

UPAHAAR DANCE COMPANY





Mohiniyattam

The origin of Mohiniyattam was from the temples of Kerala and it was originally known as Dasiattam. It was later changed to Mohiniyattam. Literally, Mohiniyattam means, dance by a beautiful lady. It is an exquisite feminine style characterised by extremely soft, graceful and gentle movements that can be likened to the swaying of leaves in the gentle breeze or the movement of waves. The emphasis is on abhinaya or facial expressions. Mohiniyattam is deeply indebted to the constructive contributions of the three pillars or Thri-Moorthis, namely Sri Swathi Thirunal Rama Varma, Sri Vallathol (a great poet and founder of Kerala Kalamandalam) and Smt. Kalamandalam Kalayanikutty Amma for its revival. The language used in the lyrics is a pleasant mixture of Malayalam and Sanskrit, known as Manipravalam.

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, Mohiniyattam, 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 learned 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 and workshops 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 arts.

About The Guru

Shalini Shivashankar is a performing artist, choreographer, and teacher residing in the UK performing regularly across the UK and abroad. After several years of intensive training in Bharatanatyam, Shalini initiated her training in Mohiniyattam with Smt Kalamandalam Chandrika and Kalamandalam Saraswati in Calicut. Subsequently, she became the disciple of Smt Sreedevi Rajan, the daughter of the legendary Kalamandalam Kalyanikutty Amma. After having completed a few years of training under Sreedevi Rajan and then continuing to train and work with Shyamala Surendran of Dharani, Kochi, Shalini embarked on training students in Mohiniyattam. The Upahaar Mohiniyattam

ensemble is one of its kind in the UK and plays a significant role in spreading the practise and appreciation of this dance style.

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



Upahaar Dance Company is a semi-professional core group of well-trained dancers who undertake intensive training in Mohiniyattam under the guidance of Guru Shalini Shivashankar. They mainly adhere to Kalamandalam Kalyanikutty Amma's bani (style) of Mohiniyattam. 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 performances at Chennai's Margazhi festival. Through regular presentations, they reiterate Upahaar's objectives of promoting the arts and making it available to one and all.

Performances

Winnipeg, Canada (2005)

The Nehru Centre, London (2005)

The Nehru Centre, London (2014)

Sri Venkateswara Balaji Temple, Birmingham (2017)

Mohini Nrityotsav by Monisha Arts, Bangalore (2017)

Nrithya-Upahaar - International Festival of Dance (2017)

Vijayam in Viplav by Akademi, RichMix, London (2017)

World Trade Market, ExCel London (2017)

Bharata Kalanjali Chamber Concert, Chennai (2018)

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

Rhythms in the Landscape, Festival of Dance for SAMA Arts, Cambridge (2019)

Yuva Nartan Utsav, Curve Theatre, Leicester (2019)

Dance Umbrella, Fairfield Halls, London (2019)

Hemantika Festival by Sujata Banerjee Dance Company (2019)

Sahrdaya Creative Spaces, Chennai (2020)



Upahaar

school of dance

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