



Dance, the powerful expression of joy and storytelling is been an integral part of Indian heritage. Cave paintings of Madhya Pradesh and the famous 2500 BCE sculpture of a dancing girl from Indus Valley are testimonies to that. It is believed to have been conceived by Brahma who inspired sage Bharata Muni to write Natya Shastra, the treatise on performing arts.

Lord Shiva in the form of Nataraja is the God of dance and performances start with a prayer to the lord. In ancient India, there were no dedicated auditorium halls or theatres, and dance was usually a functional activity dedicated to worship entertainment or leisure. Dancers usually performed in temples, on festive occasions, and during seasonal harvests. Dance was performed regularly before deities as a form of worship.



We are coming out of the black years of the century, where we saw normal life being disrupted around the world. All were forced indoors for months on end. Countless stories of suffering, loss, and sacrifice will never be erased from our memories. We at **SharonPLY** hope and pray that the worst is behind us.

We would like to start this **New Year with a prayer to Lord Shiva** the third god in the Hindu triumvirate. His role is to destroy in order to re-create. We have seen the power of destruction. Now we pray for a beneficial change and rebirth of a new world.

He is also the **Lord of dance**. We dedicate these 12 dance forms of India among many, as a prayer to him first and then to all us who persevered and are ready to make our world a better place. May he give each one of us the strength and opportunity to feel **I am strongest**.

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Bharathanatyam

JAN 2022

SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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Bharatanatyam from Tamil Nadu can be traced back to 1000 BC. It focuses on hand gestures called Mudras, graceful leg movements and the facial expressions of the dancer.



Poikkal Kuthirai Aattam

FEB 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

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Poikkal Kuthirai Aattam is a traditional folk dance of Tamil Nadu. The dancer slips into a dummy horse and ties wooden legs to his/her feet. Performed by both men and women, it requires balance and a lot of practise.



Kathak

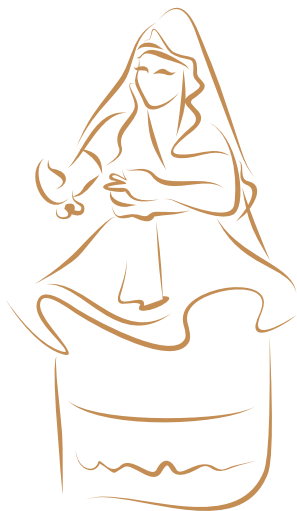
MAR 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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Kathak from Uttar Pradesh is all about 'Katha'- story telling through body movements focussing highly on ankle movements. Referred to as the 'Dance of love' can be performed by female and male too.



Manipuri

APR 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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Manipuri Raas Leela from Manipur is a love-inspired dance-drama mainly of Radha-Krishna. This graceful and fluid dance focuses on upper body movements and uses a unique barrel shaped decorated skirt called 'Kumil'.



Odissi

MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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Odissi from Odissa, eastern coastal state of India, performed mostly by women, uses symbolic costumes, expressions and gestures to play out mystical stories or spiritual messages.



Mohiniyattam

JUN 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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Mohiniyattam from Kerala is named after Mohini - the seductress avatar of Lord Krishna who uses her charms to help good prevail. This feminine dance has soft movements set to slow music.



Kuchipudi

JUL 2022

SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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Kuchipudi is a dance from Andhra Pradesh. Though originally it was only by men now both men and women perform this expressive dance-drama which is largely oriented on Lord Krishna.



Sattriya

AUG 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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Sattriya from Assam is attributed to the 15th century Bakhti Movement centered around Lord Krishna. Traditionally performed by monks to present ethical and spiritual teachings to the public.



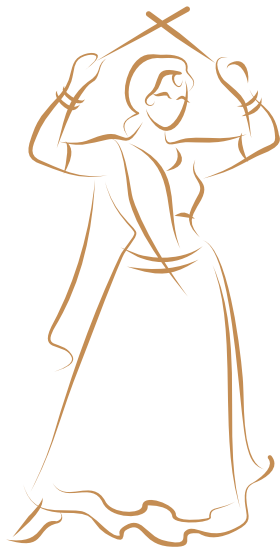
SEP 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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Lavani from Maharashtra is a song-dance combination performed by female performers wearing nine yard long sarees to the beats of 'Dholki' the percussion instrument noted for its powerful rhythm.



Garba

OCT 2022

SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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Garbha from Gujarat performed by women around an earthen lantern with a lamp inside signifying the womb. It is performed by women during the 9 days of Navaratri honouring Goddess Durga.



Bhangra

NOV 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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Bhangra is a traditional harvest dance from Punjab where several dancers execute vigorous kicks and leaps often with thrusting arms to short songs and the beat of a 'Dhol' drum.



Ghoomar

DEC 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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Ghoomar from Rajasthan is performed as a workshop to Goddess Saraswathi, by veiled women in colourful dresses called Ghaghra twirling in a circular formation.