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INTRODUCTION TO KALA SANGAM

Who we are:

Kala Sangam (Kala = art; Sangam = confluence) is a leading Bradford based south Asian arts, culture and heritage organisation working regionally, nationally and internationally and with people of all ages, abilities and ethnic backgrounds.

The **mission** of Kala Sangam is 'bringing people together through south Asian and collaborative arts. The **vision** is to establish a centre of excellence for south Asian arts, heritage and culture. We hope to achieve the mission and vision in the majestic Grade II listed city centre venue, St Peter's House.

What is South Asian Arts?

South Asian arts includes the music, dance, story-telling, visual arts and crafts and creative writing, films, drama and puppetry of the south Asian countries namely India, Pakistan, Bangladesh and Sri Lanka.

What we do: We promote all forms of south Asian arts through:

- a) creating and producing innovative and collaborative performances
- b) delivering an accredited programme of arts and out of school hours activities through our Academy
- c) co-ordinating and delivering Arts Awards and Duke of Edinburgh Awards
- d) creating and delivering curriculum linked educational activities for schools
- e) supporting, developing and promoting arts and artists
- f) delivering out-reach artistic activities in communities
- g) advocating fair access and equality of opportunities

How we deliver and why

- out of school hours creative activities to enable the young people to learn their culture and heritage
- curriculum linked art activities to enable creative learning, motivation, leadership qualities. development of intercultural awareness, family learning, intergenerational bonding and mutual respect leading to social/community cohesion and harmony.
- group creative activities to address challenging issues e.g health (eating disorders, obesity) behavioural issues, communication etc



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INTRODUCTION TO SOUTH ASIAN ARTS

South Asian arts are very ancient and have a rich heritage.

South Asian Music:

- The South Asian music comprises of classical or folk styles and can be presented as vocal or instrumental music.
- The seven musical notes are similar to the western musical notes and when used in different combinations, forms the basis of various musical scales or ragas based on which melodies or songs are created.
- The rhythmic component of South Asian music is filled with vibrant and complex rhythm cycles which accompany vocal or instrumental music
- Popular musical instruments of the sub-continent are sitar, bansuri (bamboo flute), violin, veena, sarod, harmonium, tabla, etc.

South Asian Dance

- The South Asian music comprises of classical or folk styles and is known for its rhythm, lyrical composition and colourful costumes.
- There are many classical dances and the popular ones are Bharatanatyam , Kathak, Odissi, Manipuri, Kuchipudi, Mohini attam and Kathakali.
- The folk dances reflect the cultural heritage of many states and the most popular ones are, Garba, Kolattam, Kummi , Bhangra and Giddha.

South Asian Theatre and Puppetry

- The rural areas of south Asia are the places where the theatre originated
- A physical theatre piece based on mythological, sacred and secular stories using dance, music, story telling and creative writing and puppetry
- An exploration of different graphic novel writers and structured engagement in writing creatively on a particular theme, emotions and ideas.

South Asian Literature

South Asian literature is very popular in the Indian Subcontinent. This is through many forms.

- Creative writing & Poetry
- Story telling
- Short stories linked to dance or as dance drama



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SOUTH ASIAN DANCE FOR KEY STAGE 1, 2 & 3

A few examples of the curriculum linked south Asian dance workshops we could deliver for schools is given below. Such workshops will help the students to address numeracy, literacy, geography, cultural diversity, interaction, team building.

1. Magical numbers with wondrous feet (Key Stage1)

- Begins with a short assembly performance and introduction to the dance genre.
- Followed by a number game based on rhythm cycles of 3 or 4 where the students interact with claps and freezes.

2. Indian Dances and their characteristics (Key Stage 2 and 3)

- Begins with a short assembly performance and introduction to the dance genre.
- Followed by a dance routine based on geometric shapes representing a mythological or from ancient stories or the 5 elements of nature is delivered.

3. Indian Folk dance traditions (Key Stage1, 2 and 3)

- Begins with a presentation (powerpoint) of a particular state in India explaining the cultural experience of that particular state for e.g. Punjab, Tamil Nadu, etc.
- Followed by a folk dance routine, with or without props e.g. Dandiya of Gujarat is performed; Lezhaem of Maharashtra with bells; Bhangra with the Dhol (drum)

4. Bollywood Drama (For Key Stage 2 and 3)

- Introduction of Bollywood movies / dance with a DVD followed by a Bollywood song chosen to devise a dance routine of approximately 2 - 3 minute to be performed at the end of the day as a sharing event.
- Explore a narrative of a Bollywood film to create a small filmic drama to be enacted to end in a photo/filming session when the 'actor' characters are caught on film/camera.



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SOUTH ASIAN MUSIC FOR KEY STAGE 1, 2 & 3

A few examples of the curriculum linked south Asian music workshops we could deliver for schools is given below. Such workshops will help the students to address confidence building, team work, numeracy, cultural diversity.

A) Singing Workshops

- **Introduction to basic singing techniques:**
Use the voice freely to express oneself individually as well as in groups.
- **Learning and understanding musical notes:**
Introduction to Western & Indian musical notes and explore the differences between them.
- **Working with music and the body:**
Sing and simultaneously coordinate singing with body movement.
- **Singing to a rhythmic cycle:**
Introduction to Indian musical notes and the basic rhythmic cycles. Fitting the musical notes into different rhythmic cycles.

B) Instrumental Music Workshops

- **Fun with instruments**
This workshop is delivered in schools which have a range of musical instruments.
- **Introduction to Indian music (for those with a degree of musical expertise/knowledge)**
Introducing Indian music scales, simple songs and the tonal modulations in identical musical scales of both Indian and Western music systems.
- **Musical improvisation**
Introduction to improvising a musical scale (Raga).
- **Fusion Music workshops**
Exploring and fusing different musical genres to create a new musical language with improvising techniques using and creating themes..

C) Drumming Workshops

- These workshops are designed for schools / colleges which have a range of percussion instruments and will be enjoyable for those who have little or no experience.



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SOUTH ASIAN THEATRE

South Asian theatre includes many aspects of performing arts and enables the student to build communicating, team working, leadership qualities and can be presented as follows

1. Story-telling workshops for Key Stage 1 , 2 and 3.

- Introduction with a short performance and the story for the whole school.
- Begin with a warm-up exercise based on different characters of the story.
- A physical theatre piece based on the theme of the story with enactment of different characters using dialogues or songs based on story.

2. Secular stories with props and movement:

- Introduction with a short performance and the story for the whole school.
- Sessions would begin with a warm up based on Yoga and breathing techniques and voice exercises.
- A character play with props and dialogues. The students will engage in embodying a character for e:g a deer from the Panchtantra tales (animal fables) and express the movement of a deer through dialogues and bodily movements.
- Different props like a singing bowl, some grains of rice in a little cup, a carpet , a scarf , a drum, or twigs of branches, flowers in a basket , a piece of a jewellery will be utilised by different groups to express new dimensions of a particular story.

This session would end with a performance presented by the children.



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SOUTH ASIAN VISUAL ARTS AND CRAFTS

South Asian Visual arts and crafts are of great variety and can be tailor made according to the curriculum.

These workshops enable the student to build communicating, team working skills while empower and enabling good communication in a group and can be presented as follows

Introduction to South Asian Visual Art and Crafts for Key Stage 1, 2 & 3

- **Calligraphy** - Islamic calligraphy, also known as Arabic calligraphy, is the artistic practice of handwriting. These workshops enable you to learn basics of the art form which then can be transferred to canvas, textiles & glass etc
- **Painting** - Painting is the practice of applying paint, pigment, color or other medium to a surface , be it paper or fabric. The medium is commonly applied to the base with a brush but other implements, such as knives, sponges, and airbrushes, can be used.
- **Pottery** - In these workshops the artist will use air dry clay to form the shape of diva's or pots. This then later can be painted and decorated.
- **Textiles/fabrics** - A range of textiles methods from, tie dye, applique, printing, silk painting and more on any given theme.
- **Embroidery** - Embroidery is the handicraft of decorating fabric or other materials with needle and thread or yarn. Embroidery may also incorporate other materials such as, pearls, beads, and sequins.
- **Sculpture** - Sculpture is the act and art of making three-dimensional works. Workshops to create sculptures from found objects such as recycled materials can also be delivered.
- **Photography** - shoot from different perspectives - up high, down low etc , getting in close stepping back for a wider angle shot, moving around your subject to shoot from different sides, experimenting with different settings (teaching students about different exposure modes).



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SOUTH ASIAN ARTS FOR PHYSICAL AND MENTAL WELL BEING

We aim to effectively use south Asian arts to improve physical & mental wellbeing to address issues such as :

- Increasing consumption of fresh fruit and vegetables
- Reducing fat and salt intake (health issues connected with Obesity)
- Increasing knowledge of good, healthy heart
- Changing perceptions of foods
- Increasing levels of & attitudes to physical activity
- Promoting positive self-image and informed decision making
- Supporting other school initiatives by embedding into National Healthy school Standards.

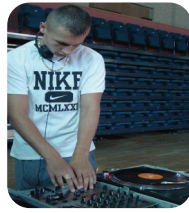
This is delivered in many ways and examples of a few of the programmes are;

- **Being Healthy:** healthier lifestyles, improved physical / mental wellbeing of each participant is promoted while discussions and active participation of the families is encouraged. This can be delivered through creative movement and visual arts activity.
- **Enjoy and Achieve:** Developing interaction, communication and social skills and supported to unlock their potential and creativity whilst learning a range of new skills, e.g. social, artistic, basic and interpersonal and presentation skills.

Young people over the age of 11 years will be encouraged to achieve Arts Award accreditations. This will be delivered through family art activities, holiday art camps and intergenerational art activities.

- **Making a Positive Contribution:** Children and young people will be encouraged to build new and positive relationships across cultures. Engaging with peers with leadership qualities, involving in interesting and beneficial extra curricular activities which will help divert them from anti-social and offending behaviours.

Delivering music, movement & film photography with various groups of young people are some of the art activities which have a positive outcome.



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SOUTH ASIAN ARTS FOR YOUNG PEOPLE

Kala Sangam works with young people of all backgrounds between the age of 13 to 25 years, young offenders and those with learning difficulties, challenging behaviour.

Creative and innovative activities are used to overcome barriers to learning regenerate the lives and interests through a variety of art forms.

Following consultation with young people, a tailor made programmes of south Asian arts which addresses their issues which are preventing their growth and inclusion in the society are delivered.

A few examples of workshops delivered for The Youth Offending Team are

- Exploring similarities and differences of urban and rural youth culture through south Asian arts and a celebration event at Kala Sangam Arts Centre.
- Development of a website, a DVD by young people of their opinions and profiling their neighbourhoods
- A publication of creative writing poetry and rap including photography and desktop publishing of young people's views and opinions.



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INSET DAY AND TRAINING PROGRAMMES

Kala Sangam offers training programmes for school and college teachers to deliver high class educational and creative projects centred around the curriculum of Key stage 1, 2 & 3.

These INSET days will also address curriculum topics as well as general issues such as behavioural problems, team working, leadership qualities, values and ethics,

The training courses vary from a half a day session to a full day sessions.

The training courses will be delivered by highly skilled and proficient in-house artists of Kala Sangam.

The teachers will enjoy a vibrant fun filled day with a unique cultural experience in a bright and stimulating setting at Kala Sangam.

Some of the Topics covered in such INSET Days will be :

- Aesop Fables like the 'Fox and the Crane' story.
- Arithmetic sequences and equations.
- Environmental science and topics such as hurricanes, tornados, draughts and volcanic eruptions
- Cultural Diversity



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GETTING HERE

On public transport and on foot

Kala Sangam is situated within 5 minutes of walk from Forster Square Railway Station and 10 minutes walk of Bradford Interchange (trains, buses and coaches). Follow the blue signs for Kala Sangam and Bradford Cathedral. We are located directly in front of Bradford Cathedral.

In the car

From M62: Take junction 26 and join the M606, continue on M606 to the A6177 junction, take the A6177 (Bradford ring road, signposted Harrogate/Leeds) and follow for approximately 1 mile, passing a small roundabout with traffic lights Asda Superstore on the left. At the next roundabout, take the first exit onto A650 Wakefield road following the signs for Bradford city centre. Carry on for 1.6 miles, going straight on at roundabouts towards the city centre. Go past the Leisure Exchange/ Holiday Inn on your left and straight through set of lights on to Shipley Airedale Road, then almost immediately after, take the first turn on your left into Peckover Street. Once you get to the end of Peckover Street, take a left down Church Bank, go downhill a few yards and you will see an arch way on your right hand side. This is the entrance to Kala Sangam Arts Centre.

From Leeds: Approach by the A647 signposted Bradford. When you reach an intersection with Gallagher Leisure Park (Odeon, Health Club) on your left and a green open space on your right, take the middle lane and head for the city centre. Take the second exit onto Leeds Road and continue for 2 miles until you come to a crossroads with Shipley Airedale Road (A650). Kala Sangam is Brown posted from A650. At this junction, take a right turn on to Shipley Airedale Road then almost immediately after take the first exit on your left into Peckover Street. When you reach the end of Peckover Street, take a left down Church Bank through the "access only" road. Go downhill a few yards and you will see an archway on your right hand side. This is the entrance to Kala Sangam Arts Centre.

Access into building: The entrance to Kala Sangam Arts Centre is via the large brown doors at the front of the building (to right of the entrance for the Centre for Learning). Both organisations are situated within the St Peter's House building.

Please note: Due to limited car parking spaces, the car park at St Peter's House is for disabled car parking/unloading equipment only. Please see alternative car parking facilities, i.e. the leisure exchange.

