

NITYA NARASIMHAN

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“Every time i dance i turn into a better version of me “

Nitya Narasimhan, is an upcoming dancer whose tryst with bharatanatyam began at the tender age of 4. She currently resides and practices out of California, USA and travels to India for her training. She has started the "Prayukti Academy for Indian Arts" in the Bay Area with the hope of creating a platform for quality Indian Art Education and propagation.

Nitya is pursuing rigorous bharatanatyam training under the able guidance of **Guru Rukmini Vijayakumar** from Bangalore. She is one of the Senior Disciples of the **Raadha Kalpa Dance Company** (founded by Smt Rukmini in 2009). She has toured with Guru Rukmini as a part of her famous productions 'Prabhavati' , 'The Dark Lord' and is an integral dancer in this esteemed company which tours all over the globe. She was also a lead dancer in Raadha Kalpa's "Turiya - An experimental Dance Theater Work" which was critically well received. In addition to her bharatanatyam training, she has also started training in Karanas (an ancient Indian movement vocabulary from the Natyashastra decoded by Dr Padma Subrahmanyam), under the tutelage of Smt. Rukmini. She regularly practices Yoga and Pilates to further enhance her movement vocabulary and is pursuing Teacher Training at the **Iyengar Institute of Yoga**, San Francisco.

In her formative years, she trained under under **Guru Suma Mani** (a disciple of Guru Shobana of Kalarpana) in Chennai and trained in the Vazhoor style of bharatanatyam. A graceful, enthusiastic and passionate dancer, Nitya completed her arangetram (debut, solo performance) in the year 2003 under Smt Suma following which she did many group and solo performances in Chennai's esteemed platforms like Bharatiya Vidya Bhavan, Narada Ghana Sabha, Kamaraj Hall, RR Sabha, Soorya Festival, Guruvayoor Festival to name a few.

Nitya has also been fortunate to train under Guru Rama Vaidyanathan who is also a big source of inspiration and a mentor to this young artiste. She has attended various workshops by eminent gurus like Guru Kiran Subramanyam, Guru Sheela Unnikrishnan, Shankar Kandaswamy anna, Smt Bijayini Satpathy, Smt Malavika Sarukkai to hone her skills in Technique, Abhinaya, Choreography, understanding of Tala and Compositions.

Nitya has performed in various podiums and dance festivals across India, the most recent ones being ; Samaagama Chitraloka Arts, Birmingham (November 2017) ; Kolar Dance Festival, Kolar (December 2017) ; Mysore Articulate Festival, Mysore (December 2017) ; All India Arts and Crafts Festival, Hyderabad (December 2017) ; Kalpashree Samskruthika Mahotsav 2017, Bangalore (December 2017) ; Karthik Fine Arts 43rd year Art Festival, Chennai (Jan 2018). She is currently creating her own solo production - "Maathe" , an excerpt of which was premiered in San Francisco, CA (June 2018)

Nitya's love for the arts also got her involved with the **LshVa Art Space**, Bangalore for over 2 years where she played an integral role as an Art Manager in organizing various art events, festivals, classes and workshops. This led to interactions with many artists and spreading the love of arts to the community. She also worked as the Programming Director of the Raadha Kalpa Dance Company in this period and handled all of the company's foreign and local tours and programs.

Nitya's interest and passion for movement and dance led her to pursue the Post Diploma program in Movement Arts and Media from the **Attakkalari Centre for Movement Arts**, where she graduated with honors. In this course, she was exposed to various kinds of movement vocabulary like Contemporary Dance, Kalaripayattu, Chaau and Ballet. She also gained an understanding of many other subjects that support dance and performance like Stage and Lighting, Pedagogy and Approach to Choreography through the course of this program.

Nitya has also done a few short courses/workshops in theatre and acting under some eminent names like Anmol Vellani, Prakash Belawadi and Ronlin Foreman. Though Nitya's interests and training have been varied, her true passion and emotional connection has always rested with bharatanatyam. She believes strongly in the traditions and roots of Bharatanatyam. All the additional exposure has helped her understand movement dynamics, abhinaya and how they can be incorporated into our classical forms without tainting their true essence. She believes that this has given her a fresh perspective on approach to choreography and the stage.

A 'Bachelor in Technology' graduate from the **National Institute of Technology**, Trichy, Nitya left a lucrative career in Oracle as an Application Developer to pursue her passion for dance professionally and is working towards being a solo performing artist.

Her dedication to dance, thirst to learn and constant efforts to grow as an artist is reflected through her unwavering self motivation and incessant practice hours. She believes strongly in upholding and passing on the traditional values of Bharatanatyam while still making it connect with the mainstream audience.

"Art is not what you see, but what you make others see"