



**Gallery
wellness
festival**

ART CONNECTS

Inspired by singer and rapper Kim Namjoon—also known as RM, the leader of K-pop supergroup BTS—the term “Namjooning” refers to the act of appreciating art, visiting museums, reading, communing with nature and other forms of self-care.

NAMJOONING

The themes of self-love and mental health awareness have been referenced in many of BTS’s songs. Join us in this trail where artworks from the UOB Southeast Asia Gallery are paired with BTS songs that capture similar themes.

Please note that the interpretations of the artworks provided in this trail are not the only ways to think about the artworks. Each artwork is open to different interpretations.

**Scan to access the
Spotify playlist
bit.ly/gwfnamjooning**



Special thanks to Ms Michelle Choy (Teacher, GP Enrichment Committee In Charge, English Department, Tampines Meridian Junior College) for creating this trail while on the Teacher Work Attachment Programme at the Gallery!





Raden Saleh. *Ship in Distress*. c. 1842.
Oil on canvas laid down on board, 38 × 44 cm.
Collection of National Gallery Singapore.

📍 UOB Southeast Asia Gallery 2, Supreme Court Wing, Level 3

The painting depicts a ship caught in a violent storm, which appears to be powerless against the rocky waves. While the fate of this ship is uncertain, the faint outline of another ship in the background suggests that rescue could be near.

Song: "Lost" 2016 Album: *Wings*

"Lost" is about the struggles one faces in the journey to discover one's path. In the first verse BTS compares themselves to wanderers, unsure of where they are going. Yet, the end of the chorus ends on a hopeful, empowering note.

Are you navigating any storms in your life now?

Is there something in your life that can act as your "anchor" despite the uncertainty you may feel?



Anita Magsaysay-Ho. *Tea Drinkers*. 1957.
Oil on canvas, 49.1 × 39.3 cm.
Collection of National Gallery Singapore

📍 UOB Southeast Asia Gallery 8,
Supreme Court Wing, Level 3

Tea Drinkers, a painting by Filipino artist Anita Magsaysay-Ho, depicts two women drinking tea. Tea is an important beverage in many cultures, and is often associated with both the act of spending time with others, as well as quiet contemplation.

The colours in the painting are cheerful and the brushstrokes are expressive. The painting conveys feelings of peace, relaxation and quiet contentment after a hard day's work.

Song: "Magic Shop" 2018

Album: *Love Yourself:
Tear*

Co-written and co-composed by BTS's main vocalist Jungkook, "Magic Shop" was written with the aim of offering comfort and strength to their fans. The song describes the Magic Shop as a place of refuge for the lost, a place of healing for the heartbroken and a place of love for those who are lonely.

What are some ways you can relax and de-stress after a hard day's work?



Sulaiman Esa. *The Mystical Reality Reinvented: Hua*. 2016. Painted rattan cage and artificial rose, 90 × 57 × 57 cm. Collection of National Gallery Singapore. © Sulaiman Bin Esa.

📍 UOB Southeast Asian Gallery 11
Supreme Court Wing, Level 4

Song: "Fake Love" 2018

Album: *Love Yourself: Tear*

The song is about a person who "moulds a pretty lie" for their significant other by becoming a different, ideal version of themselves to please the other party.

However, in doing so, that person ends up feeling trapped in that same lie.

What does the birdcage symbolise?

It could symbolise how we might end up limiting and trapping ourselves by trying to live up to others' expectations, or to even as a way to protect ourselves from things that we fear could hurt us.

What are some self-limiting beliefs or unhealthy expectations that you are holding on to?



Ruzaika Omar Basaree.
Dungun Siri II.1978.
Wood and emulsion
paint, 72.4 × 91.4 cm.
Collection of Muzium &
Galeri Tuanku Fauziah,
Universiti Sains
Malaysia.

📍 Staircase in between UOB Southeast Asian Gallery 11 and 12, Supreme Court Wing

This is a 3D artwork of a traditional Malay house made of wood carvings.

Artist Ruzaika Omar Basaree was inspired to create her 3D artwork when she was living in Dungun, a town in Terengganu located in the eastern coast of Peninsular Malaysia.

Song: "Life Goes On" 2020 Album: *BE*

In a press release for the album *BE*, BTS's management company Big Hit Music explained that the album was meant to be a "message of healing" amid the global pandemic, and that it "imparts a message of healing to the world by declaring, 'Even in the face of this new normality, our life goes on.'"

The first half of the song "Life Goes On" expresses the group's disappointment with the pandemic situation. However, the second half shows them adopting a more positive outlook, believing that there are brighter days ahead.

The music video of "Life Goes On" starts with Jungkook looking out the window of his apartment. In this artwork, the half-opened window, revealing the beautiful scenery outside, also recalls the hopeful message of the song. We can choose to stay open to new possibilities when we face unexpected or even difficult realities.

Think about an issue you are facing now. What are some possibilities and opportunities you have not considered?



Mochtar Apin. *Batik Variant Truntum II*. 1985. Acrylic on canvas, 106.5 × 97.5 cm. Collection of National Gallery Singapore.

📍 UOB Southeast Asian Gallery 12, Supreme Court Wing, Level 5

Mochtar Apin's artistic practice was unique in its investigation of the forms and repetitive patterns of batik. This contemplation of tradition was a result of his struggle for contemporaneity, informed by a tension between the past and the present.

One of the most popular Javanese traditional batik motifs is the *truntum* motif, like the one used in this artwork. The colourful and vibrant star-like motifs with glittering gold and purple lines that border the artwork remind us of the message behind "Mikrokosmos"—that we are all stars with our own unique beauty and endless potential.

What personal traits can you celebrate as part of your own distinct self-identity?

Song: "Mikrokosmos" 2019

Album: *Map Of The Soul:
Persona*

The title "Mikrokosmos" references the ancient Greek idea of a microcosm, or the notion that humans are their own *mikros kosmos*, or "little world." In other words, we are all little universes, shining in our own, beautiful unique way.