



थोड़ा ध्यान से


Be Careful

by

Mallika Taneja

a quick guide on how women should BE!

क्यूंकी ज़माना ख़राब है



my father always  
tells me... bye beta! have fun!  
be careful.

Caution is central to a woman's experience of life in India. It is prescribed, imbibed and practiced with rigour, so that women can be 'safe'. Thoda Dhyaan Se (Be Careful) is a satirical piece that challenges this notion of safety. Stripping down a culture hiding behind its ignorant, prudish mores, Mallika Taneja exposes the contradictions at the heart of India's stunted social progress.

Thoda Dhyaan Se was first created at the Tadpole Repertory as part of their show 'NDLS'



Jaipur Rang Mahotsav | India | December 2014

Zurich Theatre Spektakel | Switzerland | August 2015

Les Urbaines | Switzerland | December 2015

International Theatre Festival of Kerala | India | January 2016

Goethe Institut Bangalore | India | February 2016

Alchemy Festival | United Kingdom | May 2016

La Villete | France | April 2016

Mladi Levi | Slovenia | August 2016

Colombo Dance Platform | Sri Lanka | October 2016

and a host of studios, basements, living rooms, colleges and any other space open to a performance all over Delhi

The show is set up with found furniture and lights in domestic spaces and basic frames, chairs, theatre cubes and basic theatre lighting in formal performance spaces.



" This is a performance whose considerable power lies in its rawness. It harnesses none of the feminine angst that has marked (and often marred) other creative works on the condition of women in India. At just 20 minutes long, it is not so much a triumph of artistry, but rather, a testament of a woman's willingness to place herself in the middle of a very important conversation." - VIKRAM PHUKAN, The Hindu

"Mallika Taneja's 'Thoda Dhyan Se' bruises with its silence and mocks with its black humour" - P ANIMA, The Hindu Businessline



" That nudity is not the point is the point of her performance. She counterpoised the loud obedience of the clothed Taneja with the silent rebellion of the bare Taneja. In less than half an hour, she made the most powerful and provocative, political and theatrical statement against those who say that 'the girl was asking for it', against those who blame the woman for every act of sexual assault on her." - CHARMY HARIKRISHNAN, Open Magazine

Mumbai

30.9.16 - 1.10.16

Studios/Theatres/Colleges/Homes/Clubs/Terraces/Basements





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