

Training philosophy of Urvashi Kala Srishti

Dr. Urvashi Shrivastava Ph.D (Psycho) has established her concept of dance-training not only to impart the knowledge of creativity and aesthetic beauty of Indian Dances but also to synergize it with its therapeutic dimensions of Dance Therapy (DT) for several body ailments, which are either incurable or need long-term treatments by established health schools.

What is Dance Therapy (DT)?

Typical choreography is done to appeal to ailing part of the human body to normalize its physiological functions. The approach followed at Urvashi Kala Srishti is both active and passive.

About Dr. Urvashi Shrivastava, Ph.D, D.Lit, D.Sc

Educational Qualification

Degree	University	Remarks
D.Sc(Dance Therapy)	Maharishi University of World Peace, Iowa,U.S.A	Honorary
D.Lit(Dance Therapy)	Maharishi University of Enlightenment, Holland	Honorary
Ph.D.(Psychology)*	JNV University, Jodhpur	
MA(Psychology)	JNV University, Jodhpur	75.1%
B.Sc.(Botany, Zoology, Chemistry)	JNV University, Jodhpur	70%

*Topic Ph.D: “The study of the influence of western and Indian music on the personality, adjustment & emotional maturity of the individuals”.

Dance Qualification

Year	Degree	University	Remarks
2001	BA(Bharatnatyam Dance)	Gandharva Kala Kendra, Ahmedabad, Gujarat	Passed with Distinction
2002	Senior Diploma (Kathak Dance)	Prayag Sangeet Samiti, Allahabad, U.P.	Passed with Distinction
2003	Senior diploma (Odissi Dance)	Prayag Sangeet Samiti, Allahabad, U.P.	Passed with Distinction

Bharatnatyam-Dance: Dr Shrivastava has taken formal training of Bharatnatyam dance from Coimbatore, (Tamil Nadu), under the guidance of the popular guru **Smt. Thulsi Rangnathan**. Completed Arangetran on 2nd January 1998. Passed B.A. in Bharatnatyam from Gandharva Mahavidyalaya, Ahmedabad in the year 2000. Gave several Bharatnatyam performances at

Rajasthan Sangeet Natak Academy, Jodhpur; Shastriya Kala Mandal; Sanskar Bharati; J.N.V. University, Jodhpur and at Air Force Stations of Silchar (Assam), Gwalior (M.P) and Coimbatore (Tamil Nadu).

Kathak – Dance: Another classical dance which is performed and taught by her is “Kathak”. She took formal training of this dance from **Smt. Urmila Nagar**, Associate Professor of Kathak dance at Kathak Kendra, New Delhi. She did Visharad (Graduate) in Kathak dance from Pracheen Kala Kendra, Chandigarh in 2001 with distinction. She has presented stage performances of Kathak at Rajasthan Sangeet, Natak Academy, Jodhpur, Shastriya Kala Mandal, Sanskar Bharati, J.N.V. University, Jodhpur.

Odissi – Dance: The third style of dance that she masters is Odissi. She has received a formal training in this format under the able guidance of internationally renowned Odissi dancer **Smt. Ranjana Gauhar**, who is also a **Padma Shree awardee**. She has presented several stage performances of Odissi dance too.

Folk Dances of India: She learnt typical Kalbelia-folk dance of Rajasthan under the guidance of Indian Council of Cultural Relations (ICCR) – Panelist **Sh. Kalu Nath ji**, a famous choreographer and exponent of Kalbelia dance in Jodhpur. She has also given several stage performances of folk dance of different states of India.

Dance Scholarship: She had been the recipient of coveted Rs 2000/- p.m. scholarship, offered by Department of Culture, Ministry of Tourism and Culture, Government of India, in folk dances of Rajasthan in the year 2000-2002.

Computer Training: Diploma in Network Computing from NIIT in 2002 and scored 70%.

A few Mile stones in My Dance/Academic Career in India:

- i) Best dancer Award in Silcher (Assam) 1992.
- ii) Best dancer Award in Coimbatore city 1994.
- iii) Best dancer award in AF Station Coimbatore 1995.
- iv) Best dancer Award at Varanasi organized by APTECH in 1997.
- v) Passed MA (Psychology) with distinction (75.1% in aggregate) from J.N.V. University, Jodhpur, 2003.

Work Experience & Current Engagements:

- i) Since 01August 2007 I have been running a Dance School by the name of Urvashi Kala Srishti at Pune, India.
- ii) In Jodhpur, since July 2000 I had been running a dance school by the name of Urvashi Nritya Sansthan, Jodhpur, where I have taught all the three classical dance forms.
- iii) Authored a book on “Stress Management and Dance”

- iv) Director and Head of the Department, Dance Therapy, All of 56 Vedic Medical colleges opened all over Europe, U.S.A. and Australia.

Invitations From abroad

- Invited for presenting stress relief dance at Third World Stress Conference, Budapest, Hungary, on 25 August 2007.
- Invited to present Indian classical dance at L'usture, Amsterdam, The Netherlands, on 2nd September 2007 and also at DasArts, Amsterdam on 5th September 2007.