

UPAHAAR
DANCE COMPANY





Bharatanatyam

Originating in the Hindu temples of Southern India, Bharatanatyam is one of the oldest, yet widely flourishing classical dance forms of India. It expresses the concept of 'Bhakti' or devotion, drawing inspiration from Hindu myths and religion. Bharatanatyam is the 'natyam' or dance that comprises 'Bhava' (expression), 'Raga' (music) and 'Thala' (rhythm). It is a combination of pure dance (nritta) and expressional dance (abhinaya) woven together in order to transport the dancer and the audience to another world.

Upahaar School Of Dance

Upahaar School of Dance was founded by Shalini Shivashankar with the simple desire to share the joy experienced from expressing and communicating through dance. Upahaar was started in Croydon, South London in 2003 and now has 6 centres across greater London. Training is offered in Bharatanatyam, Kathak, Mohiniattam, Carnatic Vocal and Mridangam. One of the core philosophies of Upahaar is that dance & music enhance one's mental and physical health and can therefore be learnt and performed at any age. The school aims to bring Indian classical dance to every sector of the community through its various activities and events. It offers high quality training by a team of well qualified and dedicated teachers. Nrithya-Upahaar (an international festival of classical dance that presents local and international artists), regular workshops by acclaimed artists from around the world, lecture demonstrations in schools and other institutions are some of the projects undertaken by Upahaar over the last several years, highlighting the organisation's commitment and dedication to promoting the arts.

About The Guru

Shalini Shivashankar started her training in Natya in her early years from late Guru Smt Padmini Ramachandran – Artistic Director, Natyapriya, Bangalore. As a teenager, she was the recipient of the National Talent Search Scholarship for higher studies in Natya and was awarded several accolades and awards. Shalini pursued further training under the tutelage of Smt Shyamala Surendran, founder of Dharani School of Performing Arts, Kochi and under the guidance of Smt Radhika Shurajit, Artistic Director, Thrayee School of Bharatanatyam, Chennai - both senior disciples of the world renowned Natyacharyas, The Dhanajayans. Shalini has performed at various venues across the UK and abroad.

In 2019, Shalini was awarded Milapfest's Nrithya Acharya Ratna for her outstanding contribution to dance teaching.



Performances

Winnipeg, Canada (2005)

The Nehru Centre, London (2005)

Dharani Kochi 25th Anniversary Celebrations (2012)

Nrithya-Upahaar - International Festival of Dance (2013)

The Nehru Centre, London (2014)

Nrithya Upahaar International Festival of Dance (2015)

Riga, Latvia (2015)

Nrithya-Upahaar - International Festival of Dance (2016)

Sri Venkateswara Balaji Temple, Birmingham (2017)

Dharani, Kochi (2017)

Melpathur Auditorium, Guruvayoor (2017)

Mohini Nrityotsav by Monisha Arts, Bangalore (2017)

Nrithya-Upahaar - International Festival of Dance (2017)

Splendours of the Subcontinent by Akademi,

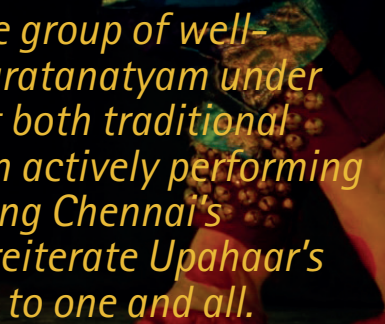
Queen's Gallery, Buckingham Palace (2018)

Margazhi Natya Utsav - Pushpanjali Cultural Trust, Chennai (2019)

Apotheosis by Akademi, British Museum (2019)

Kalyana Krishna Nrithya Sangeetha Utsav, Kochi (2019)

Art on the Terrace, Chennai (2020)



The Upahaar Dance Company is a semi-professional core group of well-trained dancers who undertake intensive training in Bharatanatyam under the guidance of Guru Shalini Shivashankar. They present both traditional Margams as well as thematic productions and have been actively performing across the UK since 2014 and abroad since 2017, including Chennai's Margazhi festival. Through regular presentations, they reiterate Upahaar's objectives of promoting the arts and making it available to one and all.

Upahaar

school of dance

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