

## Course Information

- ▶ Introduction to Kathak (no prior experience)
- ▶ Kathak for Improvers (some knowledge of Kathak dance)
- ▶ Kathak Master Class (for advanced dancers)
- ▶ Continuing Professional Development. Performers seeking to:
  - Explore specific themes in more detail
  - Audition to perform with the company's professional group
- ▶ Personalised group or private sessions available including choreography for special occasions
- ▶ Examination routes through association with an Indian Board

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## Testimonials

*'Nupur Zankar is a premier institution actively engaged in promoting consciousness of Kathak in India and abroad. Our Guruma - Shila Mehta - exudes pure and positive energy. She not only teaches us the dance form, but also how to appreciate art from different perspectives. I would describe the whole experience as therapeutic.'*

**Shruti Sinha: Nupur Zankar- Mumbai India**

*'Every trip with Didi was memorable as I was not only getting thorough training in traditional Kathak dance, but I was being exposed to the art form on a spiritual level. Didi is a captivating performer herself, with a very divine stage presence. She is patient and understands each individuals' needs and how much they can take. I now incorporate Didi's style and teachings into my dance company, which I set up in the UK under her guidance.'*

**Nikita Thakrar: Dancing Nikita Company- Berkshire UK**

*'Shila Mehta knows how to move her audience by embodying the feelings she uses in her choreography and by taking care of every detail on and of the stage. Her training is thorough, ensuring quality in the long run. I am proud to be associated with Nupur Zankar- now offering certified courses in Belgium under Shila Mehta's guidance- a remarkable step in the Kathak field.'*

**Maya Sapera: Nupur Zankar- Gent Belgium**

*'Shila Didi's attention to detail is second to none and her teachings are brought to life in her own well-rounded performance and stage presence. I am pleased to be promoting Kathak within the UK, specifically following Nupur Zankar's ethos of dance education.'*

**Dr Shivani Sharma: Nupur Zankar- Wilshire UK**

Concept- Dr. Shivani Sharma; Images of Shila Mehta- Anvash Pasricha.

# Excellence in Performance and Dance Education

Artistic Director:  
**Shila Mehta**

**Kathak Dance:**  
Classes  
Workshops  
Performances



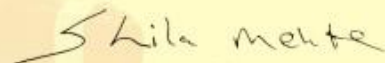
**Nupur Zankar**  
Artistic Director & Founder - Shila Mehta



## Foreword

**N**upur Zankar Academy of Performing Arts and Research Centre, Mumbai-India, has its roots in Kolkata and has been providing high quality dance education for over 30 years. Registered with the Indian Council for Cultural Relations (ICCR), the Institute supports both home and international students in establishing themselves as teachers and performers in the Classical art form of Kathak. Students of Nupur Zankar have been acknowledged at esteemed festivals and national competitions, and perform regularly at annual and commissioned events across India and the West. Many have embarked on full time professions within the arts, and others balance teaching and performing in addition to respected careers in different disciplines. Students learn under the Institute's structured syllabus that focuses on the breadth of the Kathak repertoire, resulting in a well-rounded skill set.

I am pleased to announce the opening of Nupur Zankar LLC in New Jersey, USA. Dance is a medium through which children, young people and adults can explore artistry and enjoy physical and mental well being. I firmly believe that engaging with dance ensures a number of benefits that are exposed overtime and through continual development.



**Shila Mehta**  
Artistic Director and Founder

## About Shila Mehta

**S**hila Mehta is an internationally renowned Kathak dance exponent, choreographer, educator, and composer. She is credited for her versatility in the art form. Trained in the Lucknow style, she is able to skillfully execute both the technical and expressive aspects of Kathak – a quality that leaves audiences spellbound. Her productions are known for being innovative in concept, allowing all audiences to access the true beauty of Kathak. Shila regularly tours, performs and teaches around the world at esteemed festivals and venues including in India, Europe, Australia, the Middle East and USA. Her work has fetched a number of awards recognizing her distinctive style that was groomed under the guidance of eminent gurus within the field including Pandit Vijay Shankar and Pandit Birju Maharaj. She is also credited for her contribution to Chaitanya Yoga and Charani Kathak, and for choreographies based on popular folk dances.

As a teacher, Shila is highly valued by students for her attention to detail, supportive and encouraging persona, and structured approach to dance education. Such qualities have been key in establishing her as the first choice for many students across the globe.

Shila is also an ambassador of research in the arts and regularly delivers presentations on the subject at conferences and high profile events. She has always believed in using different mediums to share the benefits of creativity for physical and psychological well-being. Dance is a way, according to Shila, to connect to ones inner self. It supports emotional expression and enquiry, alongside more holistic development.

## Ethos

**N**upur Zankar Academy of Performing Arts and Research Centre, Mumbai-India, has established itself as a leading provider of Kathak Dance Education. The Institute seeks to continue to act as an exemplar in the field of dance education by training the next generation of teachers and performers in Kathak. Its success is based on two driving principles:

### ► Providing high quality dance training:

- A structured dance curriculum
- Learning aids including the course text and music CD
- Exposure to eminent artists from different fields

### ► Supporting personal development:

- Offering regular performance opportunities to build confidence
- Personalised learning plans including non-exam and exam-based options

Now forming a base in New Jersey-USA, students of all ages and cultural backgrounds are invited to explore the transformational potential of dance. We also welcome interest from professional dancers wishing to pursue collaborations, and continuing professional development.







Pt. Prahlad Das



Pt. Vijai Shankar

With the Blessing of GURUS



Nupur Zankar

Artistic Director & Founder - Shila Mehta



Pt. Birju Maharaj



Pt. Suresh Talwalkar

## KATHAK DANCE CLASSES

by  
SHILA MEHTA

Find the joy of Rhythm, movement in one of the powerful Indian dance - Kathak, and learn its story telling element present in Rhythm and facial expressions besides the strong footwork and high speed energetic turns and striking poses from Internationally renowned Kathak exponent & choreographer Guru Shila Mehta.

### KATHAK DANCE:

It is one of the oldest and rarest classical dance forms from the northern part of India. Kathak dancers tell stories by beating rhythm out with the feet, by using stylized gestures, movements and with powerful facial expressions. The whirling movements, amazing footwork with striking beautiful poses and the end of each rendition, the graceful movements, the subtle expressions, and sophisticated use of rhythm are other attractive features of this dance form.

## ALSO OFFERS CLASSES IN

### CHAITANYA YOGA: Experience of oneness with Music

Perhaps the only fitness and relaxation program based on the north Indian classical music - known for its healing element. It combines dance movements, stretches, and flowing posture with rhythmic breathing for an intensive body - mind workout. It is suitable to all age groups and is conceptualized by Shila Mehta.

### CREATIVE DANCE & FOLK / POPULAR DANCES:

The classes are mainly focused on expressions which are articulated in song and music that one is going to dance. The dance movements draw inspirations from range of other dance forms including folk dances. Most of the times dancers are encouraged to create their own movements to communicate. It helps to enhance physical fitness, improve social skills and well being.

Our Kathak Dance classes are based on the techniques of

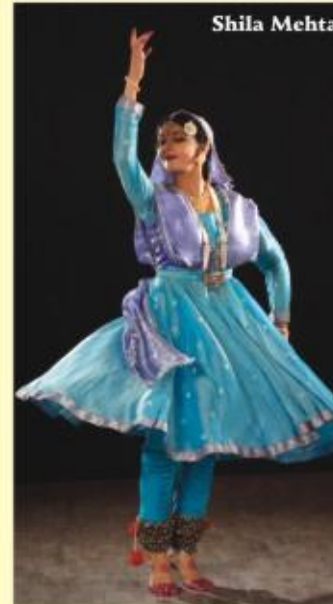
**Pandit Birju Maharaj of Lucknow Gharana**



Nupur Zankar

Artistic Director & Founder - Shila Mehta

Nupur Zankar is a professional dance company founded by the internationally renowned Kathak dance artist and choreographer - Shila Mehta. The company runs classes, courses, workshops, performances and lecture demonstrations in Kathak dance, Chaitanya yoga dance and folk dances of India. The company strongly believes in understanding the traditions with a view to imbibe the correct spirit of innovations. The classes stick strictly to the disciplined classical training of Kathak with a training to pay respect to other culture and heritage, literature, dance styles and forms along with its own.



Shila Mehta

Shila Mehta is an established exponent of the Lucknow style of Kathak dance. She is a rare combination of an artist, performer, choreographer, educator, and composer, for which she has gained recognition from diverse groups including lay and expert audiences internationally. She is regularly commissioned for solo, small and large group productions, particularly due to her ability to transform traditional themes to make them accessible and relevant to modern audiences. She tours and teaches at esteemed festivals and venues in India, America, Canada, the Middle East, the United Kingdom, and Europe. Mehta is credited for her versatile skills that span the breadth of Kathak including rhythmic and expressive aspects, alongside her academic approach to furthering research in the field. She is the founder of the Nupur Zankar Academy of Performing Arts and Research Centre, Mumbai India, an organisation that is enlisted with the Indian Council for Cultural Relations. Through her Institute, Shila has been celebrated for producing high quality artists who are establishing themselves in India and abroad. She is the catalyst for the discovery of Kathak by many people- children, youth and adults alike.

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Also offers Private Lessons & Choreography for any Special Occasion

**Art is a bridge to the values of life**