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shri krupa
DANCE FOUNDATION

MAY 2023 ISSUE 2

QUOTE OF THE MONTH

'GuNAs, man's innate nature, are three' - These three GuNAs are Tamas (darkness and chaos), Rajas (activity and passion), and Sattva (being in the moment and practicing harmony) Gita tells us that Self is Light - the very source of light and this can be experienced in the deeper stages of meditation. If you were a city, TAMAS is described as a city blackout, RAJAS as a city riot, while in SATTVA, the city is peaceful the heart is full, rich, loving, and wise. So the splendor within shines forth freely. Mind is filled with compassion, gratitude and forgiveness - Let us practice meditation. OM SHANTI - PEACE to ALL!

-Guru Vishal Ramani



Shri Krupa Performing Hall

Studio space available for rent for events, music recitals, performances and photoshoots

Capacity: 70 people

Click here for reservations

For more details: skdcdance@gmail.com

May Events

May 20:
Shri Krupa Student Performance Series (May Edition) at Saratoga studio
5pm to 7pm
Open to the public
Free admission

May 13:
Mother's day Special - Tea Social for all moms of Shri Krupa students at 5 pm at Saratoga Studio

A devotional tribute on Rama Navami



As part of the festival special series, Shri Krupa commemorated Rama Navami on April 1 with 12 performances by students. The evening's recitals included unique pieces like Hanuman Chalisa and Nama Ramayanam.



InFocus

Signup for 2024 Arangetram season for Preparatory students is now closed. The Arangetram training kicked off with an orientation session on April 29 in which Guru Vishal walked the signed-up students and their parents through the training regimen and expectations, and addressed questions.

Training for Meenakshi Kalyanam dance drama began on April 2. Practice classes are scheduled on Sundays. Spearheaded by the Post Arangetram students and senior students, the dance drama will feature participants from various batches across the school and is scheduled for performance on August 20.

Student Performance series

Shri Krupa's monthly student performance series' April edition at the Saratoga studio on Apr 22 featured six performances. In its true spirit, the event provided an opportunity to showcase the senior students' expertise as well as provide a stage for the beginner batches, as students from the Bharati, Induja, Smriti and Ragini batches of students lit up the stage.



To enroll a new student, visit shrikrupa.org/registration

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Message from the Artistic Director

Every action requires concentration, and dedication. Once this is achieved, the action becomes fulfilling. If one chooses to aspire for mere laurels and medals, accolades and applause, one is not truly dedicated to the action itself. Action becomes mundane and a means to fan one's ego. Work can engage you, but disengage and create a beautiful flow with your personal and family life. Perhaps, advocate for family-friendly workplace policy.

LIVE WELL, WORK WELL, ENJOY WHAT YOU DO!!!!

-Guru Vishal Ramani

Upcoming Timelines

- June 3, 2023 - Gandharva Vidya Center Biannual recital
- Summer programmes begin Jul23, 2023
  - Margam performance
  - Arangetrams - **Note: School's 300th Arangetram this season!**
  - Dance dramas
    Aug 13: Gita Govindam (Teaser here)

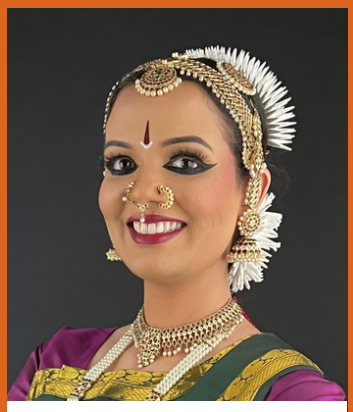
    Aug 20: Meenakshi Kalyanam

Key Links

- Monthly Performance Series signup sheet
- Student and Parent Volunteer Signup sheet
- Studio Rental for students
- Yoga Classes Signup sheet
- Dance School Policy Handbook
- Music School Policy Handbook

Testimonial

It was an incredible experience attending the bootcamp. Aunty has a comprehensive and engaging curriculum that covered everything from technique and choreography to history and culture. We were all able to connect and bond over our shared love for Bharatanatyam dance form. The atmosphere was one of encouragement and positivity, which helped us to push ourselves to the next level. The experience was transformative, and I left feeling inspired, empowered, and excited to continue my journey.



Shathiya Rengalwar

The Bootcamp in early April for the 2023 Arangetram students was a grand success. Students responded enthusiastically to the 2-day session that aimed to gear them up for the upcoming Arangetram season.

The School At A Glance

The oldest establishment of its kind in the valley, Shri Krupa dance school has a tremendous reputation in goal-setting and achievement of the set goal. The school insists on diligence, discipline and punctuality to attain the best results. Practice through repetition, both at home and in class is critical to reinforce the dance moves and 'Laya Shuddhi' - purity and clarity of TALA.

Setting basics firmly is done in three different ways

- In class, directly taught by teacher and repeated several times like chanting a MANTRA.
- Group practice sessions - on Zoom or in person with a dedicated senior volunteer
- Group practices arranged by the class parent

Each batch of students is marked with a name and arranged in beginner/intermediate/advanced levels. One parent in each class is identified as class parent who keeps all parents/students informed of classroom updates and goals the students are working towards. Announcements from the teacher, the SKDF board are shared via WhatsApp groups for each class.

Featured in this Issue: Intermediate

Mantra, Vedika, Bhramara, Mayura work on TALA varieties and dance items like Alarippu, Jathiswarams, Shabdam, and Varnam. They tackle Sapta Talams and also NADAIS within a frame work of MEASURE. This group can weave themselves into parallel classes if they have mastered one group's dance activity. They also get senior students' help at pre-arranged times. Parents must request to get appropriate and consistent help.



In Picture: Vedika/Mayura class in session

Gandharva Vidya Center

Our school boasts of Carnatic Music within our premises through the Gandharva Vidya Center. Music is quite integral to a dancer; it is imperative that every dancer has a good understanding of Shruti and Laya - Melody and Rhythm - to contribute to the richness of a dance presentation .

Shri Krupa Dance Foundation is proud to associate itself with Gandharva Vidya Center to co-present Shri Krupa Center for Indian Performing Arts.



There is a belief that Carnatic music is as ancient as knowledge. The journey of Gandharva Vidya Center students with its founder Sri. Ashok Subramaniam started 25 years ago. In his words, Carnatic music is an abstract art form which brings a sense of abstract thinking for those who learn and practice. It is a lifelong learning process and he believes it is upto the student to pick pathways in this journey; and he sees himself as a mentor showing these paths.

Some of his students start as early as 6 years and continue this journey well into adulthood. And there are students who begin their journey in their middle age. This lends proof to his belief that the art form is timeless. Anyone with the interest and dedication can learn and explore in a meaningful way.

This art form may encourage some to showcase their inner talents in a large public forum; leading to increased confidence. For others it lends to both, as an abstract art form and an escape from our everyday chores of life.

This is evident from his students who have performed in the highest and prestigious form of national and international Carnatic presentations; and other set of students who learn the art for the art itself. In the following newsletters, let us continue this journey by visiting some of these students who make up Gandharva Vidya Center.



Boys batch learning Padha varnam in Malayamarutham



Beginners batch learning their first Geetham

Students Of The Month



Vidhyalakshmi Venkitakrishnan is a software engineer at Amazon and a mother of two. She is passionate about the arts and is also an avid painter. She also enjoys adventure sports like skydiving. She is a dedicated student and volunteer at Shri Krupa dance school and also serves as the SKDF board Secretary.



Aishni Kumar is 13 years old, and she is in 8th grade at Union Middle School, Los Gatos. She started both Bharatanatyam and Carnatic music at the age of 4. Aishni loves listening to music and enjoys light cooking. She is highly interested in dance and learning more about her culture.

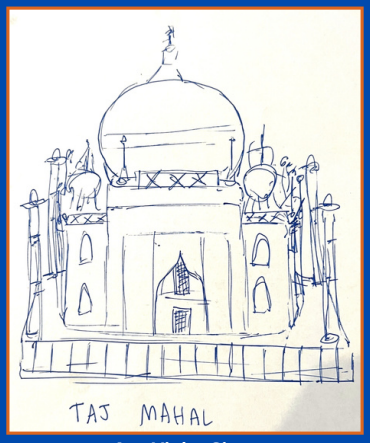
Student Corner

To feature a student's art/literary work in Student Corner, email skdcdance@gmail.com

Connect The World

BY ISHAANVI RAJESH

A tree stands, basking in sunlight
Looking strong, sturdy, and beautiful
Little do people care what it goes through, as at the end the result always turns out right
Each year the leaves sprout, a strong beautiful green
Though as winter arrives, they start to break away from what was once known as home
Slowly these leaves get carried away, never to return
Yet this is seen as no big deal as they have no voice to speak
Every year this goes on in their short span of life, yet the same occurs to us,
just in a far different form
A tragedy in the form of a disease to deprive us of our kind
It uses us to transport itself into many others lives
Just like the leaves some people leave their home, this heavenly abode
And suddenly the same process is perceived as far more ghastly
then when it happened to the leaves,
but still the thought is not quite so absurd
As these leaves are without a mind, they have not much in their lives,
they don't have the ability to cherish, to loath to die
We do have the minds to feel all these emotions, and that's why
When we go through this winter we must stop our kind from falling off this tree,
drifting away with the wind, but to do this we must unite
To survive we must connect with others and share our feelings in human ways.
It is time to bring ourselves into the light!!



Ava Violet Simpson



Dhiya Padmanabhan (Induja)

Quiz

How many "Nadais" are defined in Bharatanatyam?

See next month's issue for answer

Answer to last month's quiz:
Asamyukta Hasta means Single handed gesture; There are 28 such gestures

To advertise your business in the newsletter, email skdcdance@gmail.com

Congratulations – Class of '23 graduating HS seniors!!!

Congratulations to the below students who are graduating high school this year!!!
Wish you all the very best in every facet of your life!



Avantika : *My journey with Shri Krupa has been an incredible one thus far. Bharatanatyam has not only helped me evolve into a poised dancer but has also helped me connect with my community and culture. Eternally grateful to Guru Smt. Vishal Ramani and the Shri Krupa community for enabling me to experience this beautiful art form.*

Sai Vaishnavi : *I am very grateful and honored to be part of Shri Krupa dance community. My journey with Bharatanatyam has been transformative, strengthening and my connection to my culture. Aunty has taught me invaluable life skills. As I dive into new stages in dance, college, and life, I carry the lessons I have learned through Bharatanatyam at Shri Krupa, and I will never let go of this beautiful dance form.*





Ananya : *My short reflection about Shri Krupa:*

Over these past six years at Shri Krupa, I have learned not only diligence, commitment, and duty, but made a connection with my peers in the US and my culture in India. I have grown to be a better dancer, student, and person, and I will always be thankful to Shri Krupa for that.

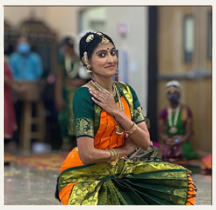
Happy Mother's Day

Mothers are the bedrock of the Shri Krupa family; From driving kids to the class, to coordinating practice sessions, to ensuring kids practice diligently at home, to getting the kids dressed up for events, to volunteering for the dance school - Shri Krupa moms do it all - in style - while deftly juggling family and work as well. A huge shout out to all the Shri Krupa moms - your involvement in your kids' journeys and your commitment to supporting other families in their dance journeys form the core of the Shri Krupa Community.

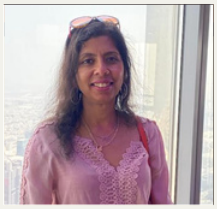
Happy Mother's Day to you all !!!

MOTHER

Mother's day event: Tea social at 5 pm on May 13;
Join other Shri Krupa moms at the studio
Network, Chill out, Enjoy: Don't miss it !!!


Sharmila


Preethi


Vidya


Sukanya


Preeti


Kavitha

A Special mention of those students of Shri Krupa who are also mothers - Age is no barrier to the pursuit of passion and excellence as demonstrated by these dedicated, driven, enthusiastic moms. They are mothers, professionals, students, dancers, volunteers and more - these mothers are an inspiration not only to their kids but to all of Shri Krupa family.

In Pics: Some of the Shri Krupa mothers;
(Other Shri Krupa moms - Vellachi, Deepa , Kamakshi, Praneetha, Pratibha)


Deepa


Prasha


Rupa


Vidhyalakshmi


Gayathri


Sangeetha