



CREATIVE
Portfolio

**DR. JANHAVI
DHAMANKAR**

Dialogue Facilitation
Cultural Mediation
Conflict Transformation

EMPATHY- PRACTICES

Using Social Sculpture “small acts”, David Bohm’s “Dialogue”, and Deleuze and Guattari’s Rhizome as starting points, I infuse artistic practices to design, facilitate and document practices for social interaction between unlikely groups. These Empathy-Practices show us how to be empathic voluntarily right now.

Interdisciplinary research / Embodied practice

Response-able Postcards

Works best for intra-, inter-team or organisation communication, to understand current challenges

CLIENT:

Anandwan (India), Volunteer Academy (Amsterdam), DEMEDARTS (Vienna/global)

PROJECT:

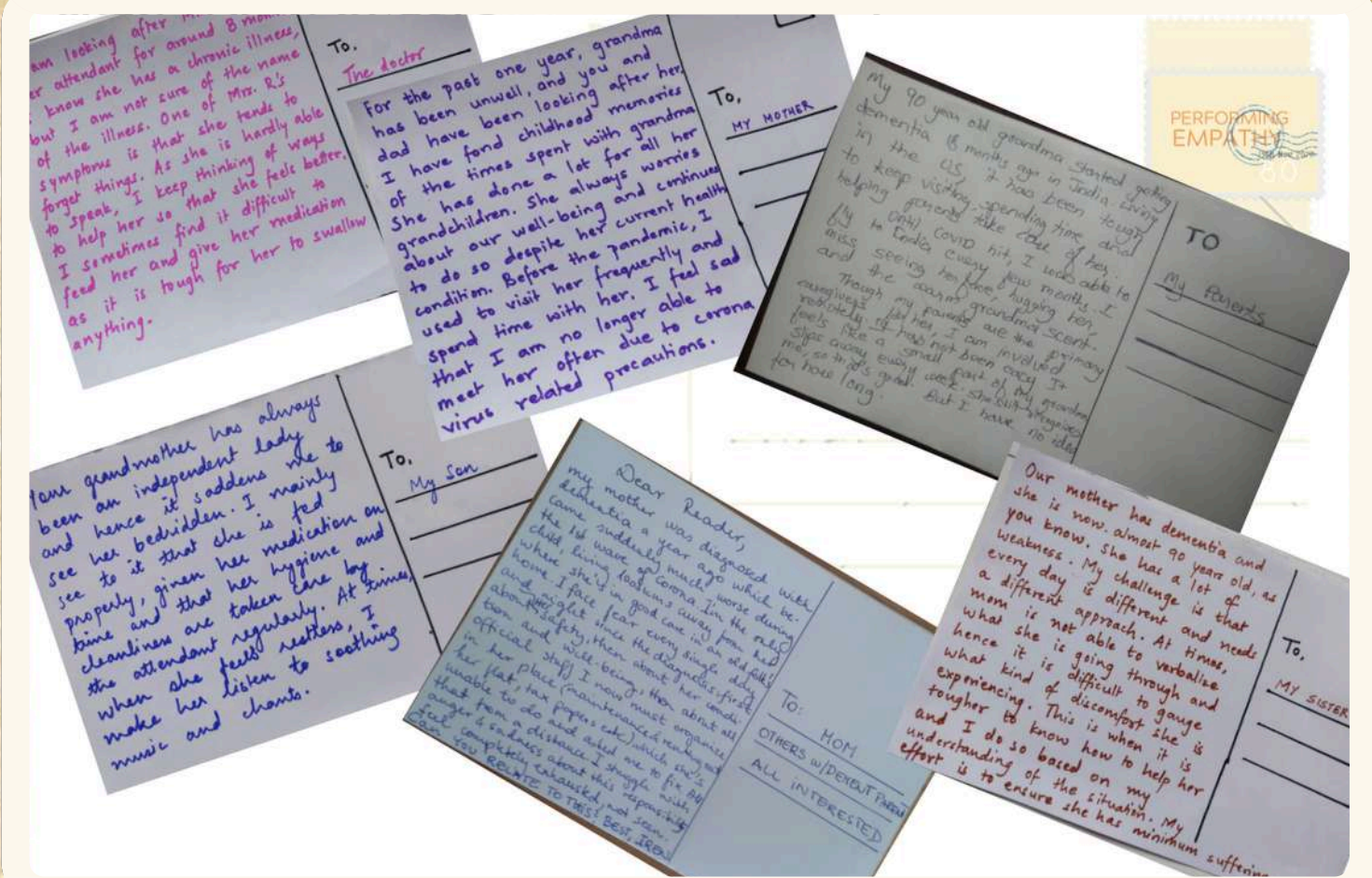
Invitation to shift roles, respond and connect in situations of social isolation

As dementia carers, vulnerable people or you colleagues a share their current challenges via prewritten postcards, you as a fellow human being take the opportunity to respond as if they were addressed to you. This empathy-in-practice will be followed by a descriptive feedback session which might reveal biases.

I am living in Anandwan since 1969. I used to work in the Accounts Department here. But due to leprosy, I lost my fingers and since the past 3-4 years I am unable to write. So, I cannot work anymore. Ever since I came here, I have not given my home a second look. None of you came to meet me here. It's been 50 years but society has not changed. Everyone stays away when they hear the word 'leprosy'. Even you remain distant. I long for this distance to reduce but none of you



To,
My Family



Patient Dialogues

Works best for: any two conflicting sides, to undo labels and see each person as a whole human being

CLIENT:

Anandwan (India)

PROJECT:

Using threads significant to the community, the minority group holds the warp threads while the majority weaves in the weft as a conscious effort to design our social fabric anew. With introductions that bring everyone on the same platform, followed by dialogue in pairs, we experience the life of an-other and connect on a humane level, building a new sense of solidarity in the community.



EmpaTea Ceremony

Works best to: uncover unknown biases/ prejudices/ stigmas, engage with strangers at individual or team level.

CLIENT:

Anandwan (India), Volunteer Academy (Amsterdam)

PROJECT:

While I make tea, the participants reflect on the symbolism of each ingredient to uncover their own biases and find out where these thoughts stem from. While sipping on the tea with a stranger, we dialogue about individual biases. As a group, we decide whether these help or hamper us and how we can shift our attitudes and move forward.

'Aesthetic' explorations - A recipe for warm connections, between you and an-other.

3/4 cup water: which reflects you. Can you see yourself in this water?

1 tsp sugar: once added to the water, you can't separate it. Can you separate your beliefs, attitudes, habits, values from yourself? Find/ search for any one prejudice or bias that you have. Bring this mixture to a boil. Then turn the heat off.

1 inch of ginger: as you crush/ mince the ginger, try and recall the shape of ginger - always growing in a new direction in search of a possibility (of connection). Remember this image. You will need it when you taste the warmth of the ginger later.

1 tsp tea powder: Like tiny little tea particles that enliven, stimulate & envelop you with fragrance, (here are some questions to brew) brew these questions while the ginger and tea infuses: What led to this prejudice? Is it a positive/ negative bias? Do you want to change it? If yes, why and what help do you need to change it? If not, why not?

1/4th cup milk: Like milk brings everything together and carries all these ingredients, your partner's & your collective imagination will carry the emergent dialogue. Heat the mixture. Then strain it in a cup.

The ginger tea is ready: a fragrant, flavourful, warm emergent/ infused artwork i.e. the 'aesthetic' dialogue.

Beyond the ideas of right and wrong. There is a field... Let's meet there. - Rumi

Dialogue in pairs



Rhizomatic Self-portrait

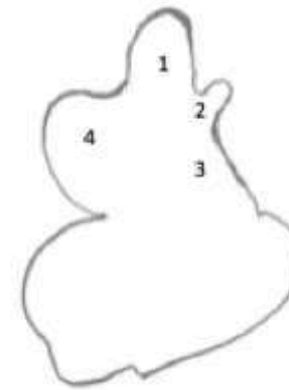
Works best to: unveil our privileges, see the bigger picture

CLIENT:

Angewandte, SAR (Austria), Anandwan (India)

PROJECT:

Resonating to statements about privilege, each participant draw/moulds a rhizome i.e. ginger which becomes their self-portrait. We then dialogue in pairs about which parts are most different and why, unearthing stories and experiences facilitating empathy between the pair. A group feedback round helps to gather all the rich material and shifts in perception.

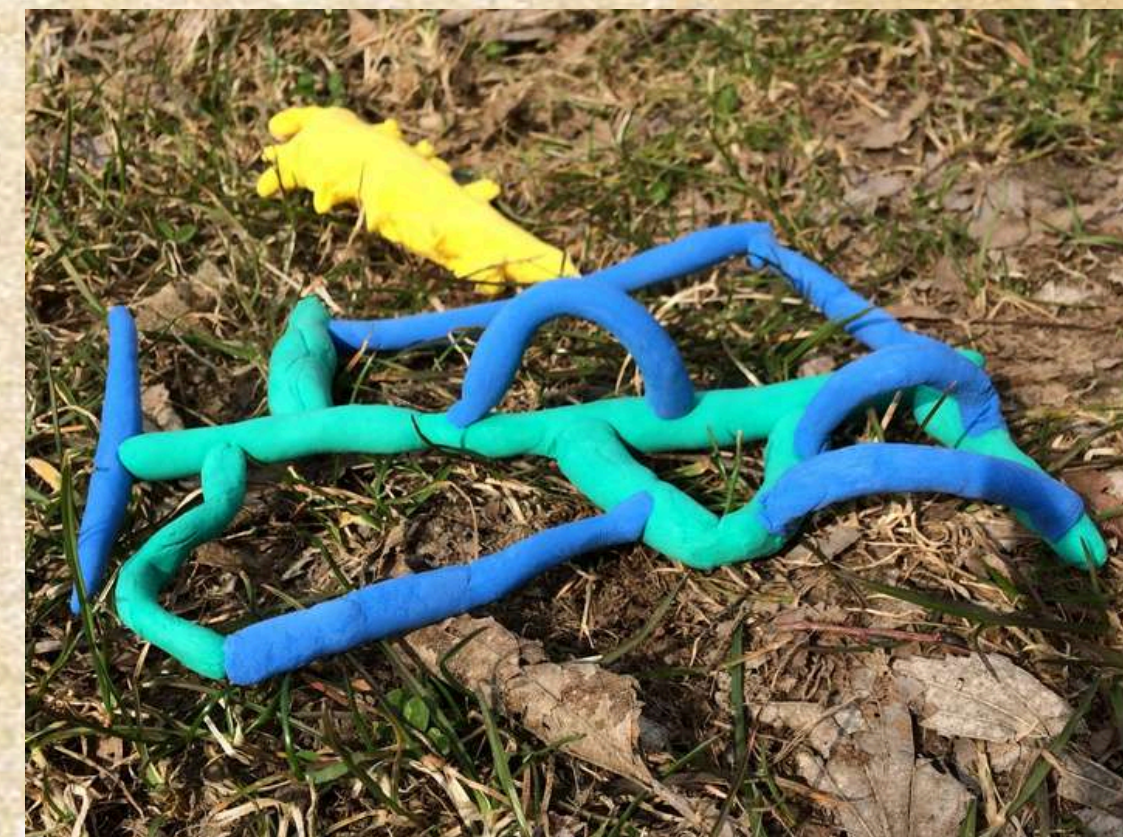


1. I am a human being.
2. I am independent.
3. I identify as the gender I am assigned.
4. I have this particular nationality which allows me to move freely.
5. I am/ know someone with disability (mental/ physical).
6. I seek connections with people who are different than me.

Strongly resonate = big curve
Resonate = small/er curve (wide range)
Don't resonate = straight line
Number each curve according to the statement it refers to.



Drawing instructions based on 6 statements provided.



Movement Drawing

Works best for corporate ice breakers, sustainability workers, schools and teachers.

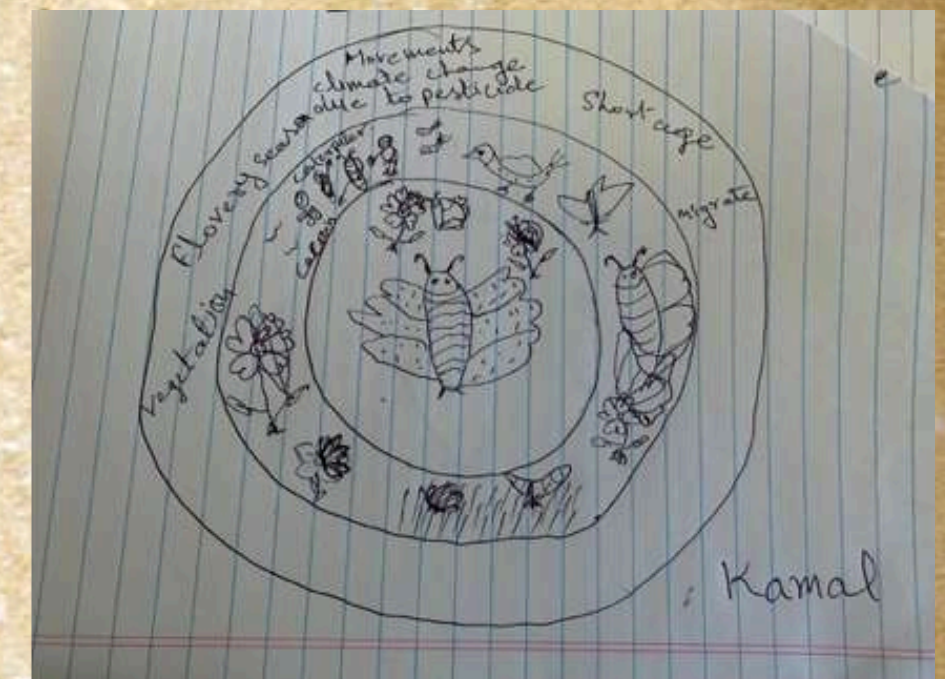


CLIENT:

Angewandte, SAR (Austria), Anandwan (India)

PROJECT:

Starting with Goethean observation drawing of an animal with its visible and invisible environment, we translate this into a group movement scene without words. This creative practice enables us to embody an animal non-anthropomorphically while expanding our relationship to nature, space and other participants.



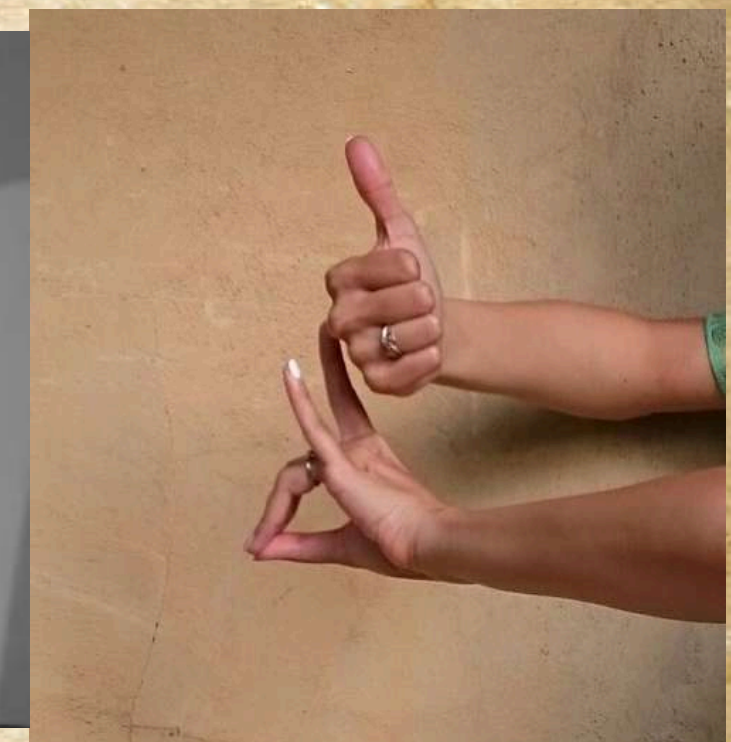
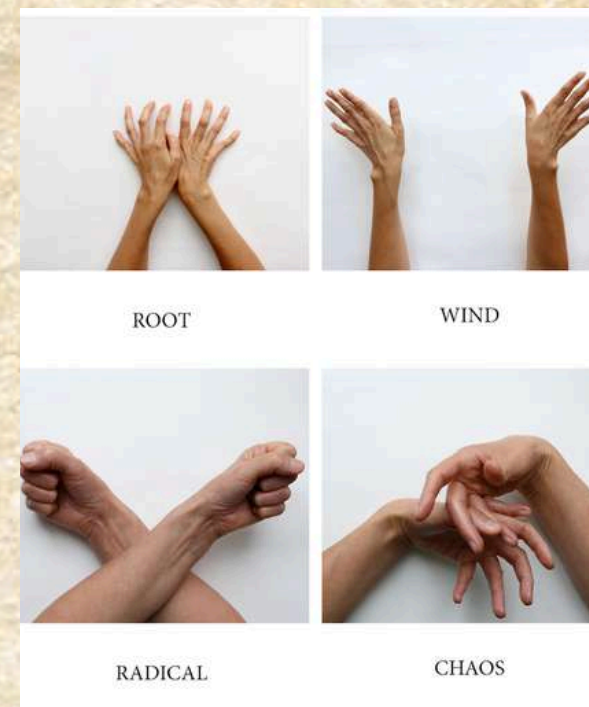
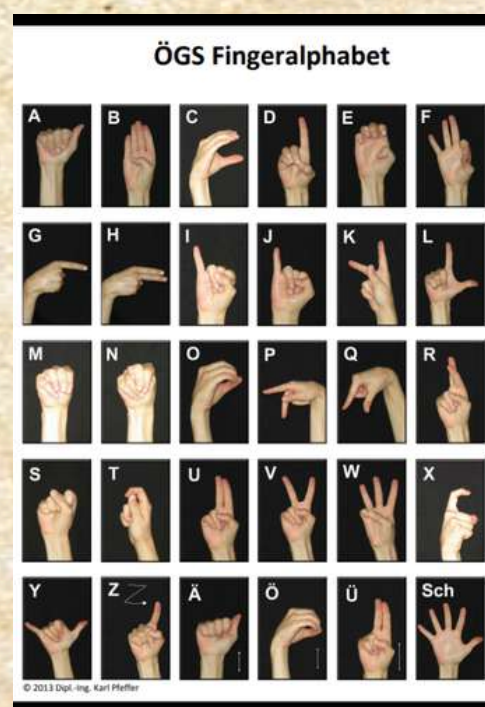
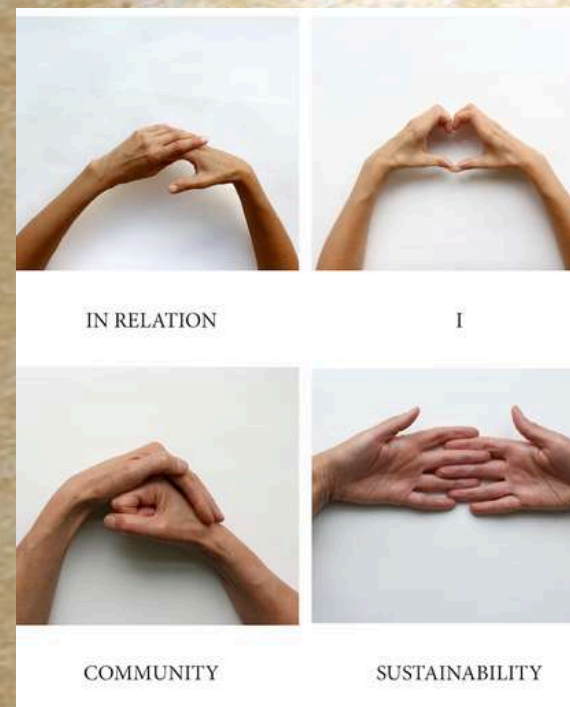
Dance Dialogues

Works best to: review meanings and fixed concepts which might create hurdles in creative decision making



CLIENT:
RAW MATTERS, Vienna

PROJECT:
Dance Dialogues draws upon the necessity to rethink some of the ready-made concepts that govern our personal and communal lives. It considers meaning-making as a personal process. Dance Dialogues takes as its material verbal language(s), sign language(s) as also dance and personal gestures. We hope to open a field:
To unfix meanings of words and concepts fixed systematically by society, language & conditioning.
To find our own meanings through gestures
For a dialogue between: verbal and sign language users, signs and gestures, movement and text,
For empathic social interaction(s)



Collaborations

PODCAST

Horizontal School, Berlin

Artistic Approaches to facilitation: podcast interview for Horizontal school, Berlin. (2022)
<https://m.soundcloud.com/user-611395230-955134214/ghizlane-janhavi-how-to-integrate-artistic-approaches-into-facilitation>

CONFERENCE



Reimagining mainstream academia through dance drawing and social sculpture, IVMC, CPUT.



La lingua del'aria (Graz): Electronic Music with Indian classical dance.

SITE-SPECIFIC/ EXPERIMENTAL PERFORMANCES



Patchscapes with Martin Rumori (Graz): Analogue Synthesizers with dance & text



FlussFluss (Graz): trilingual performance across the River Mur.



En-Countering Stigma

Dance

Teaching and Performance



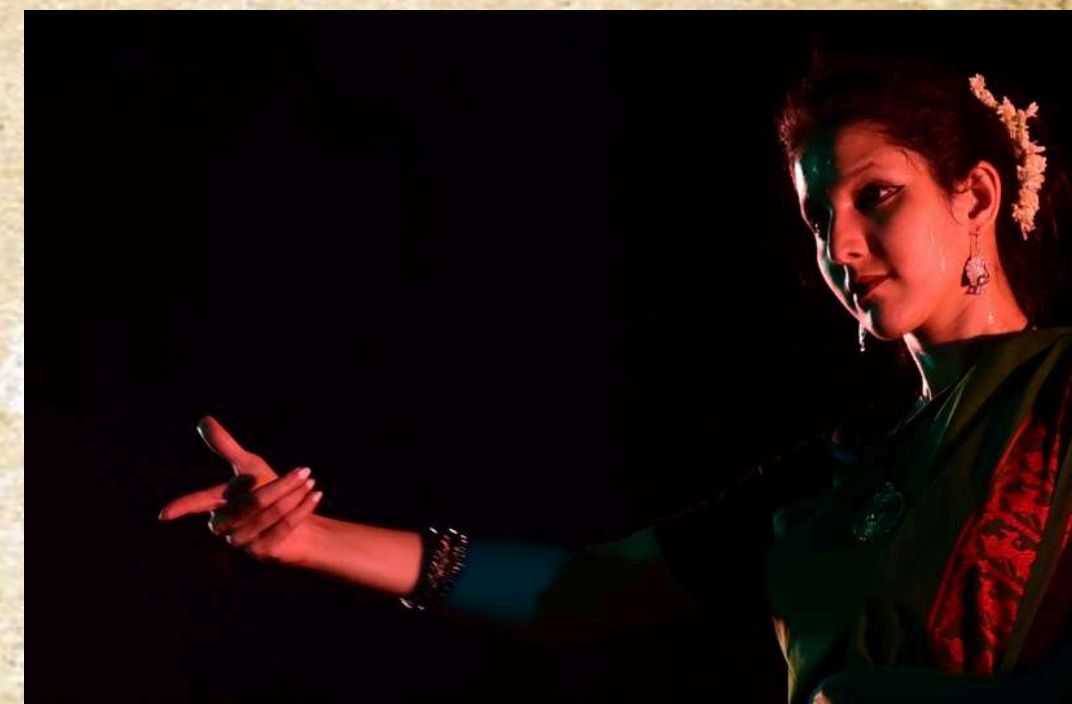
With a rigorous training in Indian classical dance for over 15 years in the Gurukul tradition, and a rich performance experience as part of ensembles, duets and solos, I perform and teach Odissi and Bollywood dance styles in Vienna.



Odissi (Indian classical) Brunnenpassage, Tanz die Toleranz, Vienna



Bollywood (ImPulsTanz Public Moves, Vienna)



Artistic Research

Interweaving dance, Philosophy, Social Sculpture, Dialogical aesthetics, socially engaged art practice, my work explores marginality, stigma and empathy through Artistic Research.


My embodied semantic analysis is coupled with socially engaged art practice viz. designing empathy-practices to reduce the gap between mainstream society and marginalised communities (e.g. people suffering from stigma against leprosy, dementia, ageism, refugees). These take varied formats from tea-making to postcard-writing, and employ multiple art forms (like drawing, movement, weaving) depending on the inner capacity to be honed, and can be adopted to any conflict situation. Together, the collaborations and work in this portfolio, including classical dance performances and teaching experience, seek to expand our sensibilities, sensitivities, challenge the social status quo, flatten hierarchies, open spaces for multiplicities and create a sahridaya—someone with a heart, with whom we can have a heart to heart connection.




Exploring and embodying the space through light and shadows



Preparing the space with warmth materials



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