

COGNISHIFT INSIDER, ISSUE 1, VOL-1 , ISSUE 01/25 APRIL

Painting Memory: An Interview with Mari Poghosyan

By Dr. Prashant Madanmohan

Founder, Cognishift.org | Editor-in-Chief, Cognishift Insider

"Art is the only language I trust to tell the truth about memory."

– Mari Poghosyan

In the hushed stillness of her studio, surrounded by brushstrokes that breathe and canvases that speak, Armenian artist **Mari Poghosyan** paints not just what she sees, but what the world often forgets. Her works are **visual chronicles of memory**, threading together personal identity, cultural survival, and universal emotion.

As the co-founder of **Cognishift.org** and Vice President of Cultural Relations, Mari's art is not merely decorative — it is **philosophical, reflective, and purposeful**. In this exclusive interview, she shares her inspirations, process, and how painting has become her act of resistance, remembrance, and reclamation.

On Painting as a Vessel of Memory

Q: Your works are often described as memory made visible. How do you approach memory through art?

Mari:

For me, memory is not just something from the past — it is a living presence. Every brushstroke is a retrieval of something almost lost. Whether it's a shadow of an Armenian monastery, the silhouette of a woman who resisted silence, or a forgotten corner of a Tamil temple, I try to bring memory into color and form. Art is how I grieve, heal, and remember.

Armenia, India, and the Unseen Threads

Q: You've painted across cultures — Armenia, India, France. How do these geographies influence your palette?

Mari:

All three cultures carry deep **aesthetic wisdom**, spiritual resilience, and silent endurance. In Armenia, I am rooted in heritage — the ruins of monasteries, the songs of survival. In India, I see movement — the fluidity of Bharatanatyam, the temples carved in stone. France gives me introspection and abstraction. The bridges between them come naturally when you paint with the heart — not with labels.

On Artistic Responsibility and Cultural Voice

Q: Do you see yourself as a cultural ambassador through your art?

Mari:

I see myself as a **messenger of feeling**. If my art makes someone pause, reflect, or feel a connection to something bigger than themselves — be it their ancestry or a truth they've forgotten — then I've done my part. As an Armenian woman, my art also carries the responsibility of remembering a history that tried to be erased.

On Style, Symbolism, and Subjects

Q: Your style blends impressionism with symbolic realism. How do you choose your subjects?

Mari:

Some of them choose me. I see a face, a temple, a poem — and it stays with me until I translate it into form. I often paint **women, dancers, ruins, and skies** — because they all speak without words. I am drawn to the **sacred and the silent** — the things people walk past, but that continue to live deeply.

Cognishift and the Artistic Renaissance

Q: As co-founder of Cognishift, how do you see art shaping the future of cross-cultural understanding?

Mari:

Cognishift is a dream of remembering together. In a world split by headlines, art can be **the gentle bridge**. Through exhibitions, collaborations, and books, we're not just showcasing —

we're **weaving narratives** that show how France, India, Armenia, and others aren't separate — they are echoes of each other. Art has the power to restore what politics and power have torn apart.

A Final Reflection


Q: What is the one truth your art always returns to?

Mari:

That **memory is sacred**, and beauty is its language. In every work, I try to hold a small part of what we must not forget.

Featured Works

- **"The Sentinel of Shared Light"** – A tribute to cultural guardianship through visual storytelling
 - **"Bharatanatyam in the Temple of Silence"** – A fusion of Tamil sculpture and Armenian soul
 - **"Notre-Dame in Ash and Gold"** – A French elegy of light and rebirth
-

 *Mari Poghosyan's solo and thematic works will be on display at the upcoming Cognishift Art & Cultural Exhibition at Lalit Kala Akademi, Chennai, May 11, 2025.*

 Explore more at www.cognishift.org



Symphony of Armenia Acrylic on Canvas painting 50×60cm Original art Mari Poghosyan

- 📍 Published in the May–June 2025 issue of Cognishift Insider
- 🖌️ All rights reserved with Cognishift.org