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### **Isha Navratri Celebrations: A sterling performance of graceful Odissi**

**2 October 2019, Coimbatore:** The graceful Odissi impeccably performed by Smt. Sonalika Purohit and her daughter Srinika Purohit was the highlight of the fourth day of Navratri celebrations at the Isha Yoga Center today. An accomplished Odissi exponent, Smt. Sonalika Purohit is the recipient of several awards including Odissi Pratibha, Nritya Suvarna Shree and Nritya Shiromani among others. She performed a duet with her daughter Srinika Purohit who has been performing on stage since the age of 3.

Over the last 3 days, Navratri celebrations at Isha have included a folk performance, Carnatic vocals and Bharathanatayam. Today was the 4<sup>th</sup> day of Navratri; cultural performances will continue for nine days at the Suryakund Mandapam at the Center where performances have been scheduled every day between 6:45 and 7:45 p.m. The programs are free and open to public.

Students of Isha Samskriti, Isha's school of traditional performing arts, will perform tomorrow at the same time and venue. The program is expected to draw large crowds as Isha residents and volunteers gather to cheer and support their students. The celebrations will culminate with Vijayadashami – the 10th day of victory – on 8 October.

The traditional exhibition of dolls locally known as "Gollu" is a major annual attraction at Isha. The Gollu will be on display for public at the Suryakund throughout Navratri. In an amalgamation of the modern and the traditional, this year's Gollu theme is "Cauvery Calling", Isha's recently launched river revitalization effort that has received massive public support. The Gollu also includes the Krishna Leela, the Mysore Dussehra and scenes from the Indian epic, Mahabharatha.

The nine-day festival is a celebration of the Divine Feminine and the tenth day symbolizes victory of light over darkness in the constant human quest for mastery over self.

Navratri celebrates the Divine Feminine in three dimensions - Durga, Lakshmi and Saraswati symbolic of power, prosperity and knowledge. Each of these attributes is celebrated for a period of 3 days over the nine-day period. The tenth day, Vijayadashami, marks mastery over all three dimensions.

**If you would like to know more about this, please write to [mediarelations@ishafoundation.org](mailto:mediarelations@ishafoundation.org).**