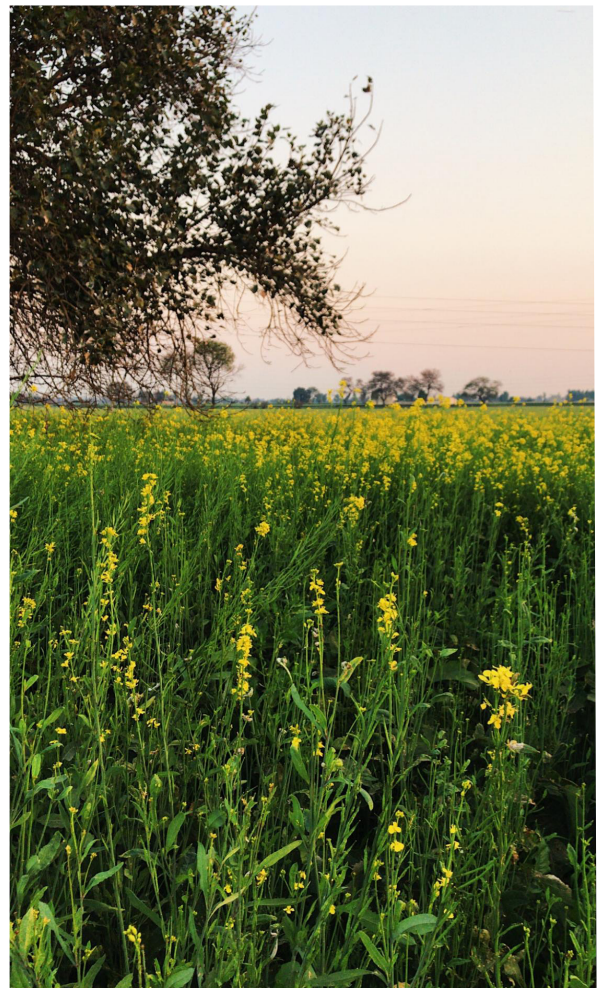


Postcard From Punjab

Darashagam Nahal



These images were captured in my ancestral village in Punjab, India. Golden mustard fields, extensive farm lands, and vibrant sunsets: Punjab's beauty lies in its rural simplicity.

By means of these images, I hope to communicate not only the external beauty of Punjab but also the beauty of Punjab's culture and traditions. Culture has played a significant role in my perception of health.

My idea of health, wellness, and the medical humanities is closely tied to the folk remedies that have been practiced by the people of Punjab for many ages. Folk medicine is deeply embedded within my culture and the health practices of my family. The traditional health practices of my culture have laid the foundation for my understanding of medicine and the humanities. Culture plays a significant role in medical humanities, and I hope to convey this through my photography.

