

Movement for Theatre - Lekha Naidu



On the 29th of January, 2024, a short theatre workshop was conducted by theatre practitioner and actor Lekha Naidu with students from 2nd semester CS for our Theatre and Communication paper. The workshop was designed to introduce and inform the class on movement for theatre, as well as increase awareness of one's body and strengthen focus.

An ex-carmelite herself, Lekha Naidu interspersed various exercises with valuable information on the trajectory of her career in the field of theatre; she worked primarily with tech, earning recognition and insight, and eventually gained experience with acting as well.

She began the workshop with a motion exercise, asking each of us to walk around the room at different speeds ranging from level 0 to 10 without bumping into each other. Adding another level of difficulty to the exercise, she asked us to clap and jump at command during the motion exercise. Once completed, the final level of the exercise was to walk around the room while jumping when she said "Clap" and to clap when she called out "Jump". Interestingly enough, she asked the class to ponder on how despite

there being a lack of synchronisation during the first set of commands, when we attempted the inverse, we all clapped in unison.

Post this exercise, we engaged in a lengthy introduction session where we also described our likes and interesting facts about ourselves. We concluded the session with a focus-oriented exercise; each of us stood in a circle and said the first name of any classmate in the circle except the ones on either side of the speaker. The person named then follows similarly until all the names have been called out. Building on this, we began a rondo where we delayed and overlapped the listing of names, and finally layered the same exercise with the use of last names over the existing round of first names. Nearly unsuccessful until the very last try, the exercise proved trying yet worthwhile.