



SAMRIDHI
DANCE
FOUNDATION



About Samridhi

Founded in the year 2016, Samridhi Dance Foundation is an initiative spearheaded towards cultivating the importance of the art of Bharathanatyam. 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 Indic culture of dance. We are a registered creative arts organization under MSME India and we are affiliated with Conseil Internationale de la Danse, UNESCO, Paris and also with the World Artistic Dance Federation. Samridhi has been 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 and having over 5M+ viewership in over 56+ countries. We are one of the pioneers in formulating learning management programs in dance, specific to Bharatanatyam from the lens of academic as well as practical understanding.

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

50K+
subscribers

100+ students trained

18+ countries

Several Students certified in the 150 hour program offered by the International Dance Council, UNESCO.

Several Students who are performers and choreographers themselves.



Students of Samridhi

Nisha Marley,
Essex,
UK

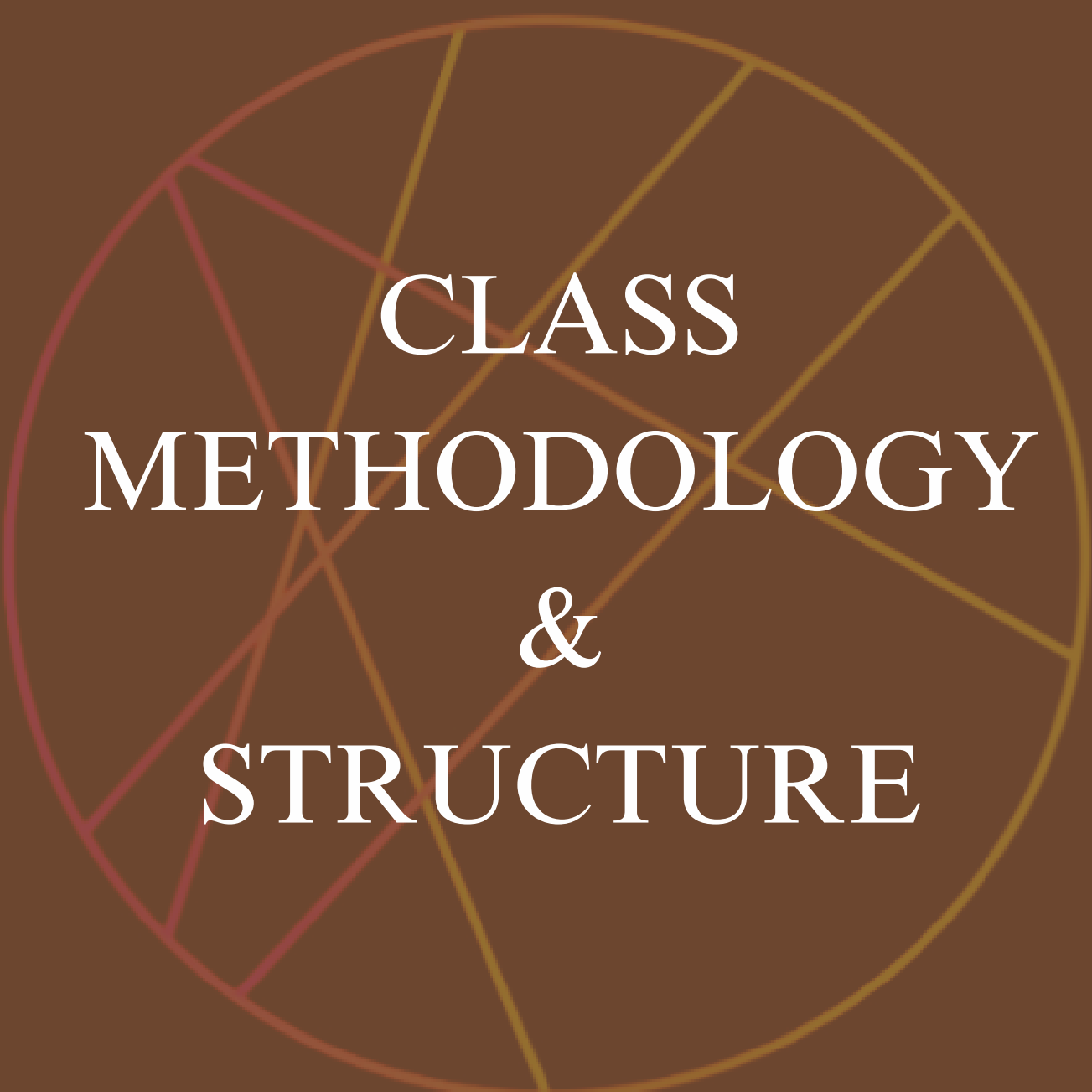
Samridhi is the best online training I have ever received. It is highly organised and well structured. The email responses are very prompt and the team are amazing in fixing any technical issues immediately. The video modules and text guidelines are very clear to follow. The teaching methods are very effective. Guru Rakshita is exceedingly knowledgeable and exceptionally efficient in teaching the art of Bharathanatyam. She has been very encouraging and supportive in my training as an absolute beginner. The training is providing me with a holistic understanding of art and a completely new perspective on life. I would definitely recommend Samridhi to anyone who wants to be a better person through art.

Sarvani Cheruvu,
Chennai,
India

After all my years of training as I child, I could not confidently say that I was learning dance, because some part of me had not still connected to the art form itself. However, in just one short year, these training sessions have really connected me to dance. They have inspired me to go beyond the limb movements and really explore the mechanics of how my body and my emotions are reflecting and how I should approach practice in order to improve. The additional historical context provided to each nuance is also really interesting and is a way for me to understand our culture better as well. I am so grateful to Samridhi and to Rakshita ma'am for delivering these sessions in such an engaging and effective manner, and I am only looking forward to the journey ahead!

Keerthima Vijayan,
Dubai,
UAE

I am very grateful to Samridhi 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 Samridhi , 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

Bridging theory with empirical knowledge of performance art



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(Please read the instructions carefully).

Live Classes + Video Lessons/Recordings + Practice Audios
Recap Sessions & Access to Recordings for Students Joining New.

Our classes are designed to provide a comprehensive understanding of the techniques, movements, and performance aspects of Bharatanatyam, with a strong emphasis on creative assignments, continuous evaluation, and meticulous attention to the nuances of the art. A student can join at any stage and can develop their understanding of the art and techniques with careful supervision from the Instructor.

Please note -

The batch is on-going and if you are interested to join, you should be willing to look at previous class recordings and pace up with the program as per the instructor's guidelines. Recap sessions will be given for the group periodically.

Please also understand that if you join in the end of month also, as you get access to recordings, you will have to remit for every month independently. Please clarify with us if you have doubts.



Broad Areas of Learning

- History, Theory and Literature
- Foundations of the art
- Movement and Body
- Major Limbs, Minor Limbs and Supporting Limb Involvement
- Strength Conditioning
- Pure Dance - Nritta Learning
- Technique Enhancement
- Nuances and Detailing
- Sequences of Movements
- Dramaturgy - Natya Learning
- Emotions & Expressions
- Repertoire Building
- Music for Bharatanatyam
- Rhythm for Bharatanatyam
- Choreographic Techniques
- Performance and Presentation Skills

Our training encompasses much more than what has listed above for reference of students. We truly believe in the scheme of Guru-Sishya Parampara and passing on of the tradition and 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 into practice and developing the skill of dance.



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 into a 42 month learning program

- **Nritya Praveshika - after 8 months**
- **Nritya Unnatih - after 16 months**
- **Nritya Paripurnata - after 42 months**

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 and “Title” is given from our Institution to motivate the student. These evaluations may be conducted 1:1 physically/virtually 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.

CID-UNESCO Certification

This is conducted for students only after completion of 150+ hours in training. The students receive a credential from the Cultural Umbrella Organization of UNESCO at Paris. This has a global value and helps the student build a career in dance.

A 3-Part Evaluation is conducted for the student along with submission of assignments and documents required by the council to be eligible for the certification. This involves a certification charge to be paid for the Institution. More details about the program can only be shared with after a student is considered prospective for the same.