



## Ruchi Sharma

KATHAK EXPONENT & GURU

Ruchi Sharma sparkles as a history creating star on the Kathak galaxy with her confluence personality of devotion, hard practice and spiritual living. She has enriched her dance with sophisticated and robust techniques from all classical aspects. Beside imbibing the traditional intricacies of Lucknow, Jaipur and Banaras schools of Kathak Dance, Ruchi has developed her knowledge with the scientific and spiritual perspective by understanding real Shastra.

She possesses elaborate knowledge of body language described in Bharat Natya Shastra based on scientific, literary and artistic perspective. She has created amazing history by establishing two scintillating world records 1..5000(five thousand) dancing rounds with the help of Tratak Yoga.

2. Stunning world record of marathon Kathak Dance Performance for 15 hours, on 17th Feb.1996. She has been honoured with the millennium title 'Dancing Queen of the Millennium by the Artiste Guild.

Ruchi has been learning the intricacies Kathak dance under the closest pupillage of Legendary Musician Scholar & Guru Pandit Anupam Rai under Guru Shishya Tradition for over 3 decades. besides performing internationally. She has been instrumental in the practical researches like Sketching of figures and symmetrical letters with the help of foot movements (Akaash Chaaries & Bhoomi Chaaries on the sprinkled sawdust.)

Establishing nexus between Nritta- Bhav and Ras.

\*Rhythmic crescendo of beats like 1,1.25,1.5,1.75,...to 9 (Gradual development) meditative concentration.

\*Zarab ki Tatkaar depicting the changing moods through the stress on different beats of the Intricacies of

\*Mathematical complexities in wider perspective while performing Sangam Taal of 8.75 beats & Chaandramohan

\*Taal of 6.25 beats. Visualizing the core & social sciences, Mathematics, Language, Spiritual, Yoga, Spiritual, Yoga, in classical kathak dance perspective.

Apart from her professional career she is passionately involved in imparting knowledge to her students and disciples under Ruchi Kathak Classes, a pioneer dance class chain which has a 250+ student strength from all age groups.

Honors in India and Abroad

Ruchi Sharma has been prestigiously personified with many titles as Nritya Mani, Nartan Charkravorty, Hind Gandarva Shree, Nritya Mayuari, Sanskriti Shiromani, Kathak Shreshtha, Prayag Gaurav, Nriya Surabhi & Kopal Sanmaan in various parts of India and abroad.