Chennai: ArtstageSAN, a creative art group from South Korea specialised in puppetry, is staging their show ‘His Day’ at the Anna centenary library as part of the annual Little Festival, Inko Centre, which aims to promote intercultural dialogue, is organising the event. People can catch the shows at 11am on July 5 and 6.

Dr Rathni Jaffer, director of Inko Center, said, “We consistently put up shows and have enthusiastic South Korean partners who like to share their culture with Indians. We usually conduct non-verbal shows aimed at children. The purpose is to provide entertainment that is also informative. The better way to do that is to host theatrical shows. The puppets that come alive on the stage help children grow their imagination.”

ArtstageSAN, founded in 2001, works in different spaces such as festivals, practical activities, exhibitions, international exchanges as well as performing arts.

‘His Day’ deals with the everyday life and the monotonous routine of a salaried man. Exhausted from work, at night he finds solace in the memories of his happy childhood. The play is non-verbal and runs for 60 minutes.

Hyunsan Jo, the director of His Day, said the play tells a story that anyone living in the present era can relate to. “The main character is played by an actor, but we use puppets to portray the mind of the main character with diverse images. Puppet shows are mainly made for children and have a history of traditional works, especially in Asia and Korea. Interest in it is growing as Unima (Union Internationale de la Marionnette) Congress, an international event for puppetry, will be hosted in Chuncheon in 2025.”

Dr Rathni said, “In a post-pandemic scenario, in-person global events like this help us reconnect with the world. They also provide a window into Korean culture and help bridge the gap between nations and people. We get insight into the local characteristics of a culture and the nitty-gritty peculiar to it. Chennai audience can relate with its global themes of the importance of relationships and love.”
His Day and The Kooks enthral children at The Little Theatre’s annual festival

While His Day, complete with mime, puppets, and lyrical music, delved into the monotonous life of a salaried professional, The Kooks was envisioned as a clowning production tackling different themes.

On Thursday, an audience of over 800 schoolchildren from the city laughed, cheered, and watched in awe as ArtstageSAN, a creative art group from South Korea took over the stage at the Anna Centenary Library Auditorium in Chennai.

Complete with mime, puppets, and lyrical music, the hour-long play titled His Day had actors delve into the monotonous life of a salaried working professional, exhausted from the daily hustle.

The play was staged as a part of the 12th edition of The Little Festival organised by Chennai-based The Little Theatre. The festival this year, showcased two plays His Day from South Korea, and The Kooks, staged by The Little Theatre.

Over the years, The Little Theatre has been bringing in international theatre groups with their productions as a part of this annual festival. “Through this theatre festival, I felt that it was important to bring the culture of different countries to the city so that children understand that the language of theatre is the same across the world. There will be some nuances that are different, but I want them to understand and celebrate this,” said Aysha Bau, Founder, The Little Theatre.

This, she hopes, will steer children towards the path of understanding one another and another better across cultures.

Speaking about their play The Kooks, Rohini Bau, Trustee, The Little Theatre, said while it was envisioned as a production for children, they had both adults and children enjoy the shows equally. “While this is predominantly a clowning production, the play tackled different themes, and encouraged imagination, as well as talked about how there’s hope in the world if we all come together,” she said.

The Kooks had a bunch of eccentric cooks come together in a kitchen and cook up a storm and create a recipe that could save the world from impending doom. “There is a misconception that clowns are just people who wear garish makeup and do silly things. Worldwide, clowns are in war zones working with children, at hospitals, and the play was a tribute to all that they do,” said Krishnakumar Balasubramaniam (KK), writer and director. “Nothing brings people together better than food, and hence the setting inside a kitchen and the main characters playing cooks,” he added.

KK underscored the importance of having plays that are visually stimulating and having the ability to appeal to children. “Both the plays staged as a part of the festival have plenty of movement and visually stunning sequences. These are performances that they can take back with them and cherish,” he said.

As a part of the festival, a panel discussion on ‘The Impact of Arts on Mental Health’ was held.
ANOTHER WEEK FLIES past, the usual mixed bag of fashion, food and a solid dose of skincare. While everyone scurried off to the mall to do justice to the sales, I managed to steer clear, and gave myself a pat on the back. Which also means that our social media timelines were flooded with influencers showing us their ‘hauls’ and ‘deals’ while sustainability peeps waxed eloquent about the perils of fast fashion.

Right on cue was the latest installment of Funky Fish, one of Chennai’s favourite fashion pop-ups, this time with a dedicated area for sustainable luxury. The invite encouraged us to make ‘pre-loved fashion, the new normal’ and I’m here for it.

Turning heads was the ‘fab’ range of pre-loved bags by Confidential Couture, with the option of not just to buy but to sell. After soaking it all in, we then moved over to the customisation area by ‘Not Enough Yellow’ where marquage artist Prarthana showed us how her work can transform an older accessory like a bag or a pair of shoes into a whole new being. Plus, we were treated to a live art demo, by her, that took shape as the day wore on. You can bet we raced back home and started scouring out candidates for a makeover, from the long forgotten sections of our wardrobe.

And speaking of makeovers, our next stop was at the launch of Luxury Derm Aesthetic Clinic, the latest in a string of beauty and skin clinics. Celebs from across genres were present and the traditional inauguration was followed by a tour around the new space. With an emphasis on affordability and the promise that every guest would be treated like royalty, everyone was keen to find out more on the latest treatments on offer.

A week’s line-up wouldn’t be complete without something for the foodies and this week saw Raviz Nirvana at The Leela Palace Chennai, presented by the Leela Raviz Hotels and Resorts. The evening showcased the essence of Kerala, God’s own country, from traditional art forms to signature dishes. Weaving together the culture of Royal Travancore, Suriani flavaours and Moplah traditions, at the same time connecting the four Leela Raviz destination resorts across Kerala. This unique culinary experience was set against a backdrop of temple music, making it an evening to remember.

Terroir the Madras Wine Club also held a different kind of evening this week. Instead of the wine and cuisine paired dinners, it was a movie night at the Park Hotel theatre. The film? Bottle Shock, based on the Paris wine tasting competition of 1976, also known as Judgement of Paris. Organised by British wine merchant Steven Spurrier, the event was a face-off between French wines from Bordeaux and wines from Napa California. Filmmaker Rajiv Menon reviewed the film at the end; it was a fun, insightful and learning experience for all.

"Which wine emerged victorious? You certainly won’t hear it from me!" said Minnie Menon, president of Terroir.

TV Host and Lifestyle Influencer, Paloma Rao gives you a ringside view to the biggest parties in town.
Plays from South Korea and Chennai feature in this international children’s theatre fest

The 16th edition of The Little Festival will feature showing, and Korean puppetry as two productions and a panel discussion among stage.

The Little Festival is a unique event that brings together children and young theatre lovers from around the world to experience the magic of theatre. This year, the festival features plays and performances from South Korea and Chennai, two cities known for their rich cultural heritage.

From South Korea, two plays will be showcased: "The Tale of the Fox and the Grapes" and "The Adventures of Alice in Wonderland". These productions are based on classic fairy tales and feature vibrant costumes and sets that transport the audience into a fantastical world.

On the other hand, from Chennai, "Raksha Bandhan" will be performed. This play is based on the traditional festival of brother-sister bonding and highlights the importance of family ties.

In addition to the performances, there will be a panel discussion on "The Impact of Theatre on Mental Health". The panelists will include directors from the Creative Theatre Group, Chennai and California, as well as mental health professionals from the UK and India.

The festival aims to provide a platform for children to explore their creativity and express themselves through the medium of theatre. It offers an opportunity for children to connect with their peers from different cultures and learn about different artistic traditions.

The Little Festival is not just about entertainment; it is also about education. Through theatre, children are encouraged to develop their imagination, critical thinking, and social skills. The festival is a testament to the power of theatre in bringing people together and creating a sense of community.

The festival will take place from 24th to 27th July, with performances at the Jawaharlal Nehru Children's Theatre, Chennai. The festival is open to children and families from all age groups and offers a unique opportunity to experience theatre in a way that is both educational and entertaining.

The festival is supported by TATA Theatre, Chennai, and is a joint initiative of the Creative Theatre Group and the Chennai and California. For more information, visit the festival’s official website.
Now, you can check if the drug you need is in stock in GHs

TNN / Jul 4, 2023, 08:17 IST

Chennai: A drug monitoring system to record stock of medicines available in primary health centres, district headquarters hospitals and medical colleges was launched on Monday. Health workers such as nurses have been trained to feed data on drugs in the system, said health minister Ma Subramaniam after launching the system.

"We decided to bring in a monitoring system after we received complaints about hospitals not having adequate stock of medicines. Tamil Nadu Medical Services Corporation supplies medicines to all hospitals based on usage and requirement," he said. The data on the stock of medicines on the DDMS portal will be available to all.

Two years ago, PHCs in the state did not stock up anti-snake venom serum and anti-rabies vaccines although the risk of snake and dog bites was higher in rural areas. Over the past two years, the state has ensured that all public hospitals stock up on these vaccines. In addition, the more than 2,000 primary health centers and urban primary health centres will also have adequate medicines for non-communicable diseases such as diabetes and hypertension, he said. The state will also open teleconsultation in all PHCs along with e-offices, he said.
2 Things to do today in Bengaluru

Bangalore Mirror Bureau / Updated: Jul 6, 2023, 06:00 IST

Mega show

Don't miss the chance to attend a mega dance drama presenting the contribution of the great freedom fighter Alluri Sitarama Raju. 40 dancers present this narrative with a blend of tribal, folk, Kuchipudi, and modern dance styles. This dance drama commemorates the freedom fighter's 125th birth anniversary and is a part of the Nrutyaa Rangoli festival.

Where: Chowdiah Memorial

Hall

When: July 9; 6 pm onwards

Puppet magic

ArtstageSan, a creative art group from South Korea, is presenting puppet theatre by exploring heartwarming impressions through diverse stories. The group uses puppets as a medium, incorporating a constant evolution of visual effects. The production is presented with lyrical music and a unique set of objects.

Where: Ranga Shankara

When: Sunday, July 9; 3:30 pm and 7:30 pm
Experts discuss benefits of art therapy and its impact on mental health

“The integration of art in school can create spaces for children with special needs to express themselves where this expression is recognised”, said Dr. S. Bhavanishankar, director-strategy, research and innovation, Lalaji Memorial Omega International School.

The impact of the arts on mental health was the topic of a panel discussion organised by ‘The Little Theatre’ as part of their theatre festival on Wednesday.

Panelists addressed the benefits of art therapy and its connection to mental health. “The integration of art in school can create spaces for children with special needs to express themselves where this expression is recognised”, said Dr. S. Bhavanishankar, director-strategy, research and innovation, Lalaji Memorial Omega International School.

Dr. Lakshmi Sankaran, deputy director (training and research), Banyan Academy of Leadership in Mental Health, Kovalam, said that art-based therapy had to be on the client’s terms alone. “You have to go with the flow because arts have many dimensions”, she said.

Performer Anita Ratnam shared her personal engagement with art, from being pushed into dance by her mother to recognising the need for something to change in her children’s school and style of education. “Things that you can touch can be very therapeutic, such as gardening, cooking and pottery which are all art forms”, she said.

“Art therapy helps us engage with the client more than what they’ve come for”, said Dr. Sujatha V., a psychiatrist who shared her experiences with certain clients and how she used kolam drawing, garland making and calligraphy to engage with clients. “Kolams help recreate patterns from visual memory and you can understand their frustration, tolerance, their approach to drawing and it helps to calm older people”, she said.

Choreographer and dancer Preeti Vasudevan said that dance helped her focus her hyperactive energy as a child and was a way to encounter different emotions in a raw way, sculpting her responses to her surroundings.

“In a project I was a part of, a cast member experienced the coming-out moment on stage with family in the audience, so there is a transformative power in the arts”, said Dr. Rathish Jafer, director, InKo Centre Chennai.

“We conducted a camp for conservancy workers recently and aside from checking regular health parameters, we created a counter for counselling. We have to accept that there is an issue and begin documenting the combination of medication, counselling and art form over a long period”, said Commissioner J. Radhakrishnan.
Art and mental health to take centre stage at The Little Theatre's festival in

Several junior pupils will discuss the symbiotic relationship of art and mental health at 'The Little Theatre's annual festival’ - "The Little Theatre".

Discussion on mental health talks about the positive impact of art on mental health, which includes reducing anxiety, depression, and stress. It also promotes emotional well-being.

To support the variable link between art and mental health, Chelsea hosted the Little Theatre in organizing a panel discussion on the topic. "The impact of art on mental health's" aims at the Greater London Council.

The panel discussion in a part of the Little Theatre's "little festival", an international event for young people organized every year that uses art as a platform for various countries to come together and share their views on the matter of mental health.

Myriad of perspectives

"The transformative and healing power of art cannot be underestimated," says Dr. Robert Jones, a doctor, writer, and mental health scientist.

"People are slowly realising how important it is to talk about mental health. I'm feeling quite excited to take part in this festival, as the positive impact of the arts on mental health, the arts.

In the past 10 years, the Little Theatre has hosted several art festivals where members of the theatre community have explored the relationship between art and mental health, and the impact it has on mental health. Now, audiences can look forward to two productions for this event.

The group plans to host a series of talks and workshops on various aspects of mental health and the arts. The first production, "The Invisible Man," will be performed by a young man from York, who has taken a trip to Europe.

The panel discussion will feature various professionals – artists, writers, and musicians – to share their experiences and insights.

Creativity in diversity

"Diversity and inclusivity are crucial in the arts," says one of the performers, "Art should be a space where everyone feels welcome and can express themselves freely."

The event has been designed to foster a dialogue between the practitioners and the audience, to address a diverse range of mental health conditions across the spectrum of ages, and the roles played by them to help overcome barriers.

"The Little Theatre's Festival of Mental Health will bring together artists from across the UK and the world to explore the impact of art on mental health."

The festival will conclude with a keynote speech by a renowned mental health expert, who will discuss the role of arts in promoting mental health among students.

Also Read: The school's art show displays works of nomadic tribal children

Healthcare through arts

"The Little Theatre has always been at the forefront of mental health through therapeutic arts."

"We believe that art is a powerful tool in promoting mental well-being. Through our annual festival, we aim to create a space where people can come together and share their experiences.""}

"Additionally, we call for broader inclusion of mental health's view on the arts and on mental health.

The festival was co-organized by Dr. Robert Jones and the Little Theatre's board of directors, who have a shared passion for mental health and the arts.

"Our ultimate goal is to make art accessible to everyone, to help break down the stigma surrounding mental health."

Also Read: Kritiren, mega kesihatan baru di 'New School of Seniars'

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