

Co-commissioned by:



NCPA, Mumbai

SADLER'S
WELLS

Sadler's Wells,
London



Esplanade,
Singapore

Commissioned & produced by:

ADITI MANGALDAS
DANCE COMPANY
THE DRISHTIKON DANCE FOUNDATION

Supported by:

Dance City, Newcastle

FORBIDDEN

A solo performance by

Aditi Mangaldas

contemporary dance

based on Kathak

World Premiere: Mumbai, 2022

A woman with long dark hair, wearing a white long-sleeved dress, stands with her arms raised in a gesture of freedom or defiance. She is looking upwards and to the right. The background is a solid, vibrant red. The overall mood is one of passion and rebellion.

FORBIDDEN

Duration: Approx. 1 hour and 15 minutes

History confirms there is a deep-seated fear of female sexual desire. Why are women the world over, from conservative as well as liberal societies; sanctioned, judged, controlled, hounded, shamed and eventually punished because they have the courage to own their desire?

What is at the root of this fear?

Quoting the mythologist, Mr. Devdutt Pattanaik, “...fantasy frightens us, especially female fantasy.. One way of regulating fantasy has been by propagating stories where women who pursue their desires are viewed as dangerous, hence need to be restrained for social good.”

Evidence from all cultures is the subterranean elixir that nourishes the making of FORBIDDEN, which traverses through a gamut of emotions and states of being, while reclaiming and owning desire.

Awakening: Dream, Fragrant flower, Cage

Playing the Game: Denial, Adornment, Seduction, Rage

Burning: My story, Consigning to flames all that is FORBIDDEN



CHOREOGRAPHER'S NOTE

Artists are driven to explore subjects that consume them. That drive is a possession which compels artists to face and share provocative issues.

'It's extremely important to recognize that none of us are above social conditioning; no matter how much we would like to believe that it doesn't impact us, it does...'

- Devrupa Rakshit, *The Swaddle*

There are countless insidious ways that taboos creep into one's daily existence. Social structures, mythology, images from popular culture, the culture of shame that women live with, all become a subconscious stream that shape our behaviour.

As an artist, I feel compelled to confront these taboos. *FORBIDDEN* has been realised after months of internalisation, debate, troughs and peaks; as each collaborator offered nuance to the work, till I found myself immersed in it.

Sexuality is private but the taboos attached to female sexuality requires and demands taking a stand on the universal, public and personal front.

As I venture on this journey, I have held the words of Jalaluddin Rumi, close to my being, 'Dance, when you're broken open. Dance, if you've torn the bandage off. Dance in the middle of the fighting. Dance in your blood. Dance when you're perfectly free. Dance until you shatter yourself!'

~ Aditi Mangaldas



CREDITS

Concept, Dance & Choreography:	Aditi Mangaldas
Dramaturge:	Farooq Chaudhry
Mentor:	Morag Deyes
Light Design:	Michael Hulls
Associate Lighting Designer:	Ryan Joseph Stafford
Music Composer:	Nicki Wells
Musical Arrangements, Production, Programming, Engineering & Mixing:	Nicki Wells
Indian Classical Renditions:	Faraz Ahmed & Ashish Gangani
Musicians:	Nicki Wells & Faraz Ahmed (Vocals) Ashish Gangani (Pakhawaj) Mohit Gangani (Tabla)
Specially featuring:	Saskia Rao-De Hass (Cello)
Costume Design:	Kimie Nakano
Costume Realisation:	Sandhya Raman
Technical Director:	Christopher Flux
Rehearsal Director:	Gaurav Bhatti
Technical Stage Manager:	Nicholas Morris
Sung Text	
Classical Composition:	Meerabai
Rosas:	Nicki Wells
Spoken Text	
Adornment:	Inspired by The Kamasutra & Seema Anand's book 'The Arts Of Seduction'
Story:	Aditi Mangaldas
Stage Floor Selection & Design:	Michael Hulls, Christopher Flux, Aditi Mangaldas & Sangeeta Rana
Production Management:	Sangeeta Rana & Kusum Arora
Production:	Aditi Mangaldas Dance Company - The Drishtikon Dance Foundation



"I came away with every fibre in my body tingling with excitement... I was again enthralled by the perfection of Aditi's technique, by the way she dynamised stage space, by the effortless beauty of her nritta and the profound expressiveness of her nritya. The music offered a powerful parallel track to her movement and her light designer created his own magic without overwhelming the dance..."

~ Shanta Gokhale, eminent cultural writer and dance critic, 2022

ACKNOWLEDGEMENTS

Creative:

Help in choreography & dance during two residencies: Deepak Kurki Shivaswamy

Overall help in dance and production: Gaurav Bhatti

Help in new movement vocabulary: Sumesh P.B., Rajan Rathore, Aakash Odedra, Swapnokalpa Dasgupta, Aakriti Gandhi & Imocha Singh

Rehearsal partners: Saloni Saraf, Manoj Sonagra & Aamrapali Bhandari

Fitness regime: Sumit Sejwal, Myra Khanna & AktivHealth (Delhi)

Identifying text for the classical piece: Ragini Pasricha

Indian classical music 'open files' recorded at Deepak Samson Studio

Production:

Technical residency at Dance City, Newcastle, UK:

Anand Bhatt and Nick Rogerson

Rehearsal studio: Akhil Wable, OddBird Foundation, Shed9, India

Administrative guidance: Skye Blue Productions, London, UK

Sourcing of stage props: Christopher Flux, Minhaz Khan, Manoj Sonagra and Gaurav Bhatti

Design:

Creatives for all promotional material: Gopika Chowfla

Media partners: Perfect Relations

Photography & videography: Nirvair Singh Rai and

Von Fox Promotions

Trailers: Anuj Chopra, Von Fox Promotions & Nirvair Singh Rai

Special thanks to:

My Gurus, Smt. Kumudini Lakhia Ji & Late Pundit Birju Maharaj Ji

Mr. Khushroo Suntook, Sir Alistair Spalding, Swapnokalpa Dasgupta, Rajeswari Ramachandran, Anand Bhatt, Rajika Puri, Aakash Odedra, Deepa Shinde & Mr. Karkare

Our representatives: Attiki Cultural Society, Greece & Yulia Tseplinskaya, Vengaya Promotions, Russia

Drishtikon family: Kusum Arora, Sangeeta Rana, Gaurav Bhatti, Faraz Ahmed, Ashish Gangani, Gauri Diwakar, Rakesh Nayak, Shanti Singh, Mahendra Kamat & Sanjay

Devyani Mangaldas, Aditya Mangaldas, Karma Vivan, Ishita Advani, Iqbal Kumar, Mamta Mangaldas, Ayesha Mangaldas, Amaya Mangaldas, Kara Kumar, Kabir Kumar, Armin Sprotte & Sumita Advani



Aditi Mangaldas



Farooq Chaudhry



Morag Deyes

Aditi Mangaldas

Aditi Mangaldas is a leading dancer and choreographer in the classical Indian dance form of Kathak. With extensive training under the leading gurus of Kathak, Shrimati Kumudini Lakhia and late Pundit Birju Maharaj, Aditi is today recognised for her artistry, technique, eloquence and characteristic energy that mark every performance. Besides dancing and choreographing classical productions, both solo and group, she has broken new ground by using her knowledge and experience of Kathak as a springboard to evolve a contemporary dance vocabulary, infused with the spirit of the classical.

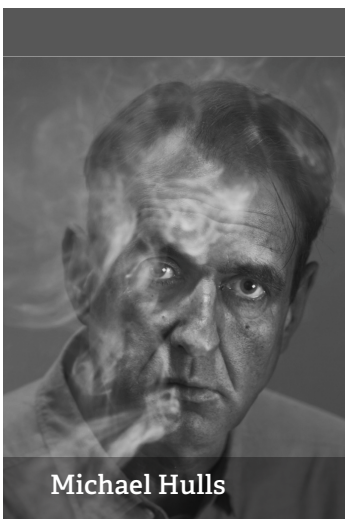
Considered a maverick in India, she has consistently broken ground, unafraid to confront social and present day concerns. Celebrated around the world for the startling richness and intricacy of her dance and choreography, she was nominated in the category of outstanding performance (classical) by the National Dance Critics Circle Awards - 2017 in the UK. She was awarded the Gujarat Sangeet Natak Academy award, India 2007 as well as the National Sangeet Natak Akademi award, India 2013, that due to compelling reasons, she declined.

She has won much critical acclaim in major dance festivals across the world.

"...the recent black and white film of Mangaldas... really hits hard in gorgeous and hypnotic dance..." ~ Seeing Dance, UK, for the Battery Dance Festival 2020, USA

"Mangaldas owned the stage without trying to earn it..." ~ The Guardian, London, 2017

"Her artistry and poise, her dramatic gifts and unshakable technique are truly astounding; dance as effortlessly compelling as this is a joy to watch in itself"
~ Perth International Arts Festival, 2016



Michael Hulls



Nicki Wells



Kimie Nakano

"Her concept of the intangible embraces the divine and the profoundly human: love and freedom, truth and beauty being as cosmically mystical as god."

~ Edinburgh International Festival, 2012

In India, many dance critics and connoisseurs celebrate her dance.

"...tiny in appearance but having within an infinite microcosm of the pulsating universe... It is rarely that a dance performance is raised to the level of a poetic composition." ~ Dr. S.D. Desai, 2022

"This emotionally-charged tribute of the chiselled dancer concluded with a meditative and aesthetic ecstasy of bliss." ~ Manjari Sinha, 2020

"...Aditi Mangaldas, whose prowess in breaking the barriers of convention and pushing her classical form to ever new heights of imagination, has now become the stuff of a legend." ~ Utpal K Banarjee, 2019

"A powerhouse of energy... Aditi has given traditional Kathak a new look with imagination and sophistication..." ~ Dr. Sunil Kothari, 2019

"...an exceptional performer and choreographer, Aditi's dance stands out for the contrast it conjures up – charged stillness and whirling energy." ~ Chitra Swaminathan, 2018

"Her dance demonstrates what it means to be utterly free in body, mind and spirit to explore the world." ~ Shanta Gokhale, 2018

She heads the Aditi Mangaldas Dance Company – The Drishtikon Dance Foundation.

Farooq Chaudhry | Dramaturge

Farooq Chaudhry is best known as the co-founder and executive producer of the internationally acclaimed, Akram Khan Company. However, his experience reaches beyond AKC's legacy. Over the past 20 years, his unwavering passion for art, business acumen and genuine desire to connect with communities across the world led him to work as creative producer with companies such as English National Ballet, PCDC (Yang Liping). He has consulted, mentored and taught emerging artists and producers around the world.

Chaudhry is recognised as a global cultural leader. In 2019, as part of the Queen's New Year's Honours, Chaudhry was awarded an OBE for his services to Dance and Dance Production and was appointed as a Tate Artist Trustee. Chaudhry is committed to "levelling the playing field" for artists, audiences and cultures.

Morag Deyes | Mentor

Morag Deyes, was the founder and Artistic Director of Dance Base (1994-2021) Scotland's National Centre for Dance. Prior to this Deyes was a professional contemporary dancer, choreographer and teacher for three decades and directed Bath Fringe Festival (1990-1994). She received an MBE for Services to Dance in Scotland in HRH Queen Elizabeth's Honours 2007 and is recipient of the prestigious Spirit of the (Edinburgh) Fringe Award 2009. Most recently she completed a tour of Taiwan choreographing for elder dancers, delivering talks and workshops and mentoring the first Taiwanese inclusive dance company. Deyes has a deep interest in many aspects of Indian culture which began over 20 years ago. She is currently researching rites, rituals and dance forms relating to life transitions and continues to teach and choreograph.

Michael Hulls | Light Designer

Michael trained in dance and theatre at Dartington College. Over the last 30 years Michael has worked exclusively in dance, particularly with choreographer Russell Maliphant, and established a reputation as a "choreographer of light". Their collaborations have won international critical acclaim and many awards including two Olivier Awards.

Michael has also worked over many years with the choreographer Akram Khan, including on both his Olivier Award winning solos DESH and XENOS. In 2009, Michael became an Associate Artist of Sadler's Wells. In 2010, his contribution to dance was recognised with his entry into the Oxford Dictionary of Dance and in 2014 Michael received the Olivier Award for Outstanding Achievement in Dance.

Nicki Wells | Music Composer

Singer, songwriter and composer Nicki Wells has performed in some of the world's most prestigious venues from London's Royal Albert Hall to the Sydney Opera House and Glastonbury's main Pyramid Stage collaborating with the likes of Nitin Sawhney, Eric Whitacre, Anoushka Shankar, Joss Stone and Natacha Atlas. Her voice has contributed to a number of feature films including Andy Serkis' *Mowgli*, Deepa Mehta's *Midnight's Children* and Renny Harlin's *The Legend of Hercules*.

As a composer, Nicki has scored extensively for contemporary dance, feature films, documentaries and theatre productions. Nicki released her first album of original material under the pseudonym TURYA in 2018. During the pandemic she created her debut album under her own name which is to be released in the Spring of 2023.

Kimie Nakano | Costume Designer

Kimie Nakano has been working internationally for theatre, opera, dance, ballet and film as a set and costume designer. She strives to create intercultural projects for the stage, workshops, and films, to promote different world cultures and has worked for productions of ROH, RSC, Northern Ballet, ENB, Rambert Dance Company, Sadler's Wells London, Longborough Opera Festival, Akram Khan Company, Grand Theatre Geneva, Royal Ballet Flanders, Royal Danish Ballet, Les Grands Ballets Canadiens, Stuttgart Opera House and many other theatres / companies. She has also designed costume for films including *Basho*, *Macbeth* as well as for the commemoration of the 20th anniversary Kwibuka ceremony in Rwanda. Her work has been exhibited widely, including at the 2015 Prague Quadrennial and the V&A.

Photo credits:

Aditi Mangaldas: Von Fox Promotions, UK

Back Cover: Nirvair Singh Rai

Farooq Chaudhry: Maya Almeida Araujo

Morag Deyes: Maria Falconer

Michael Hulls: Gavins Evans

Nicki Wells: Ash Holdsworth

Kimie Nakano: Matt Deely

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Commissioned by:

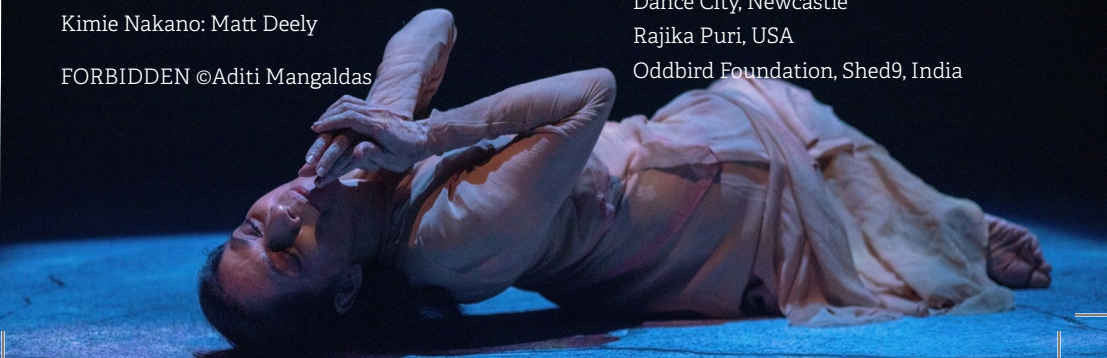
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National Centre For
The Performing Arts, Mumbai
Sadler's Wells, London
Esplanade - Theatres on the Bay,
Singapore

Supported by:

Dance City, Newcastle
Rajika Puri, USA
Oddbird Foundation, Shed9, India





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