



OLA



TEMPLE OF FINE ARTS ADELAIDE | Principal: MS VITHYA | 0426 966770

## Winter 2021

**This is just cool!**



TFA Adelaide's principal receives recognition for her continuous participation and contribution in every *Shruthi Adelaide's* live as well as online events.

In this issue, we are sharing the success of students in the past Bharathanatyam exams and interesting articles written by our students about dancing. Don't miss reading them!

## New Odissi Class In Progress!



## Principal's Message

A huge relief that we have passed the halfway mark for Year 2021! I'm sure most of us are pleased to see some sunshine & warmer weather.

This winter has been eventful for TFA Adelaide's students, beginning with their participation in Shruthi Adelaide's show entitled "Samarpana" which was held at the Woodville Townhall. Our students performed 3 dances: Bharathanatyam, Odissi and also participated in "Vande Mataram", which was the finale collaboration with students from other dance schools. We also had our student, Prishay perform a Bharathanatyam item along with a dancer from another dance school. All the students received Certificate of Participation from the organisers.

During the winter school holidays, we hosted a Bharathanatyam Theory and Yoga workshop for most of our senior students. The yoga session was conducted by our own instructor, Ms Shoba Kanagaratnam, who demonstrated many poses specific for dancers. More photos and a write up about the workshop have been included in the following pages. I would like to take this opportunity to thank Mona Umopathy and Shalini Jampani for the mouth watering refreshments they provided during this workshop.

We are excitedly working on our Year-End Annual Show and further details on this event will be announced very soon. Thank you all for your ongoing support! As always to all my students.. practice, practice and more practice!

- Vithya Karthigesu

TFA Adelaide:

Classes at Kilburn Hall (Saturday)

- 9-10am Odissi Class
- 10-11am Bharathanatyam Group 1 (Stage 2 & 3)
- 11-12pm Bharathanatyam Group 2 (Stage 4)
- 12-1pm Bharathanatyam Group 3 (Stage 1 & 2)
- 1-1.45pm Bharathanatyam Kids' Beginners (Under 10)

Classes at Cosgrove Hall, Clovelly Park

**Sunday:**

- 9-10am Bharathanatyam Kids' Beginners Class
- 10-11am Bharathanatyam Group 1 (Stage 3 & 4)
- 11-12pm Bharathanatyam Group 2 (Stage 2)
- 12-1pm Bharathanatyam Group 3 (Stage 5)

**Monday:**

- 6-7pm Bharathanatyam Kids' Intermediate Class
- 7.15-8.15pm Hatha Yoga (New Class)

**Tuesday:**

- 7-8pm Odissi Class (Beginners)

**Wednesday:**

- 6.30-7.30pm Odissi Class (Seniors)
- 7.30-8.30pm Bharathanatyam (Adults - Stage 1)

## Holiday Fun with Bharathanatyam Theory and Yoga workshop



The workshop started with a valuable yoga session. The theory session commenced with an overview of the origin of Bharathanatyam dance.

Our principal, Ms Vithya went through all the hand gestures (Hastas) and also the feet, head, neck and eye movements (Bhedas).



Furthermore, she explained the topic of 9 expressions in dance called the 'Navarasas'. Following this, students were divided into groups and each group was assigned with 2 tasks. They were required to form a 'korpvai' and a small drama act to demonstrate their understanding of the 'Navarasas'.

All the students enjoyed this task and had a lot of fun creating their own dance piece.





*“Bharatanatyam dancing is very structured and disciplined while Bollywood is very free flowing!”*

### **All Children Should Learn to Dance - by Rahmeeshar Naidu (9 years old)**

Dancing mainly improves a child’s coordination, which is especially vital for kids who are also trying to learn other skills such as learning to ride a bike or multi-task successfully. Dance, especially Bharatanatyam which involves heavy steps with the feet, makes kinaesthetic memory.

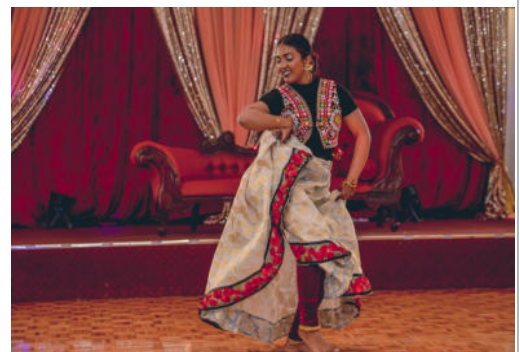


## **A Comparison between classical Bharathanatyam & Bollywood dance styles from a Student’s Perspective - by Tripti Adhiti Chand**

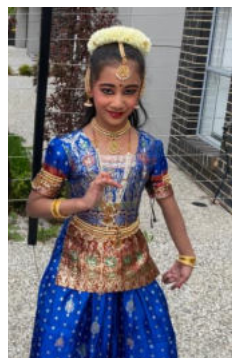
Being a Bollywood and Bharatanatyam dancer, I have noticed there are similarities and differences between the dance forms. To begin with, Bollywood dance is a fusion and has influence from various dance styles such as classical, hip hop, Arabic and western to create unique dance items usually for Bollywood movies. Bharatanatyam is a classical Indian dance form that is structured with detailed hand movements (mudras), disciplined footwork and storytelling. However, both dance forms integrate different hand gestures, facial expression, body postures and movement to bring stories to life.

When I am learning or performing Bharatanatyam, I experience a sense of sincerity, spiritual connection and devotion whereas with Bollywood dancing I feel it is a creative way to release emotions and it is a way of relaxation. Costumes are very different with Bharatanatyam and Bollywood, including makeup and accessories.

For example, makeup for Bharatanatyam dancers are very unique with heavily drawn eyes to emphasis eye movement. Besides, Bharatanatyam dancers wear bells around their ankles (Salangai) to emphasise foot work with the timing of music whereas Bollywood costumes are usually changed based on the type of song.



It develops, strengthens and gives endurance for children from an early age. This creates a solid platform for a child’s physical and psychological fitness level. Young children are naturally active, however, dancing uses their muscles and in turn makes use of their bodies’ energy productively. Understanding of their body strengths and potential enhances the development of children’s confidence and bravery. It also improves their communication skills.



Therefore, there are many positive impacts of learning dancing which can change children’s interpersonal experience for life!

## Successful students who have completed their BN Exams in 2021

During the month of June, some of the TFA Adelaide students had to complete their Bharathanatyam examinations at both Cosgrove and Kilburn Halls. This year we had an external invigilator, Ms Daksha Swaminathan, who was impressed with how well the girls performed. The exams were held for Stage 1 and Stage 3 students, as listed below:

### Stage 1 - Cosgrove Hall

Joann James - HD  
 Naomi Jaiju - HD  
 Tana Baskaran - HD  
 Evana Tomy  
 Adona Tomy  
 Dharini Sivakumar  
 Jewel Binu  
 Kailasa Selvendra  
 Linda Sameer  
 Riana Reji  
 Vibha Navneeth

### Stage 1 - Kilburn Hall

Danisha Naidu - HD  
 Isha Bane - HD  
 Rahmeeshar Naidu  
 Kimberly Patil  
 Lekha Narasimha  
 Sahana Joshi  
 Shakti Reddy  
 Sharannya Reddy  
 Tanvita Naik

### Stage 3 - Cosgrove Hall

Anne-Maria Joshi  
 Sirisha Subramani



Stage 1 Students from Cosgrove Hall



Stage 1 Students from Kilburn Hall

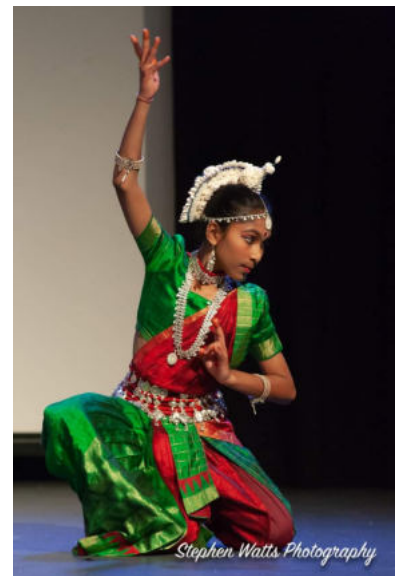


Examination in progress at Kilburn Hall

Stage 3 Students from Cosgrove Hall



# Samarpana...



# TFA Adelaide presents



*A dance drama  
based on a story  
that combines the  
aspects of love,  
devotion, power,  
greed and equality.*

**Coming Soon!**

**TFA Adelaide Editorial Board**

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