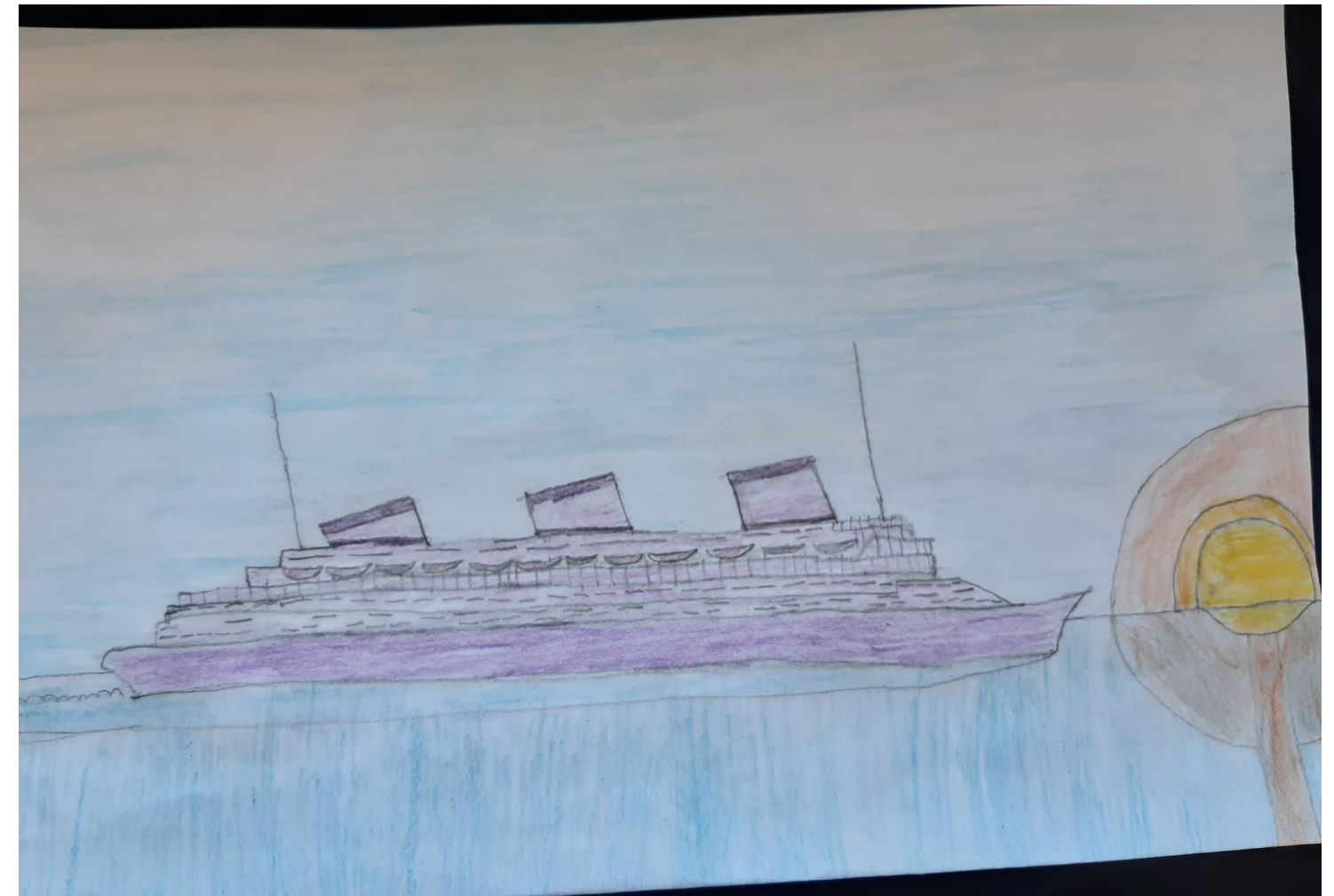
Bolivia



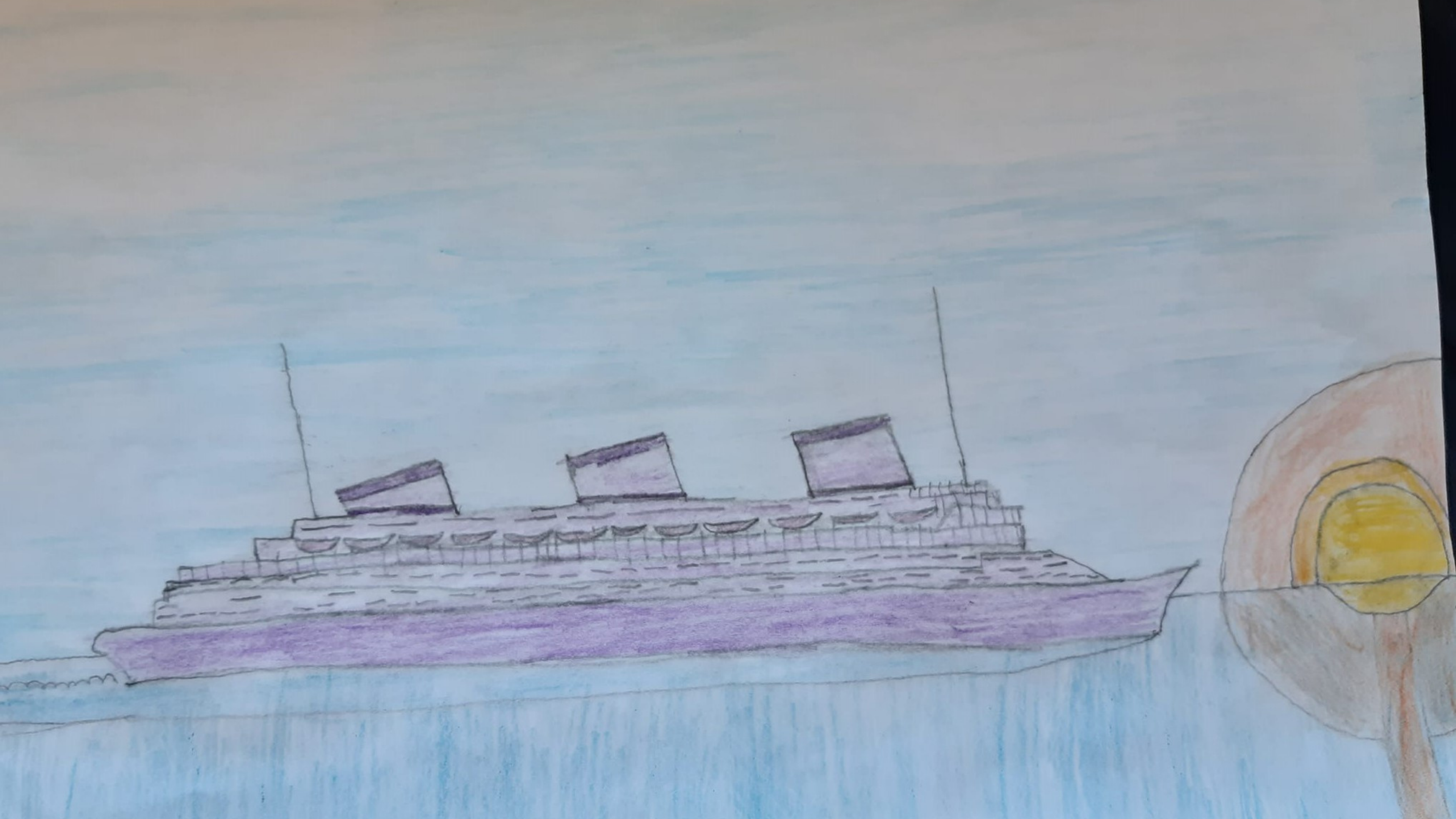
SAILING TO A BRIGHTER FUTURE

EMIR DOZO

I have created a drawing which depicts a boat sailing towards a brighter future for young people with epilepsy, including myself. I hope to see a light at the end of the tunnel, a blue open sky with a sun on the horizon, and a promise of a future that is fairer, where I can be an equal member of society, and where my condition will not impede my existence or my ability to prove my worth to others. The boat in my drawing represents my journey to the United States, where I aspire to continue my education and pursue a career in animation studios. I hope that epilepsy will not hinder the fulfilment of my dreams. This boat symbolizes a brighter future for me in a country where I can transform my dreams into a reality.



Bosnia and Herzegovina



MY SON THEO HAS EPILEPSY
THEO DZAMBO



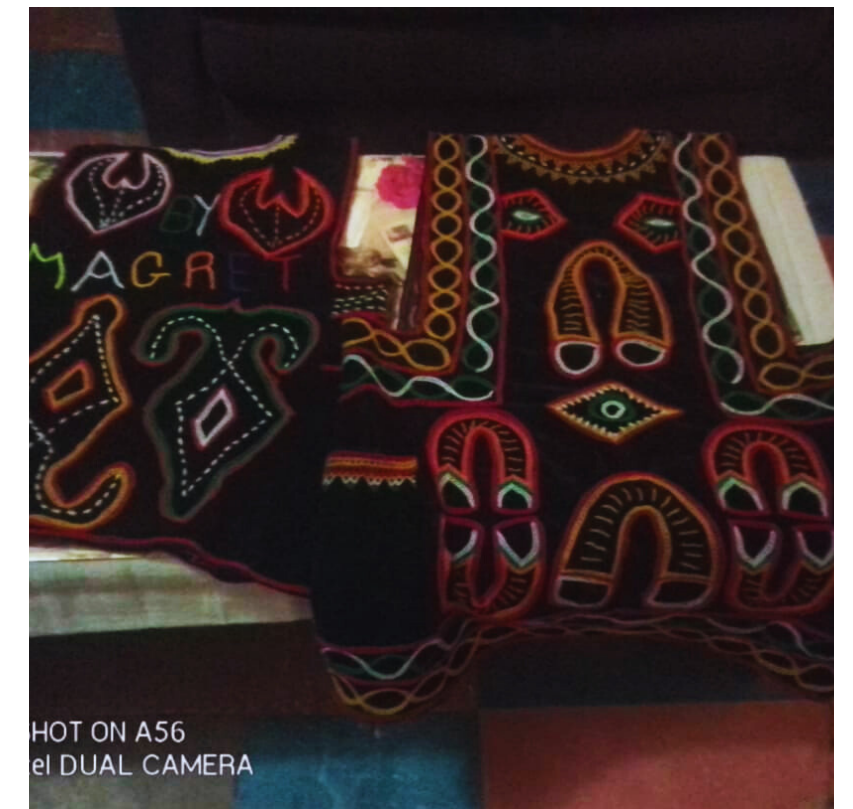
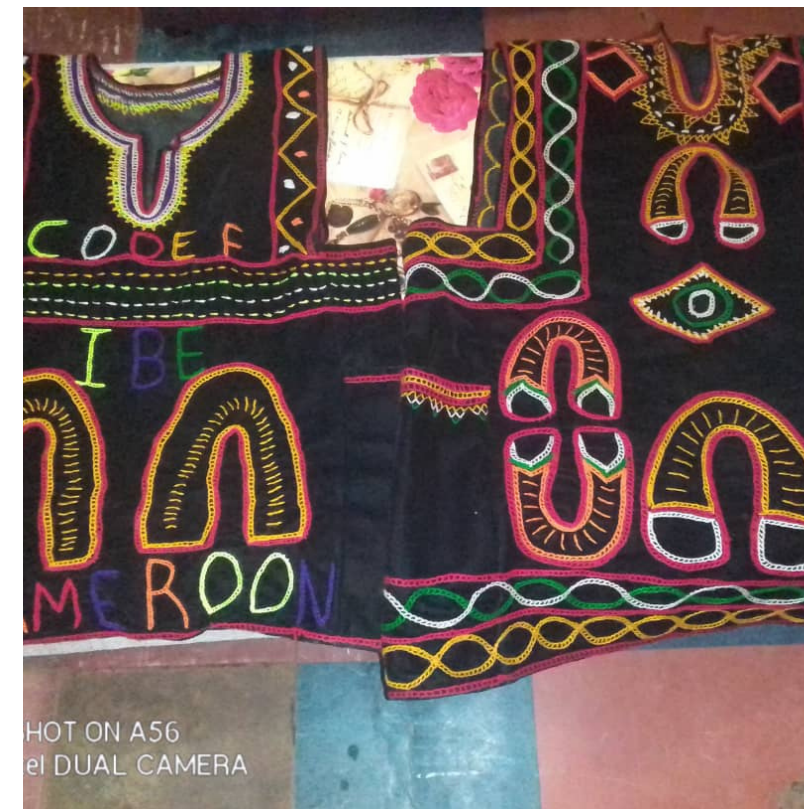
Bosnia and Herzegovina



MY EPILEPSY JOURNEY WITH EMBROIDERY

MAGRET LANTUM REYES

My work on embroidery is on a traditional regalia of the North West Cameroon. It is made up of fabric and thread using a needle and sewing machine. In Cameroon, once this dress is worn people will quickly recognize which part of Cameroon the person comes from. It is one of the costly dresses that can be offered to anyone who visits Cameroon. It has so many designs - some of which are for women and some for men.



Cameroon



HOT ON A56
el DUAL CAMERA



HOT ON A56
el DUAL CAMERA

AVANZANDO JUNTOS PARA ACABAR CON EL ESTIGMA

NOEMÍ CANALES

This is a collective creation to remind us that together we make more progress to end stigma and strengthen support networks for people with epilepsy because epilepsy opens new paths and allows us to be better people.

This work was created by the support group of the Epilepsy and Youth Chile Foundation.



Chile



LJEPOTA MAKSIMIRA
BOŽO VOJKOVIĆ



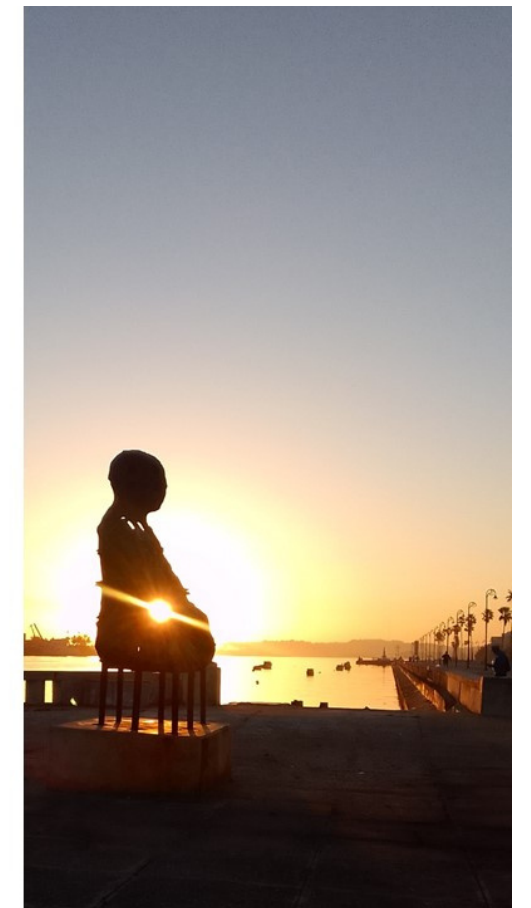
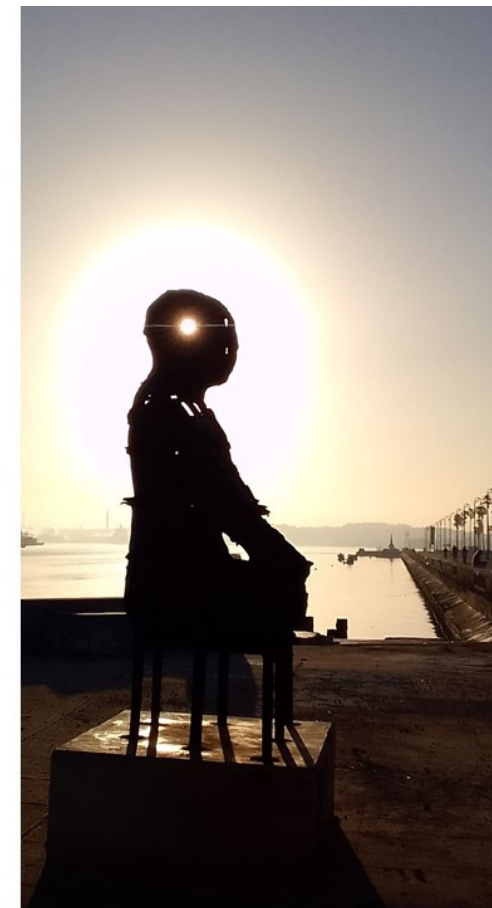
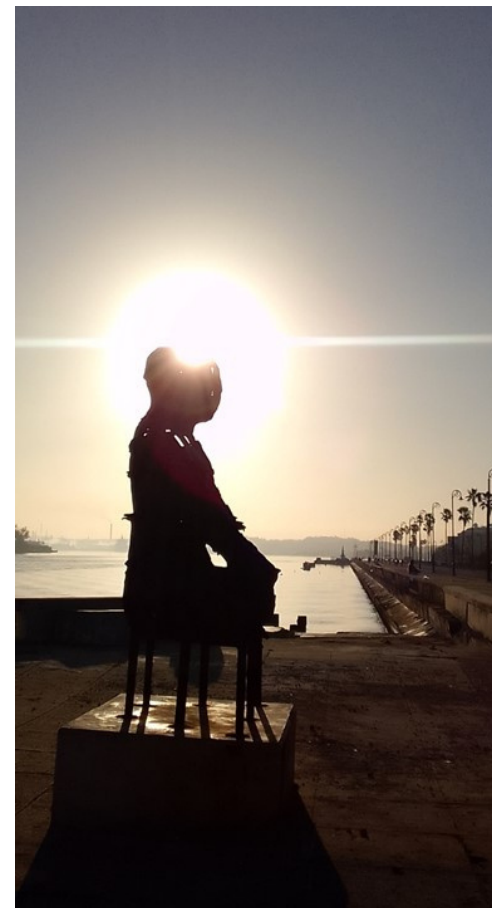
Croatia



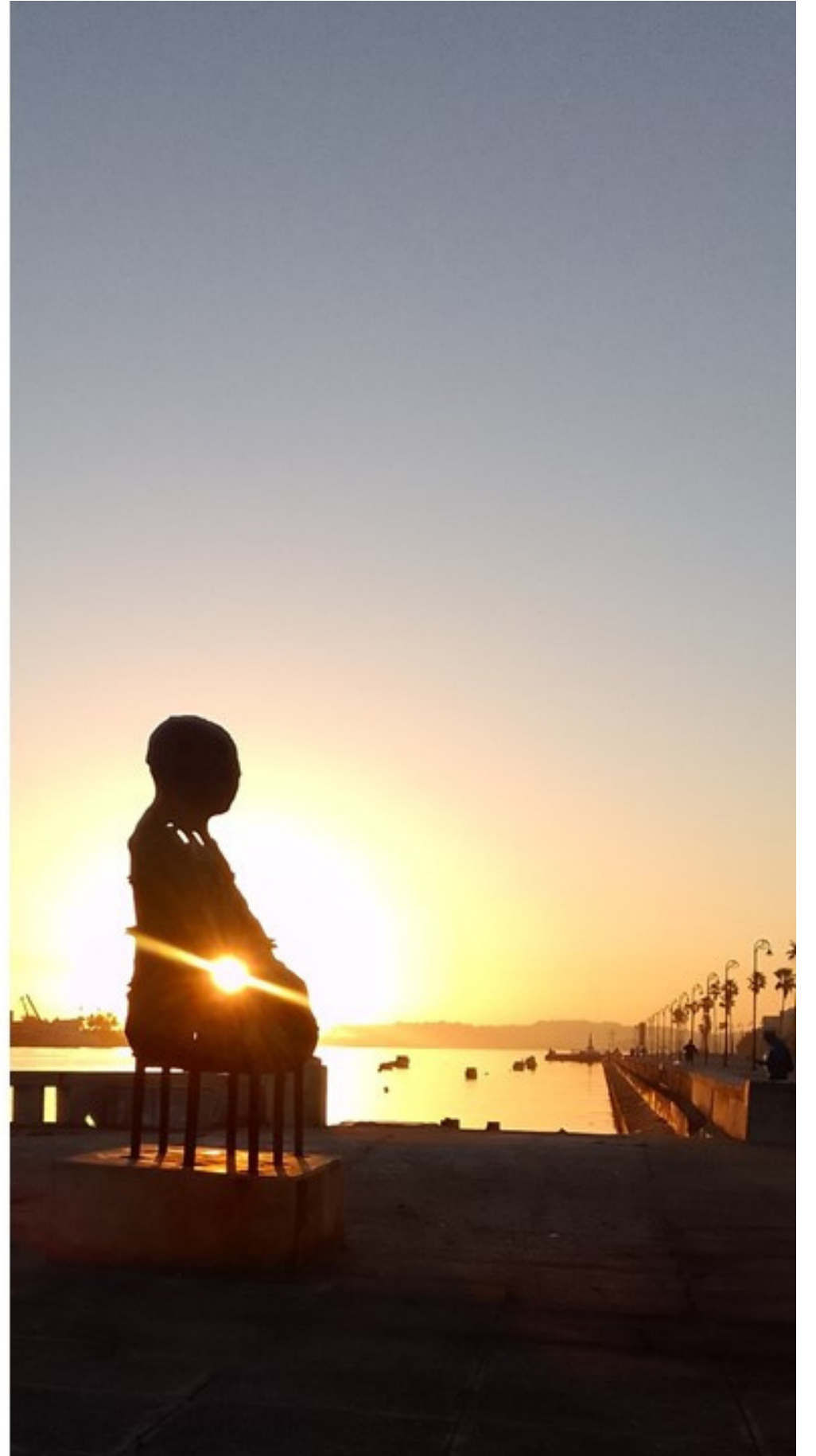
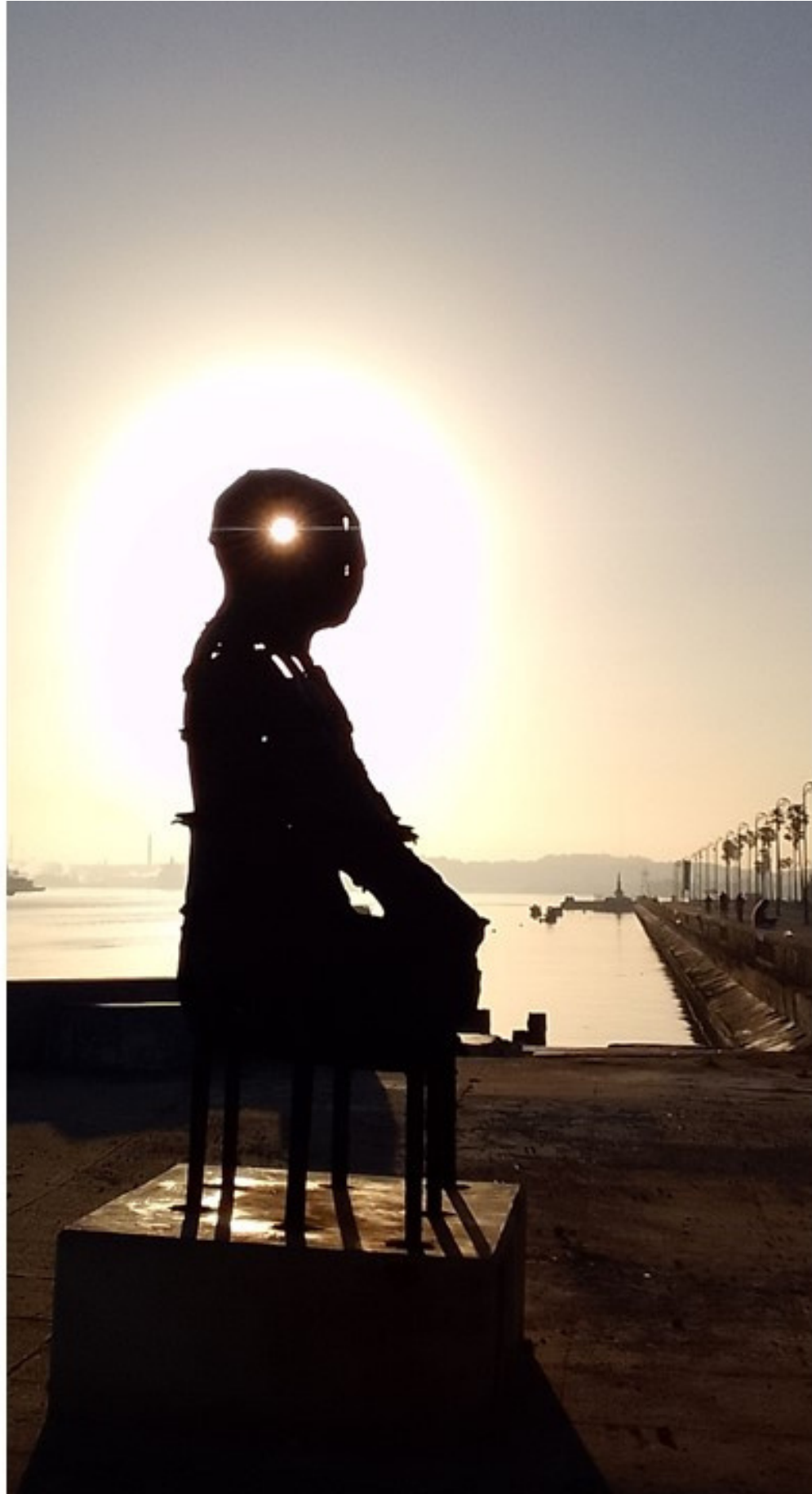
AURA. SEIZURES. LIFE.

REYMA CUETU REYES

Photos of an iron sculpture depicting a human figure in a meditative position on the Malecón in Havana, the sun shining through it. Aura that my daughter describes every day; Crisis: an explosion entering and leaving her head, coursing through her body; Life in apparent calm, with much to say stuck in the throat, definitely broken.



Cuba



TAKE IT!! NÁZEV SNÍMKU

MARTIN HAVEL

Photo I took in Paris thanks to a foundation supporting people with epilepsy in my country.

Fotografie, kterou jsem vyfotil v Paříži, kam jsem se dostal díky nadačnímu fondu Zlatá rybka, který podporuje vážně nemocné děti.



Czech Republic



THE SMELL OF WOOD

TEREZA

The smell of wood is the collective name for three pyrographies: Blossom bird, Elephant tree, and Sunset. They talk about the possibilities of remaining calm despite health and life circumstances, in the comfort of home, with calm music and candlelight.



Czech Republic



A STRENGTHENED HEART

RITA CARRASCO

The piece was created to serve as a symbol that though living with epilepsy is a challenge, it is one we can learn and grow from. I want to demonstrate that living with epilepsy has helped in opening a new worldview, where one is able to learn to appreciate all aspects of life. In order to convey this message, my piece utilizes only three colors, white, black, and red. When used separately, white represents hope, black embodies sorrow and anger, while red depicts strength and power. By joining them together, I was able to produce a union and balance of these opposing emotions, creating a whole. This serves as a symbol that, although we might have epilepsy, we are still able to fulfill a joyous and full life.



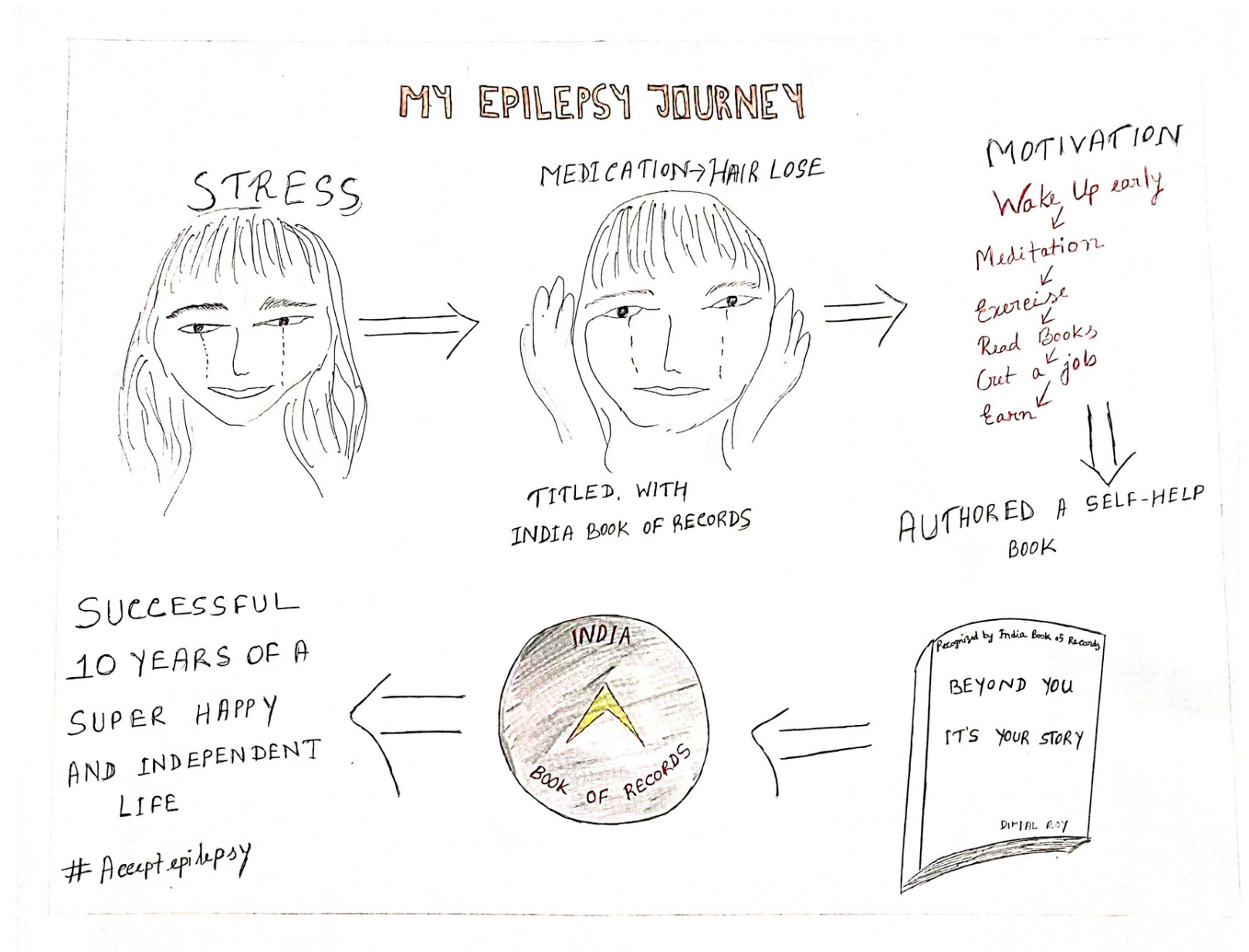
Guatemala



MY EPILEPSY JOURNEY

MS. DIMPAL ROY

Despite facing epilepsy since 2012, I've battled through challenges like seizures, weight issues, hair loss, and sleep disturbances. Despite weakness, vomiting, and both major and minor attacks, I persist with unwavering courage. My determination to achieve goals and dreams fuels my resilience. Each hurdle becomes a stepping stone, not a roadblock. With tenacity, I defy the limitations imposed by epilepsy, proving that the strength of the human spirit can overcome adversity. My journey isn't defined by seizures; it's marked by triumphs and an unyielding will to embrace life's possibilities.



India

MY EPILEPSY JOURNEY

STRESS



MEDICATION → HAIR LOSE



TITLED. WITH
INDIA BOOK OF RECORDS

MOTIVATION

Wake Up early

↓
Meditation

↓
Exercise

↓
Read Books

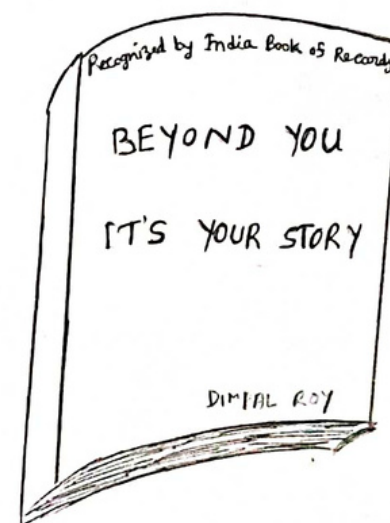
↓
Get a job

↓
earn

↓
AUTHORED A SELF-HELP
BOOK

SUCCESSFUL
10 YEARS OF A
SUPER HAPPY
AND INDEPENDENT
LIFE

Accept epilepsy



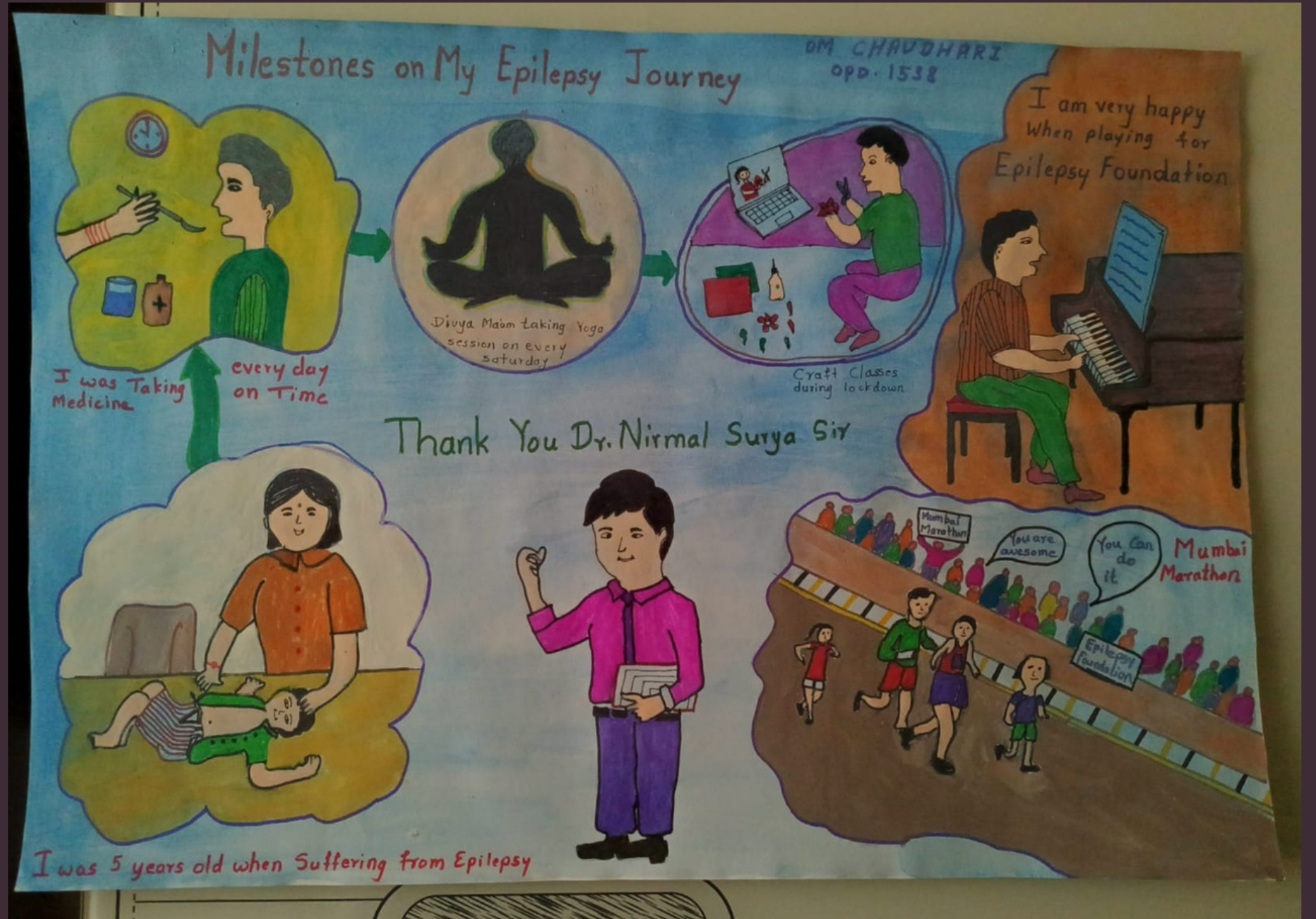
MILESTONES ON MY EPILEPSY JOURNEY

OM CHAUDHARI

I am 15-year-old Om Deepak Chaudhari living in Airoli, Navi Mumbai, Maharashtra, India. Epilepsy has been a part of my life since I was five years old. I stopped having seizures when I was 6 years old. After that, I continued with my medicine for another five years. Now that I have recovered completely from epilepsy, I am no longer taking my medication. In addition to participating in the Mumbai Marathon, Purple Day, and Rangoli Competition of the Epilepsy Foundation every year, I have taken part in various activities such as Craft, Drawing, Yoga, and Music. I'm very thankful to Dr. Nirmal Surya and his whole team. I am still making appointments every month for checking as per instructions by Dr. Nirmal Surya.



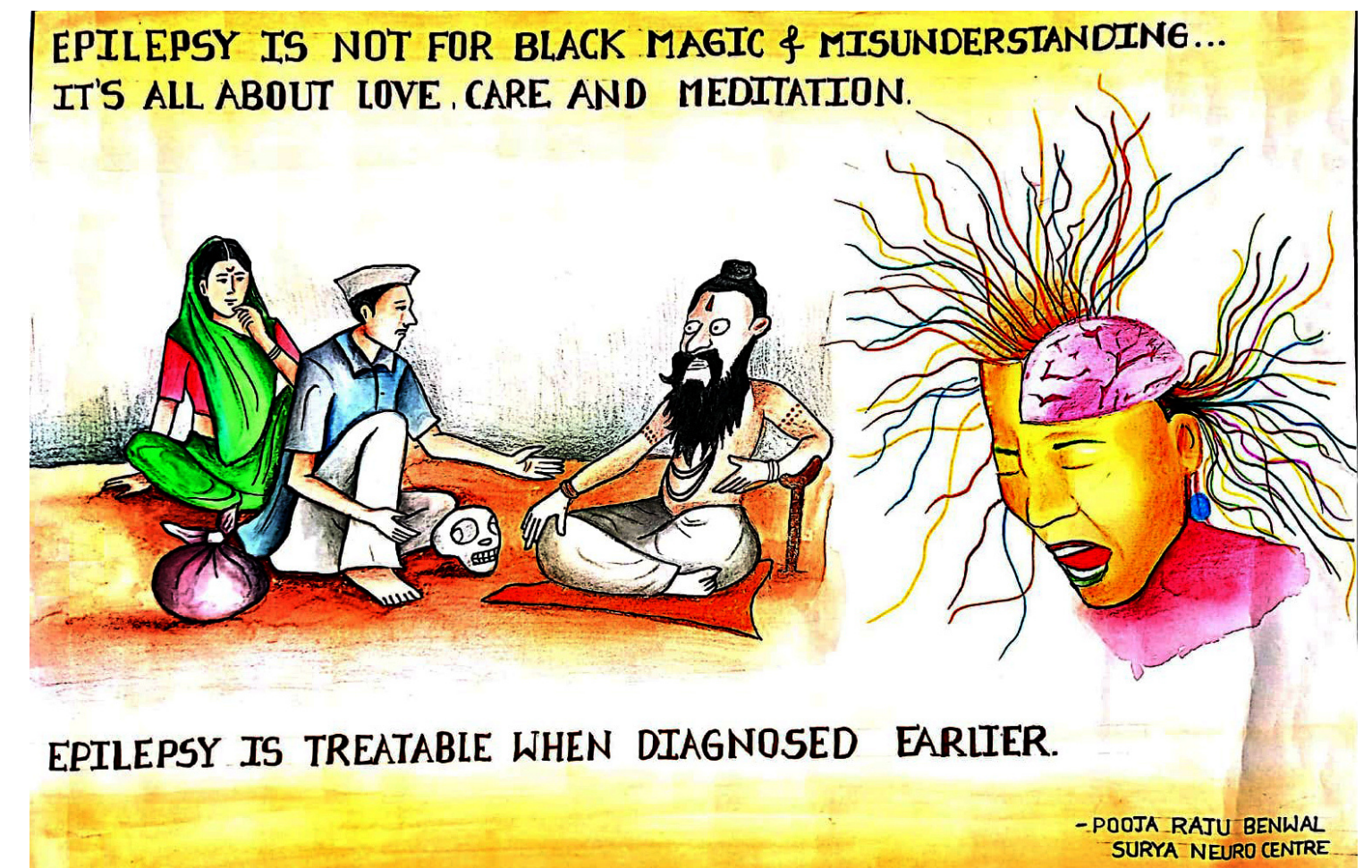
India



BLACK MAGIC & MYTHS IN EPILEPSY

POOJA BENWAL

For the past several years, I have been working as an EEG technician in rural areas and giving EEGs to patients in camps. When interacting with persons with epilepsy at camp, I realize that many of them have not gone to the doctor or sought treatment because of misunderstandings and fear. This picture illustrates how many rural patients are misguided and told that black magic causes epilepsy. Hopefully, they will visit a proper doctor and receive regular treatment.



India

IT'S ALL ABOUT LOVE, CARE AND MEDITATION.

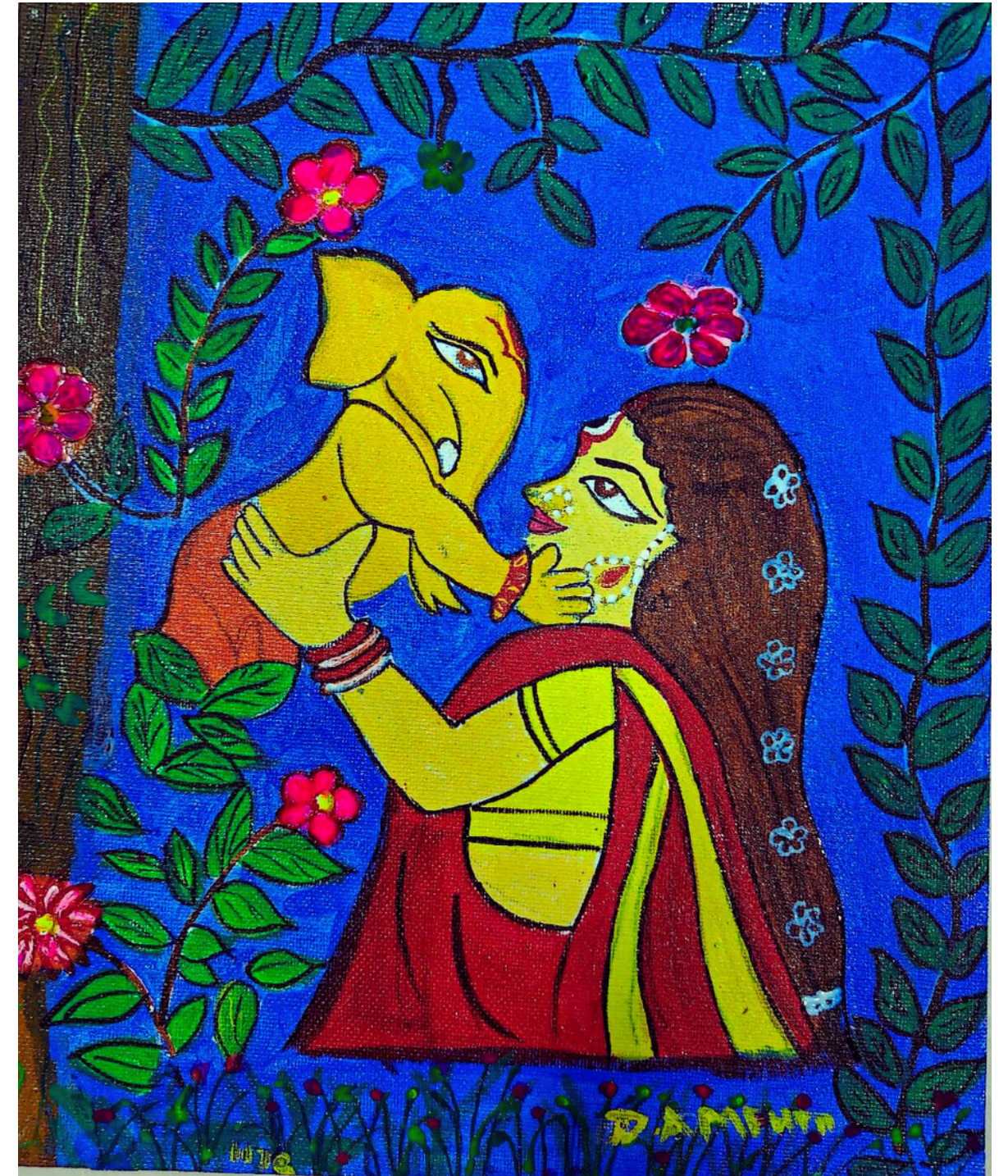


EPILEPSY IS TREATABLE WHEN DIAGNOSED EARLIER.

**A MOTHER GIVES COURAGE AND
STRENGTH TO HER CHILDREN TO MOVE
AHEAD IN LIFE.**

DARSHANA MEHTA

I am an epilepsy patient but I can do everything like a normal person. Dr. Nirmal Surya sir's treatment has greatly benefited me. With great confidence, I can do all my work by myself. I gained this confidence after joining the Epilepsy Foundation. I started drawing because of Nirmal sir and Aarti ma'am, and today I am very good at it. Coming here, it felt like we belonged to the same family.



India



EPILEPSY AWARENESS

SHRADDHA CHAURASIA

My epilepsy journey taught me a few things. Despite the stigma one faces at different places, I believe these points made me strong and I want to share them with you on this International Epilepsy Day.

1-Reconnect.

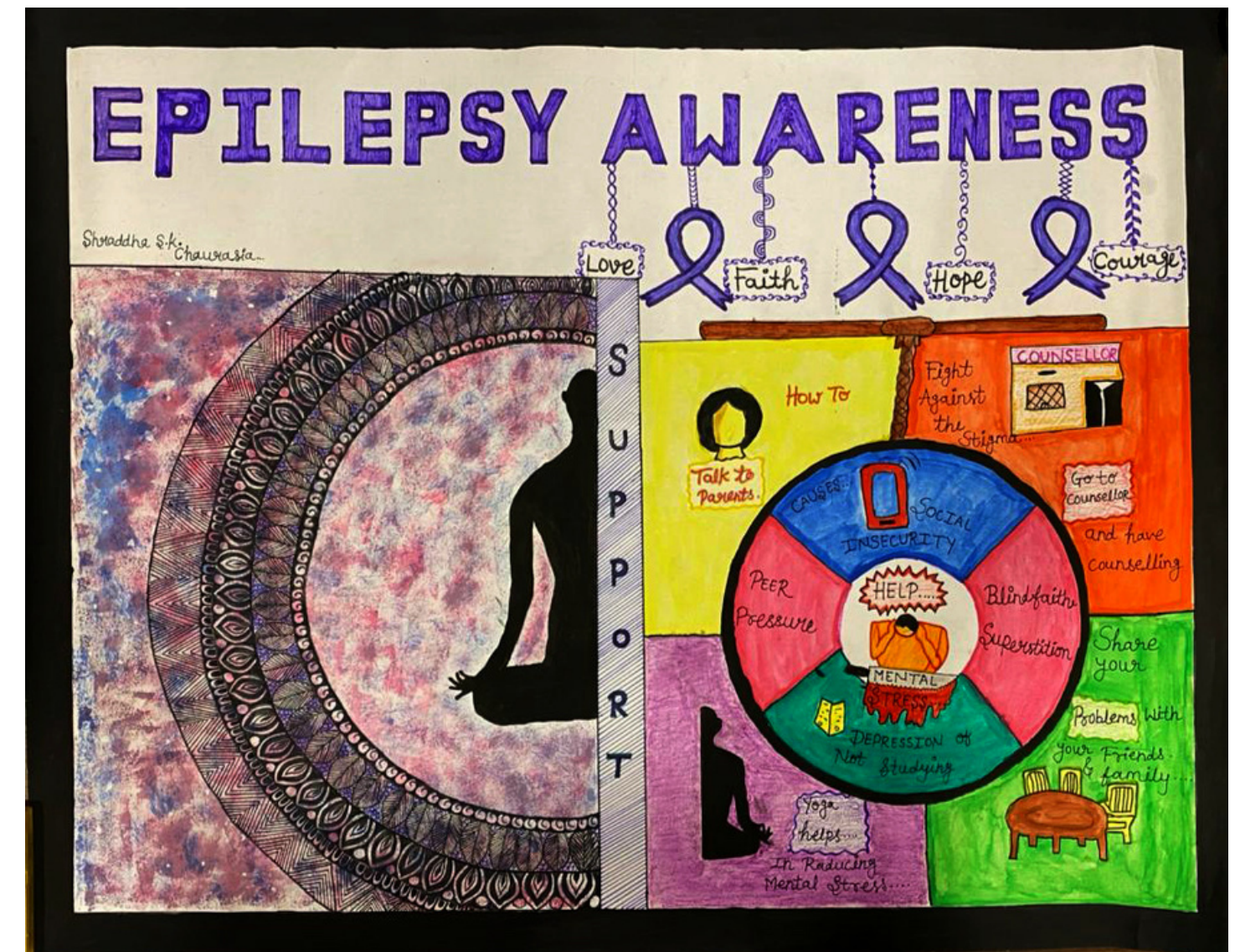
Meditation and connecting with your inner energy can help you stay grounded when there is any emotion, Storm.

2-Action is the key.

If you are having difficulty have a conversation with someone you trust about how you are feeling.

3-Yoga.

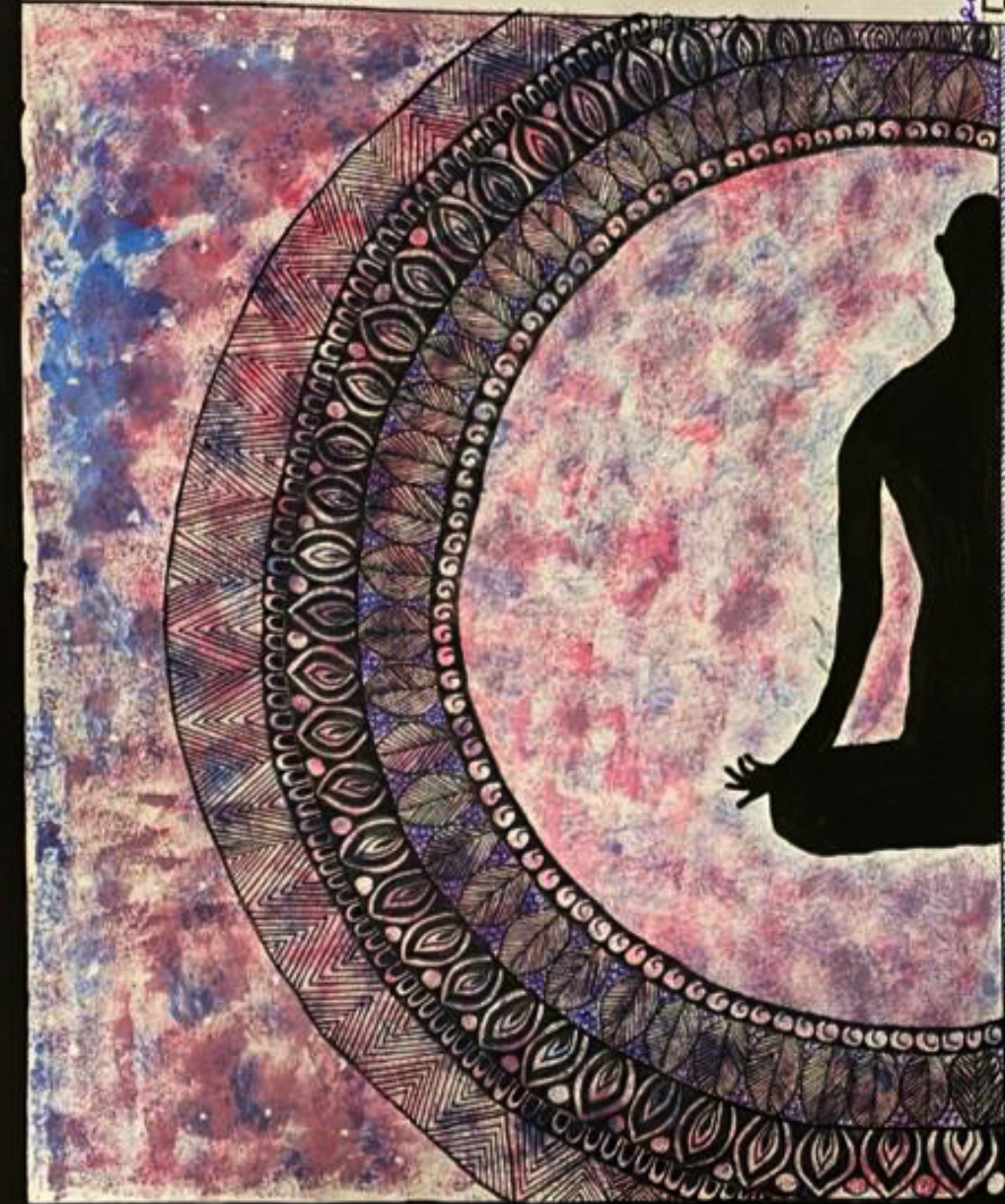
People with epilepsy benefit from it by reducing the frequency of seizures. Yoga can also help people deal with stigma.



India

EPILEPSY AWARENESS

Shradha S.K. Chauhan



S
U
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How To

Talk to Parents

CAUSES:

- SOCIAL INSECURITY
- PEER Pressure
- Blind faith Superstition
- DEPRESSION of Not Studying

HELP... MENTAL STRESS

Yoga helps... In Reducing Mental Stress...

Fight Against the Stigma...

COUNSELLOR

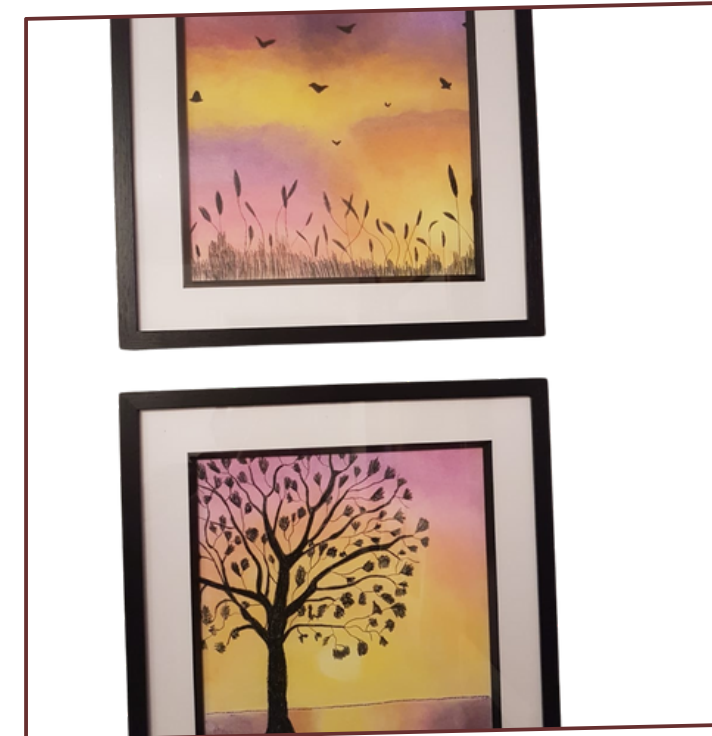
Go to Counsellor and have counselling

Share your Problems with your Friends & family...

PASTEL DRAWINGS

RACHEL COTTER

Since Covid 19 started I started doing my pastel drawings which I think really has helped my epilepsy because I hadn't thought about it. It's nice and relaxing listening to music and doing it together. It's great if ye are feeling stressed.



Ireland



FRIENDS ARE THE KEY TO HAPPINESS

LORRAINE LALLY

My Epilepsy journey began with me feeling lonely as a child struggling to make friends. Since then I have experienced the loneliness that comes with epilepsy. Epilepsy can be socially isolating. For me, it was a conversation starter, an opportunity to make a few hundred cups of tea in support of others, a chance to share our experiences and to know that there are others out there to listen with kindness. I am so happy to let you know that you are not alone! I want others to know that friendship is the greatest gift one person with epilepsy can give another person with epilepsy. Get out and make friends with others! Put yourself in new places.

#EpilepsyDay #Friendship #Future #Kindness

Ireland

BOLT FROM THE BLUE

LAURENCE JONES

Ten years ago. I wasn't expecting it.
One day in the kitchen, something
happened. Life was never the
same.



Ireland



FRIENDS ARE THE KEY TO HAPPINESS

GET CHARTY KIDS

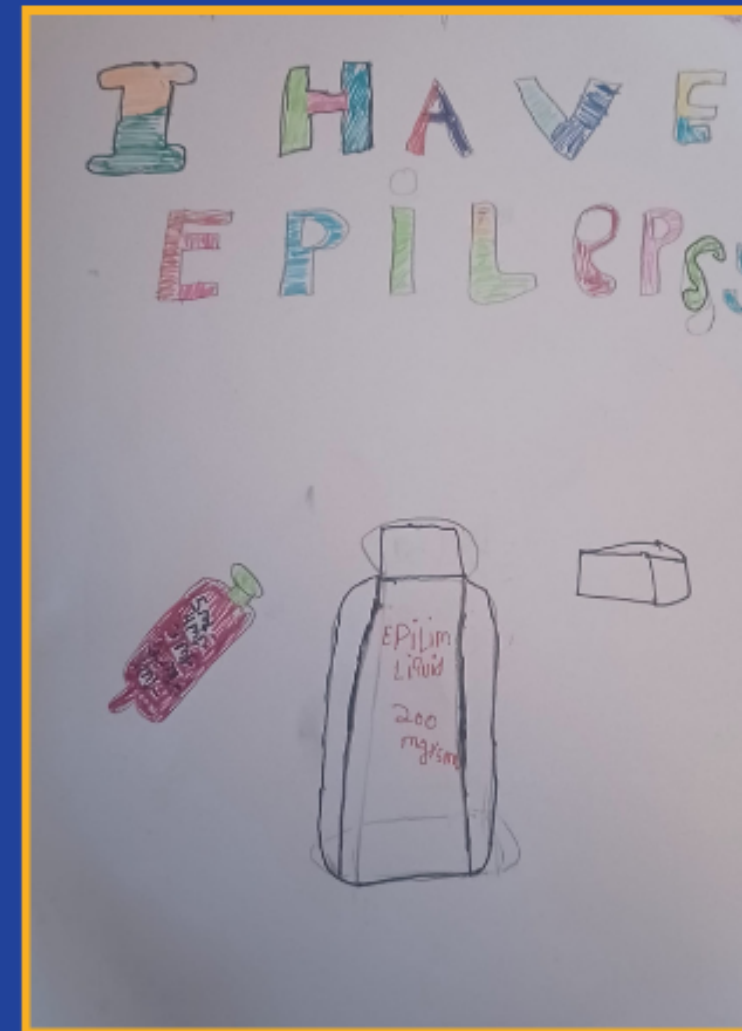
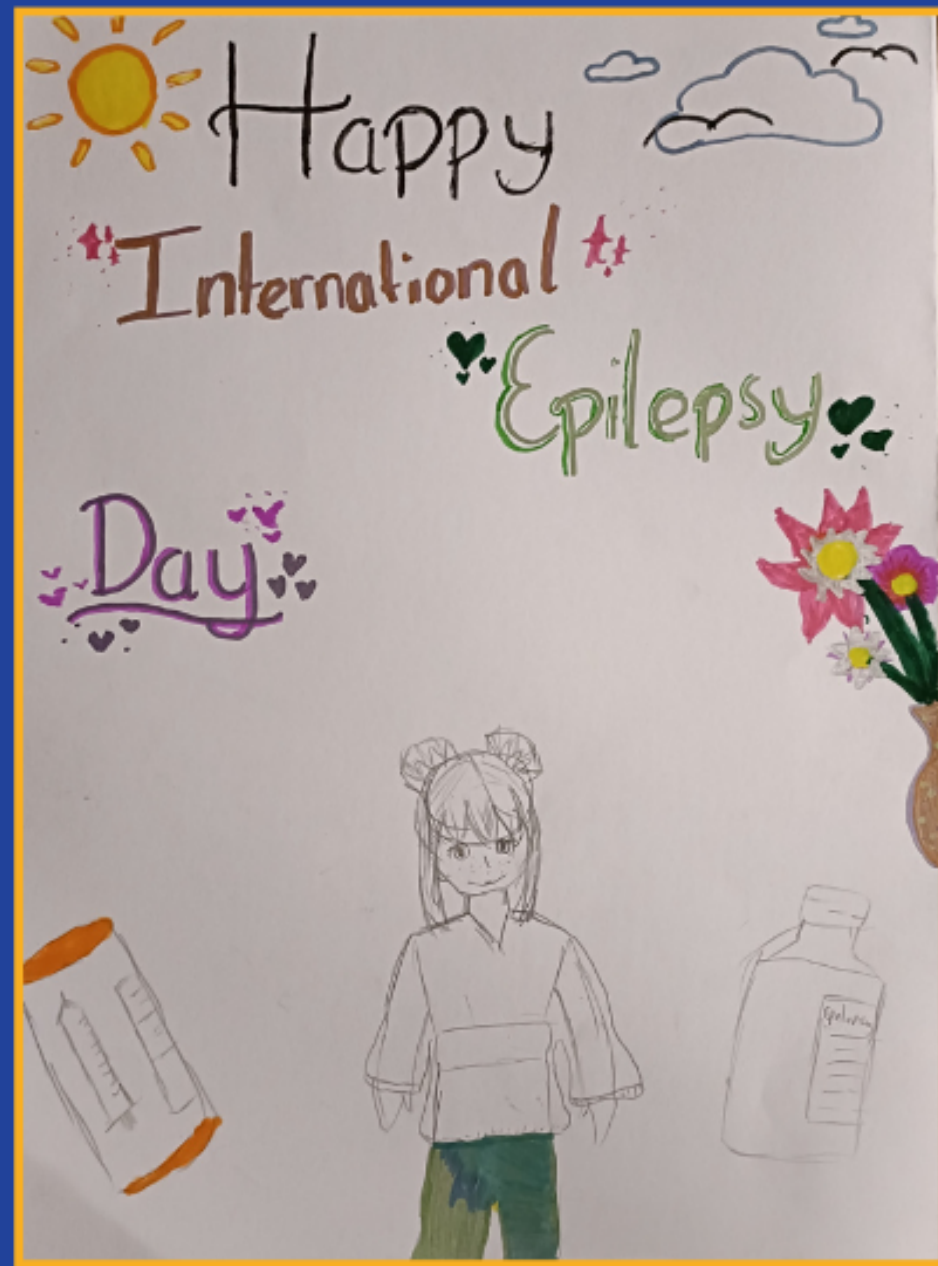
It can be hard for young people/children with epilepsy to sometimes meet with others living with the condition. Get ChARTy is a virtual event offered by Epilepsy Ireland that allows 8-12 year old's living with epilepsy to meet with others to have a chat - and do some art at the same time!

Get ChARTy is facilitated by Nichola Mooney. Nichola is an executive council member of the Irish Association of Creative Arts Therapists. Throughout her career, Nichola has used embodiment, projection, role (EPR) and play within the therapeutic process to help support children living with long-term health conditions and in other difficult situations. While children in attendance get to know each other, Nichola uses these techniques to help them better understand themselves and help them better understand that their epilepsy is not a barrier to doing all the things they want to do in life. Epilepsy Ireland Community Resource Officer, Niamh Jones also attends to offer information and support around epilepsy.

In their last event before Epilepsy Day, the children created these images to submit to our virtual arty exhibition – with many highlighting Epilepsy Ireland's key message of Time, Safe, Stay for seizure first aid.



Ireland



Team Get ChARTy!
#EpilepsyDay 2024

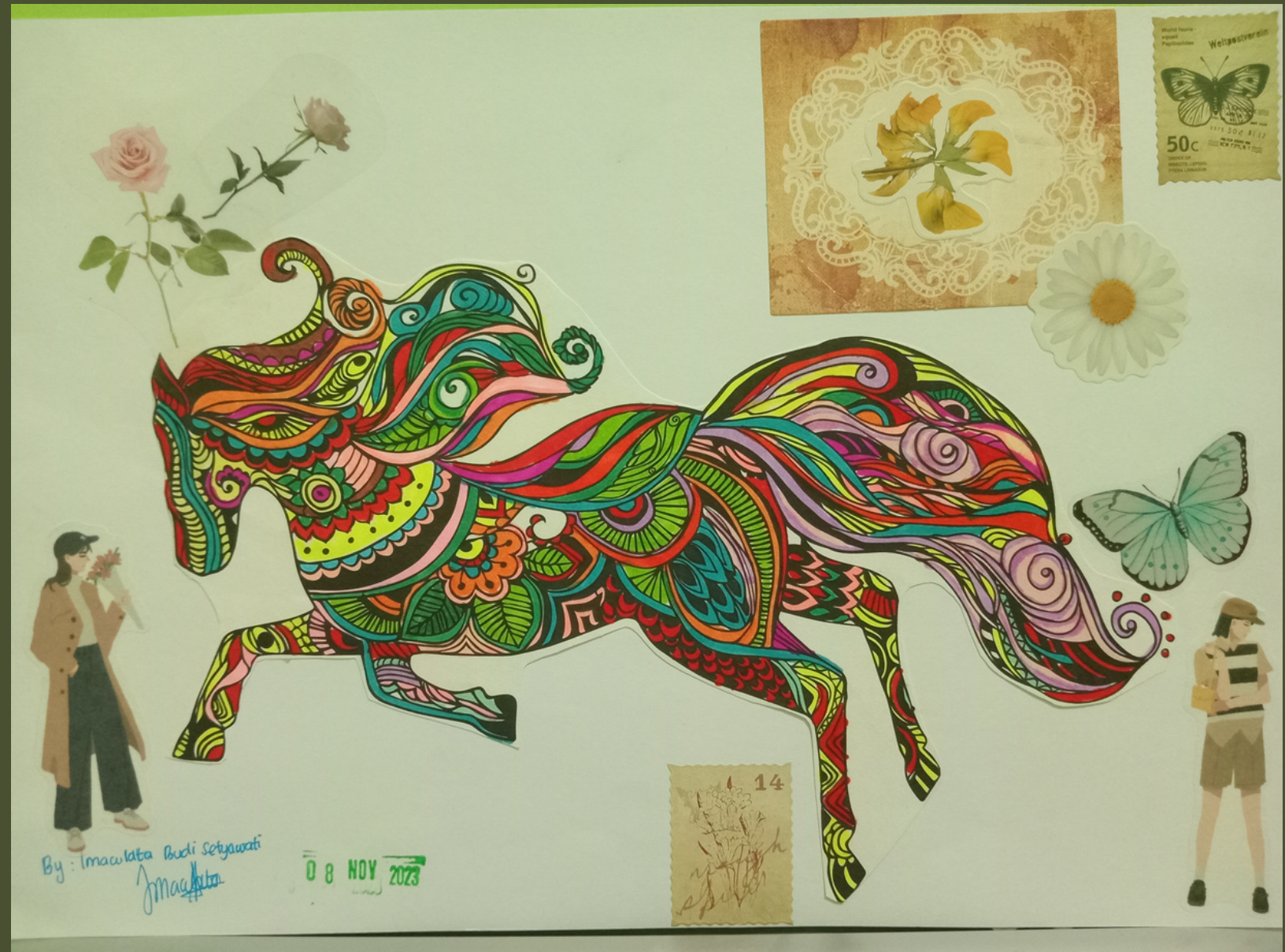
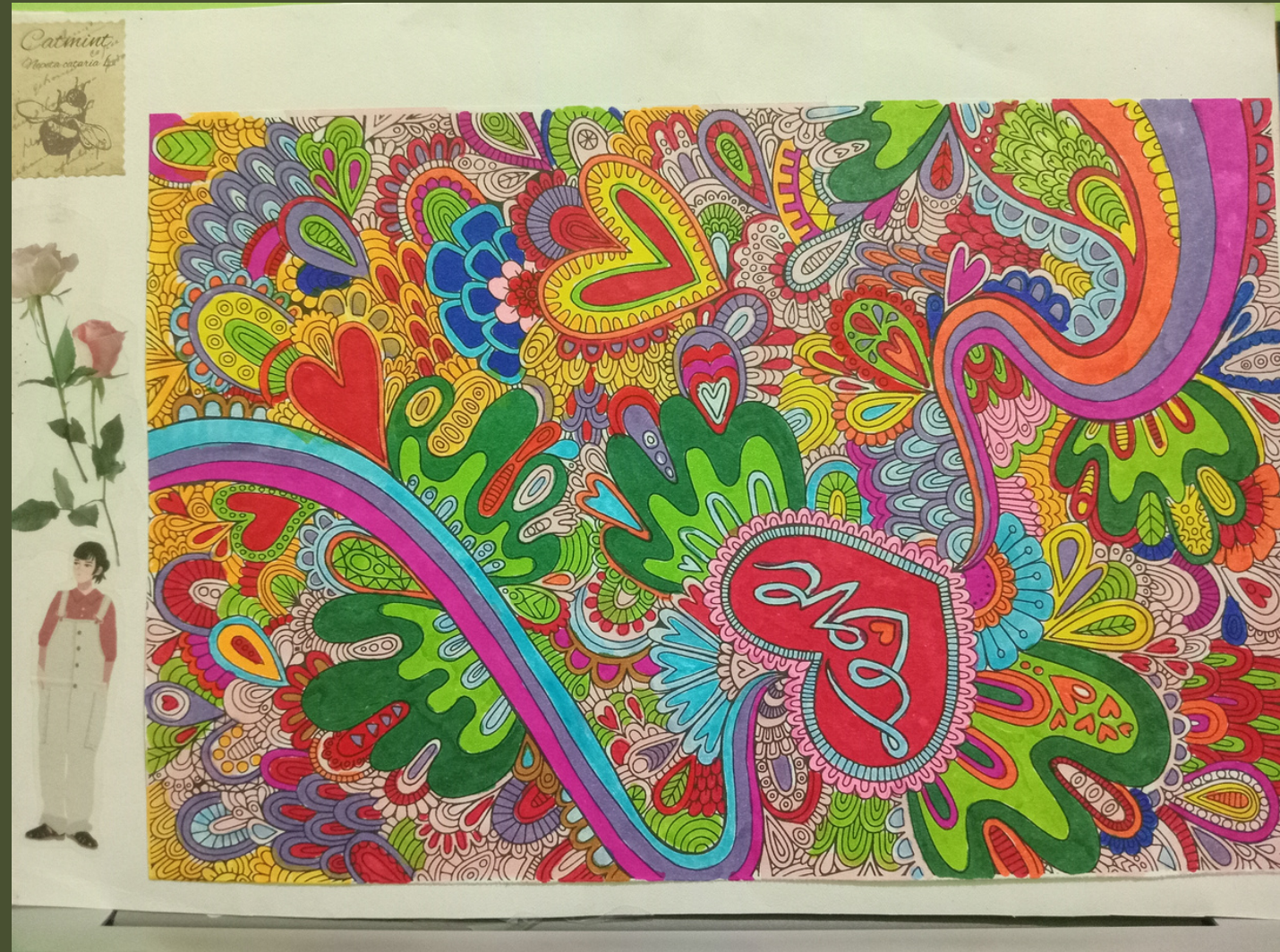
STRONG WOMEN

IMACULATA BUDI SETYAWATI

The picture explains how the sufferer is strong in facing the ordeal of epilepsy but can create works by painting, one of which is a horse. Where horses depict strength and the word "love" means love in the world of painting, both drawing and coloring plus decorations made on paper.



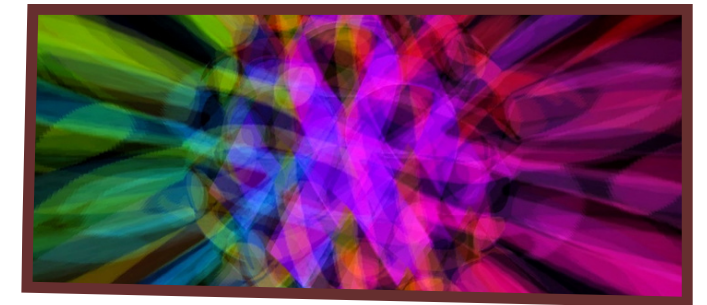
Indonesia



RESILIENT LIGHT: NAVIGATING THE STORM OF EPILEPSY TO THE SHORES OF TRANQUILITY

FIRMAN FAUZI

In 2001, as I neared my high school graduation, life's script took an unforeseen turn. En route to celebration, I was swept into the sterile arms of a hospital, where familiar yet obscure sensations morphed into the stark revelation of epilepsy. Cast into a tempest of confusion, surrounded by murmurs of possession and eerie forces, I found myself a solitary figure in a sea of judgmental gazes and desertions, even from those dearest to me. Each day blazed like a page in a saga of fiery misunderstanding. Yet, amidst this desolation, a resilient belief in light's persistence through the darkest nights took root. Guided by this beacon, I journeyed to Ciawi Regional Hospital. There, in the cadence of medical tests and a symphony of epilepsy treatments, I cultivated resilience. In this refuge, I encountered souls akin to mine, together weaving a tapestry of shared struggles and affections. This fellowship reawakened a smile, teaching me to waltz with my trials. My odyssey, laced with both anguish and enlightenment, stands as a testament: within the shadows of adversity, one can still unearth a path to tranquility and happiness.



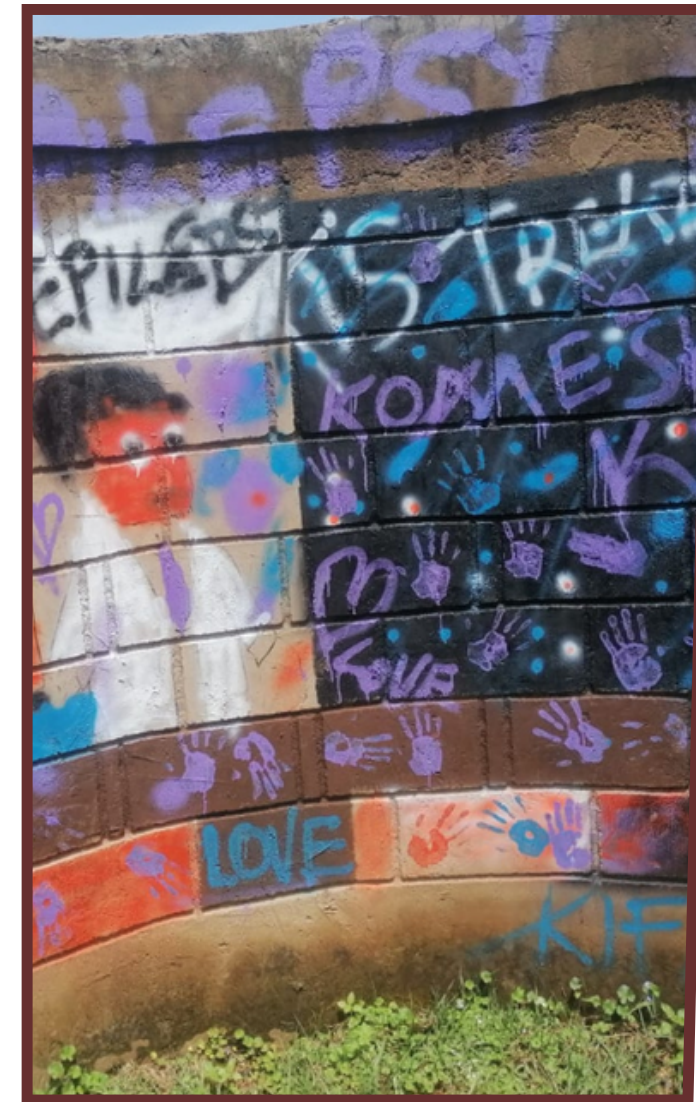
Indonesia



OUR VOICE: Transforming Perceptions Through Epilepsy Graffiti, Expressing Ourselves as Individuals with Epilepsy and Youths

JOHN MAGATI

"OUR VOICE: Transforming Perceptions Through Epilepsy Graffiti for Awareness and Advocacy" U-Rise Kenya has embarked on a meaningful initiative where individuals with epilepsy unite to create a series of impactful graffiti in both our local community and public spaces. The primary aim is to generate widespread awareness about epilepsy and initiate crucial conversations in regions where the condition is often misunderstood, stigmatized, or associated with negative beliefs such as being a curse or witchcraft. The graffiti serves as a powerful medium to challenge these misconceptions, emphasizing the importance of proper treatment and control. This innovative approach to epilepsy awareness has not only brought attention to the cause but has also sparked conversations in communities where the topic was often overlooked or misunderstood. By leveraging the visual impact of graffiti, U-Rise Kenya aims to break down barriers and foster understanding about epilepsy. Furthermore, this initiative has proven to be highly effective in encouraging more individuals to join our activities. The growing participation signifies a positive shift in attitudes and a broader acceptance of the conversation around epilepsy. U-Rise Kenya is making strides in building a supportive community that not only raises awareness but also promotes the importance of seeking treatment and maintaining control over the condition. In summary, "OUR VOICE: Transforming Perceptions Through Epilepsy Graffiti for Awareness and Advocacy" is not just an art project; it is a dynamic movement that seeks to reshape societal views on epilepsy, encourage dialogue, and ultimately contribute to a more inclusive and informed community.



Graffiti For Epilepsy Awareness

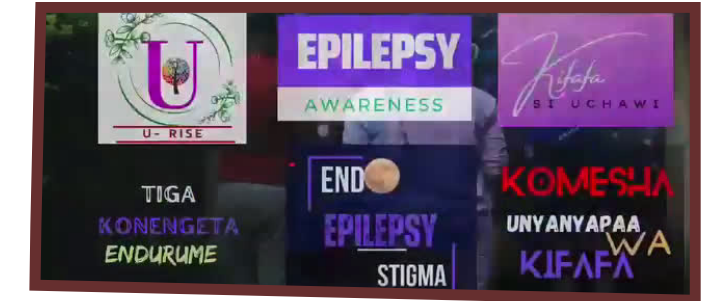
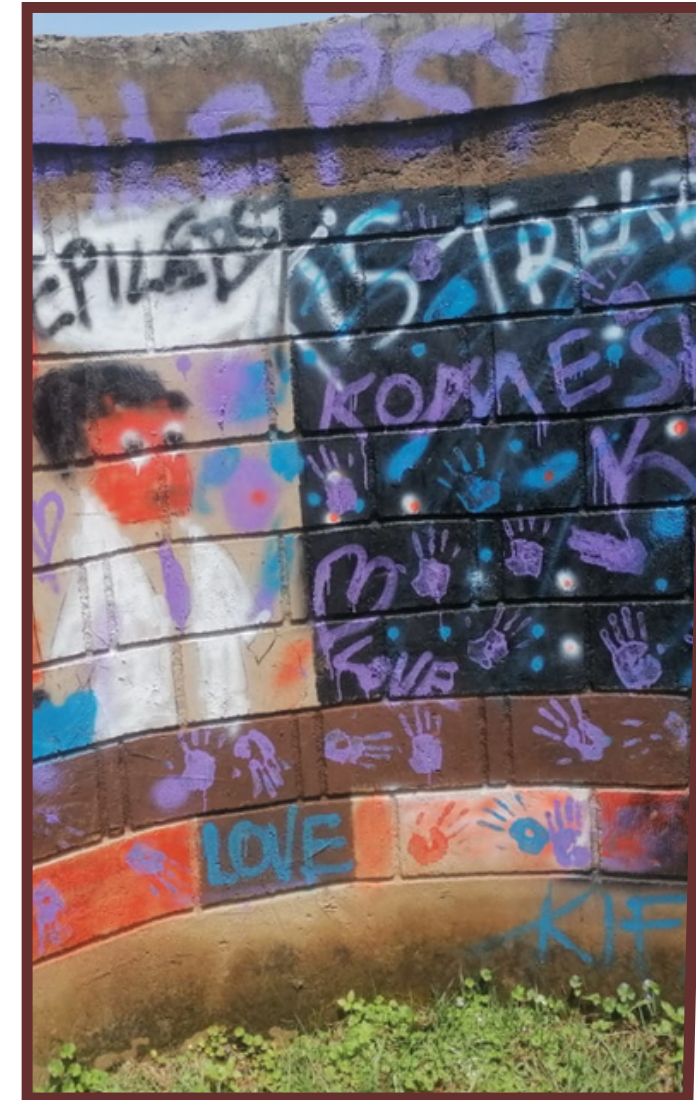


Kenya

OUR VOICE: Transforming Perceptions Through Epilepsy Graffiti, Expressing Ourselves as Individuals with Epilepsy and Youths

JOHN MAGATI

"OUR VOICE: Transforming Perceptions Through Epilepsy Graffiti for Awareness and Advocacy" U-Rise Kenya has embarked on a meaningful initiative where individuals with epilepsy unite to create a series of impactful graffiti in both our local community and public spaces. The primary aim is to generate widespread awareness about epilepsy and initiate crucial conversations in regions where the condition is often misunderstood, stigmatized, or associated with negative beliefs such as being a curse or witchcraft. The graffiti serves as a powerful medium to challenge these misconceptions, emphasizing the importance of proper treatment and control. This innovative approach to epilepsy awareness has not only brought attention to the cause but has also sparked conversations in communities where the topic was often overlooked or misunderstood. By leveraging the visual impact of graffiti, U-Rise Kenya aims to break down barriers and foster understanding about epilepsy. Furthermore, this initiative has proven to be highly effective in encouraging more individuals to join our activities. The growing participation signifies a positive shift in attitudes and a broader acceptance of the conversation around epilepsy. U-Rise Kenya is making strides in building a supportive community that not only raises awareness but also promotes the importance of seeking treatment and maintaining control over the condition. In summary, "OUR VOICE: Transforming Perceptions Through Epilepsy Graffiti for Awareness and Advocacy" is not just an art project; it is a dynamic movement that seeks to reshape societal views on epilepsy, encourage dialogue, and ultimately contribute to a more inclusive and informed community.

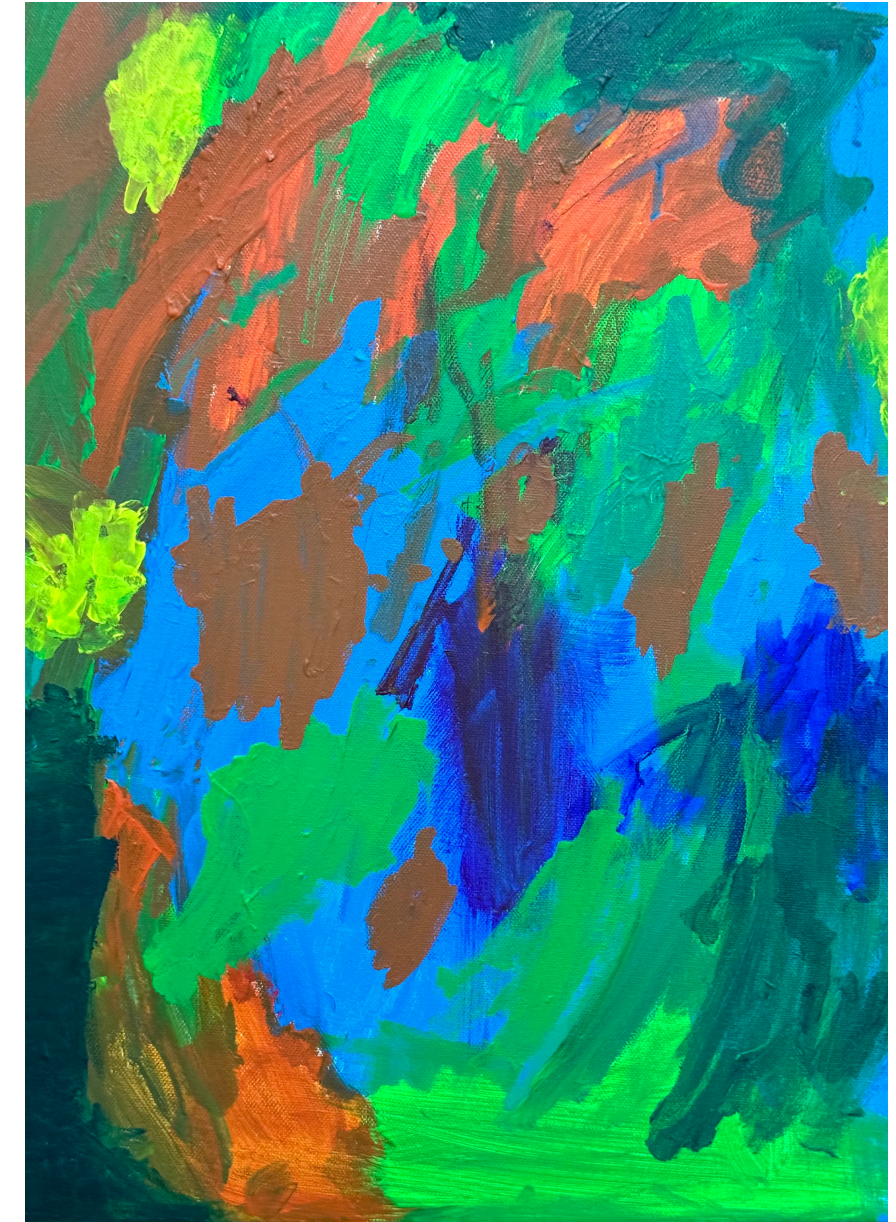


Kenya

ANIMALS AROUND US

NUR KHADEEJA ALYA MOHD KHAIRIE

Painted in 2023, this artwork marks Khadeeja's fourth year navigating epilepsy. Her artistic journey began in 2022, focusing on abstract art that holds personal significance for her. The depiction includes recognizable animals in her surroundings such as cats, dogs, spiders, sheep, and tigers.



Malaysia



BREAKING BARRIERS

NOEL PORTELLI

One of the primary barriers people with epilepsy face is mental health stigma. Due to the misconceptions surrounding epilepsy, individuals have often been distanced by society, leading to isolation, discrimination, and low self-esteem. However, efforts have been made to raise awareness, educate the public, and dispel myths surrounding epilepsy. This has led to increased acceptance and understanding, breaking down barriers and providing individuals with epilepsy with opportunities for social integration. Celebrating International Epilepsy day is a catalyst in promoting and achieving this aim on an international level.



Malta

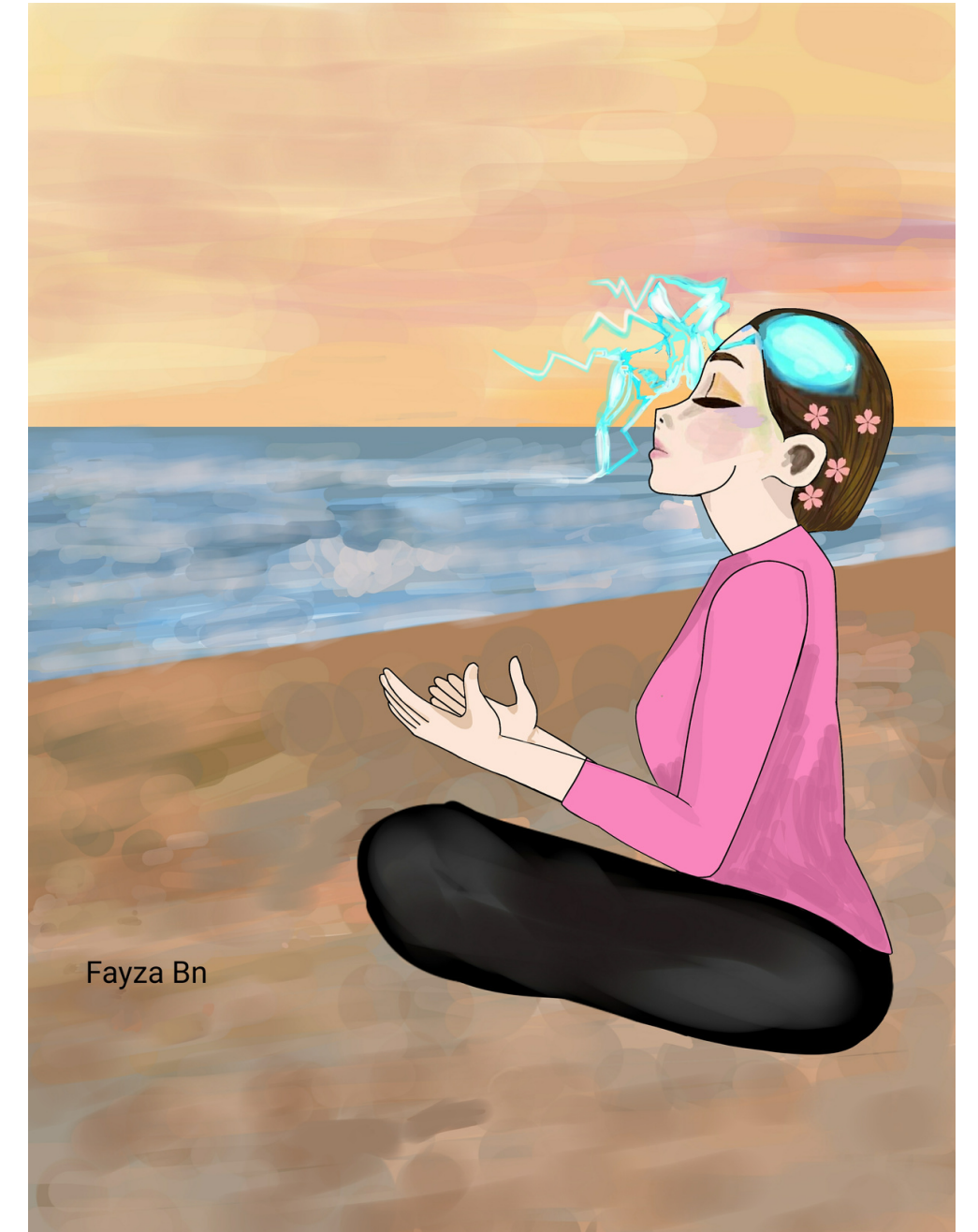
BREAKING BARRIERS



MEDITATION TO REDUCE ELECTRICAL CHARGE

FAYZA BENBOUAANANE

A girl doing yoga on the beach to reduce stress.



Morocco



Fayza Bn

BLOSSOMING LIFE IS YOURS

G. MALEESHA NIRMANI

Let not thoughts of epilepsy bring fear
Nor time be distilled in sorrow
The threat of disease with tests and
treatment will cure
A blossoming life will be yours and
tomorrow

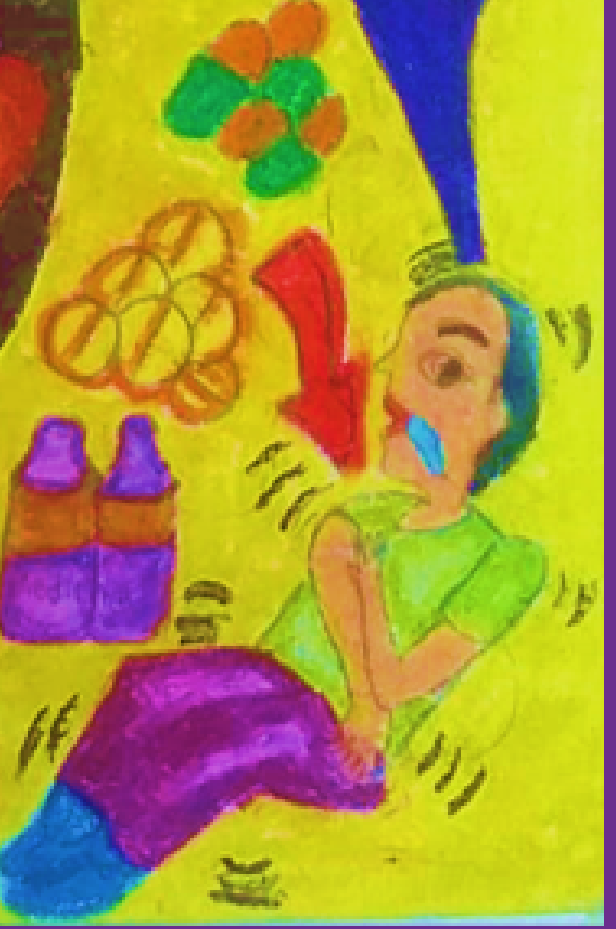


Sri Lanka

ଶ୍ରୀମଦଭଗବତ୍‌ଗୀତା



ଶୂନ୍ୟତା



କୃଷକ

BLOSSOMING LIFE IS YOURS

WADITHANNA DEVAGE LASINI SEHANA RANASINGHE

Let not thoughts of epilepsy bring fear
Nor time be distilled in sorrow
The threat of disease with tests and
treatment will cure
A blossoming life will be yours and
tomorrow



Sri Lanka

EMOTIONS AT ITS PEAK

SPM AMASHI SAVIDYA

My mother cries as my brother has fits. This brings tears to our eyes.



Sri Lanka



ENJOYING A SEA BATHE

S.P.M ADHEESHA SANDEEP

I love to bathe in the sea which I do with care as I get occasional fits. I am on treatment.



Sri Lanka



EPILEPSY AND ASSOCIATION

S.P.M IMASHA SANDEEPANI

Epilepsy is associated with other problems like in this child whom I saw. He cannot walk without support. Open your hands to give them love and care.



Sri Lanka



A FIT CAN SHAKE THE FAMILY

CHANUDI JAYANADI KUMARASINGHE

Getting a fit is a family matter. Everybody at home will get shaken, however unnecessary commotion is not needed and can cause more harm than good.



Sri Lanka



HANDING A SPOON IS A MAL PRACTICE

W. SIYATHRA SAYUMNI WEPALAGAMA

Handing a spoon has routinely been used in the first aid of epilepsy in Sri Lanka. This has no proven benefit and can cause harm.



Sri Lanka



FIT AT SCHOOL

W. SIYATHRA SAYUMNI WEPALAGAMA

School is a place where we see fits.
Everybody should be prepared to
act fast and do the right thing.
Wrong first aid can be hazardous.



Sri Lanka



MY RECOVERY AS I SEE IT

R. G. LITHULI LEHANSA JAYASEKARA

I got a fit and this is how I see people around me in my recovery. Some have fear on their face while others are sad.



Sri Lanka



THINGS NOT TO DO

R. G. SASMI NADEWMA JAYASEKARA

Inserting a spoon in to the mouth during a fit and handing an iron rod is seen commonly. Both of them are malpractices. I learned this from my teacher.



Sri Lanka



EPILEPSY VERSUS NON EPILEPTIC SEIZURES

E. D. CHAMUDI SUDARSHANEE EDIRISINGHE

Stress and anxiety can induce fits. Nevertheless, all fits are not epileptic. Keep in mind that non-epileptic seizures as a differential. Non epileptic seizures also need good medical attention and minimizing the provoking factors that may induce them.



Sri Lanka



Don't cause them to become epileptic patients...



Alcohol

WE ARE PREPARED WHAT ABOUT YOU?

H. G. JANUTH SENLITHA RUPANANDA

Carrying the patient at a horizontal position for further care.



Sri Lanka



FROM SAD TO HAPPY

ADEESHWARA MANODYA BANDARA

This is how I see the difference between with and without treatment, from sad to happy.



Sri Lanka



SEEKING MEDICAL ASSISTANCE

T. M. HIRUNODI SAVINDYA THENNAKON

Chaperoning my friend to the hospital.



Sri Lanka



FIRST AID MANAGEMENT

T.M. SITHSARANI PAHANYA

THENNAKOON

Removing restraining garments like school ties is important in first aid management.



Sri Lanka

ENJOYING MYSELF TO THE FULLEST

VIMATH PANSILU BANDARA ATHAUDA

I am a scout who is geared to take responsibility. I understand the dangers, especially the risk with fire. However, I am not afraid to be on a par with my friends in Scouting Jamboree.



Sri Lanka



GETTING RID OF DANGER

N. K. L. MITHUKA BIGUM GEESARA

My experience; This person had fallen on the road and was helpless. We rushed to help him and brought him to a safe place.



Sri Lanka



HAPPY LIFE IN RIGHT HANDS

S. A. KAWYA UDANI

Embraced by the right hands it is not that difficult to lead a normal life; it is the responsibility of the patient with epilepsy along with kith and kin.



Sri Lanka



ENJOY LIFE AS MUCH AS YOU CAN

K.G.N DINUSHA

Keep your safety precautions sensible and relevant, with a balance between risk and restrictions. Enjoy life as much as you can and don't restrict activities to a point where you exclude interest and fun.



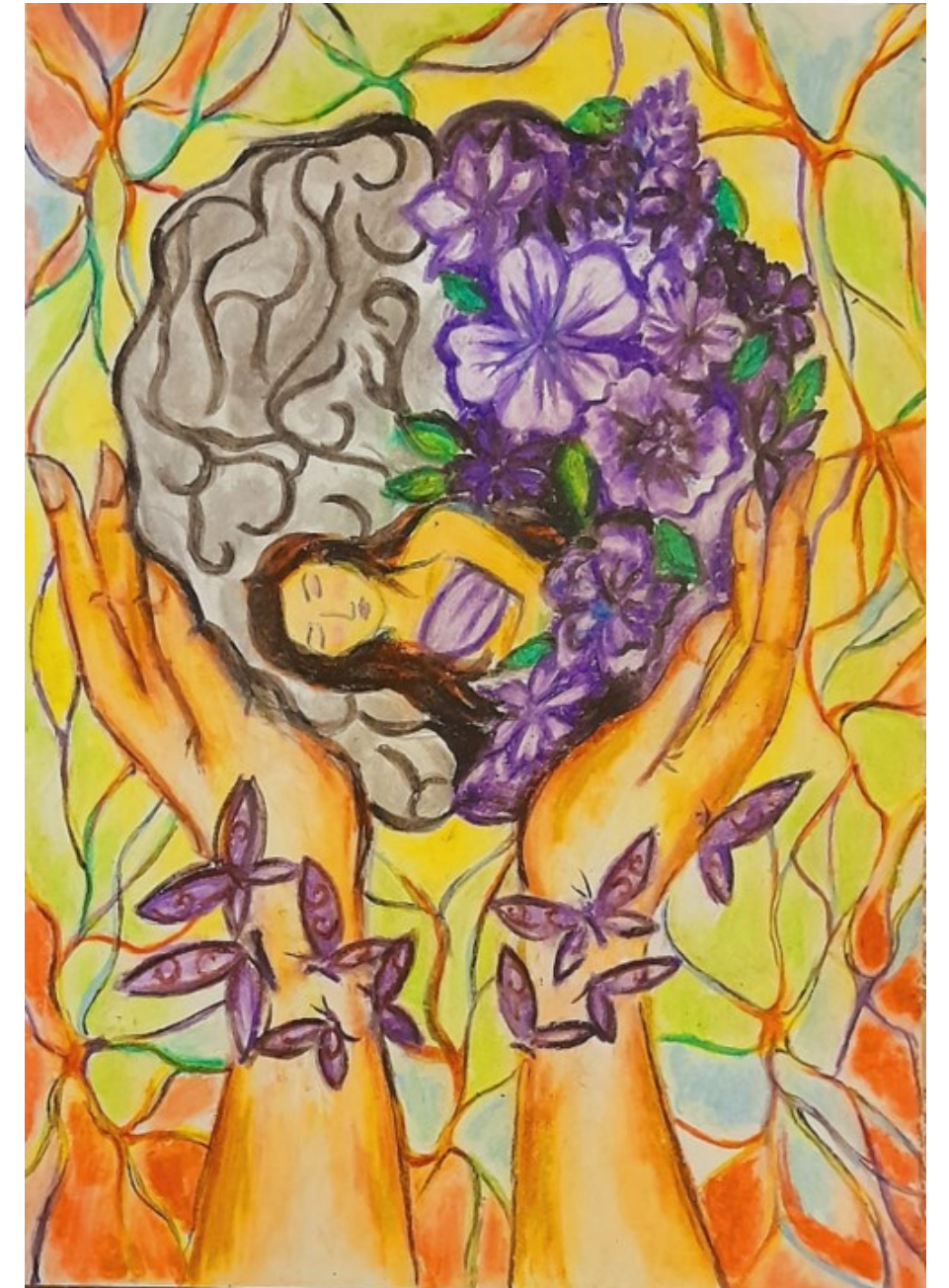
Sri Lanka



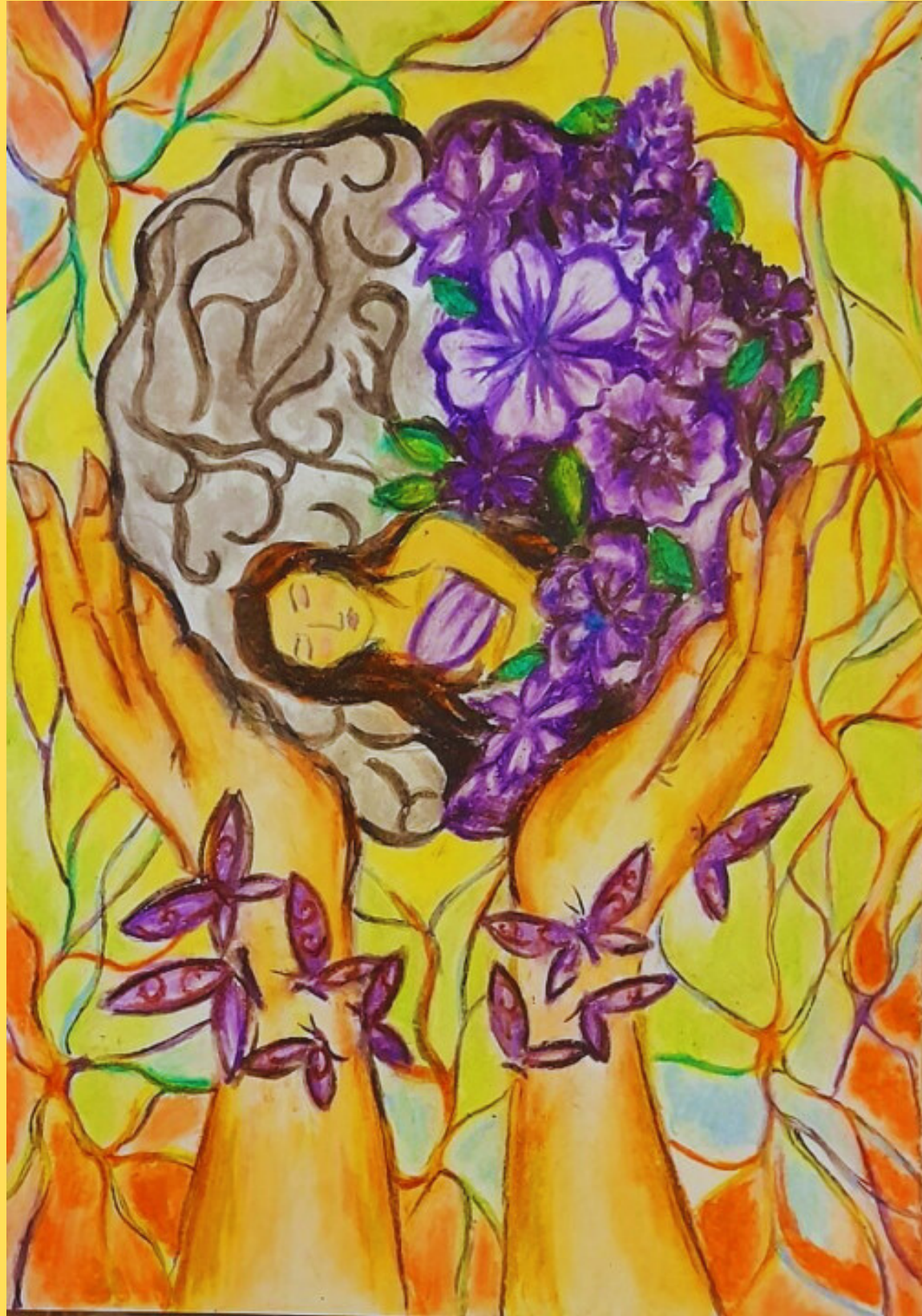
MAKE YOUR BRAIN BLOSSOM

JANANI KANCHANA WEERAPPERUMA

Epilepsy is a neurological disease of the brain. The electrical activities are chaotic and make the brain fire erratically. Getting rid of the erratic electrical activity will soothe you and make your brain blossom.



Sri Lanka



EPILEPSY IS NOT A BAR TO ACHIEVE LIFE TARGETS

S.N.W.M. KAUSHALYA DILRUKSHI

I drew this modern painting inspired by the art of the Kandyan era (1597 - 1855) of Sri Lanka. This depicts the journey of the life of a man with epilepsy. He has taken treatment keeping his fits under control and has achieved his life targets. For education, graduation, marriage and having a loving family with kids epilepsy has not become a bar for him.



Sri Lanka



OVERPROTECTION IS NOT GOOD

W. LITHUNI YEHANSA

My mother is bathing my sister and takes good care of her, maybe too much at times. I feel left out at certain times.

The above description was given by the painter who is two years older to the child with epilepsy and she used to compare herself with the attention given to her sibling.



Sri Lanka



FIT IN WATER

A. M. DILASA DAMSUVI ALAHAKOON

My sister gets fits and she got a fit in the water. We got scared and learned the risk of playing in water without supervision.



Sri Lanka



IN THE WATER ALONE CAN BE DANGEROUS

A. M. DILASA DAMSUVI ALAHAKOON

I love to play in the water and love to swim, but my mother does not allow me. She says that I get fits even at the moment and she is scared of me getting a fit in the water.



Sri Lanka



FITS ARE UNPREDICTABLE

W.P. DON ELISHA SHENALI

I had a fit while in the paddy field.



Sri Lanka



I AM ON DAILY PILLS AND HAVE HAD NO FITS SINCE THILOKA NETHSARANI HERATH

I have experienced fits at school, fallen down on the ground with saliva coming out and sometimes I wet myself. It was the teacher who took me to the hospital. Some of my friends used to help me during my difficult times while others used to bully me. I am on daily pills and have had no fits for a year or so.



Sri Lanka



BATHING SAFELY IN A WATER BODY

R. H. M. SENEHA NIMSARANI

If the person is in a spring, remove the patient from the water when the jerking stops. In the rare circumstance the jerking does not stop, seek help from others if possible, and remove the person from the water at the shallowest end of the water. However, it is mandatory not to be alone when you are bathing in a water body.



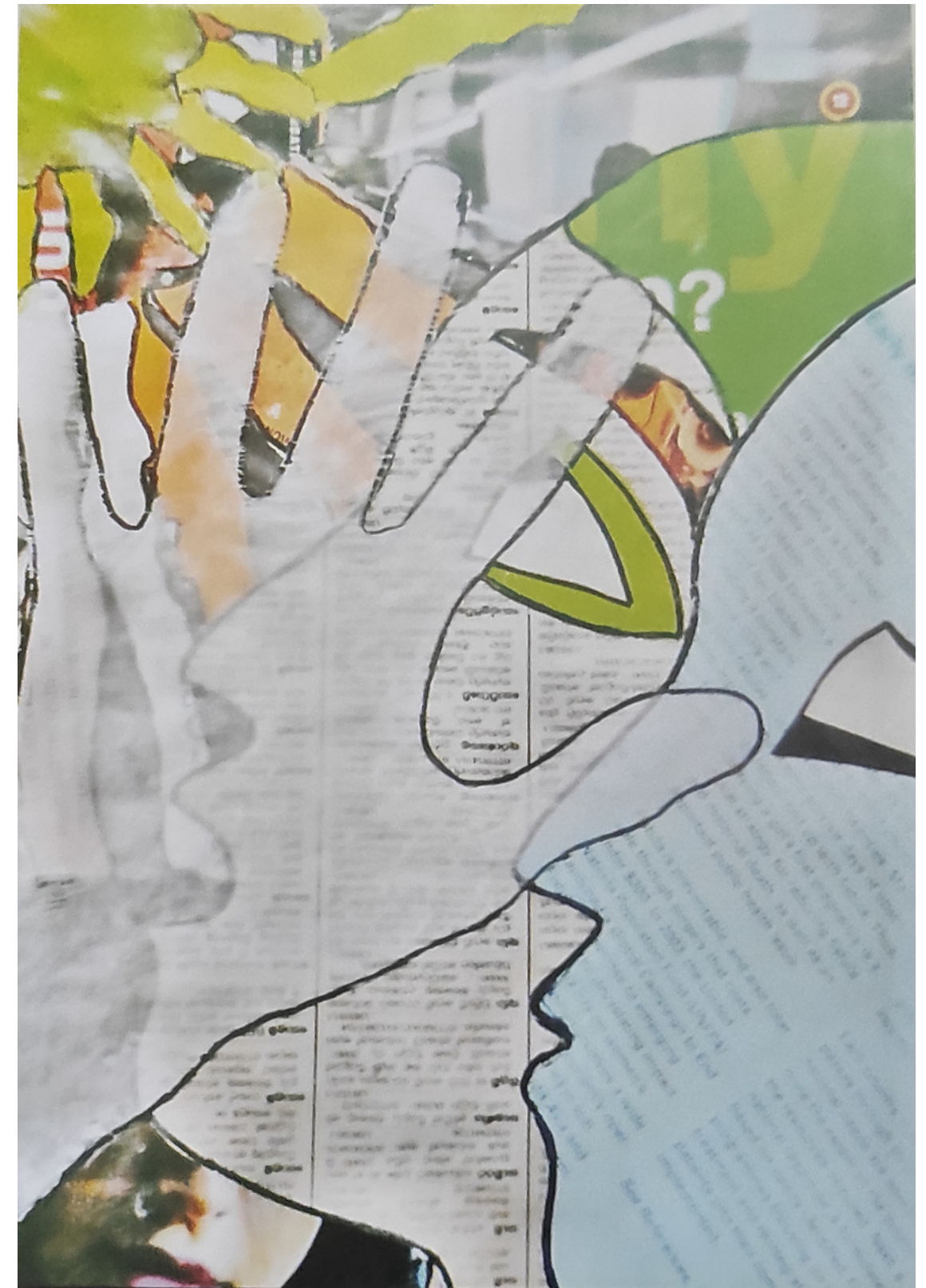
Sri Lanka



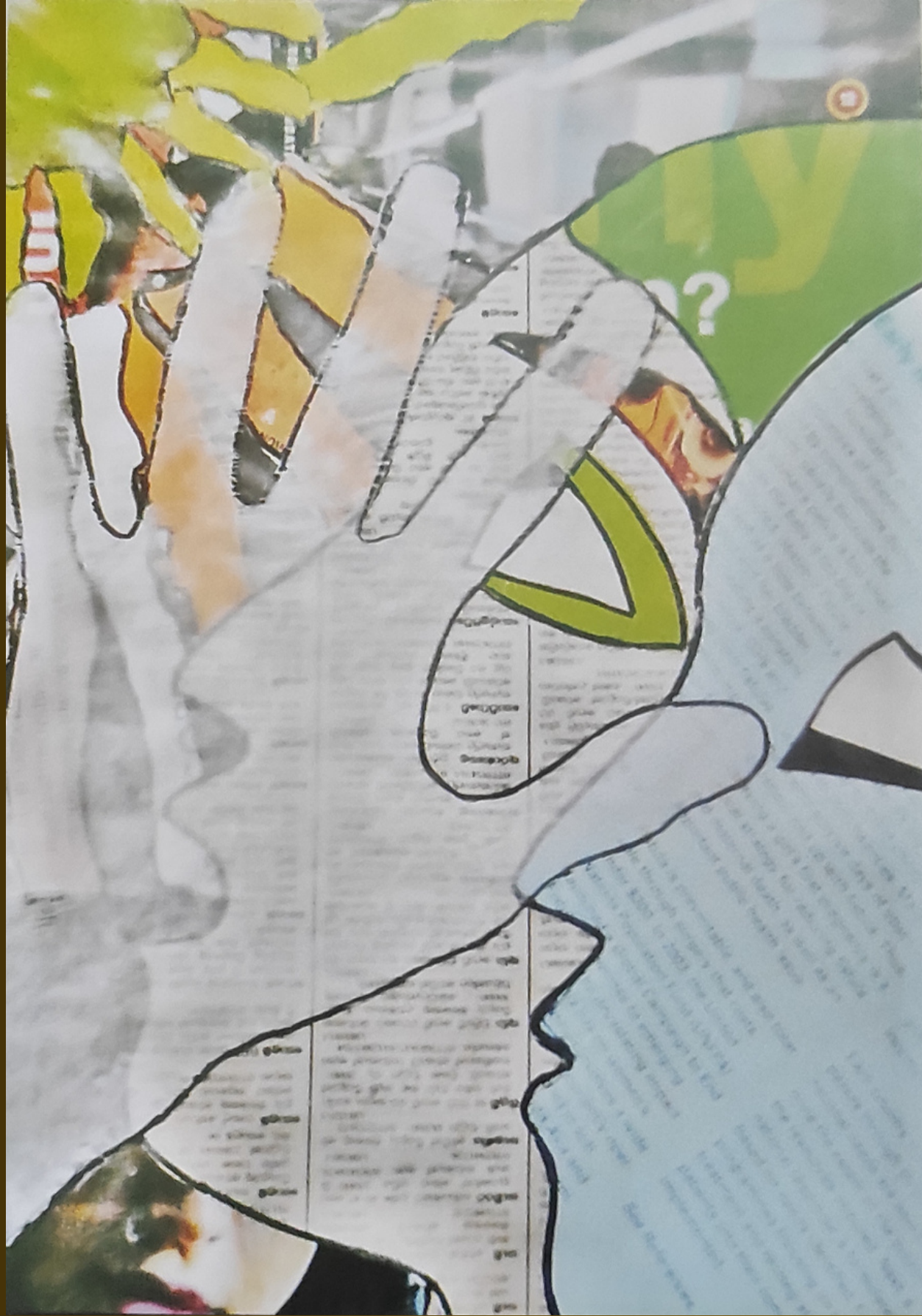
LIGHT INDUCED EPILEPSY (COLLAGE)

M.S.S. FERNANDO

Light in stripes brings me pleasure,
self-induction of subtle events by
waving the hand in front of my eyes.



Sri Lanka



I AM ILL, SAYS MY MOTHER

N.A.A. MINUTHI NULANSA NISSANKA

My mother says that I am ill. She gives me medicine every day. I do not like it.

The painting was done by a 5-year-old child



Sri Lanka



FIRST AID IN EPILEPSY

K.M.P.W.S. CHAMATH
THILAKARATHNA

Do not put anything into their mouth
or restrain or move the person, unless
they are in danger.



Sri Lanka



A SOLITARY PLAYTIME

H.G. NEJITHA SADAMITH DEWJA
NUGALIYADDA

I am not allowed to play with my friends. Instead of highlighting the dangers and imposing restrictions; parents, teachers, and responsible adults need to focus on helping the child to gain independence and capability.



Sri Lanka



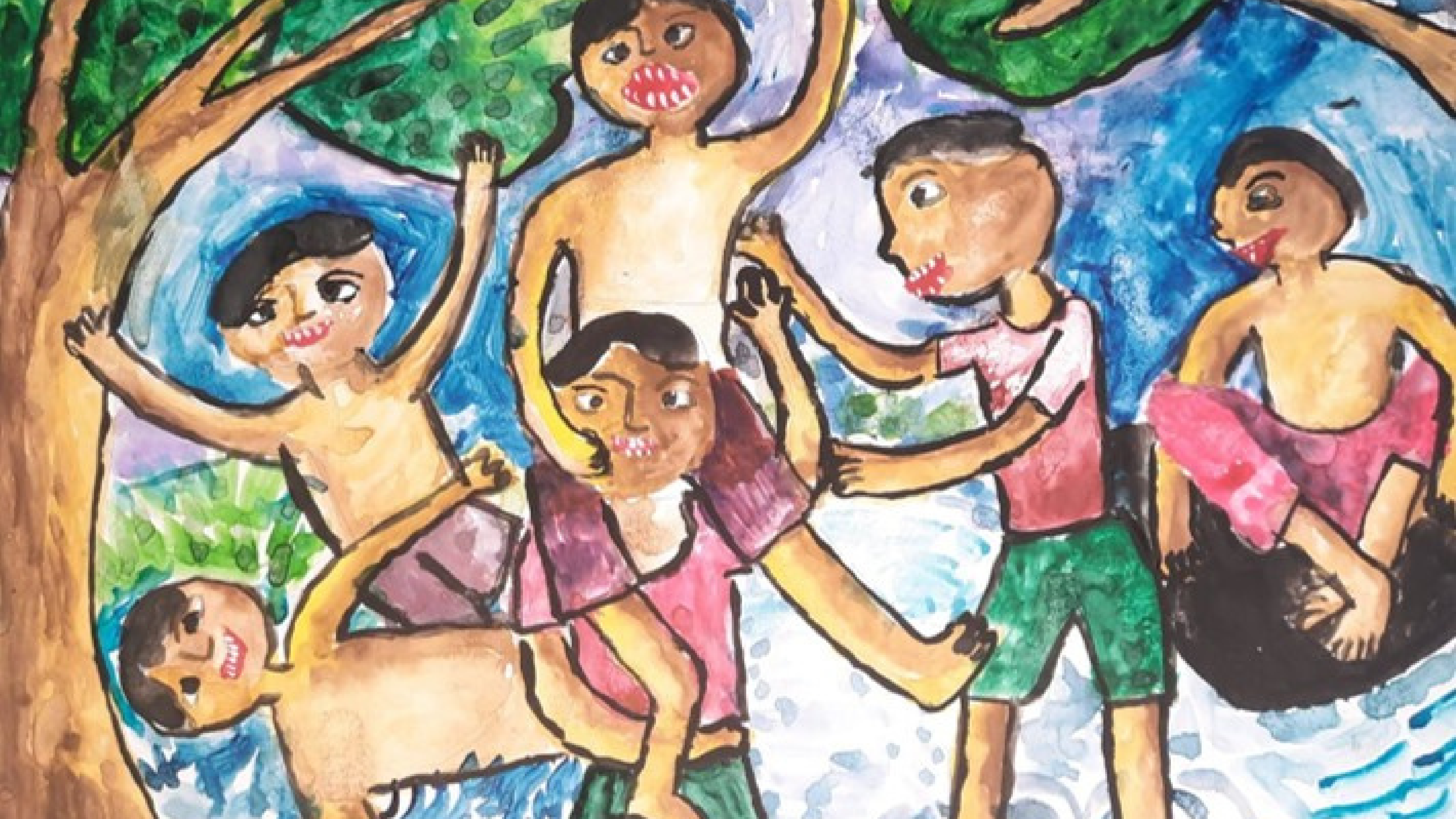
NO REASON NOT TO BE HAPPY AND GAY

NADULA WANSHANA DHARMADASA

Epilepsy is no reason not to be happy and gay. Playing with friends is good for the physical and mental health of a child.



Sri Lanka



WINNING IN LIFE

MALSHI DINOODYA JAYARATHNA

You can do anything you wish, winning prizes, medals and being a graduate are all possible, epilepsy is not a barrier.



Sri Lanka



MY BROTHER

WEERAPPULI HEWAGE DINUK
SEJAN DAMJAYA

My younger brother was playing when he shivered and fell with phlegm dripping from his mouth. My parents got panicked and took him to the hospital.



Sri Lanka



GEARED TO HELP

CHAMIDU MINARA ARIYARATHNA

Feeling poorly in the midst of my friends. Luckily all were geared to help.



Sri Lanka



INDEPENDENCE UNDER OBSERVATION

NAMUDU SITHMUTHA BANDARA
ALAHAKOON

I like to ride my bicycle but my parents will not let me travel alone. I understand the danger of getting a fit while riding alone.



Sri Lanka



HAVING A FIT AT SCHOOL

N. A. A. SANUKI DIHANSA

NISSANKA

There may be a friend with epilepsy in our school too. When they become sick, we must act intelligently. We must not be excited and should summon a teacher immediately.



Sri Lanka



CELEBRATING YOURSELF

K.M.UMASHA MATHURANDI

Celebrating our sickness together.



Sri Lanka



KNOW WHAT TO DO AND WHAT NOT TO DO

RAVEESHA NETHMINA

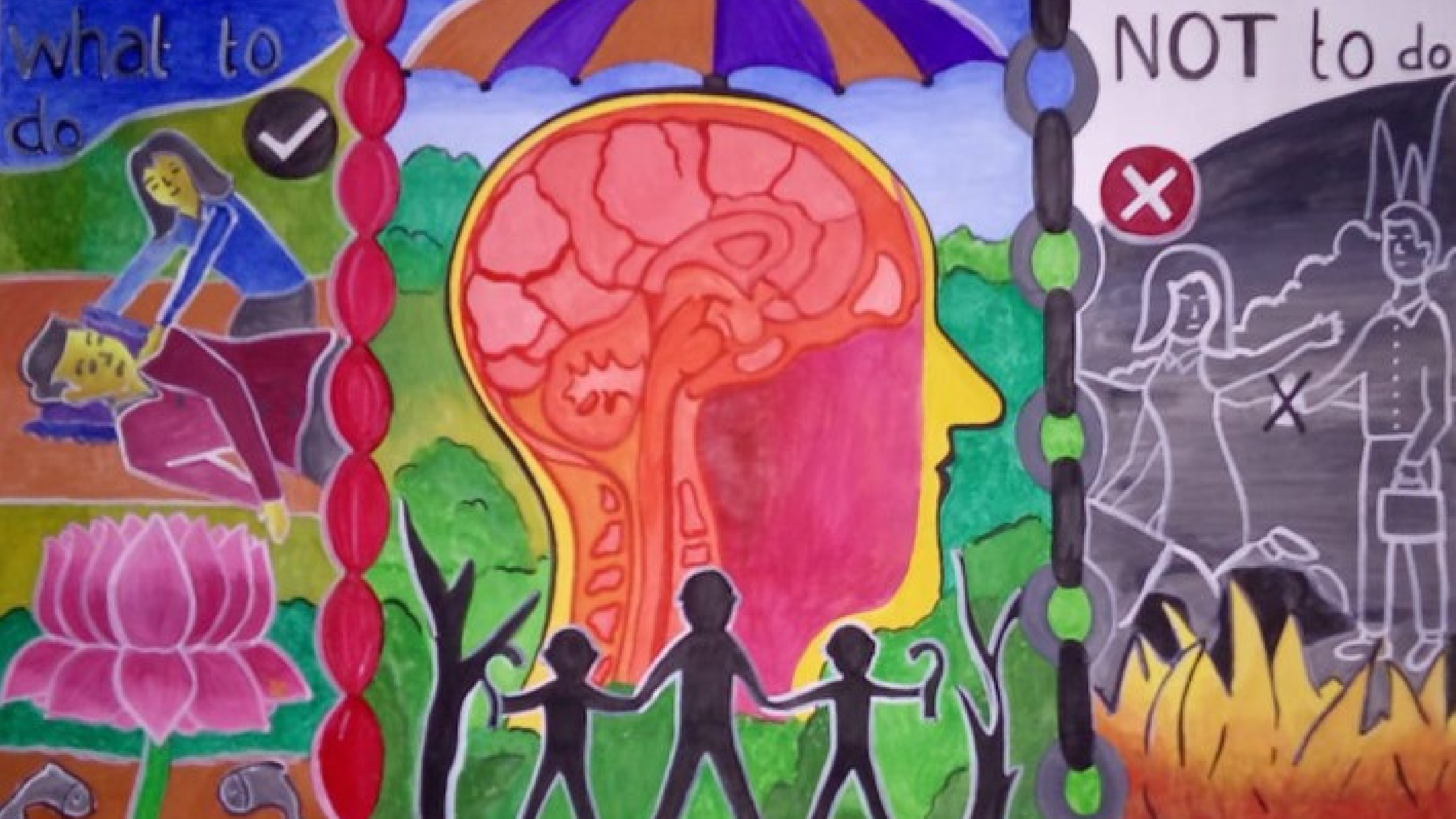
Epilepsy is a common condition of the brain in which a person tends to have recurrent unprovoked seizures. Safety precautions should be sensible and relevant to the person, with a balance between risk and restrictions. Good seizure management can help reduce epilepsy risks. Moreover, it is important to understand what to do and what not to do in caring for a patient with epilepsy.



Sri Lanka

what to do

NOT to do



EPILEPSY IS A NETWORK DISORDER

KALANSOORIYAGE DON THILINI THANUJA
KALANSOORIYA

The brain is a series of networks of functionally and anatomically connected, bilaterally represented structures. In epilepsy, the activity of any part of the brain affects activity in the other parts. This is relevant for understanding the pathophysiology, diagnosis, and prognosis of the disease.



Sri Lanka



HOW CAN I CLIMB UP THE STEPS OF MY DREAMS?

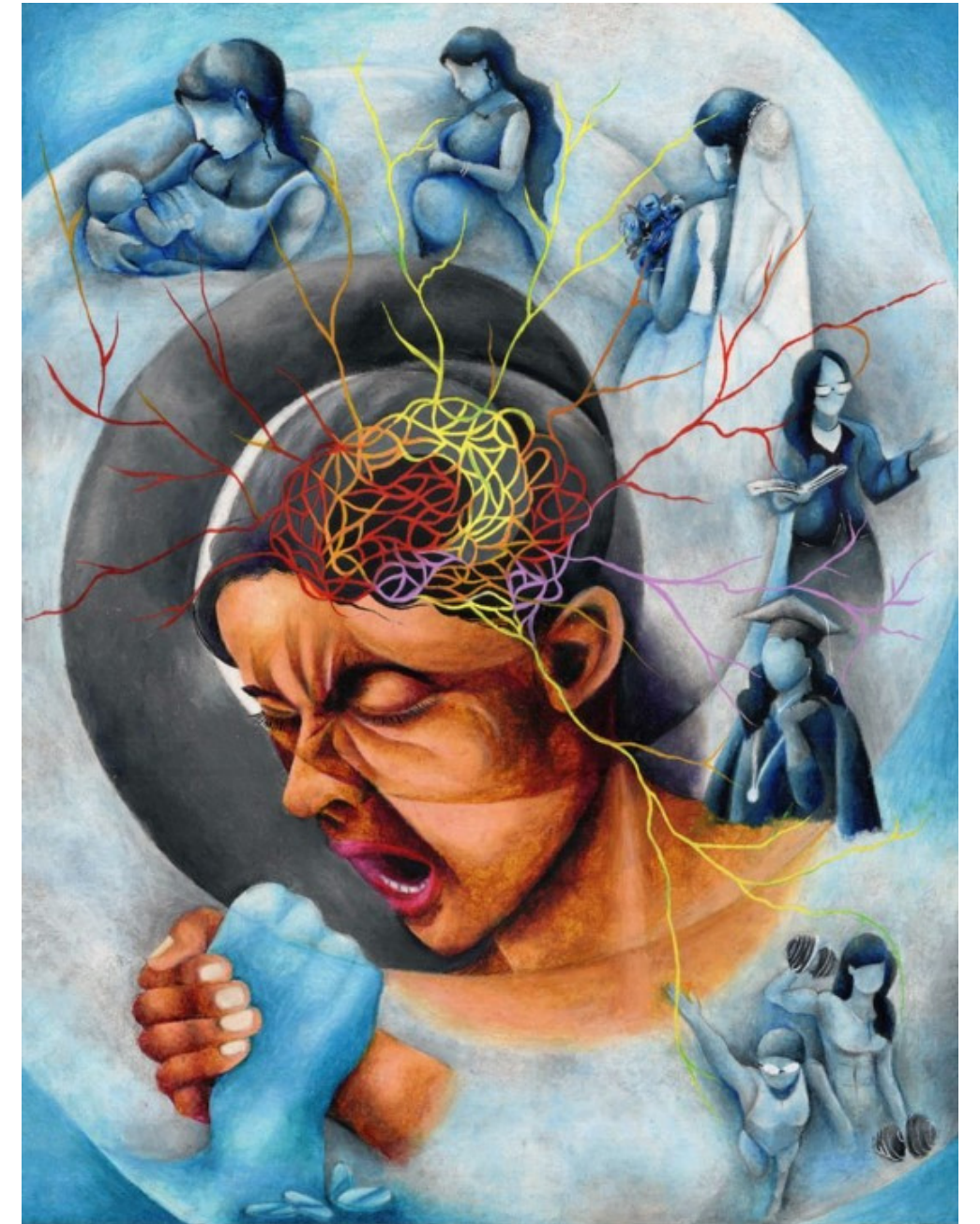
HEWA ANNAKKALAGE UPULEE PRANEETHA NIMALRATHNA

Epilepsy is painful and exhausting,
hurting me physically and emotionally.
My heart, stabbed in and out.
Fills my life with full of doubt.
My hopes, turned upside down.
I'm caught by a devil.
That darkness was chasing away
the lights of opportunity and hope inside me.

How can I climb up the steps of my dreams?
I don't know where to start,
I don't know where I'm going,
how to struggle day by day,
how to let me fail.
How can I give up my journey,
even if it kicks me, away from me?

Helping hand with full of love and care
can make all the difference to win the battle,
and hope that no one else has to live with it.....

I aimed to capture how hard it is to live with epilepsy. Swirling pattern around the young girl depicts the nature of a seizure and how it destroys mind of hopes. Faded colours of life events represent the uncertainty. The generator of all matters is neurons, which are rudely functioning. Hand of support illustrates the empowerment to bloom again.



Sri Lanka



BRINGING YOUR HOPES TOGETHER

K.M.UMASHA MATHURANDI

Your world is not shackled
Do not not cry in hiding
Please open your eyes
And raise your head
To the waiting world ahead
The world accepts you with honour
You are not alone
Look at the morrow
It's an untainted day
Which will bring your hopes together



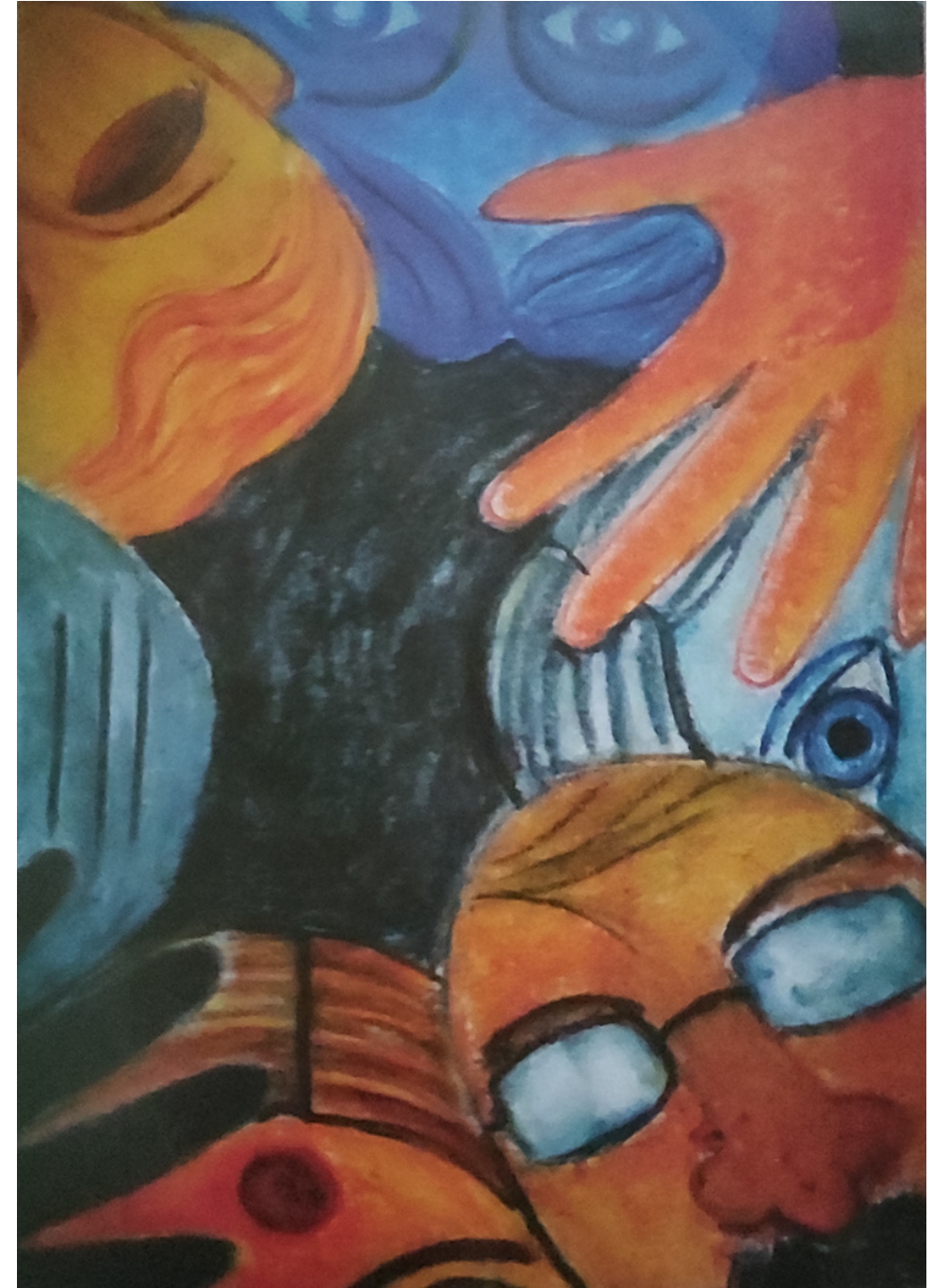
Sri Lanka



BEING AN UNLUCKY STAR

K.M.UMASHA MATHURANDI

This is how I see, me lying on the ground after my episode. I've become the star, what an audience, peeping in, staring at me with different expressions on their faces, ranging from empathy to sympathy, from fear to sarcasm, some extending a caring hand while others being the guests of honour.



Sri Lanka



LOOKING AFTER A CHILD WITH FITS

E. LAKIRA SAWEN EDIRISINGHE

Looking after a child with fits is not an easy task. I take immense care to offer the best to my son while giving equal attention to the other family members. Now I balance myself nicely to continue with the daily routines.

The description was written by the mother of the child.



Sri Lanka



FLOWERY WORLD

KALWANE RALALAGE GIMHANI

NADUNIKA DEDUNU

I used a Sri Lankan traditional flower motif to represent the beautiful life you can embrace in the midst of having epilepsy – epilepsy is getting repeated fits said my science teacher.



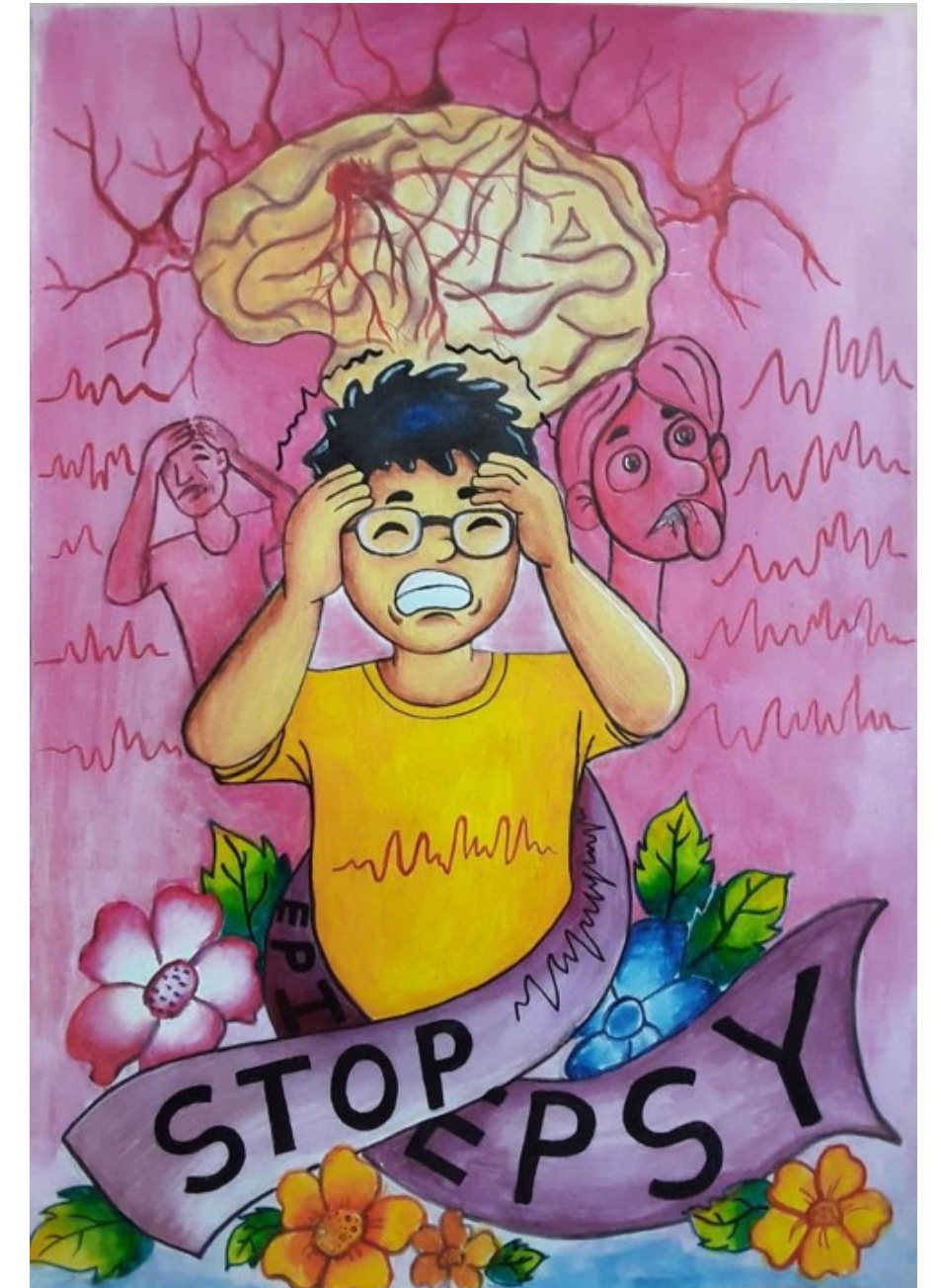
Sri Lanka



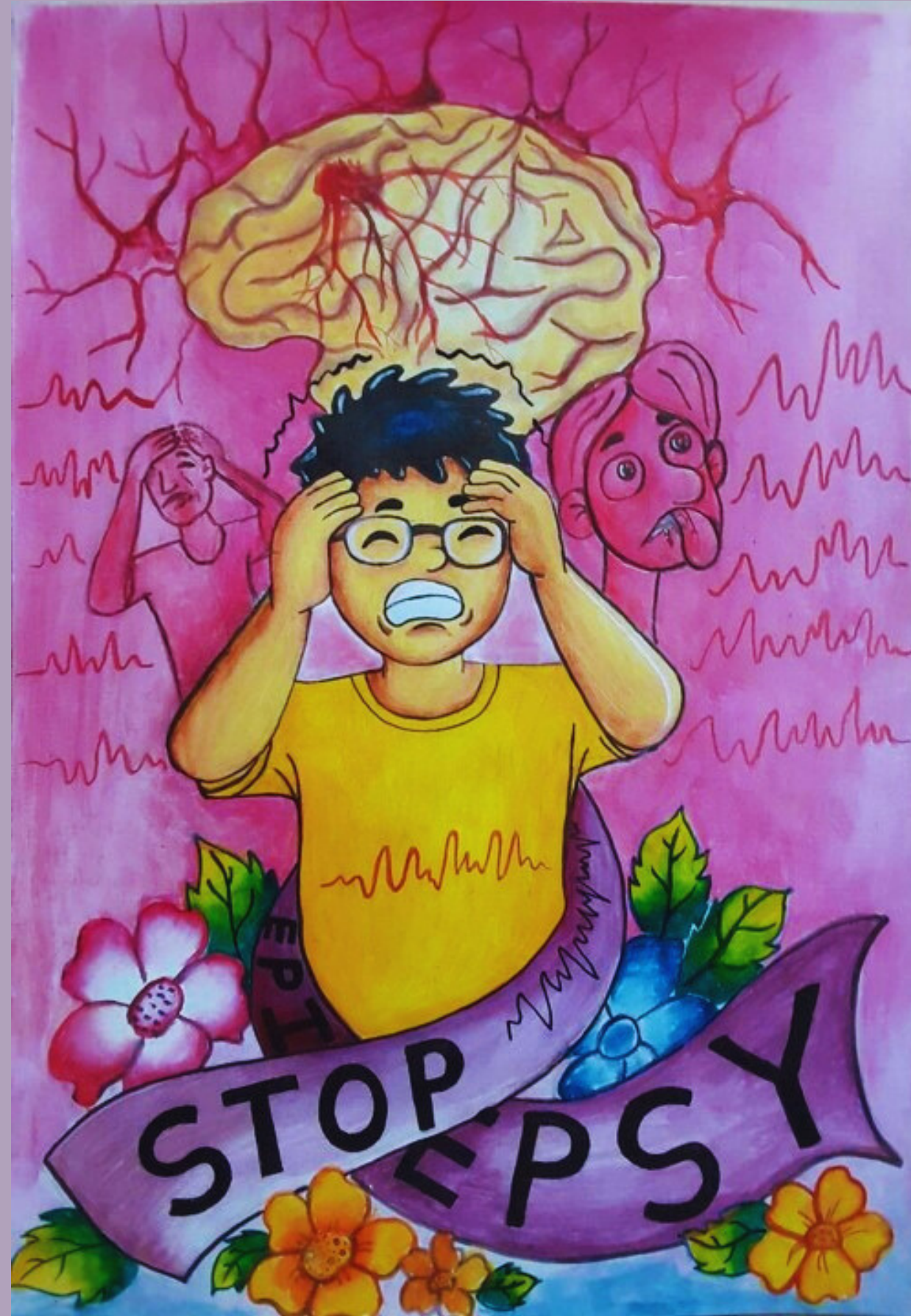
CAN WE PREVENT EPILEPSY?

YAMANI GEDARA OSHAN PABASARA
CHANDRASIRI

Seize the change, prevention of
epilepsy, and urgent unmet need?



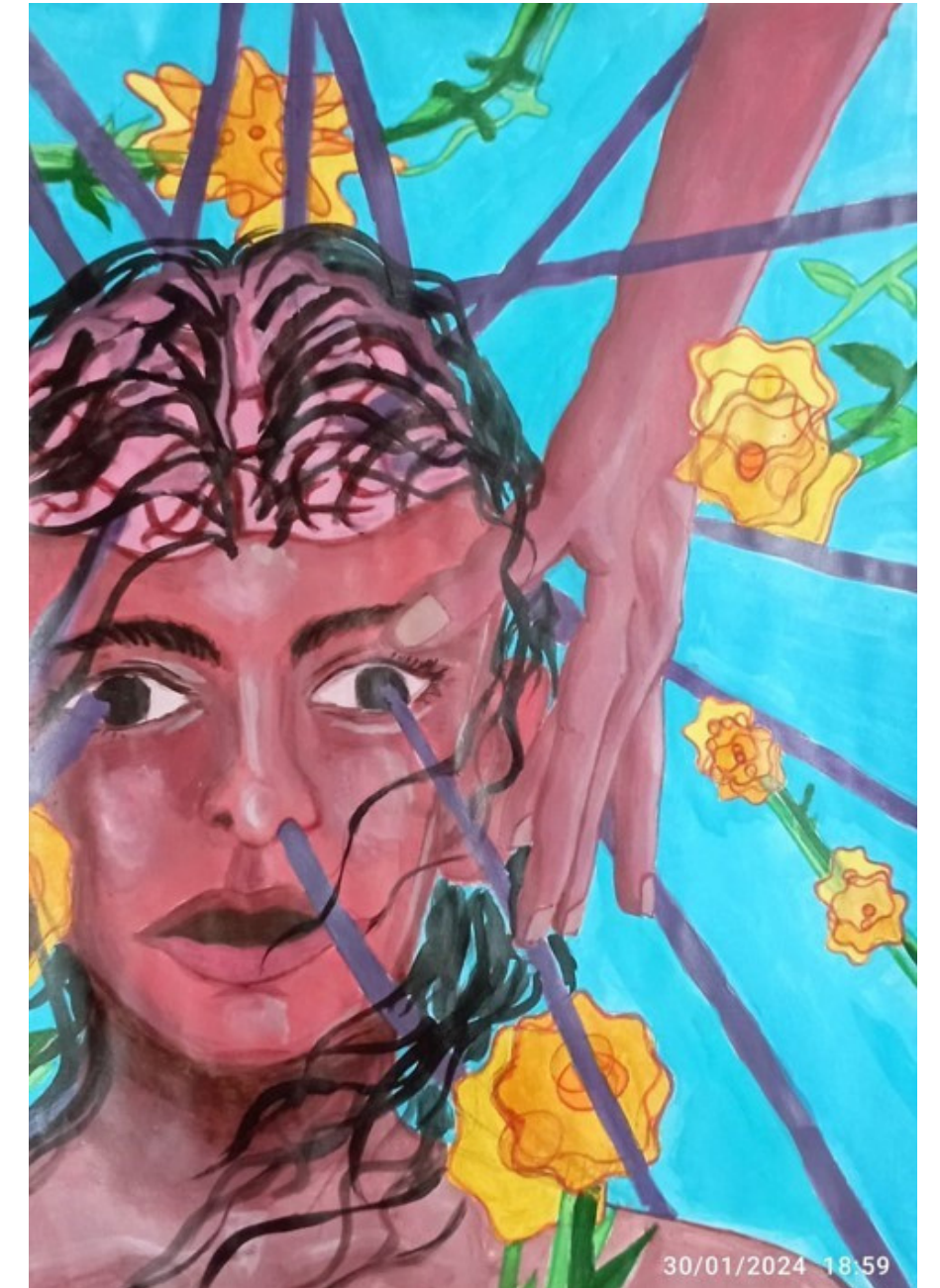
Sri Lanka



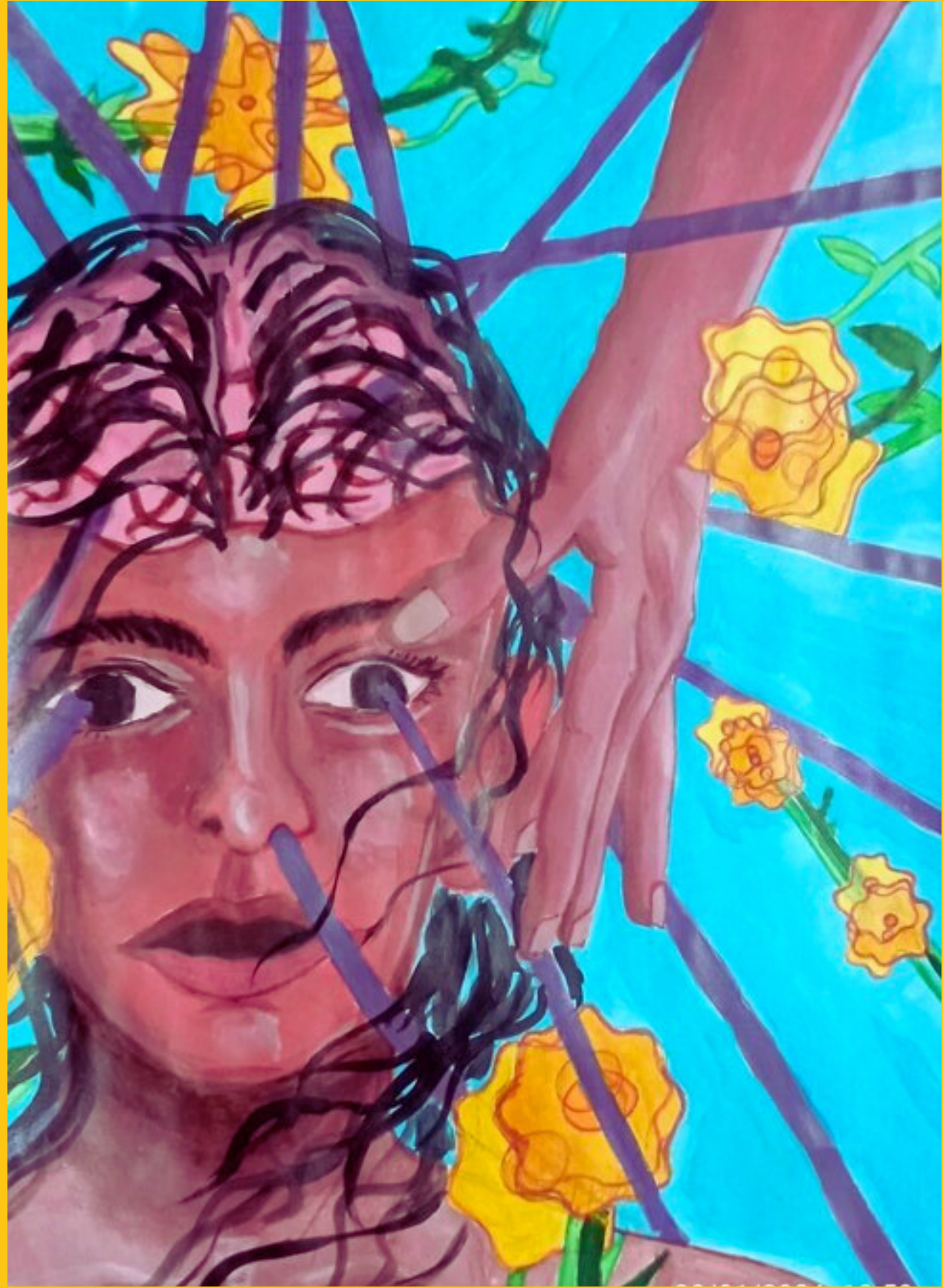
WITH A CARING HAND

S.M. KETHAKIE YASODARA ABEYRATHNA

We shall not leave room for epilepsy to become a horrid devil that swallows up life and the future of the patient. We shall anoint their future with perfume and brighten it through medical care, protection and nurturing.



Sri Lanka



HAPPY LIFE

R. A. PAHAN DANANJANA
RANASINGHE

Playing with friends. I am on
treatment



Sri Lanka



SCHOOL CHILD WITH EPILEPSY

ABISES GAMMANPILA



Sri Lanka



FIRST AID IN WATER

DISSANAYAKE MUDIYANSELAGE
THINULI OMINDI DISSANAYAKE

If a seizure occurs in water support the person's head so their face is out of the water.



Sri Lanka



STAY CALM DURING A FIT

H. M. DINUJA DAMSARA BANDARA
HERATH

If you are with someone having a fit (where the body stiffens, followed by general muscle jerking), try to stay calm and remain with the person.

Description was written by the father of the painter.



Sri Lanka



© 2000 Samsung Quad Camera
It with my Galaxy A21s

SHOWER IS BETTER THAN A BATH

H. M. WOSANDA KITHSARA BANDARA

HERATH

Have a shower rather than a bath, as showers pose less risk.



Sri Lanka



Samsung Quad Camera
Shot with my Galaxy A21s



HAPPILY, THEREAFTER

B. M. YENARA HEMNIDI

This is my friend fallen on the ground while we were playing. We took her to the hospital. The doctor said that she had a fit and started treatment. My friend was able to study, play and lead a normal life happily thereafter.



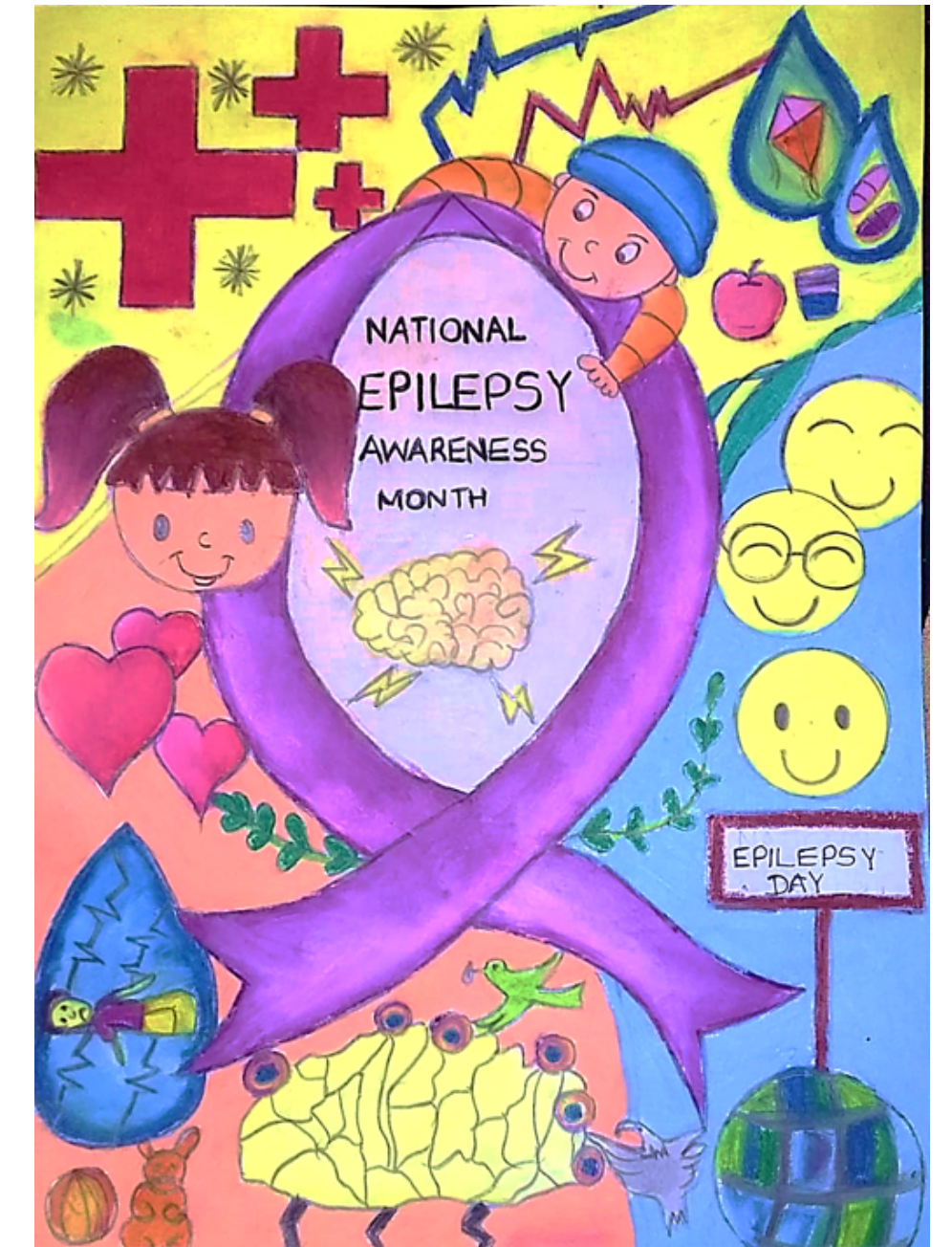
Sri Lanka



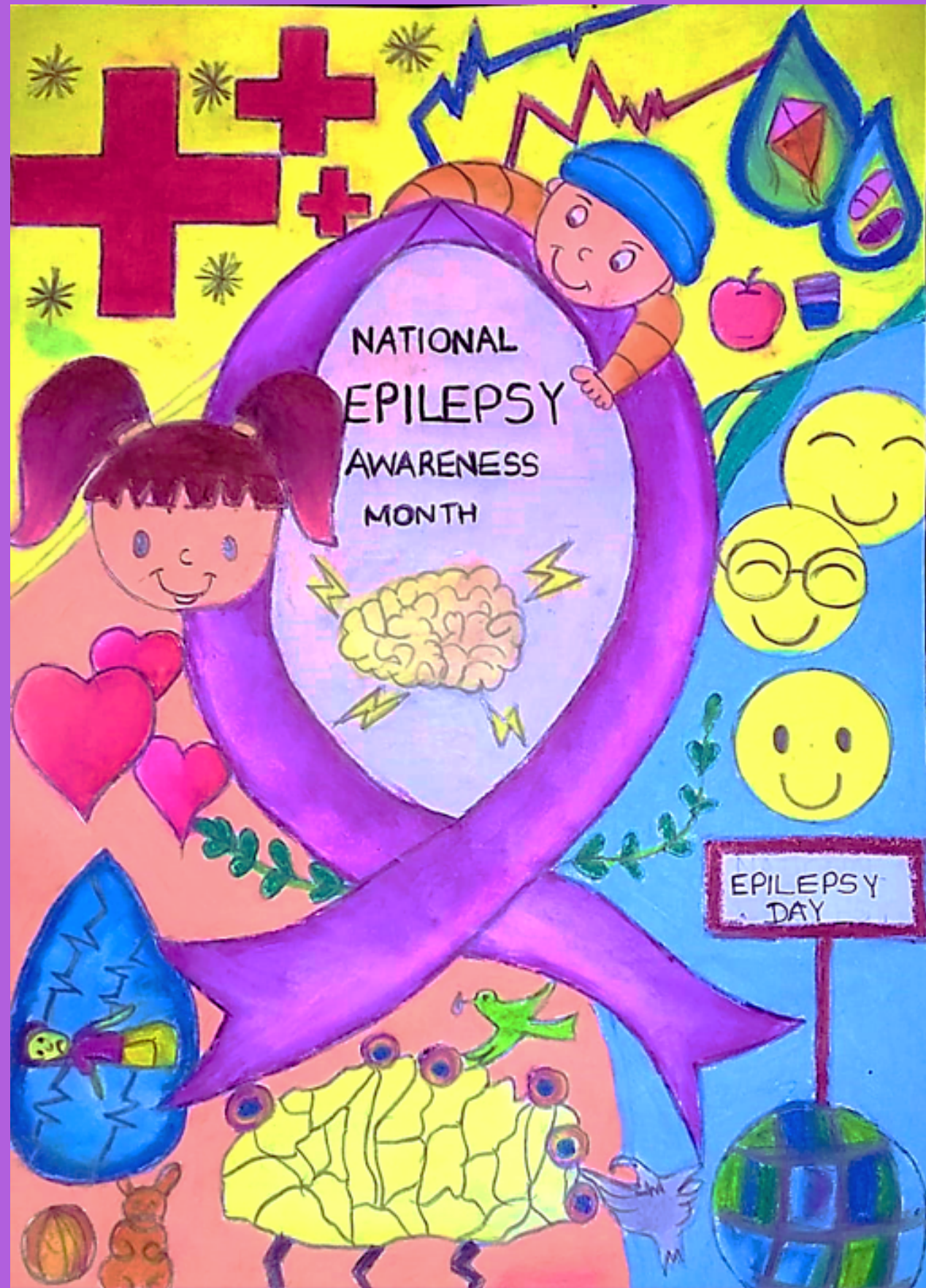
**BE AWARE AND GIVE A HAND TO
A PATIENT WITH EPILEPSY**

**M. G. BHAGYA THATHSARANI
JAYAWARDHANA**

Awareness of epilepsy is the key to
success



Sri Lanka



GETTING HELP FROM FAMILY AND FRIENDS

W. IMETHMA SETHUMI GUNARATHNE

There are friends, there is family and then there are friends that become family. Sharing your problems with them will ease you from your struggle.



Sri Lanka



We all are friends

Handwritten text in the center of the drawing, possibly a signature or a message.

EPILEPSY IS IS A MULTIFACETED DISEASE

I. D. NADEESHAN SEWWANDHI

Epilepsy is a multifaceted disease unduly perplexed by myths and misconceptions. More than the disease those myths and misconceptions can lead to stigma leading to psychological problems including depression and family conflicts. The only way out of this complexity would be to follow the right path towards medical therapy which I have evidenced through my experience.



Sri Lanka



IT IS NOT A SILENT STRUGGLE

P. B. LIVISARANI NARANGODA

The silent struggle of a child who was entangled with epilepsy. The little fellow is now mangy; being unduly axed, not going to school, food got restricted, nothing doing with friends... All above are malpractices and should be strictly avoided.



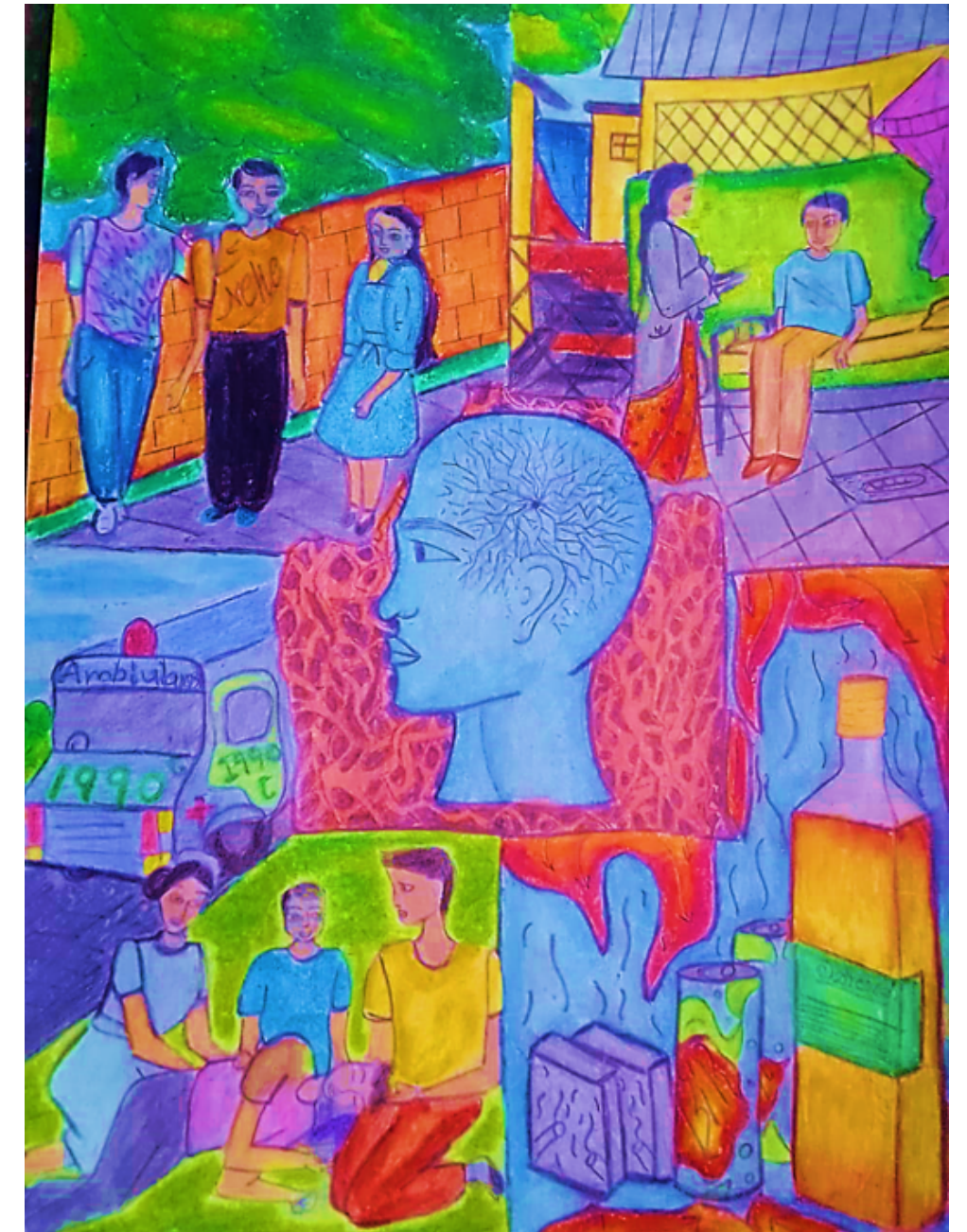
Sri Lanka



EPILEPSY IS A PREVENTABLE DISEASE

DUNHINGE WARSHA SENANAYAKA

With good health care you can overcome epilepsy and win your life. It is a disease of the brain, good emergency care, right treatment and avoidance of unhealthy practices, including substance abuse and alcohol, would pave the path towards victory.



Sri Lanka



THIS IS ME

LIZ REID

My epilepsy is defined as partial mesial temporal sclerosis and the complexity of my thoughts bring my positive expressionistic paintings to the fore, often displayed by the use of bright, bold colours – the ease of which to express myself in paint rather than verbally is fundamental to my being.

I was 7 when first diagnosed with epilepsy and therefore I have never known life without it. By taking medication of 15 pills each day I have remained seizure free since 2003. I have chosen to float in my bubble without seizures. 'This is Me' and it is not a bad life.

In my childhood I escaped, and still do, to a place called Sugarhill, my sanctuary, an island where everything is beautiful, no worries, no dramas but instead absolute bliss. Walk along avenues of trees and flowers, everyone is so happy and smiling and the sun has a smile too; years later I can still feel like a child again. 'This is Me' locked in my multicoloured bubble, uplifted and happy. I continue to float in this childlike existence where the sky is a mass of flowers of all colours, not just blue. Colour is my world – 'This is Me'



SCOTLAND



YOUR VOICE IS MELODY

FIDES UISO

This shows a mother (Fides) and her son (Gabriel) bonding with Love through Music. Gabriel has severe epilepsy that has caused him delayed milestones. He cannot speak so through music and the beautiful tone of his mother's voice they communicate. Epilepsy cannot stop a mother's love for her child. The artwork was painted by a German artist who loved what Fides does to raise awareness about epilepsy. Seona Sommer is the artist behind the artwork that was dedicated to empowering Fides and her Foundation to continue fighting for epilepsy and to tell her that the world sees her good work and appreciates it.



Tanzania



HERSENRIMPELS' ('BRAIN WRINKLES')

'EPILEPSY MONSTER 1

'EPILEPSY MONSTER' 2

META HEEMSKERK

This series of 'brain wrinkles' depicts the sudden and unsettling onset of an epileptic insult. The 'epilepsy monster' is also used in the other two collithos. With my textile art I always like to do things differently, invent things. Currently I'm working on a technique which I call 'collithography', as it's collagraphy, based on the principle that water and oil repel each other. However, the prints are not the main artworks; they are made to make the printing plate itself gradually become a more and more interesting piece of art (collitho). When making a 'collitho' my scissors and sewing machine are my drawing tools; I cut, collage and stitch carefully considered compositions, but with an intuitive approach, and add layers by inking and printing. This results into textured work with lots of diverse atmospheric effects and sentiment. For more information you can visit my website www.metaheemskerk.nl



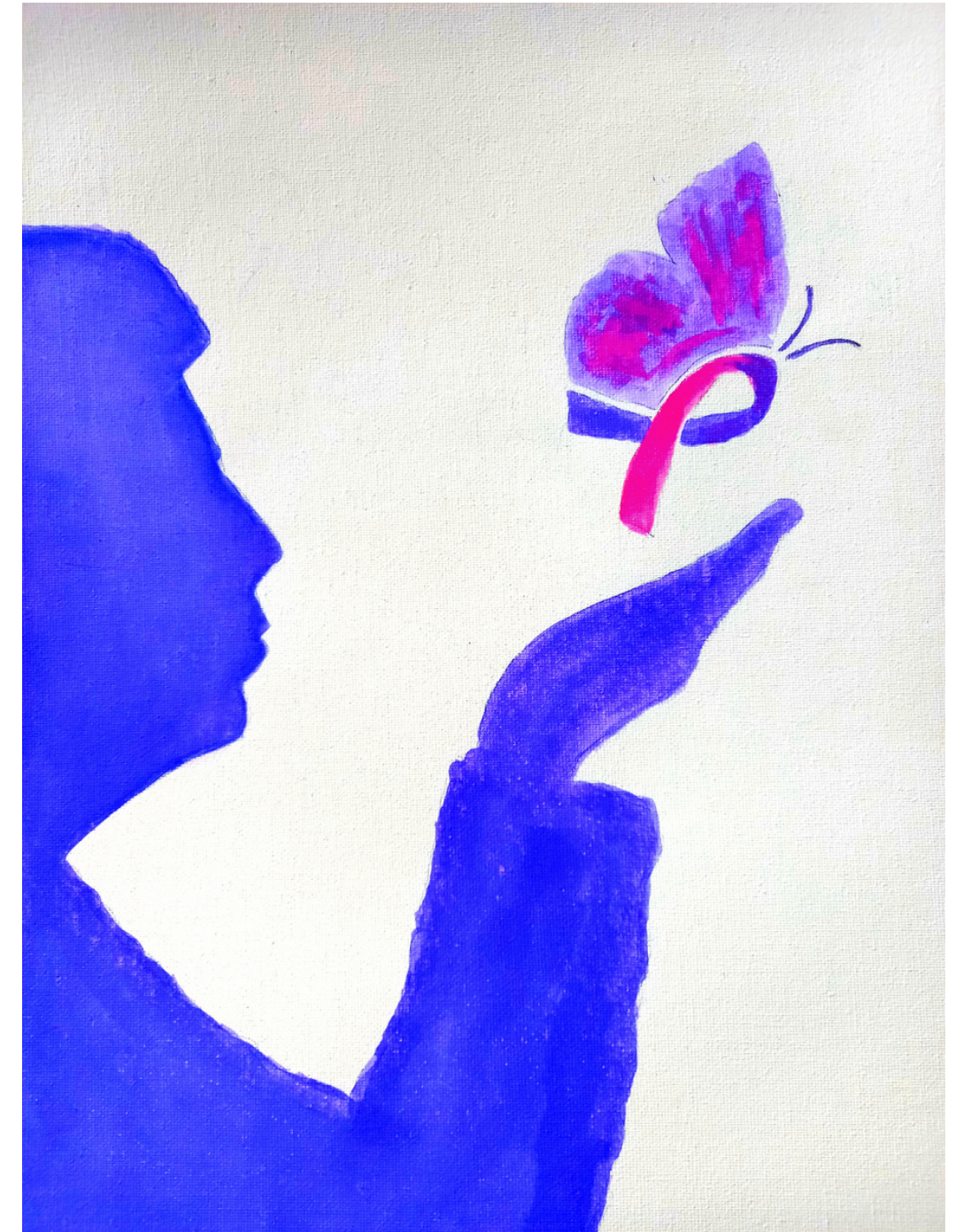
The Netherlands



THINK NO PURPLE NO PINK

JIP NIEMEYER

This watercolour in purple and pink is a special milestone on my epilepsy journey 💜 I have a severe rare epilepsy all my life and I got breast cancer. I knew it for many years, but it took me a long time to get on the radar for healthcare. Soon I discovered the breast cancer standard means healthy, hetero, white, western, middle-class, women with a family breast cancer treatments. From the start: discrimination in all, a killing field instead of cure and no care! The epilepsy breast cancer journey became a constant life-threatening, disabling, losing all in life and no fitting care. It was we, doctors, do nothing, take the standard or die.! The beautiful words, curative, palliative, care were huge clouds of air from Emperor's new clothes clinics. I am not alone. Many people with epilepsy experience multimorbidity the same. Purple and Pink! It is time for a transformation!

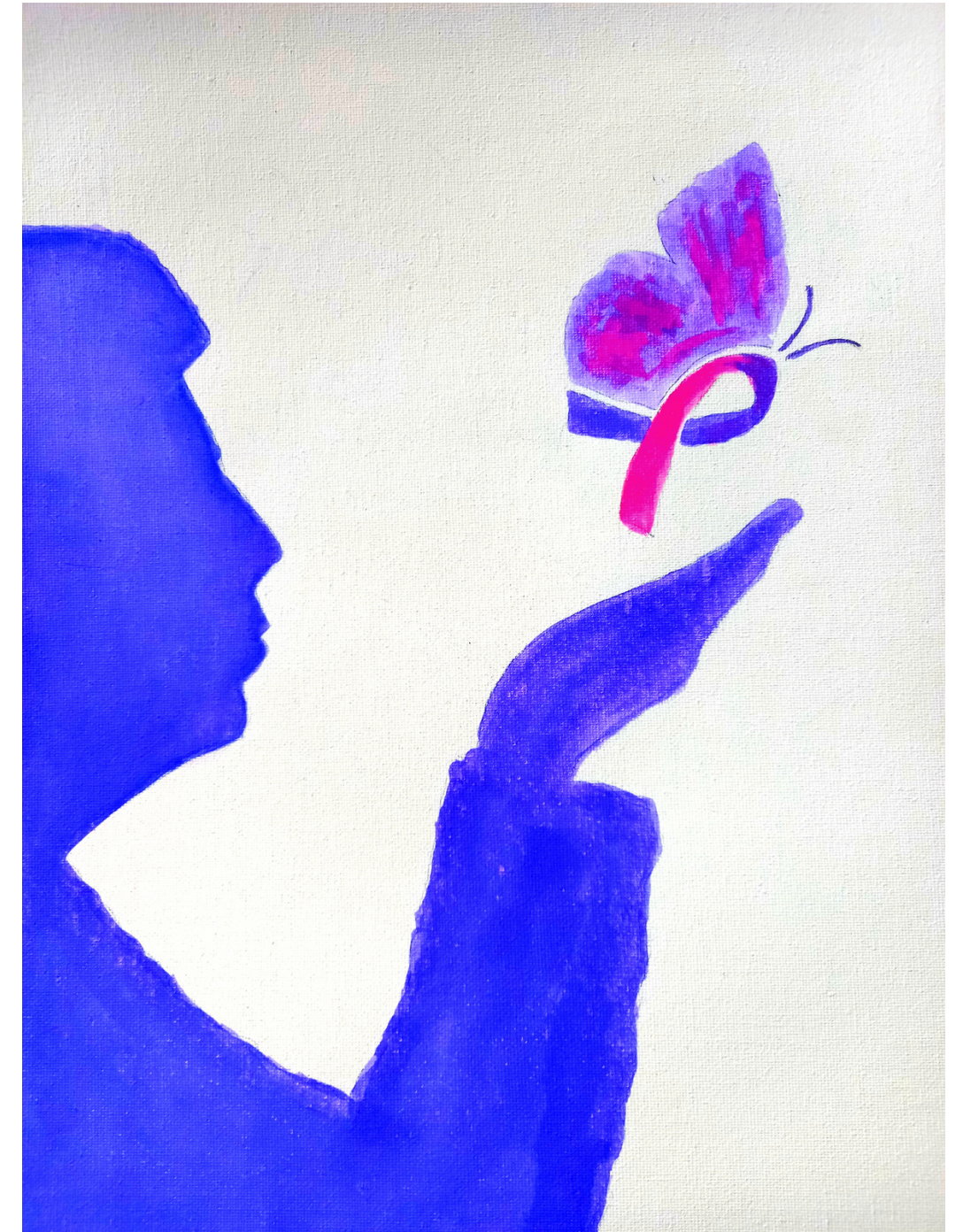


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The Netherlands



A PURPLE PAVED PATH

NINA MAGO

A journey is characterised by motion, pace and distance, all of which are uniquely experienced through living with epilepsy and expressed with shapes and lines. Different shapes are milestones in the complex voyage through diagnosis, growth, education, self discovery, overcoming fear and thriving. Like any journey direction changes, pace is altered but true are the profound effect of stigma at every twist and turn of life that's boldly embodied in gold. A challenge that continues takes first place until its solved.



Uganda



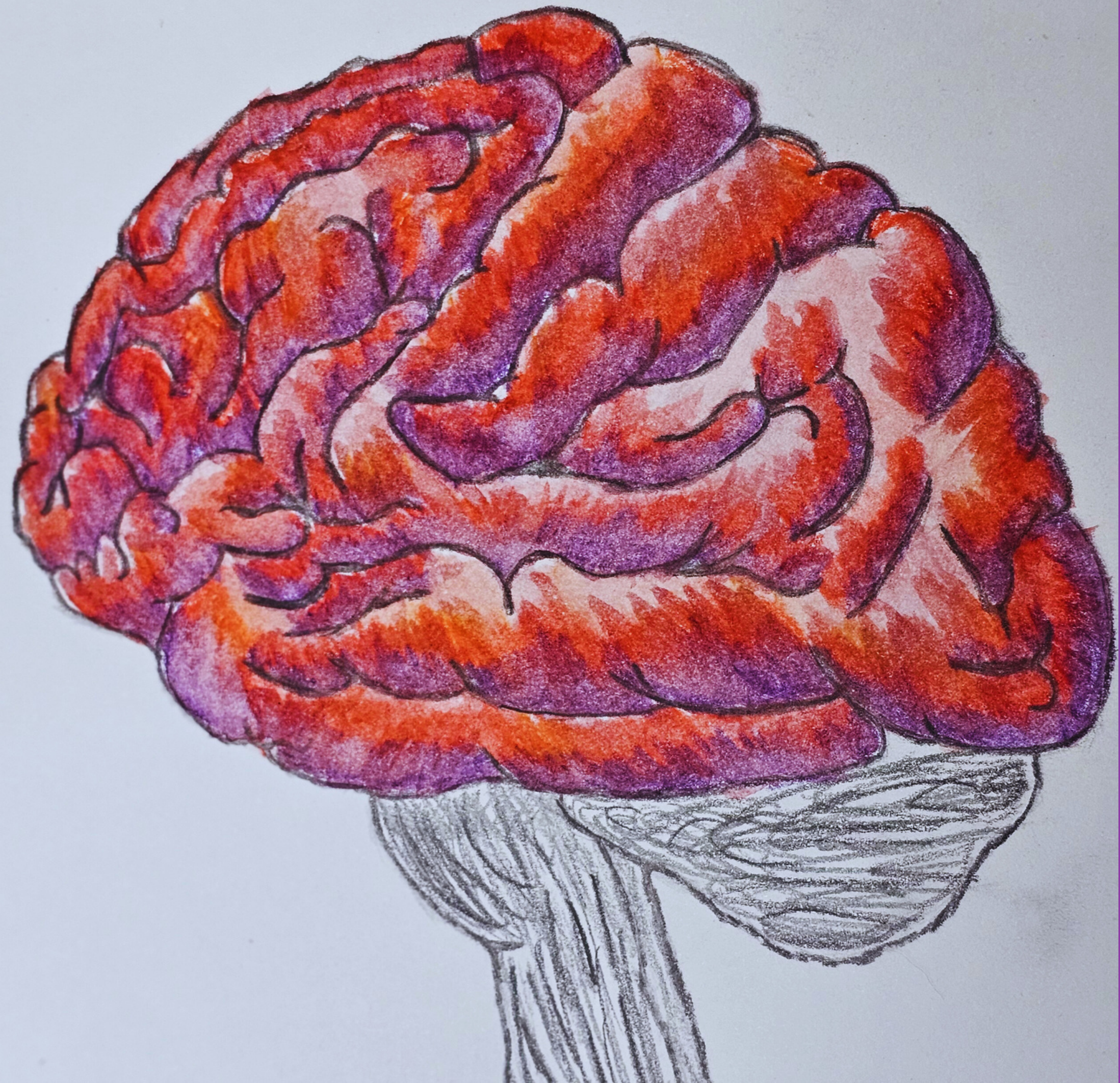
THE ADVOCATE

JESSICA CHAPPELL

While my brain does seize, and does cause barriers, it also is creative and is now a strong powersource for epilepsy advocacy and storytelling.



UNITED STATES



BLING ON THE BRAIN

MEGAN WAGNER

A brain formed of crystal gems encapsulating light fragments.



United States



INTER - ICTAL [BETWEEN SEIZURES]

YARROW RUBIN

Inter - Ictal [between seizures] Sometimes my neurons misfire ... seizures, migraine... Sometimes my neurons are hyperactive ... auras, migraine, mast cell activation... Often my neurons miscommunicate ... poor proprioception, neuropathy, light sensitivity, dysautonomia... But the majority of time the majority of my neurons are sending and receiving their messages with due diligence performing their magical miraculous electrical dance optimally.

Image description: Collage on square redwood board, black & white self portrait (white female) of my mouth, chin, neck w/ silver neuron necklace, surrounded by blue clouds, a yellow sun, 3 streaks of lightning & a golden explosion at bottom left.



United States



THE ARRIVAL

SARAH BROWNE

This piece illustrates overcoming obstacles of the burden of normality. Fifteen years after brain surgery, I have adjusted. I am not only able to survive independently but thrive independently. I have confidence in myself and no longer doubt my abilities. I have arrived!



United States

