

Swaying to Diverging Feminist Tales Through Poetry

● Swathi Nair



Two women, who are worlds apart will host a poetic theatrical performance showcasing their diverging narratives on feminism.

"The performance talks about how we have the power to build each other up and to tear each other down; the power to create and to destroy," says performance poet Nupur Saraswat.

Originally from Bengaluru, Nupur Saraswat, 22, is based in Singapore and other than being a poet, she is also a recruitment consultant and a freelance writer. She will be joined by Kate Black-Regan in their performance "The Fierce In My Family", which will be a melange of poetry, song, and freestyle dance.

"It talks about loud women, proud women, not just free-spirited women, but wild-spirited women," says Nupur.

Kate is originally from Philadelphia, US and is currently living in Bengaluru to attend a training programme in Expressive Arts Therapy. Kate is also a performance artist, vocalist and a



Nupur Saraswat (left) and Kate Black-Regan

counselor. The 31-year-old infuses song, movement, and characterisation into her spoken word style, which gives her work a unique and dynamic quality.

"We embody the poem and bring it to life in a way that connects with the audience and allows the energy to resonate," says Kate.

Kate's passion lies in creative processes, individual and collective expression, and the healing arts.

Slam poetry has grown quite popular in Bengaluru with sev-

eral artists and venues rendering moving performances. The city also recently hosted famous poet Sarah Kay. So has poetry grown beyond just lines? Nupur shares her conversation with Javed Akhtar as a response. "Initially, he insisted the future of poetry, just like its past, existed on paper, but after he saw me perform my poem he wanted to record it for his daughter, Zoya! So I think the experience of most Indians will be the same. They will have to see it to believe its relevance and then

manifest it in their own space she says.

Both Nupur and Kate believe the power of poetry to heal. "Poetry stretches its arms and puts its finger (and words) on exactly what is hurting within you. Recognising the pain within you, putting it into words, and then putting it out in the world can create a chain of inspiration and support that comes back to you - enabling you to heal," says Nupur.

For her, performance poetry is an outlet for the fear and anger trapped inside her. "I believe it's quite similar to screaming from a mountain top and feeling lighter, except in this case you're maybe inspiring others to let go too," she adds.

Kate believes the art form can heal if it is birthed with that intention. "It is a space for reflection, reconfiguration, and reclamation," she says. For her, healing is an ongoing process, and she has healed herself "over and over again" through the art of poetry writing and performing.

Catch "The Fierce in my family" at The Humming Tree today at 7.30pm.



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