

The 11th Theatre For Theatre Winter National Theatre Festival is set to delight Chandigarh folks from today

MANIKA AHUJA

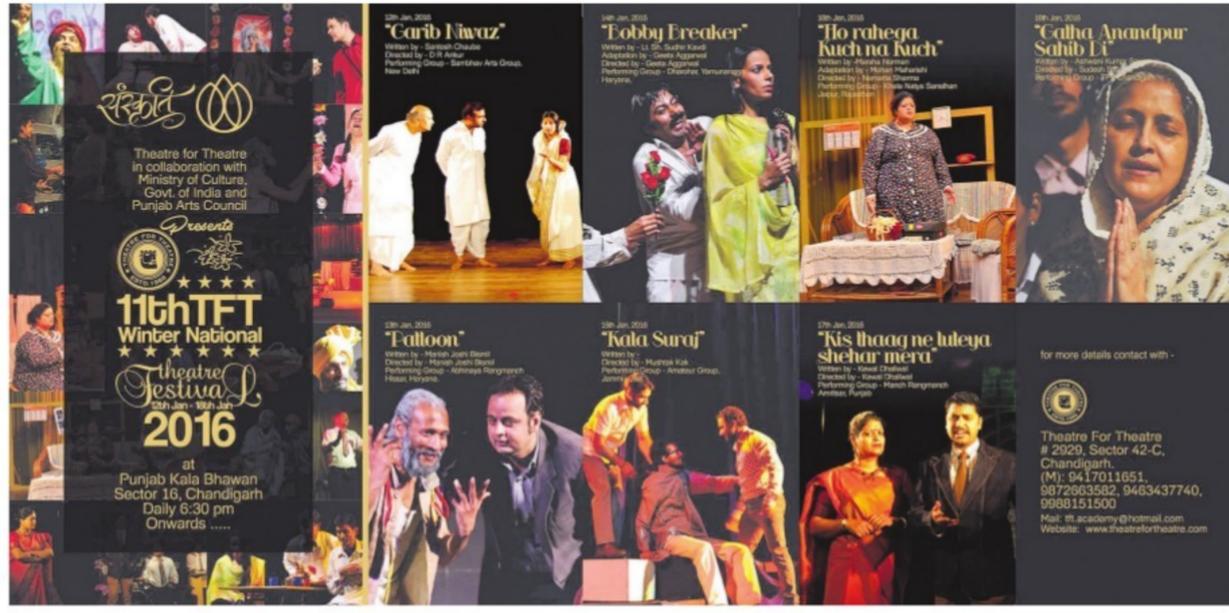
All you theatre-lovers have another chance to satiate your appetite! The eagerly awaited 11th Theatre For Theatre (TFT) Winter National Theatre Festival is here. The festival will kick-start on January 12 and conclude on the 18th at the Randhawa Auditorium, Punjab Kala Bhawan, Sector 16, Chandigarh. Seven plays, based on various themes, will be staged over the span of one week. The festival is being organised by Theatre For Theatre in collaboration with Ministry of Culture (Government of India), Punjab Arts Council and the Punjab Sangeet Natak Akademi.

**Theatre reflects reality**  
Many ardent theatre-lovers might still be unaware of the true implication of the word theatre! Sudesh Sharma, Director, TFT group and Secretary of Punjab Sangeet Natak Akademi likens theatre to a mirror. "Theatre is a powerful and creative medium to express what we witness around us. It is like a mirror that gives us a picture of reality. It paints a picture of the good and the bad unaltered."

**Encouraging response**  
"The previous TFT festivals garnered good response, which encouraged us to organise the festival with greater vigour. Chandigarh today is a cultural hub. It feels amazing to contribute to that image through the medium of these fests. City Beautiful is perhaps the only city where so many theater festivals are presented," informs Sharma.

**Target audience**  
So, who is the target audience for the festival? "People from all walks of life and different age-groups have appreciated the productions staged during the festival in the past. We are

# The stage is set



STILLS FROM THE PLAYS TO BE STAGED DURING THE THEATRE FESTIVAL



hopeful that it would continue to be the same." According to him, age is no bar when it comes to relishing theatre productions. "Plays staged during the previous festivals have appealed to everyone, from youngsters to senior citizens. We are expecting to reach out to maximum

number of people this time around as well."  
**Punjabi productions**  
What's more, two Punjabi plays *Kis Thag Ne Luteya Shehar Mera* and *Gatha Anandpur Sahib Di*, will be staged during the festival. Says Sudesh Sharma, "Manch Rangmanch group

from Amritsar, Punjab, will be performing the play *Kis Thag Ne Luteya Shehar Mera*. Kewal Dhaliwal will direct the production." Also, a play culled from the history of Punjab has been chosen to conclude the festival by enthralling the Punjabi audience. "The play *Gatha Anandpur*

*Sahib Di* would focus on Anandpur Sahib, a city in the state of Punjab founded nearly 350 years ago. Bibi Harjinder Kaur, former mayor, will feature as an actor in the same."  
**Learn & entertain**  
According to Sharma, "The very essence of theatre is to

entertain and at the same time spread a powerful message." He said people will be able to draw something meaningful from all the plays being staged during the course of the festival. "A play devoid of a message does not qualify to be termed a play in the first place," he observes.

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## Rock & roll

JASMINE SINGH

You have heard of collaborations in the Punjabi music industry; this one comes with a refreshing change. *We Rollin*, an upcoming album, gets five jazzy singers — Sukh E., Deep Jandu, J Hind, Blizzy and ShreySean — to whip up something Punjabi music industry hasn't seen before. The all-jazz singer who is in a bit of a hurry, Sukh E, is the first one to take the mike, "This is a hip-hop song, which will be in Punjabi and English both. Half of the song has been shot abroad and we are shooting the oth-

er half here in Punjab," he says as fast as his famous track *Jaguar*. With half of the artists coming from Canada, Sukh E feels this definitely will be a must-watch-out for track and album. "It has got a very international feel to it, with the best of both the worlds," shares Blizzy, as he delves into the international appeal that Punjabi artists are getting the world over. "Punjabi music is not just a region-specific thing, it is something that now has an international acclaim. It is like everyone understands and dances to Punjabi music," he adds.



Members of the group who have come up with the album *We Rollin*

## TROUBLE SHOOTER SIMMI WARAICH

I feel my partner does not do as much for me as I do for her. I go out of my way - get her flowers, talk to her and take her out. But I feel she takes me for granted. Even our opinions on things are different- for example she likes going out for movies while I prefer to watch them at home. I do take her out for movies but I feel she does not do the same for me.

**Indrajeet Singh, Mohali**  
If you look around you, brothers and sisters may be completely different even though they are brought up in the same environment. Similarly spouses or partners maybe different too. Basic personality traits usually stay stable over time though some do change- for example a person may get less impulsive with time as they realise the mistakes they made due to their impulsivity or some may learn to control their anger more. Yet, overall basic traits like extroversion, liking attention or introversion may stay stable. So perhaps the first step is to understand that if you do things for her, she may not do the same for you because it may not occur to her. Why don't you discuss your needs and talk it out at times. For exam-



Let it go

Couples would squabble no matter what...but there is a way to maintain harmony

ple if you wish to do something, express it and even if she does not agree, try to talk her into it instead of giving up. Many people do get the things they want in life because instead of giving up easily, they are persistent and insist (politely) on their needs being met too. Understand that she has

different interests but try to find the interests that bind you- a trip together that you enjoyed, a movie that you both liked and a common friend that you both like and try to build up on the positive memories instead of the differences. If you do things for her, do it because you enjoy it.

**Set yourself free**  
I am very particular about cleanliness and things being right. Often I get into arguments with my husband over this too. Is being too particular about things wrong?  
**Rohit Bajaj, Panchkula**  
No, it may not be wrong. However, some people are too particular about it and it may interfere with ones' life. You may focus on little details and miss out on a lot of life. Take out a sheet of paper and write things that you want to or have planned to do but find no time for.

Any hobbies or travels that you want to do. Now see what you can let go off. If for example it takes you one hour to do dusting cut it to half an hour. Let go of the desire to be perfect all the time and spend more time doing things you enjoy and wish to do. It may not be easy at first. Friendships, love, good health, a job you enjoy, hobbies and activities you actively take part in are more important than perfection.  
(Waraich is a Chandigarh-based consultant psychiatrist)

## A fine balance

Rithvik Dhanjani prefers to work-out six days a week



MANPRIYA SINGH

With a fit body in place, calm mind and good spirits follow. Rithvik Dhanjani can dance, lift weights, flutter a couple of hearts and do whatever is needed of a young Indian television actor. All courtesy fitness! He shares his routine, some tips and more.

**Your fitness routine...**  
My current fitness regime is that I work-out six days a week, out of which three days is cross-fit training i.e. body weight training and one day is weight training; so I'm simultaneously working on weight training and cross-fit training with one day of rest. There are many forms that I've tried before — freehand workouts, kickboxing, acrobats, yoga, power yoga; all of them.

**A gym freak or no**  
Oh yes I am! In fact, Asha and I hit the gym together most of the times. We both



work out at the same time and go to the gym at the same time too! We both try to motivate each other.

**My day begins with...**  
A glass of warm water with some lemon and honey. Thereon, when I am not on a diet I eat anything and everything that I like, but now since I have started my diet once again the first thing that I drink in the morning is a glass of warm water with honey and lemon. My breakfast could be anything from a protein pancake/waffle to egg white omelettes with sauteed vegetables. My lunch is either some daliya or grilled fish or chicken. My snack in the evening is either a coffee or protein

shake and sometimes a protein waffle again. My dinner is again some grilled chicken and vegetables or something made of egg whites. Coming to desserts, I prefer protein cupcakes, cakes or bars.

**Night creature**  
I am more of a night person and tend to stay up as late as till 4 or 5 am in the morning, most of the times. Instead I prefer to sleep during the day.

**A sweet-sweet boy**  
Oh yes, I do have a big sweet tooth and love *mithais*.

**Wanna get fit?**  
A proper and healthy diet with a good exercise routine is the ultimate key to keeping fit, hence it is very essential. Anything else, any short-cuts to losing weight, which do not incorporate diet and an exercise routine, are either lies or riddled with side-effects.  
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Photography is not a passion, but an obsession for Adit Agarwal and Anil Risal Singh...



The gathering at the award ceremony

## Right click

MANIKA AHUJA

Do you think owning a good camera and taking a few decent pictures is all you need to yourself a photographer? Well if you do, you are truly mistaken, say Adit Agarwal and Anil Risal Singh, who have been awarded an honorary membership by Tricity Photo Art Society (TPAS), a voluntary non-prof-

it art promotion organisation. Ask the honorary member duo of the society their reactions on the felicitation, and the duo reply in unison, "Nothing beats the pleasure one garners when one's passion is appreciated. Photography is a creative art. Our passion for photography brought us here and being felicitated with honorary membership of this society is certainly an accomplishment for us." The duo fondly recounted their mentors who have inspired them to excel in photography. Singh shared, "I have always looked up to Ansel Adams, the renowned American Landscape photographer as my mentor." While Benu Sen, who he calls the 'legend of Indian photography' is Agarwal's inspiration. "Sen's work 'Mother' has never ceased to amaze me," said Agarwal.