

Nityashetra would like to thank all their Parent and Student Volunteers, crew members of James Armstrong Theatre for their support and cooperation.

# Credits

Graphics – Hits Enterprise

Lighting – Henry

Catering – Vishnu Caterers

Marketing Manager – Sridhar

Brochure & Program Design -  
Sahana

Nityashetra Dance School Presents

## Annual Show 2015



Sunday May 3<sup>rd</sup> 2015

**James Armstrong Theatre**

## Roopali Mehendale



Starting her musical journey at the age of 12, Roopali took initial Hindustani classical music lessons from Shrimati Meera Joshi and Shrimati Mangala Kulkarni. After coming to US, she got the opportunity to receive training from Guru Adarniya Sau Usha Sathe (Kirana Ghanrana) who is a disciple of Pandit Firoz Distoor and is currently taking lessons from Pandit Dr. Arun Dravid (Jaipur – Atrauli Gharana tradition) a disciple of Gaan Saraswati Kishoriatai Amonkar. Rooplai appreciates and enjoys different genres of music and has been fortunate enough to person with some of the well-known names in the music world such as Shri Sudhir Phadke and Shri Anand. Madgulkar. She is currently offering classes at Nityashetra Dance School Torrance. For enquiries Please contact : 310-483-5947

## Lavina



Lavina gained artistic training in Bharatnatyam at early age of 5 and grew up blending classical dance with Bollywood, Latin, Asian and Persian dances. Driven by a vision for creating fun dance and fitness environment led Lavina, a Mumbai native to create MUMBAI MADNESS. Zumbolly is a unique Dance Fitness that Lavina has created. Choreographed skillfully, incorporating globally inspired playlist. Lavina's Bollywood Fusion Dance for ladies and kids is equally adored by her students who love her methods and techniques that are purely based on having fun in a supportive, no pressure environment. Both her new and long term students have confidently delivered performances and awed audiences worldwide, including Dubai, United States and Mumbai. Mumbai Madness Bollywood Dance & Fitness Academy was opened in 2012 in orange county. Accepting Enrollments at Nityashetra Dance School Artesia. For Enquiries please contact : 813-843-8563

Tandava is a divine dance performed by Hindu God Shiva. Shiva's dance is described as a vigorous dance that is the source of the cycle of creation, preservation and destruction. While the Rudra Tandava describes the violent nature, first as the creator and later as the destroyer of the universe, even as death itself, the Ananda Tandava depicts him as enjoying in Shaiva Siddhanta tradition, Shiva as Natraja is considered as the supreme lord of dance.

The Tandava takes its name from Tanduv, the attendant of Shiva, who instructed Bharata (author of Natya Shastra) in the use of Angaharas and Karanas, modes of the Tandava at Shiva's order. Some scholars consider that Tanduv himself must have been the author of an earlier work on the dramatic arts, which was incorporated into the NatyaShastra.

The dance is a pictorial allegory of the five principal manifestations of eternal energy

Srishti – creation, evolution

Sthiti – preservation, support

Samhara – destruction, evolution

Tirobhava – illusion

Anugraha – release, emancipation, grace

### Surya Kavithuvam

This song is in praise of God Surya. Surya is the chief of the Navagrahas, the nine indian classical planets and important elements of Hindu astrology. He is often depicted riding a chariot harnessed by seven horses which might represent the seven colors of the rainbow or the seven chakras in the body. He is also the presiding deity of Sunday.

### Kuravanji

The term Kuravanji refers to a woman born in Kuravar (gypsy) family. In kuravanji Dramas, the kurati woman plays an important role as a soothsayer. The main theme of kuravanji is human love towards God and other human. Kuravanji is a variety of smaller prabhandas that developed in medieval period in tamil literature. It is one of 96 prabhandas and belong to Nadakatamizh. Plays such as "Kuttrala Kuravanji", and "Azhagar Kuravanji" are considered as being of great literary value. Kuttrala Kuravanji was written in 18<sup>th</sup> century by Tirukuta Rajappak Kavirayar. It has been performed at kuttralam. Kuttiyakkaran opens the play as herald. He describes procession of Siva as Tirukutanathar. The Sakhis appear on the stage and describe the greatness of the lord

### Villavanae

A light classical dance describing Lord Muruga. He is also called Kanda, Velava, Kumara, Shanmuga, Karthikeya. This song was written by the Great Poet Subramanya Bharathiyar. He one who has his eyebrows like a bow, Whose one arrow brought a mighty mountain to pieces. He who stood like a tree listening to the voice of valli which was as sweet as honey.

### Thillana

A thillana is a rhythmic piece in carnatic music that is generally performed at the end of a concert and widely used in dance performance. Thillana is predominantly a rhythmic composition which usually has jatis as a part of the composition and few lines of Sahityam in the charanam followed by Muktams (patterns of Swarams). The composer enjoys the freedom to add the Sahityam based on the presiding deity of the composer or their Ishta Devataa.



The dance performed by Shiva's wife Parvati in response to Shiva's Tandava is known as Lasya, in which the movements are gentle, graceful and sometimes erotic. Some scholars consider Lasya to be the feminine version of Tandava. Lasya has 2 kinds, Jarita Lasya and Yauvaka Lasya. Some of the Tandav's

Ananda Thandavam – dance of ecstasy

Sandhya Thandavam – dance at twilight hour

Kalinga Thandavam – dance of his power

Vijaya Thandavam – dance of victory

Oorthava Thandavam – dance of destruction of ego

Uma Thadavam – dance with uma

Samhara Thandavam – dance of destruction



## Nachiar Kavithuvam

Nachiar is the other name of Andal. She is known for her unwavering devotion to Lord Vishnu, the god of the Sri Vaishnavas. She was adopted by the Alwar Saint VishnuChittar, later known as Periyalwar, who found her as a baby lying under the Tulasi Plant in the temple garden of Srivilliputhur. He named her "KODHAI" or "gift from Mother Earth". She was well respected by devotees and came to be known as "Andal", the girl "who ruled over the lord". She is also popularly known by the phrase "SOODI KODUTHA SUDAR KODI", which literally means, "The bright Creeper-like woman who gave her garlands after wearing them."

## Bhagayda Laxmi

Goddess Laxmi is the goddess of wealth, prosperity both material and spiritual, light, wisdom, fortune, fertility, generosity and courage. She is also the embodiment of beauty, grace and charm. Goddess Laxmi is the divine consort of Vishnu. She illuminates our lives by allowing Good Fortune to flow from the universal source directly in to our lives. Goddess Laxmi means "GOOD LUCK" to Hindus.

## Raja Rajeshwari

Sri Raja Rajeswari devi is the consort of Lord Shiva. The name is also said in Sri Lalita Sahasranama. Below is the meaning of Raja Rajeshwari. In Hindu religion there are said to be Eight Lords who governs each directions of our Universe. They are called the AshtaDigPalakas. Their governing directions are: East-Indra, South East-Agni, South-Yama, South West- Nairuthi, North West-Vayu, West-Varuna, North-Kuber, North East-Eshana, and they are also called as Raja. The Trimurtis-Brahma, Vishnu and Shiva are the over lord of AshtaDigPalakas. They are called Rajeswar. The goddess who rules over these Trimurthis is called as Raja Rajeswari

## Konji Konji

This song is on Lord Muruga which describes as, Oh Guha, Oh Muruga come lisping, lisping, with your anklets lisping pretty words, "Do Not Fear". Take walking steps so that my heart is gladdened, Oh Kumara the God who wears the young crescent on his red head, and uma who is like black gem looking like shining moon fondling you and becoming happy, Oh Vadivela, I came and reached you with great love saying "Protect Me".

## PROGRAM

### Vocal Recital by Smt Roopali Mehendale and Students

#### Sloka, Bhedas, Angas and Upangas

Ananda Nandanam  
Achutham Keshavam  
Pushpanjali  
Yerum Mayil  
Hari Hari Rama  
Saranam Saranam  
Govindan Kuzhal  
Vaa Vaa Muruga  
Devi Stuthi  
Saptha Thandavam

#### INTERMISSION

Nachiar Kavithuvam  
Bhagayada Laxmi  
Raja Rajeshwari  
Konji Konji  
Surya Kavithuvam  
Kuravanji  
Villavanae  
Thillana

#### Show Case By Mumbai Madness

**Program Order and Items are subject to change  
without prior notice**

## Saranam Saranam

This dance is on Rama Dootha-“HANUMAN”. He is said to be an incarnation of Lord Shiva born to Anjana and Kesari. Hanuman Ji is an ardent devotee of Lord Rama and a central character in Indian Epic RAMAYANA and was also very dear to Lord Rama. It is believed that Lord Hanuman has the power to assume any form according to his wish

## Govindan Kuzhal

It praises Lord Krishna and how his flute music enchants everyone around him. They forget their normal routines. Hearing to the music of Krishna’s flute, the cattle and livestock grazing over there forgot to graze. The chirping/singing birds forgot their nests, the honey bees forget to drink nectar from the flowers. The young damsels heard Krishna’s flute and drowned in the sea of boundless joy seeing Kanna they fell in love with Him, Called out “KANNA” and started searching for him.

## Vaa Vaa Muruga

Oh Muruga/Shanmuga, who lives in Pazhani Malai, come to protect me. Come, O Son of Shiva. Come, O Guha, who sits on Parvati’s lap. Come, O Husband of ‘Valli and Deivayanai’, O Saravana, the supreme kind being. You are on who bestows light to remove the darkness of danger. You are the one who comes, removes longing and sin. You are the shower of kindness, who grew up in Pazhani. You are the one who gives the shadow to Protect/remove me from the sun-like rays created by intense longing. Come, oh guru of our community, Oh son-in-law of Lord Vishnu.

## Devi Stuthi

This stuthi is on Adi Parasakthi meaning “The Eternally Limitless Power”. That is, She is the power beyond this universe. She is the active energy that both creates and dissolves the entire universe. Some sacred texts state that she is Goddess Bhuvaneswari. In the Devi Gita, it is suggested that before incarnating as Parvati, she appeared to King Himalaya and revealed divine, eternal knowledge to him. She explained herself, in the words of vedas, as having neither beginning nor end. She is the only, eternal truth. The whole universe is her creation and she is the “Para Brahman”. She is the only victor and the manifestation of victory itself. She is a manifested (brahma), Unmanifested (Vishnu), and transcendent (shiva) divinity. She then displayed her scarcely seen form of her.

## Saptha Thandavam

## Vocal

### An Oral recital of Prayer

#### Ananda Nadanam

This song is in praise of Lord Shiva-the cosmic dancer. Shiva dances with joy in Tillai which is also known as Chidambaram. He who gives victory to his devotees, who drank the poison that came from Paarkadal, to save the people, hence called as Neela Kantha (whose neck is blue). When he dances the whole world dances with him.

#### Sloka

This is a sloka on Lord Ganesha. Ganesha who travels on Mooshika, son of Lord Shiva and Goddess Parvati. He is the destroyer of all obstacles, we bow down to him

#### Achutham Keshavam

Maha vishnu is known as the peace loving deity with his strong principles of Order, righteousness and truth. When these values are under threat, Lord Vishnu emerges out of this transcendence to restore peace and order on Earth. This dance talks about Lord Vishnu’s deeds through various avatars

#### Pushpanjali

The word “ANJALI” means “an Offering”. Pushpanjali means offering Flowers with folded hands. It is an invocation piece

#### Yerum Mayil

This song is about Lord Muruga (the six faced), from Thirupugal. This song is composed by Arunagirinathar. The literal meaning of this song is one face of yours that mounted the mount worthy peacock and flew around sportively, one face of yours that preached true knowledge to Lord Shiva, one face of yours removed the deeds of the devotees who sang your praise, one face of yours that stoically directed the spear on mount Krouncha, one face of yours that destroyed the rebellious demons, one face of yours that came forward to marry valli in wedlock

#### Hari Hari Rama

This song is in praise of Lord Rama, the seventh Incarnation of Lord Vishnu. Here Ramadasu prays to Lord Rama. I know nothing other than chanting your name always. O Son of Dasaratha, one who slayed the ten headed Ravana, One who pleased Lord Shiva, one who cleanses all the sins, one who ornate with precious jewels, one who is soft spoken, valiant in battle field, one who is the gem of Raghu Kul, one touch of his lotus feet will purify any sin