

Art 2025: Studio Open

LCB Depot's exhibition & events programme focuses different creative areas every month. This month we're highlighting visual art including painting, sculpture, installation and video art.

Artwork was selected from our open call with work coming from Leicester/shire artist studios including StudionAme, Two Queens, Churchgate Artist Studios, Knighton Lane Artists and Modern Painters, New Decorators, as well as independent and emerging artists from elsewhere.

Exhibitions and events run from **3rd – 21st November 2025**

Find out more [@lcbdepot](https://lcbdepot.co.uk/event/art2025/) or at <https://lcbdepot.co.uk/event/art2025/>



O-V-E-R-C-H-A-R-G-E-D

Raj Rai

In this vibrant and energetic piece Raj has continued his exploration of our bodies and how they are sometimes at the mercy of our internal thoughts, feelings and more interestingly, external stimuli creating over-stimulation, overwhelm, frustration. He's particularly interested in how seemingly

intangible conditions can affect how we physically feel, sometimes without even realising it.

Artist Bio

Raj Rai is a Leicester-based artist and designer with a BA Hons in Fine Art from De Montfort University. After more than twenty years working in the events industry, Raj returned to painting during the COVID lockdown as a counterbalance to the intensity of his design work. His art now serves as a space to slow down, to notice, and to explore the relationship between his inner and outer worlds.

Through his practice, Raj examines how emotions and thoughts influence the body, how tension, anxiety, or overstimulation can quietly shape our physical experience. His recent works express the push and pull between feeling and detachment, awareness and avoidance, often revealing the subtle ways we learn to suppress discomfort in order to keep moving. For Raj, making art is both a meditation on memory and loss and a way to reconnect with the sensations we so often overlook in the pace of daily life.

[@raj . rai](#)