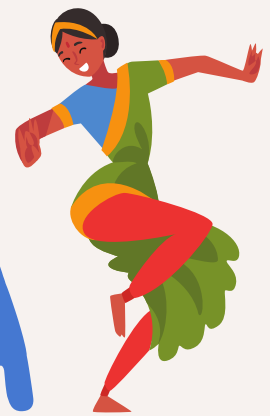


ISSUE NO. 3 | OCTOBER 2023



# KALA VISHWA



THE WORLD OF ARTS

A BHARATHI NATYA KENDRA INITIATIVE



BHARATHI  
NATYA  
KENDRA

# HAPPY READING!

## VARSHA'S NOTE

Our journey since 2022

.....

1

## RASA

The Essence of All Art Forms

.....

4

## JOY VS. RIGOUR

Can they co-exist?

.....

6

## KALA KUTIR

Poetry and Artwork

.....

8

## PASSING DOWN TRADITIONS

An innovative way to pass memories

.....

15

## ANUBHAVAM: BRINGING US TOGETHER

Our blissful experiences

.....

16

## NATYA SANKALPAM

A residential workshop to intensify natyam practice

.....

18



# VARSHA'S NOTE

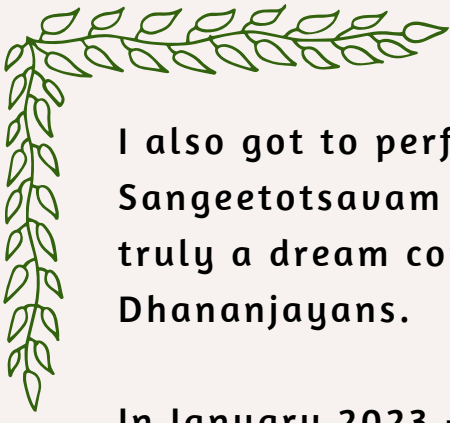


It is with immense gratitude and delight that I release the third issue of Bharathi Natya Kendra's in-house magazine Kala Vishwa. Our second issue was in April 2022, after which we have resumed now. The idea of this magazine is to have our students and families of Bharathi Natya Kendra stay updated of what is happening within our community and to explore the performing arts scene worldwide. It's a space to share our thoughts and encourage students to understand different perspectives.

Since April 2022, BNK has hosted multiple events. We started hosting our Anubhavam series of events. In August 2022, we had our online Anubhavam event which was a jamming session between a dancer, singer and instrumentalist. This session was a tribute to Mother India. Following this, we had our Anubhavam 2 in Haralur Balaji Temple, featuring a Carnatic concert by Ambica Vinod with Vijayalakshmi on Percussion. Bharathanayam performance by Priyanka C. In September we had a Bharatanatyam performance from BNK at the prestigious Meenakshi Amman Temple, Madurai.

Anubhavam 3 was an Odissi performance by Smt. Leena Mohanty and her student Aadya. For Karthigai festival in December, our students Priyanka and Jayaradika performed in Thirunageshwaram.





I also got to perform for my alma mater - Bharatakalanjali - in Sangeetotsavam during Chennai December Season 2022. This was truly a dream come true to perform in front of my gurus - The Dhananjayans.

In January 2023 - we had some of our students performing for Muthumalai Murugan temple, Salem. Some of our students also performed for Ranjani Fine Arts' Vaggeyakara Utsav. This was followed by Anubhavam 4 where we had a carnatic musician Vidyaroopini perform for us. Dr. Nandana Kadambi also performed bharatanatyam with the theme "Haridasa Sanmarga".

February was Shivratri time and we had two performances. One in Puducherry and other in our own Basaveshwara Gayathri Temple, HSR Layout. All of us danced with joy for this.

March was Holi time and we had our tiny tots dance to some folk music.

April was our Anubhavam 5 - Ramaanubhavam. We had a Carnatic concert by senior musician Dr. Chithra Srikanth, accompanied by Smt. Sowmya Ramachandran and Vid.RSR Srikanth. We also had our students perform Nama Ramayanam and other Ramayana theme related natyam. The finale was a theatre performance by Indu Santosh and Reshma Shetty. This Anubhavam showcased the debut performance of Raaga Anubhavam ensemble. We also had a theatre workshop with these artists - Indu and Reshma for our students that opened up many possibilities for the students. There was a special Mandala workshop by Ms. Nilam for our students too. After this we had a summer break.





In June we had lots of new students joining in and a new branch opened in Little Elly Kudlu.

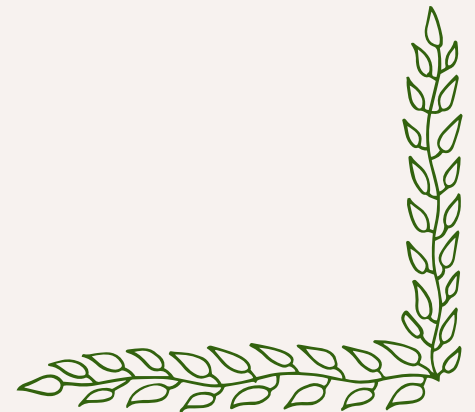
Following this, in July, we hosted Anubhavam 6 where we had a special performance by disciples of Dr. Poorna Suresh. We also had a performance by our students Prasiddhi and Mahathi Vinod.

August kick-started with 'Natya Sankalpam' - an immersive workshop. Sarveshan Gangen, an artiste par excellence, came down to help us with learning the basics. We had this workshop near Hosur at Mrs and Mr. Someshwar Dixit's farm house. It was a residential workshop where we soaked in Natyam for two full days. August and September also saw many performances at the communities and schools for Onam and Independence day.

We also were a part of **Leela Manjari** - hosted by Leena Mohanty at Little Elly, Kudlu in September.

Looking forward to more such beautiful experiences with our students and parents

Yours  
Varsha



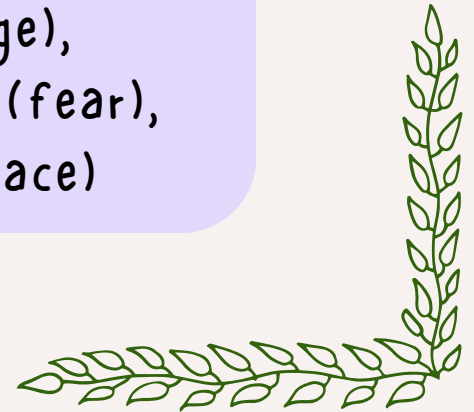
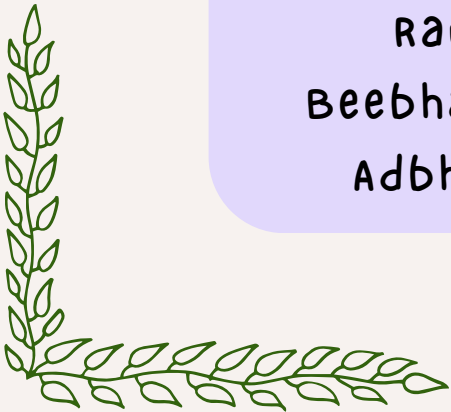
In Indian aesthetics, a rasa (Sanskrit: रस) literally means "nectar, essence or taste". It is a concept in Indian arts denoting the aesthetic flavour of any visual, literary or musical work that evokes an emotion or feeling in the reader or audience, but cannot be described.

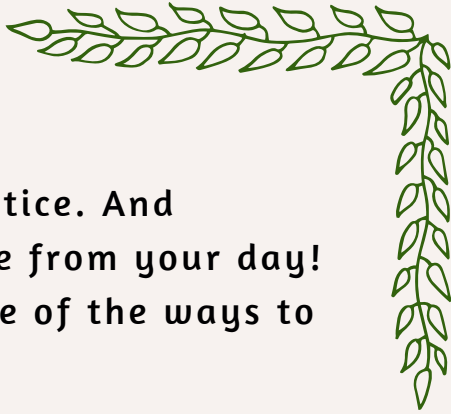
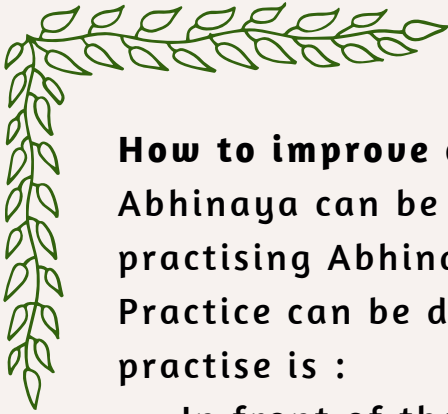
According to India's performing arts traditions, the Navarasas are the nine emotions evoked in an audience during their experience of a dance, music or drama performance.

But, the Natyashastra, a Sanskrit text on performing arts by Bharata Muni, mentions only eight - Shringara (love), Hasya (laughter), Karuna (compassion), Raudra (anger), Veera (courage), Beebhatsa (disgust), Bhayanaka (fear) and Adbhuta (surprise). The ninth rasa - Shanta - was later taken from the Abhinaya Darpana by Nandikeshwara.

In dance, the rasa, or abhinaya plays a great role. A dance can only be considered complete when the dancer engages the audience by doing abhinaya. A good dancer should be able to express all the Navarasas.

**Navarasa: Shringara (love), Hasya (laughter), Karuna (compassion), Raudra (anger), Veera (courage), Beebhatsa (disgust), Bhayanaka (fear), Adbhuta (surprise), Shanta (peace)**





### **How to improve on your Abhinaya/Rasa:**

Abhinaya can be improved only with regular practice. And practising Abhinaya does not require a lot of time from your day! Practice can be done whenever we find time. Some of the ways to practise is :

- In front of the mirror
- Whenever you need a break from your studies
- Before going to sleep

It is important that the dancer understands the meaning of the lines in the dance clearly, otherwise it would be difficult for the dancer to give the required expressions/Abhinaya.

One should be confident and always do the abhinaya while practising alone or in front of the teacher, so that the teacher can correct us wherever we go wrong.

## **EXPRESS YOURSELF!**

*How do you feel right now? How do your feelings show in your expression?  
Use this space to express yourself!*

# JOY VS RIGOUR

*Parents Perspectives: Vyshnavi, Ananya's mom*

Rigour is an important part of an artiste's journey. Regular practice and the constant strive for perfection help an artiste to excel at their art.

What about joy? Joy is what motivates young artistes, as they are not yet able to see the long term benefits of rigour. With younger students, without joy, there can be no rigour!

Which comes first - the joy or the rigour? Is there a relationship between them? Is one of them a mandatory stop on the ultimate journey seeking perfection, while the other one being optional? Most importantly, can joy and rigour coexist?

In a nutshell, yes they can! While an artiste's road to mastery lies in continuous practice (commonly interpreted as rigour), this journey can be fuelled along by joy. Joy and passion for one's art can be a powerful motivator for rigor and discipline. When artists truly love what they do, they invest time and effort to do the best that they can!

On another note, rigor can enhance an artist's joy by providing a sense of accomplishment and growth. When artistes challenge themselves by setting goals (such as fine-tuning a raaga or a mudra) that require a certain quantum of effort, achieving their goals will bring immense satisfaction and happiness. They also find joy in exploring new ideas and pushing boundaries.





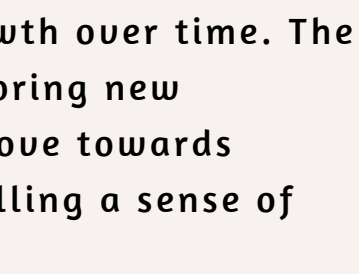
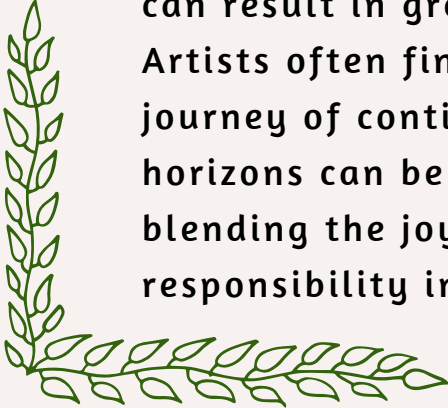


What can we do at home to provide an enabling environment?

1. Allow for free time to explore the artform with minimal structure. Free play, as they call it. Dance your heart out! Pick any song you like - Carnatic, popular songs from movies. There was a homework assigned by Varsha ma'am during the summer to dance to the popular song Naatu Naatu - what fun the children had!
2. Include "jam time" in playdates, where friends sing, dance and play together! Children especially learn the most through observation. They can take turns singing for each other and dancing, and they will no doubt learn from each other!
3. Try to provide a structure for practice that incorporates practice into the students' daily routine. It could even just be 10 minutes, but ensuring that this happens everyday at a specific time young artistes move towards the mastery that will eventually bring them joy. Check Kala Vishwa, 2nd Issue for a fun way for kids to keep practice exciting everyday!
4. Attend community events like Anubhavam! By providing a platform to observe and learn, and attending such events with their friends, children will enjoy and grow to make these a part of their life!

Striking a balance between freedom and structure remains crucial to maintain joy in the arts. Also, the pursuit of rigor can sometimes lead to challenges and frustrations, which may momentarily diminish joy. This is absolutely normal! However, overcoming these obstacles and achieving higher levels of skill can result in greater, long-term joy and satisfaction.

Artists often find joy in their evolution and growth over time. The journey of continuously refining skills and exploring new horizons can be deeply rewarding. In this, we move towards blending the joy and rigour, automatically instilling a sense of responsibility in our young artistes.





#creativity



#self-expression

#colours

# KALA KUTIR

Art forms like painting and poetry play vital roles in human expression. Painting allows artists to convey their feelings and ideas through visuals, using colours and shapes to tell stories and evoke emotions. Poetry, on the other hand relies on words and rhythms to create vivid imagery and convey complex emotions.

Our young artistes have put together a series of artwork and poetry for you to enjoy!



#peace



#communication

#wellness

# HAPPINESS

Poetry by Anika Seelu, student, BNK

When you think about things  
that make you feel sad,  
Don't start crying,  
Its very bad!  
A little glitter and magic in the air,  
Could do just the thing to make you smile again!

A popsicle and a sunny afternoon,  
Is just the thing that can make you smile too.  
A walk through the bushes, the trees and gardens,  
Can remove all your worry and burden!  
Happiness is best shared,  
With mixed fruit jam and a piece of bread ! 😊😊



# ANANYA'S MUSINGS

Poetry by Ananya Ashish, student, BNK

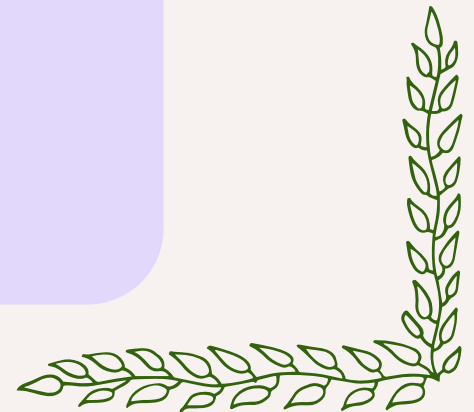
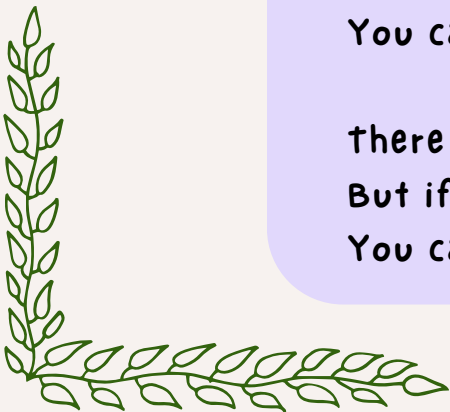
Everything's alright!  
Day and Night  
The world shines bright  
If you see it from a height,  
Everything's alright!



Making choices!  
Some choices are big,  
Some choices are small,  
But whatever you do,  
You can make them all!

Some choices are easy,  
Some choices hard,  
But if you try,  
You can make them all!

There will be a lot of choices in life,  
But if you get some help,  
You can make them all!



# HOW I STARTED DANCING

A note from Aaradya, student, BNK

An Article  
by - Aaradya  
Batch - Sakhyam - BNK



## How I started dancing?

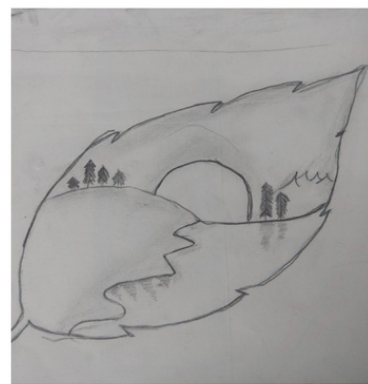


I was inspired by my sister who was learning from Varsha maam. She has learnt many performances, has danced in a temple and in her school. I had always had a dream to dance, but I thought it was impossible. But when I was 2<sup>nd</sup> grade my mother told me that "maam was making a class for 2<sup>nd</sup> graders, if you want to dance you can join." I immediately told yes. We learnt many adavus. And whenever I learnt an Adavu I show it to my sister and my parents. I used to practice by myself. I used to get better by each day. Then in 3<sup>rd</sup> grade I was learning my first dance performance. After some months me and my group had to dance at the ~~the~~ temple for Shivaratri. After me and my group danced I expected 1-2 people to praise me, but in reality almost the whole temple praised me. Now I have 2 years of experience of dance. Now I feel Bharata Natyam is not just an art for me, it is a happiness for ~~me~~. I would like to ~~to~~ say a very big thank you to Varsha maam to teach me ~~very~~ a dance.

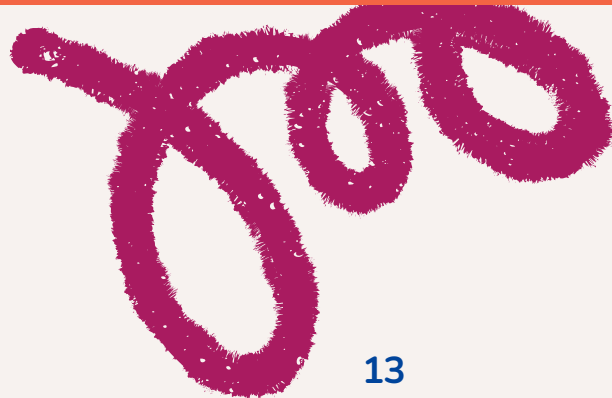


# Thank you

# RIDHI'S ART CORNER



# ANIKA'S SUNSET VIEWS



# ADVIKA'S SUNSET





# PASSING DOWN TRADITIONS

A Few Decades Apart: Pictured on the right is Pratha from BNK, and on the left is her Aunt - Both adorned in Pratha's grandmother's saree!



What a beautiful way to pass down tradition! Have you ever remodelled an old saree into a new costume? Share your story!



Aduika from BNK and her sister dressed up in their mother's sari, which was gifted to her by their great aunt back in 1993. The sari was tailored for a Nauratri program.

# ANUBHAVAM



## The Inspiration Behind Anubhavam:

How do we inspire students to excel in performing arts? One is to learn it and second it to witness live performances. In our part of Bengaluru (South-East) the performing arts scene is not so vibrant. Not many prefer to travel to the other side of Bengaluru to watch natyam performances. Hence we decided to host events here. It's a platform where artistes can share their work, experiment and interact with the audience.

Each Anubhavam also features a performance by 'Raaga Anubhavam', our in-house musical ensemble featuring our young artistes of BNK.

The name "Anubhavam" was suggested by our core committee member, musician and well wisher Ambica Vinod.



# PARENT REVIEWS

A platform for people to express joy with art, music, dance and watch the world smile with them.

- Rashmi, Ridhi's mom

"I absolutely love the "Raaga Anubhavam" group that teaches bhajans to kids! 🎵 It's such a wonderful initiative and a great way to introduce our little ones to our rich cultural heritage. The group organizers and teachers (Ambica Ma'am and Varsha Ma'am) are doing an amazing job in nurturing a love for music and spirituality in our children. The dedication and passion of everyone involved shine through in every session. Thank you, Raaga Anubhavam team, for spreading the joy of bhajans and enriching our kids' lives!" 🙏🎵

- Jahnavi, Thanusree's Mom

Anubhavam is a wonderful opportunity for rasikas in South/East Bangalore to relax and savour various art forms! By fostering a sense of community and ownership, young students get ample chances to absorb and nurture their love for the arts. Many thanks to Team Anubhavam!

- Ashish, Ananya's Dad

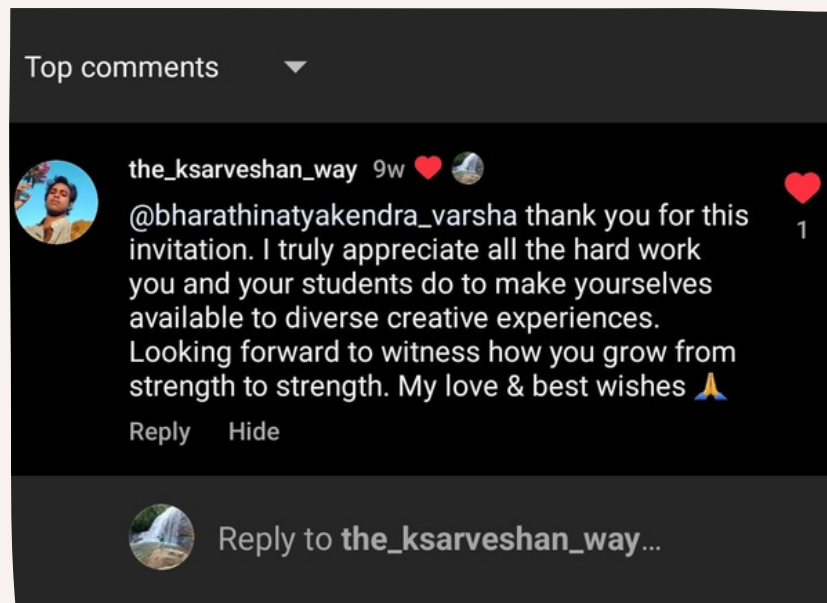
# NATYA SANKALPAM

*A residential workshop under the guidance of Mr. Sarveshan Gangen*

In a beautiful farmhouse near Denkanikottai owned by one of our students' family, Bharathi Natya Kendra conducted the Natya Sankalpam workshop - a totally immersive workshop where students got to fine tune their basics. They understood how to intensify their natyam practice.

Its my first time attending a dance workshop.. My sincere gratitude to Varsha Ma'am for this opportunity and a great learning experience from Sarveshan Sir. Thanks to everyone behind this workshop.

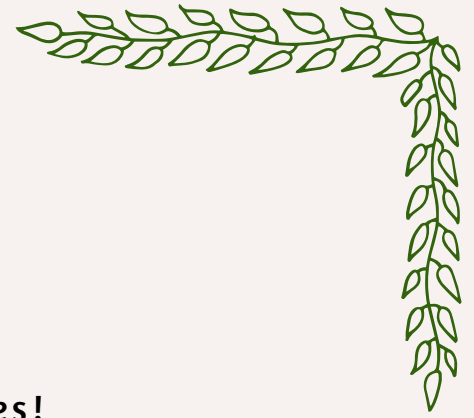
- Chandraprabha, student of BNK



# NATYA SANKALPAM

*A residential workshop under the guidance of Mr. Sarveshan Gangen*





Scan this code to access past issues!



To know more on how to contribute, please contact us!

