

# Being yourself

Hrishikesh Pawar's dance troupe will strive to explore the theme of individuality and freedom through a performance titled 'To Simply Be'

**Pallavi Kharade**

If it is about being yourself, what could be a better form of expression than dance? Dance, as an art form, goes beyond every day pressures and stress. Keeping this as their central theme, Hrishikesh's Centre of Contemporary Dance will explore the theme of individuality and freedom of self through the modern ballet 'To Simply Be'.

The show will premiere in Pune and will later travel to different countries across the globe. Pawar, artistic director of the dance centre says, "Considering the kind of pressures we go through daily, the biggest challenge in today's society is to be yourself, survive and follow your voice and be heard. The key lies in blinding yourself from the outside world and yet be noticed. It is an individual ability to sense and react sincerely to



FREE TO DANCE: Students of the centre

one's inner-self and to set oneself free from the pressures and expectations of society. 'To Simply Be' is an ironic take on today's society in the form of a contemporary dance theatre performance."

According to Pawar, 'To Simply Be' is a combination of solos, duets and triads which emphasises the in-

dividuality, movement, and one's unique interpretation of music and space. "There are a lot of narratives and dialogues in the performance. The entire piece is of 50 minutes duration and there will be 15 dancers performing in it. There are three sequences—'Minimal Work', 'Love in Dark Times' which will be performed

by street kids from Eklavya Nyasa Foundation, which is an NGO for children of commercial sex workers and single parents. The last sequence is 'To Simply Be'," he reveals.

*(Catch the performance on December 22, at YASHADA auditorium, Baner Road, 7 pm.)*

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