

# Srithika starts dance school

Srithika, a senior disciple of Ambika Kameshwar, an eminent dance exponent has started a dance school called 'Sri Kala Ranga'. Dr. Ambika Kameshwar, her guru and director of RASA, inaugurated the school. "The objective is to ensure that children develop a positive personality through dance", she said. The school gives basic inputs for any kind of dance form the kids want to learn. She already has 26 students in her class. The classes are held during the weekends.

Students learn stretching exercises before they move on to the basic footwork of Bharathanatyam. The reason being it helps tone the body and increase flexibility. Some of these are similar to yogasanas and also help increase concentration, she claims. She says that she proposes to choreograph programmes with school students lat-



*Dance exponent Srithika*

er. Once the students show progress she wants to do dance shows with them. Srithika has done dance shows with Anita Ratnam and guru Krishnakumari. She continues to learn from Ambika Kameshwar. "As I teach I will be learning more." Srithika can be contacted at Ph: 2499 4815