



#### Performances

#### Individual Performances

Vylopilli Samskriti Bhavan, Thiruvananthapuram  
Sri Swathi Thirunal Sangeetha Sabha, Thiruvananthapuram  
Chidambaram Festival  
Guruvayoor Ekadasi Festival  
Navarathri Festival at Thiruvananthapuram  
Doordarshan, Thiruvananthapuram are to name a few

And as a part of group performance of her Guru's production:  
Ramayanam Festival of Soorya Dance & Music Festival of  
Thiruvananthapuram in the years 2007, 2008, 2009

The River- At Techno Park, Thiruvananthapuram

Kalpatharu - Dance Drama in various prestigious venues in  
Chennai Organised by Narada Gana Sabha, Nadabrahmam, Bharat  
Kalachar

Swaralaya Dance & Music Festival, Palakkad

Performance by students of Midhilalaya on Onam week  
celebrations at Nishaganidhi Auditorium every year



#### Contact

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#### Credits

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Thiruvananthapuram

# SANJANA ARUN

## Bharatanatyam



SANJANA ARUN

As grace embraces versatility, the artist merges with the art, her heart flows into the fluid movement, her soul reflects in her eyes, a spell bounding performance takes birth; striking a perfect harmony of man and nature and transporting the audience a whole new world altogether.

Sanjana Arun, an ardent lover of classical dance and a passionate dancer...

She has been undergoing training in Bharathanatyam, under the able guidance of renowned Bharathanatyam exponent Guru Smt V Mydhili, since the tender age of five. Fifteen years later, the fire has not dwindled, the 75 dance compositions which witnessed her evolution as a dancer and which equips her to perform at least three Margams, stand testimony to the talents and dedication as she puts her heart and soul to recapture the subtle nuances of Bharathanatyam in her enchanting performances.

#### Margam I From the tender age of 5 to 10

Tisra Alarippu  
Kalyani Jatiswaram  
Sabdham  
Varnam in Raga Malayamarutam  
Keerthanas &  
Thillana in Raga Kanada

#### Margam II From the age of 10 to 15

Misra Alarippu  
Misra Jatiswaram  
Sabdham  
Varnam in Raga Neelambari  
Keerthanas (Sankara Srigiri, Ashaindadum Mayil,  
Ananda Nadamidum Paadan etc...)  
& Thillana in Raga Ragesri

#### Margam III From the age of 15 to 20

Mallari  
Sankeernam Alarippu  
Varnam in Raga Shanmughapriya (Om Kara)  
Keerthanas (Aadam Chidambaramo, Enna Thavam , etc)  
Nayika Padam  
Thillana in Raga Valachi



An Engineer by profession, Sanjana Arun is a Graded Bharathanatyam artist in Doordarshan (Grade B) and recipient of award for performance in Youth Festivals conducted by Cochin University. She has given individual performances at many coveted venues. She was also the lead dancer of "The Rhythm" - a major production of Soorya Cultural Society. As part of Rhythm, she has performed at all prestigious venues all over India. Apart from this she is the lead dancer in all major group choreographies of her Guru.

#### About Guru Smt V Mydhili

Smt V Mydhili, founder and director of **Midhilalaya Dance Academy**, Thiruvananthapuram, established in 1984, was awarded Diploma by Kerala Kalamandalam at the age of 15. Since then she has started her career as a teacher and performer. At the age of 18 she underwent training in Kuchipudi Art Academy under the tutelage of Guru. Shri. Vempati Chinnasatyam. She spent twenty years in Madras, teaching Bharatanatyam and Mohiniyattom. After a span of twenty years in Madras, she settled in Trivandrum in 1983, where she established her own institution, 'Midhilalaya Dance Academy' in 1984. She was awarded with the "Kaisiki Puraskar" from the Kerala Sangeetha Nataka Academy for her service to the field of art, during the year 2002.



Her students love her first and gradually learn to love and appreciate the art form. She plays many roles, all at once, to utmost perfection, that of a loving mother, an understanding friend and a disciplined Guru. She works relentlessly with the students to bring out the innate talent, without compromising her Shishya's identity or the quality of performance. She is not averse to experiment and encourages her students to experiment and experience the undiscovered realms of Bharathanatyam, without ever having to deviate from the disciplined framework that characterises the art form. Training under Guru Smt V Mydhili ensures a wholesome enlightening education, which encompasses the Nritha, Nritya, Natya elements of classical dance, classical music, art, costumes, history, cultural background, visual effects and beauty, more than the art form in itself, she strives to impart to her students the immense culture and heritage of Indian art. She trains the young minds in such a manner, so that they tend to see beyond a performance- they visualise the rich cultural background from which the art form has evolved through ages. It is this classical environment and the rich classical audience, that she tries to recreate, through her art. She sees to it that her students learn to understand and appreciate the finer details of the divine art form and imbibe the rich culture in their minds and hence see the beauty of life.