

# Darpana

*A unique Indian Art Appreciation  
program*

*Inviting you to experience the joy of  
expression and movement through the  
ancient Indian vocabulary.*

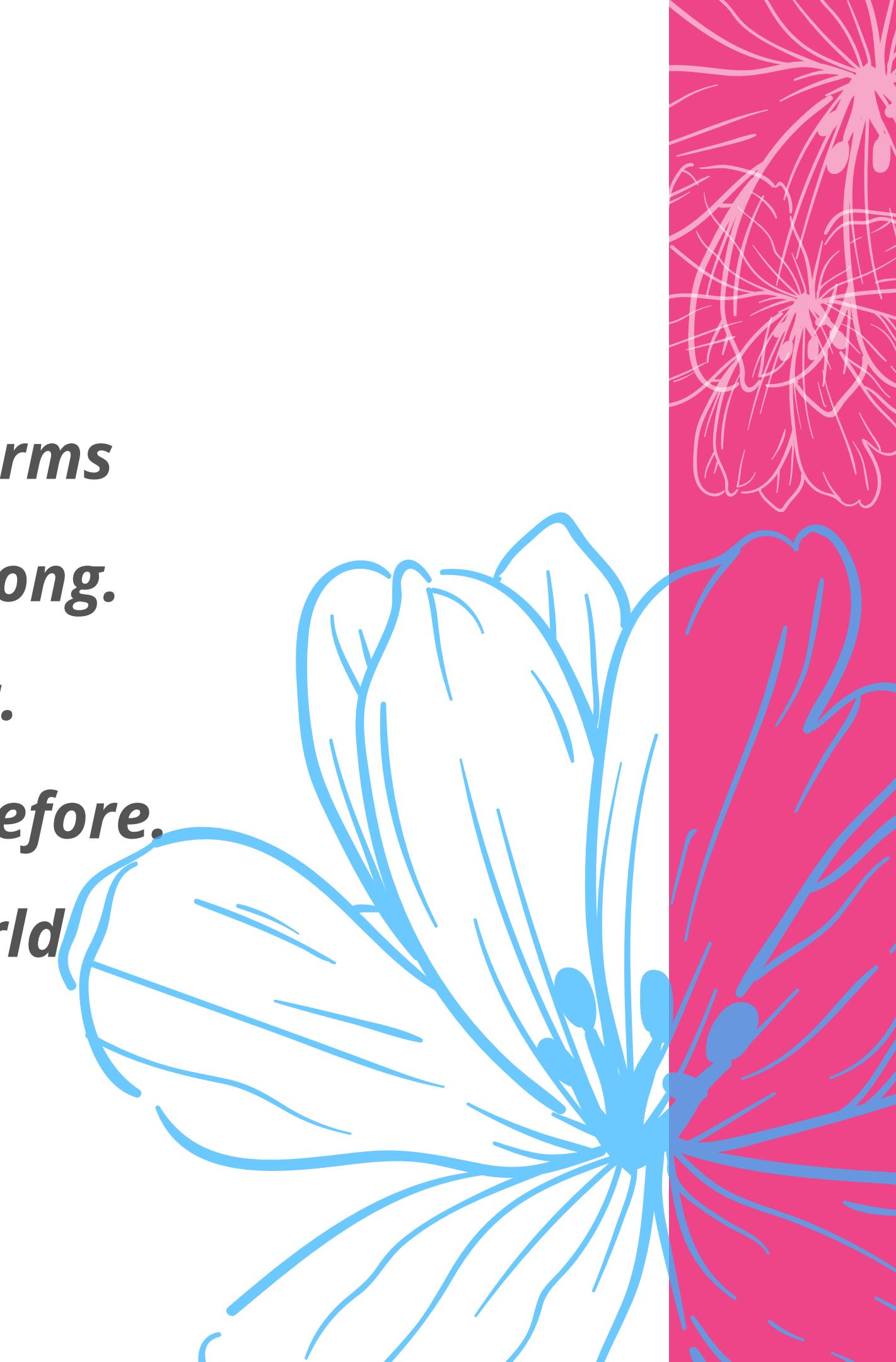


shrimath  
Excellence in Yoga



## **THIS IS A PROGRAM FOR YOU, IF YOU-**

- love Indian Artforms.*
- wish to understand and appreciate Indian Artforms*
- are confused about why a concert runs 3 hours long.*
- had a really good experience at a recent concert.*
- have never been to an Indian classical concert before.*
- are a person who wants to explore what the world wants to offer.*



## **CONTENT : WHAT ARE WE GOING TO EXPLORE ?**

*Day 1 - Introduction to Mudras (Hand gestures), movement nuances, correlation between Indian Music and Dance, benefits and application of these nuances to everyday life.*

*Day 2 - Indian Ragas - moods and suggestions, variations in instruments and presentation, audience perception, aim of Indian classical concerts.*

*Day 3 - Influence of Sculpture and Painting to various walks of life, comedy and other moods in dance and music.*



## AFTER COMPLETING THE PROGRAM, YOU WILL BE ABLE TO

- *Appreciate the complex and beautiful systems that exist in fine arts*
- *Appreciate the heritage we are endowed with.*
- *Appreciate metaphors in poetry and music and adapt to everyday life.*
- *Get answers to common questions about the Indian way of life.*
- *Understanding the ecosystem that helps the Arts thrive.*



## **THE PROGRAM IS -**

- a 3 hour course delivered over 3 days (1 hour each)*
- scheduled for the last weekend of every month (Friday, Saturday, Sunday)*
- delivered online via Zoom and in English*
- filled with Music and Dance interactions; an immersive concert with Indian classical artistes.*
- Suitable for age 15 and above.*
- Participation certificate will be provided*



# ***Program designed and delivered by***

***Ms Gowri Priya Sethuram, a Bharatnatyam artiste practicing the artform since 2003***

- Apart from putting up group productions and individual performances, she is also a voracious reader & practitioner of the Indic Knowledge systems***
- Her company Indian Shades Art Management was established in 2019 to share the knowledge of rich ancient art & knowledge forms of India to discerning audience***
- She has been offering programs based on Indic knowledge systems as a way of employee engagement, L&D etc. Her expertise in this subject is utilised to communicate subtle & sensitive topics to their employees***
- Her clients include the likes of General Electric, HGS, Infosys, Perfect Day, and Aditya Birla Capital, CII etc***
- She is a Civil engineer by education and the topper at her University***



## *For more Information*

*About upcoming sessions, time or other clarifications*

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