



DANCE IMMERSIVE PROGRAM - 2022  
REPORT

The cover art features a vibrant red background with a complex, swirling pattern of white and black dots that creates a sense of depth and movement, resembling a stylized eye or a spiral galaxy. The text is overlaid on this pattern in white and red.

**KALAVAAHINI**  
*all for dance*

and  
**Malavika Sarukkai**

Presents

**Dance  
Immersion  
Program**

***26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> August, 2022***

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***A unique 3 days intensive learning experience for  
Bharatanatyam dancers at AdiShakti, Auroville***

## Dance Immersion Program - 2022 Report



Kalavaahini Trust and Malavika Sarukkai in collaboration with Shreya Nagarajan Singh Arts Development Consultancy presented the 5th edition of the Dance Immersion Program (DIP) - an intensive dance residential learning experience for three days - 26th, 27th & 28th, 2022 August at Adishakti Theatre, Auroville, Pondicherry. Dance Immersion Program, was aimed at creating an invigorated space for lateral thinking and an in-depth study of various aspects of dance to help broaden one's vision. It envisages one's vocabulary of dance and trains one to become a thinking dancer/performer. DIP 2022 was sponsored by TATA Steel.

Brainstorming and planning for this year's DIP began early in April, 2022 through in-person and online meetings with Malavika Sarukkai. After multiple rounds of discussions, the curation for



DIP was finalised with an announcement inviting applications at the end of June. We received a total of forty quality applications, out of which ten dancers were shortlisted through multiple screening processes for the residency program. The selected participants paid a sum total of Rs. 10,000 each for food, accommodation, transportation and mentor fees. Kalavaahini and SNS organized a zoom meeting for the applicants who were not selected for this year's DIP. It was a candid discussion on zoom where each of the applicants got to meet and interact with Kalavaahini and Malavika Sarukkai.

DIP was focused on creating an experiential learning process for Bharatanatyam dancers where they could observe and learn aspects of dance and dance production from senior artists in the field, in close quarters. The sessions were not only centred around dance, but also the process of dance practice that included sessions on strength training, meditation, sound engineering and arts management, under the able guidance of the mentors - Malavika Sarukkai, Vaibhav Arekar, Sai Shruvanam, Adarsh Gopalakrishnan, Marco Novara and Shreya Nagarajan Singh. The participants also had the opportunity to get a one-on-one session with each of the mentors. Here are some highlights from DIP 2022.

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*A unique 3 days intensive learning experience for  
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- 1. The Dance Immersion Program endeavors to create a space where renowned artists share their vision, passion and practice of dance.*
- 2. The program provides an oasis where dancers with serious intent can imbibe, observe, question and reflect on dance.*
- 3. Dance Immersion Program hopes to nurture and inspire the next generation of dancers and keep the intrinsic flow of tradition vibrant and salient.*

**Registrations could be done on**  
[www.kalavaahini.com](http://www.kalavaahini.com) or  
[www.shreyanagarajansingh.com](http://www.shreyanagarajansingh.com)

### Day 0 - August 25th

The sessions were divided into three days of extremely packed but rewarding experiences. The team started to AdiShakti, Auroville on August 25th at 2:00 pm from SNS Arts Development Consultancy office. After reaching, the participants were allotted their respective rooms after which there was an orientation session conducted by SNS team and Malavaki Sarukkai. This was followed by some ice breaker activities for the participants and mentors to get to know each other better. Participants were also allotted groups and given abstract topics to work on that they could present on the final day of the residency.



### Day 1 - August 26th

Day 1 of DIP began with a session on introduction to somatic practices by Marco Novara that made the participants delve deeper into understanding control over their bodies. One of the participants was experiencing physical discomfort due to which he had to excuse himself from the sessions. A separate room was then allotted to him, so he could rest better.



Following this was the intense dancing session by Malavika Sarukkai which left the participants exhausted but still wanting to experience more of her expert training routines. The next session was about exploring nature through movements and every participant went candid in expressing their emotions through the use of body movements out in the AdiShakti premises.





The post lunch sessions were each one of a kind, starting with the session on the importance of soundscaping and knowing music production by the expert sound engineer Sai Shruvanam. A lot of curiosity was kindled and questions were answered in this afternoon session which gave a deep perspective into music production in dance. After a short break, the participants were made to connect with their deeper emotions resulting from their personal experiences and channelising them to express better in dance, through this brain-intensive session by Vaibhav Arekar. Each of them were vulnerable and unreserved in practising these techniques which made the exercise extremely useful.





The last session of the day was by Adarsh Gopalakrishnan, who gave insights to the concept of strength training for dancers. What made the session more interesting were the myths about workout and training that he busted, which were nothing less than revelations for everyone in the room.



## Day 2 - August 27th

All the participants in DIP were exposed to a wide range of experiences on Day 2, which were intense and immersive. Adarsh Gopalakrishnan started the day with a constructive session on fitness. The participant who fell sick, decided to go back to his hometown as he was recommended to take rest, given his health conditions. A cab was arranged for him by the organising team, to drop him at the Chennai Airport.



Two films Devaradiyar in Sadir and Agony and Ecstasy in English Ballet were also shown to the participants, followed by a reflective discussion on the movies. In addition to these, participants engaged in nourishing one-on-one sessions with our extraordinarily kind mentors, Malavika Sarukkai, Vaibhav Arekar, Adarsh Gopalakrishnan, Sai Shravanam, and Shreya Nagarajan Singh. Participants had the opportunity to discuss their own ideas and concepts on aspects of dance, music production, workout regimes, arts management and thoughts beyond these with the incredibly generous mentors who gave their insights and advice to each participant, depending on their needs.





The mentors Malavika Sarukkai and Vaibhav Arekar presented two incredibly moving performances in the evening, which left the participants in deep thought. Each of the sessions on Day 2 were inspiring and energising which left the participants intellectually stimulated and overwhelmed. The participants engaged in a fun and impromptu discussion post dinner, with the two mentors about a range of topics.



### Day 3 - August 28th

After a day of intense brain workout, the final day was all about putting the brain and body together into strategically curated sessions by the mentors. The day started with Marco's session on somatic exercises, followed by Adarsh Gopalakrishnan's strategic workout session which was about catering to specific need based training and addressing injuries commonly observed in dancers.



This led to the dance session of Malavika Sarukkai, whose choreography and hand-picked jathis helped all of the participants get into an intense dancing state, and she occasionally made connections between her dance career and personal life, which the participants were thrilled to listen to.



The post-lunch sessions brought out a range of emotions in the participants. Shreya Nagarajan Singh led the final mentoring session and provided insightful advice on developing goals for various futures and also established the role of arts managers in shaping careers of artists. What made the session most interesting were the fun ice breaker dance activity in the beginning and interactive worksheet based activities which were conducted throughout the session. As upcoming artists, participants found these sessions valuable.



The final session was led by Vaibhav Arekar, who not only exposed the dancers to the rhythmical elements of dance but also encouraged them to explore their innermost feelings and express them without inhibitions.



The day culminated with participants reflecting their experiences and sharing them with everyone in a candid conversation. All the participants received certificates from Malavika Sarukkai. The experience was made more memorable with an authentic wood-fire pizza treat by the organisers as a celebration to the successful culmination of the program. Some of the participants for their respective cities that night.



All the other participants and team members started from AdiShakti the next day at 6:30 am for Chennai.



## Reflections

After months of planning and discussion, it was extremely satisfying to witness the Dance Immersion Program create experiences for lifetime for each of the participants. Everyone at DIP functioned as a single unit and no event of this scale would be perfect without the contribution of every single member. We would like to thank Malavika Sarukkai for constantly being a part of the process from visualising, conceptualising and giving the program a shape leading to its final outcome. We would like to thank Vaibhav Arekar, who gave his valuable insights through sessions that will continue to have an impact on the participants and the onlookers alike.

Our sincere gratitude to all the mentors who were a part of this residency program - Marco Novara, Sai Shravanam, Adarsh Gopalakrishnan and Shreya Nagarajan Singh, who were an integral part in making DIP a memorable workshop through their indispensable sessions.

None of this would have been possible without the serene environment that AdiShakti premises provided, a big thanks to Nimmi, Vinay, Shanti and the whole support staff for their hospitality. We thank Chella studios for their timely and prompt photography and videography. We would like to thank all the participants who made it to DIP and for being extremely cooperative.

In the end, it'll be unfair to not mention the design and publicity team including Vikram and Mohan, Priya and other members of Kalavaahini, and SNS team members Rama Kshirsagar, Sneha Mahesh and of course Shreya Nagarajan Singh for playing a pivotal role in creating this experience.



Here are some quotes from the participants.

*"Revealing, evoking, identity, courage, vulnerability, exploring and intense day filled with the generosity of the mentors." - Lucrezia Maniscotti*

*"The session put so much in perspective for me: These masters are real people that have persevered with grit and grace and continue to 'live the dance' in every sense. To be able to watch them at work, and the generosity with which they share..makes this an experience I will relish forever." - Divya Nayar*

*"The way of approach towards dance is completely different. That's what I liked about DIP. Learning items can be done in any way or through online but the special thing about DIP was that we got to know how much we can explore in our self dancing and how much we can reach not just physically but mentally the idea behind creating this kind of experience is brilliant I feel. Every session was so different. I really loved the idea of one on one sessions with the mentors. I feel every artist will take back more than one thing from the DIP for me it's the spark that created in me to not just dance also to LIVE it" - Nidhaga Karunad*



## Appendix

### 1. Application Form



## Dance Immersion Program

Kalavaahini and Malavika Sarukkai in association with Shreya Nagarajan Singh Arts Development Consultancy invite applications from Bharatanatyam performers between the ages 25-45 for the fifth edition of 'Dance Immersion Program' - an intensive learning experience at AdiShakti, Pondicherry, on 26th, 27th and 28th August, 2022.

\*10 participants will be selected based on the eligibility criteria. The selected participants will be required to stay at AdiShakti premises for the entire duration of the workshop. Selected participants will also be required to make a payment of Rs. 10,000/- which is inclusive of mentorship, travel (Chennai-Pondicherry-Chennai), food, and stay for 3 days.

Deadline for applying is 5th August, 2022 at 11:00pm.

This initiative is supported by Tata Steel.

[consultancy@shreyanagarajansingh.com](mailto:consultancy@shreyanagarajansingh.com) [Switch account](#)



The name, email, and photo associated with your Google account will be recorded when you upload files and submit this form

\* Required

Email \*

Your answer

Name \*

Your answer

Age \*

Your answer

Contact number

Your answer

Upload your Artist Profile \*

[Add file](#)

Attach a video link of your performance \*

Your answer \_\_\_\_\_

How do you think this program will help you in your artistic journey? \*

Your answer \_\_\_\_\_

Do you accept all the terms & conditions? \*

Yes

No

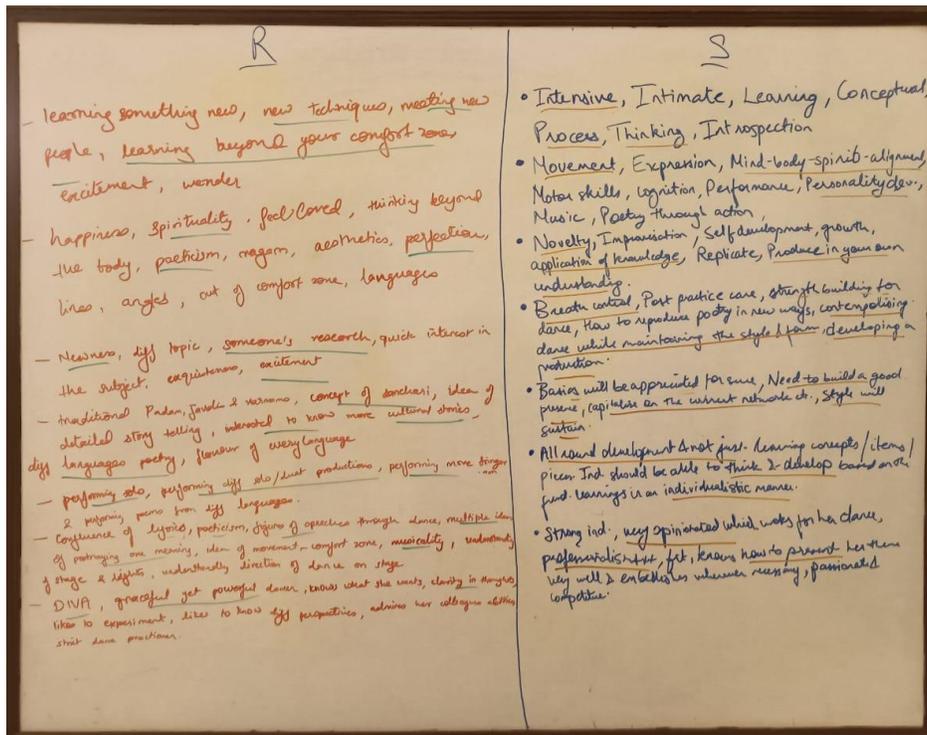
## 2. Budget

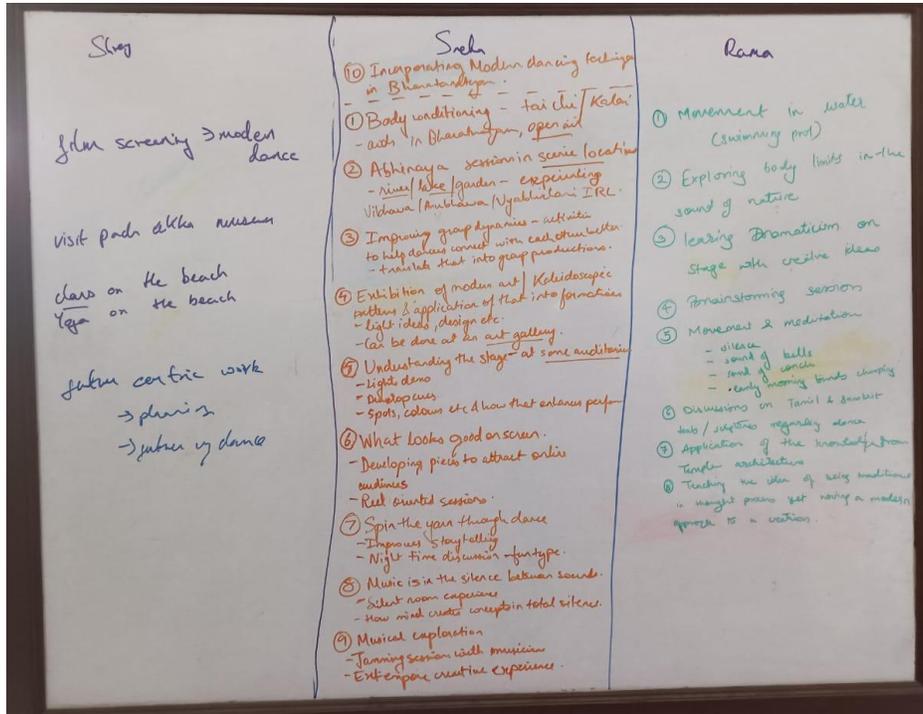
Kalavaahini				
Dance Immersion Program Residency				
* ROOM RATES ARE APPROXIMATE				
	Particulars	No of Rooms	No of days	Cost
Double Room	Room on sharing basis - 6 rooms - Rs. 2,800 per room per day including breakfast (twin sharing) -10 dancers	5	4 nights	
Double Room	Room on Sharing basis 1 room- for Video & Audio-Rs. 2,800 per room per day including breakfast (twin sharing) - 3 Tech team members	1	3 nights	
Double Room	Shreya + 2 Assistants Rs. 2,800 per room per day including breakfast (twin sharing)	1	4 nights	
Single Room	Room on non-sharing- individual - rooms - Rs. 2,300 per room per day including Breakfast (single) -2 Faculty	2	4 nights	
	Room on non-sharing- individual - rooms - Rs. 2,300 per room per day including Breakfast (single) - 2 Faculty	2	3 nights	
Food	Lunch and dinner - Rs. 250 per meal	23 (total)	3 lunches & 4 dinners	
	Tea/coffee - Rs. 30 - 18 tea/coffee 2 times 3 days			
	Snacks - Rs. 70 per plate per day - 3 days			
	Theatre/ hall costs - Rs. 15000 per day		3 nights	
	Theatre cost for extra hours - 4 hours per day - Rs. 2000		3 days	
	<b>ADISHAKTI TOTAL BILL</b>			<b>222824</b>
	<b>Faculty Fees</b>			
	Faculty Malavika Sarukkai @ 5000 per day for 3 days			15000
	Faculty Vaibhav Arekar @10000 per day for 3 days			30000
	Faculty Sai Shraavanam @10000 per day for 2 days			20000
	Faculty Shreya Nagarajan Singh @ 10000 per day for 2 days			20000
	Faculty Adarsh Gopalakrishnan @ 10000 per day for 3 days			30000
	Aqua bodywork - for 1 session Rs. 2000, for 3 sessions Rs. 5000		2 sessions	4000
	Designer fee -			6700
	Editing the promotional videos			4000
	Video shooting			3000
	Projector - 1 day - Rs. 1500		3 days - 4500	4500
	Chella Video - 2 people			45000
	S. Elumalai- Audio - 1 person			35000
	Event Management (SNS)			
	Miscellaneous expenses			11252
	Transportation- Chennai/Pondicherry- one 18 seater bus			20710
	Transportation- Chennai/Pondicherry- 1 innova	approx.		16730
	Airfare for Vaibhav Arekar	Round trip (est.)		7000
	Self-travel reimbursement to Sai Shraavanam & Adarsh - 3000 each	Round trip (est.)		6000
	Sneha's travel			1200
	Supratim's travel			2920
			<b>TOTAL</b>	<b>505,836</b>
	* DR- Double Room			
	* SR- Sinele Room			

### 3. Time-Table

Time Table	Day 1	Time Table	Day 2	Time Table	Day 3	For dance	Mentor + mentor
07.30 am - 08.30 am	Aqua Bodywork (Marco from kavas yoga retreat)	07.30 am - 08.30 am	Body conditioning session with Adarsh	07.30 am - 08.15 am	Aqua Bodywork (Marco from kavas yoga retreat)	Mala Akka	Sai
08.30 am - 09.30 am	Breakfast	08.30 am - 09.30 am	Breakfast	08.15 am - 09.00 am	Session with Adarsh	Vaibhav	Shreya
09.30 am - 10.30 am	Dance with Mala akka	09.30 am - 10.00 am 10.00 am - 10.30 am	Solo + Mentor Sessions / film screening	09.00 am - 10.00 am	Breakfast		Adarsh
10.30 am - 11.30 am	Dance with Mala akka	10.45 am - 11.15 am 11.15 am - 11.45 am	Solo + Mentor Sessions / film screening	10.00 am - 11.00 am	Dance with Mala akka		
11.30 am - 12.00 noon	Tea/lemon juice	11.45 am - 12.15 pm	Tea/lemon juice	11.00 am - 11.30 am	Tea/lemon juice		
12.00 pm - 01.00 pm	Exploring Abhinaya through Nature (led by Vaibhav and MS)	12.15 pm - 12.45 pm	Solo + Mentor Sessions / film screening	11.30 pm - 12.30 pm	Dance with Mala akka		
01.00 pm - 02.00 pm	Lunch	01.00 pm - 02.00 pm	Lunch	01.00 pm - 02.00 pm	Lunch		
02.00 pm - 03.30 pm	Session with Sai Shivanam	02.00 pm - 02.30 pm 02.30 pm - 03.00 pm	Solo + Mentor Sessions / film screening	02.00 pm - 03.30 pm	Futures workshop for Artists (Conducted by Shreya)		
03.30 pm - 04.30 pm	Dance with Vaibhav	03.15 pm - 03.45 pm 03.45 pm - 04.15 pm	Solo + Mentor Sessions / film screening	03.30 pm - 04.30 pm	Dance with Vaibhav		
04.30 pm - 05.30 pm	Dance with Vaibhav	04.30 pm - 05.00 pm	Solo + Mentor Sessions / film screening	04.30 pm - 05.30 pm	Dance with Vaibhav		
05.30 pm - 06.00 pm	Tea & Snacks	05.00 pm - 05.30 pm	Film Discussion	05.30 pm - 06.00 pm	Tea & Snacks		
06.00 pm - 06.30 pm	Introduction to Adarsh - stretching and winding down session	05.30 pm - 06.30 pm	MS dance & discussion	06.00 pm - 06.30 pm	Presentation of the Group activity		
06.30 pm - 07.30 pm	Dinner	06.30 pm - 07.30 pm	Vaibhav dance & discussion	06.30 pm - 07.30 pm	Presentation of the Group activity		
07.30 pm - 08.00 pm	Dinner	07.30 pm - 08.00 pm	Dinner	07.30 pm - 08.00 pm	Reflections & wrap up		
08.00 pm - 09.30 pm	Group activity	08.00 pm - 09.30 pm	Group activity	08.00 pm - 09.30 pm	Closing and dinner		

### 4. Brainstorming and Ideation





5. Creatives

## What is Dance Immersion Program

- **10 participants** will be selected from the pool of registrations.
- Majority of the costs like Mentor fee, stay, food and transportation (**Chennai - Pondicherry - Chennai**) will be taken care of by the Trust.
- Participants will have to pay a **nominal amount** to participate

**26<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup> August, 2022**  
(Friday, Saturday & Sunday)

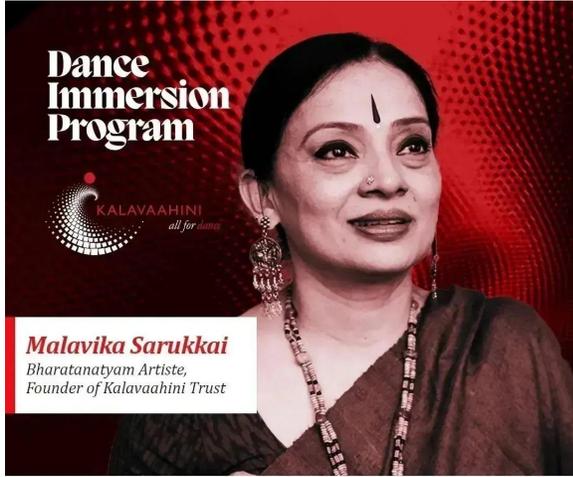
Venue  
**Adishakti Theatre, Auroville, Pondicherry**



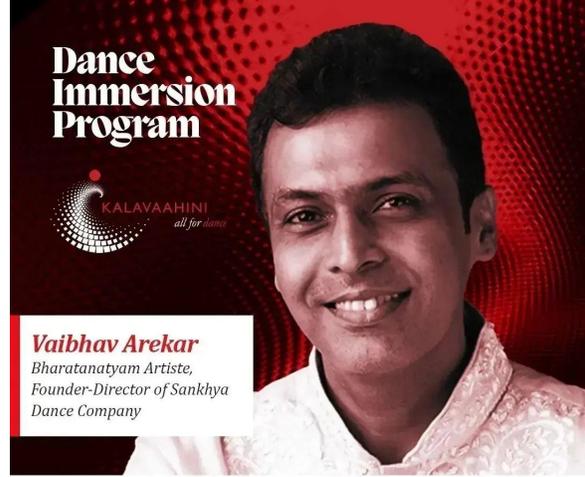

**Register at**  
[www.kalavaahini.com](http://www.kalavaahini.com) or  
[www.shreyanagarajansingh.com](http://www.shreyanagarajansingh.com)

Supported by





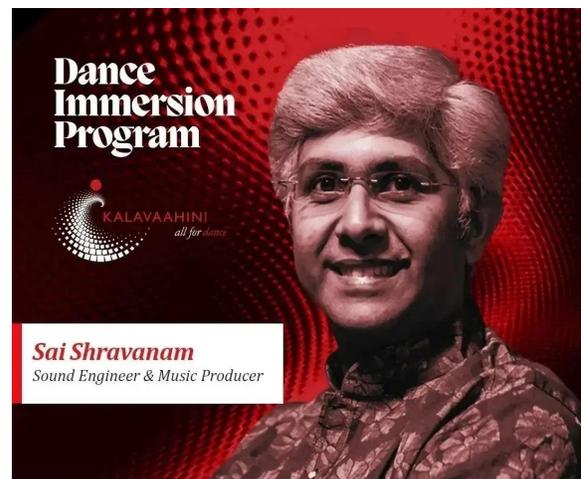
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