

SAMRIDHI
DANCE
FOUNDATION



About Us

Samridhi Dance Foundation started as an initiative in 2016 by Smt. Rakshita Purisai Raghunathan spearheaded towards cultivating the importance of the art of Bharatanatyam.

Samridhi's aim is to focus on teaching and promoting the performing art form among people across borders and identities for sheer joy of celebration of the traditional culture of dance. The foundation aims to provide cultural education of the art of natyam by imparting the essence of the Guru-Sishya Parampara system through a contemporary approach. Samridhi's maiden initiative was recognized by Google India as a channel of immense value in their project for creating a platform for endemic creators and the growth of classical arts on YouTube. We are registered performing arts organization under the MSME's creative arts category.

More information on our methodology and training programs are available on our website - <https://samridhidance.com/about>

9+ years

150+ students trained

40+ countries



Founder & Artistic Director

Smt, Rakshita Purisai Raghunathan

Rakshita is a Bharathanatyam Performing Artist, Tutor and Choreographer from Bengaluru, India. She is the Founder of Artistic Director of “Samridhi”. Smt. Rakshita Purisai Raghunathan is a Bharatanatyam Dancer from Bangalore, India. She is the disciple of Guru Kalaimamani Smt. Ramya Ramnarayan, following the lineage of Guru Swamimalai K Rajaratnam Pillai. She has had formative training in Pandanallur and Vazhuvoor Styles. She has trained in Natya Shastra Karana Vivaranam with Dr. Sujatha Mohan(disciple of Guru, Dr. Padma Subrahmanyam). She is completed her Adhyapika training for Natyacharya. Rakshita has performed across India in several places, notably – NCPA-Mumbai, Nadaneerajanam - Tirumala Tirupati, Brahma Gana Sabha Dance Festival, Kartik Fine Arts at BVB and at Narada Gana Sabha, National Bharatanatyam Utsav at Ayodhya (convened by the Ministry of Culture and IECSME- Delhi), Mayuram Nritya Utsav - held at ICCR, Kolkata, Shilparamam - Hyderabad, Guru Poornima at Haridwar – Uttarakhand, Guru Samarpana Angaharam , a tribute to Dr. Padma Subrahmanyam held at Chennai to name a few. Her recent work “Sammohana - The Dance of Longing” was presented across Delhi, Trivandrum, Chennai and Bengaluru and was notably recognised. She is also a graded artist of Prasar Bharti-Doordarshan.

AWARDS

- “Nritya Nipun” conferred by the prestigious Atharvotsav’24 felicitated by Shri. Prince Pratap Singh Serfoji Raje Bhonsle(descendant of the great Serfoji Raj of Thanjavur Maratha Empire held at Mumbai in April 2024
- “Nari Pratibha Samman” Changemaker award - 2024 by SheForward Foundation powered by NE8x® Inspire, recognising exceptional women changemakers for works,efforts and contribution across diverse domains.
- “Nritya Mayuri Samman” from “Varshmangal Utsav” - Astika Centre of Performing Arts held at ICCR, Ho Chi Minh, Kolkata in July 2023.
- “Natya Kalamani” and “Best Performance Award” from SHKK Trust during the Hosur Natyanjali in February 2023
- “Natya Kushala” conferred by Natanam Foundation, Bengaluru on the auspicious occasion of Mahashivaratri Natyanjali
- “Artpreneur of the Year” by Femmetimes Media Jaipur, for India;s Under 50 Women Achievers
- “Yuva Kala Bharati” - Junior awarded at the earlier days by Bharati Yuvakendra, Madurai





What our students say about Nritya Praveshika

Sampada Yennuwar
Pune, India

Training with Samridhi Dance Foundation for me personally is a revival of my childhood dream of learning and dancing Bharatanatyam, and Guru Rakshita akka has truly been the pillar of support in all forms for us. For us as adult beginner learners of such an ancient art form, she truly leads with patience, care and efficacy. The in depth teaching of not just conceptual understanding, but also its application through movement has created a beautiful balance of confidence in knowledge and movement for me. It has enhanced my focus, dedication, and openness to "practice" in not just Bharatanatyam but also in my other aspects of life. Thank you, akka for your divine work.

Mridul Chavan,
California, USA

Training under Rakshita ma'am this past year has been a transformative experience in many ways. The curriculum has been designed well and incorporates all fundamental aspects of learning dance in a holistic way. Her attention to detail and patience in teaching is commendable. The class environment is also quite supportive and open. I look forward to continuing my Bharatanatyam journey here. What I have received is an incredible experience! I have learned and grown so much as a dancer. I'm truly grateful for the guidance and inspiration. I've gained not just skills but a deeper understanding of Bharatnatyam.

Keerthima Vijayan,
Dubai,
UAE

I am very grateful to Samridhi Dance Foundation because I have improved myself a lot as a dancer and we know that online classes have limitations but it is so much fun and we have different assignment based on our module , exercises depends on our health condition and ability, so I am proud to be a student in SDF , our one -to- one session it is a great experience and it is based on our module . I can realize that my real capacity, my passion , my strength and what I have studied have totally benefited by growth as a dancer

CLASS
METHODOLOGY
&
STRUCTURE



Samridhi's Approach to learning Bharatanatyam



Science

Learning the science of dance – origin, influence, propagation and evolution. The impact of history and literature, the reverence to artistic & musical lineage of the art form of Bharatanatyam



Movement

Improving body awareness by using vocabulary of traditional indian dance and creative movement. Body conditioning, strength training regimen to acclimatize to the form of movement sustainably



Performance

Rendering techniques of performance – dramaturgy in dance, music and rhythm significance exploration, formatting and presenting repertoire with a thorough understanding of the exhibits.

Class Methodology

Live Classes + Class Recordings + Practice Audios + Any Required PDFs

Our training encompasses many aspects of presentational and performative details for students. We truly believe in the Guru-Sishya Parampara tradition and passing the core values of dance from generations to generations. Our class work focuses on helping the student build a deeper appreciation of the art form with thorough and profound understanding. The classes are democratic to explore freedom of movement within the structure and pedagogy of our training. We encourage the students to work with each other, practice and help build a community of learners who will motivate each other and develop the skill of dance. Students who are irregular to the training will be terminated. Students who are not showing progress and completing the given assignments will not be encouraged for further levels.



Batches commence in September. Class materials such as Videos, Audios and Resources will be shared for all Programs.

Batch - Nritya Praveshika (Online Group)

Group Classes for Beginners

Age group - 13 to 30 years. Students are expected to commit to regular rigorous training and show progress as per instructions.

Duration - 12 months//1 Year

Admission Fees - INR 2500 (one time payment)

Monthly Fees - INR 3200

Click here to Enroll - [Form](#)

Batch - Nritya Unnatih (Online Group)

Group Classes for Intermediate Students

Age Group - Age 13 to 30 years. Students are expected to commit to regular rigorous training and show progress as per instructions.

Eligibility - Minimum 3+ years experience required for students joining this batch.

Students will be selected based on Audition Videos.

Duration - 12 Months/1 year

Admission Fees - INR 2500(one time payment)

Fees - INR 3350

Click here to Enroll - [Form](#)

Batch - Nritya Anubhava (Online Group)

Group Classes for Adult Students - Adults Learning Program(ALP)

Age Group - Age 30 years and above only.

Eligibility - No prior experience needed.

Duration - 12 Months/1 year

Admission Fees - INR 2500(one time payment)

Fees - INR 3200

Click here to Enroll - [Form](#)

Please note - The students who are registering, enrolling and making the payment of fees will only be part of the training. If you are interested to join, please register before the slots fill soon, as we have only limited seats. We encourage all students with passion and interest for traditional art to join the experience.



Certifications

Please note that we are not SELLING CERTIFICATES.

No student is entitled for getting a certificate by attending classes and paying fees.

The purpose of the levels and certifications is to motivate and enable confidence in the learner.

There are 3 Levels - subdivided as per the course

- **Nritya Praveshika - Level I**
- **Nritya Unnatih - Level II**
- **Nritya Paripurnata - Level III**

Nritya Anubhava is a unique independent program which we don't place as one of the levels, but for adults and older adults to start/restart their training regardless of their previous experience.

Please note that these levels are identified for administrative reasons and to progress with the curriculum. With regards to the training, our classes will be continuous and only students who are regular in attendance, working on the creative assignments and showing progress will be encouraged to go the next level. The time duration that is mentioned is also tentative to the group co-operation and progress.

For the purpose of completion of a level, the student has to complete assessments and evaluation. A certificate "Title" is given from our Institution to motivate the student. These evaluations may be conducted 1:1 physically/virtually, sometime even under the presence of an examiner. A student can take up an evaluation only once, hence only after careful practice and preparation, the student is expected to take.

There is a nominal certification charge for this process at each level.

Performance Coaching

Dance is a performing art form. We constantly encourage our students to not be very distant from the idea and understanding of performance nuances and for dedicated students with interest and passion, we motivate them to perform along with our SDF Ensemble Programmes. This is subject to the progress of the student, the abilities and the willingness to journey with us in long-term for growth.