

DHIRANA



## Welcome to Dhirana

### **Dhirana Academy of Classical Dance**

Dhirana Academy of Classical Dance was founded in 2008 on the principles of instilling a deep and strong understanding in the learning of Bharatanatyam, an ancient Indian Classical dance form. Over the past 10 years, we have endeavored to bridge the gap between society and the art form by inspiring, educating, and guiding students of dance in Northwest Arkansas. Dhirana strongly believes that exposure is one of the keys to development and success hence has nurtured in every student a passion for performing it. Over the past several years Team Dhirana has been a staple at almost every cultural event within the region, showcasing the beauty and versatility of this dance form while fostering collaborations with other like-minded artists of other disciplines. Since its inception, Megha P Rao has served as the artistic director of Dhirana Academy of Classical Dance.

Thank you for joining us on this journey to learn and promote Bharatnatyam!

### **Megha P. Rao**

Vidushi Megha P. Rao has been dancing for more than two decades and teaching for more than a decade now. She established the Dhirana Academy in 2008 in India before moving to Northwest Arkansas in 2011. She creates the curriculum, teaches, choreographs, and performs regularly as part of Dhirana, both with her senior students and as a solo performer. As a performer, Megha effortlessly combines agile rhythmic footwork with pristine purity of her expression, creating spell-binding performances. She has enthralled audiences around the country with her delightful performances at prestigious venues like the American Natya Festival at St Louis. Megha was also a winner of the Momentary Virtual Tower Talent show in 2020. She has trained 5 students of dance to perform their full-length solo debut or Arangetram in the past 3 years with many of these students back in the studio to continue their advanced learning. As a choreographer, a recent production – ‘The Exiled King’ was picked up to be showcased as the first post-covid dance

production at Walton Arts Center in April, 2021. Megha continues to serve as an ambassador of Indian dance, learning other dance forms like Ballet and collaborating with other artists across cultures and art forms, of note, a recent a Hip-Hop Bharatanatyam collaboration ‘Collision – when visions combine’ with American Hip-Hop artist Jasper Logan at the Momentary.

## **Performances:**

Bharatnatyam is a performing art and hence, students who have completed pre-junior level are encouraged to perform. Many opportunities in the community are available. If interested in performing at events, children will need to attend extra practice sessions and be regular.

**NATYAM:** The Ra-Ve Cultural Foundation In our community organizes Natyam, a platform for both aspiring and established dancers and musicians to exhibit their art form. Students get to participate in Natyam, which is held twice a year, in May and December at a price of \$125 per year membership for the whole family and also with other benefits. To enhance the performance skills of our junior and senior students, we strongly recommend them to participate in Natyam, as it will provide them with valuable experience in performing in front of an audience that is hard to get as a solo dancer in the NWA community.

Parents are required to volunteer during performances with costumes, make up, marketing, stage setup, pickup & drop off, technical details etc.

**Students must attend at least 2 to 3 classical dance and music shows throughout the year to be considered for participation. Attendance will be taken by Dhirana representatives for all the mandatory events.**

New choreographies and rented costumes will have an additional cost.

Students who attend workshops and dance performances by other artists will be prioritized to participate in ensemble and reputed events.

If they are part of a group choreography, they will have to perform together whenever required.

**Students of Dhirana can participate in any other dance forms as a group or solo in the community BUT they can perform Bharatanatyam as a group/duet/trio only with Dhirana.**

## **Parental Involvement:**

Students can improve only with regular practice. Parents play a very big role in supporting their child's daily practice.

If parents need any video recordings of steps or theory for home practice, please subscribe to dhirana.bharatnatyam and [www.youtube.com/user/mskaks1](http://www.youtube.com/user/mskaks1)

Audios will be sent to the students through WhatsApp.

**ONLINE VIDEOS MUST BE USED ONLY AS PRACTICING TOOL AND NOT FOR LEARNING NEW STEPS.**

Parents are required to volunteer during performances with costumes, make up, marketing, stage setup, pickup & drop off, technical details etc.

If you have any questions, please contact Ms. Sreeja Karan for further information.

## **Attendance:**

-Students should arrive 5 to 10 mins before their scheduled class time to warm up.

-Students who arrive more than 5 minutes late to class without previous approval will not be taught new lessons.

-Parents are not allowed to stay in the class when the session is in progress.

-Students should arrive in uniform and neatly attired with hair tied. Details of the uniform will be provided during registration.

-All students must attend classes as per their scheduled timings. Irregular students will not be able to learn continuously. Please be punctual.

-Student absences cannot be compensated with extra classes.

## **Exams & Certification**

Dhirana is collaborating with **SAMPADA** (Silicon Andhra Music, Performing Arts and Dance Academy) which offers certificate programs for students learning Indian Classical Music and Dance in the USA and Canada. SAMPADA certification is done by Silicon Andhra in affiliation with Potti Sreeramulu Telugu University (PSTU), a NAAC accredited institution. PSTU (established in 1985) is a reputed and widely respected university headquartered in Hyderabad, Telangana state, South India. If students are interested, contact the admin so that we can start training them.

## **PE Credits**

Students participating in Pradarshana will be provided with PE credits by Bentonville School District. Students who need the credits please contact the admin of Dhirana for further details.

## **WORKSHOPS**

-Attending workshops is an integral part of Dhirana's curriculum. Various artists conduct the workshops within the community and outside. Dhirana encourages students to attend these workshops as many as possible as it gives them a different perspective as well as knowledge about the art form. It is **MANDATORY** for Dhirana Seniors to attend at least one of the workshops conducted by a senior artist in a year.

-Dhirana conducts workshops on adavus, basic dance makeup, toning, strengthening, yoga for dance with a minimum fee which is open to Dhirana students and general public.

-Dhirana will be closed during workshops as it is part of the curriculum.

## **TRAINEE TEACHERS**

Select students who have been learning dance for 6-7 years under the guidance of Megha P Rao work as trainee teachers for preliminary, beginner, basic, advanced, pre junior, and junior batches as they follow the same techniques and teaching methods.

## **GUEST TEACHERS**

Every year Dhirana Academy of Classical Dance tries to bring experts as guest teachers who teach various areas related to Bharatanatyam such as tala, yoga, music, story-telling, strengthening and stretching, etc. By attending these classes, students get to explore areas that will help strengthen their Bharatanatyam skills. These classes are included in monthly tuition and will take place during usual class times.

## **COSTUMES**

Costumes rented from Dhirana should be returned to the admin during the first week after the event. A fine of \$20 will be issued for failing to do so.

Costumes need to be **DRY CLEANED** before returning.

Any stitches should be removed if altered before returning.

## Class Policies

### Classes and Tuition:

Batch	Fees	Wednesday	Thursday	Saturday
Preliminary	\$80		7:00-7:45 pm	10:00-10:45 am
Beginners	\$80		7:00-7:45 pm	10:00-10:45 am
Basic	\$120	7:00-7:45 pm		11:00-11:45 pm
Advanced	\$120	7:00-7:45 pm		11:00-11:45 pm
Pre-Junior	\$120	6:00-6:45 pm		9:00-9:45 am
Junior	\$120	6:00-6:45 pm		9:00-9:45 am
Intermediate	\$160	5:00-5:45 pm		8:00-8:45 am
Senior	\$160	5:00-5:45 pm		8:00-8:45 am
Vidwat	-	-		-

### FEES

Tuition is due in the first week of every month. Late fee fine of \$20 will be issued after the 7th of each month. Mode of Payment: ACH - Bank to Bank direct transaction.

### PRADARSHANA

Pradarshana is an annual fall event conducted by Dhirana Academy of Classical Dance.

-Students who finish Basic level are eligible to participate.

**-Students must attend at least 2 to 3 classical dance and music shows throughout the year to be considered for participation. Attendance will be taken by Dhirana representatives for all the mandatory events.**

-Final decision will be taken by Megha P Rao.

-Students participating in Pradarshana will be charged a participation fee.

-Costumes will be provided by Dhirana free of cost. There will be an additional cost if we need to rent costumes from outside.

## **Costume and Jewelry requirements:**

After Basic Completion	After Advanced Completion
Single Temple Chutti Temple Jhumiki Temple necklace Bangles Odhyanam Silver anklets Pavadai-chattai Paper flowers for hair Hair pins, safety pins, cotton black thread	Temple Head Set Jhumki maatil Short and Long necklaces Bangles Odhyanam Salangai Full length artificial braid Donut buns Flowers for hair Alta Make up Dance costume Hair pins, safety pins, cotton black thread.

## **CURRICULUM**

BATCHES	PRACTICALS	THEORY
Preliminary	Basic Workouts Surya Namaskar 1-4 Tattadavus.	Asamyuta Hastas
Beginners	Preliminary Thattadavu Nattadavu	Asamyuta Hastas

Basic	<p>Beginners  Tha Thei Thei Tha-3  Tha Thei Tham-3  Thei Ha Thei Hi-3  Jaradavu  Strengthening/stretching exercises.</p>	<p>Samyutha, Asamuytha Hastas and Bedhas(4)</p>
Advanced	<p>Basic  Tha Thei Tha Ha-2  Nataraja adavu-2  Mandi adavu-2  Dhi Dhi Thei-2  Muktaya adavu-2  Strengthening/stretching exercises.</p>	<p>All of the above, Lakshanas, Intro to Taala</p>
Pre-Junior	<p>Advanced  Koothal adavus-2  Karthari adavus-1  Dhi thei yum tha-3  Tha ki ta-1  Thattu Mettu-6  Strengthening/stretching exercises.</p>	<p>Origin of Dance  Significance of Dance,  8 Classical forms  Dashavidha Adavu  Navarasas &amp; Nadais</p>
Junior	<p>Pre junior  Alarippu-2  Jatiswaram-2  Abhinaya-2  Strengthening/stretching exercises.</p>	<p>Viniyogas (Pataka, Tripataka)  Chaturvidha Abhinaya  Nritta bandha  Talas for dance  Background stories of respective deities for abhinaya pieces</p>
Intermediate	<p>Junior  Thillana-2  Krithi-2  Shabdham-1  Strengthening/stretching exercises.</p>	<p>Asamyuta Hastha Viniyoga, Sapta taala &amp; Jaathis, Legends of Bharatnatyam, Taalas for dance  Background stories of respective deities for abhinaya pieces</p>

Senior	Intermediate Varnam-1 Padam-1 Heavy Krithi-1 Strengthening/stretching exercises.	Asamyuta Hastha Viniyogas, Instruments used in Bharatanatyam, Background stories of respective deities for abhinaya pieces
Vidwat	Advanced dance items, Natuvangam, Jathi recitation, Choreography Strengthening/stretching exercises.	Samyuta Hasta Viniyogas, Background stories of respective deities for abhinaya pieces

## **Absences and Holidays:**

**No compensatory classes will be provided for any classes missed.**

List of Holidays (Classes will be closed)

Spring Break – First Saturday

Memorial Day – Preceding Saturday

June and July months there will be no classes.

Labor Day – Preceding Saturday

Diwali - Saturday closest to the date.

Thanksgiving Day – Following Saturday

Christmas and New Year's – Please check with Ms. Megha

**There will be no class if the weather is bad. Inclement weather notices will be sent on the day of class.**



## **Contact Info:**

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WEBSITE: [www.https://www.meghaprao.com/](http://www.meghaprao.com/)

INSTAGRAM: [http://www.instagram.com/dhirana\\_dance](http://www.instagram.com/dhirana_dance)

YOUTUBE:[https://www.youtube.com/channel/UCCDQZYIx9wxQF\\_IFgEgmURQ](https://www.youtube.com/channel/UCCDQZYIx9wxQF_IFgEgmURQ)