

Kathak and Bollywood dance curricular plan

By Eugenia Laurenza

India has a great cultural heritage. It has thousands of years of development of different forms of Art and Culture. Performing Arts is one of the most popular branches of various art forms. Performing Arts mainly consists of Music, Dance and Drama.

In order to serve to the needs of Indian Embassy in Argentina for educating in Dance arts and culture, the following syllabus are proposed.

KATHAK:

This is an Introductory Kathak dance course based on the basic Prarambhik exam syllabus. This course is meant to last 12 lessons of 1 hour each, divided in 3 parts. Each lesson contains a theoretical and a practical part (that includes warm up and cool down exercises). The duration of each part may vary accordingly with the needs of each lesson.

Part 1 (4 lessons): Basics about Kathak Dance. Nrit Paksh

- Theoretical part: What is Kathak Dance? History of Kathak Dance. Comparison of Kathak Gharanas. Basic music concepts (taal, matra, laya, raga, sargam). Padhant. Technical terms used in Kathak and their explanation.
- Practical part: Teentaal. Tatkaar (footwork). Hastaks (hand movements and positions).

Part 2 (4 lessons): Basic chakkars, tihai and gatnikash

- Theoretical part: Guru-Shishya tradition (Guru-Shishya parampara). Hindu Mythology and its cultural impact. Symbolisms and traditions. Ghungroos. Kathak costume.
- Practical part: Chakkars (spins). Tihai. Gatnikash

Part 3 (4 lessons): Compositions and Abhinaya. Abhinay Paksh

- Theoretical part: Slokas. What is the Natya Shastra? What is the Abhinay Dharpana? Rasa. Bhava. Navras. Nayikas (heroines in Kathak). Comparison of Vandana, Thumri and Bhajan. Comparison of Tandava and Lasya.
- Practical part: Sada Toda. Chakkradar Toda. Aamad. Tukda. Asamyuta Hasta viniyogas.

Bollywood Dance:

This is a mixed level Bollywood dance approach based on the basis of different Indian dance styles and Indian culture and their influence on Bollywood dance. This course is meant to last 12 lessons of 1 hour each, divided in 3 parts. Each lesson contains a theoretical and a practical part (that includes warm up and cool down exercises). The duration of each part may vary accordingly with the needs of each lesson.

Part 1 (4 lessons): Basics about Indian popular culture

- Theoretical part: What is Bollywood? What is Bollywood Dance? Item songs and Dance and culture in India. Traditional costumes and their representation on dance.
- Practical part: Popular Bollywood style (basic popular steps).

Part 2 (4 lessons): Basics about Indian Dance styles

- Theoretical part: Comparison of Folk, Tribal and Classical dance styles. Indian folk dance styles by region (Punjab- Uttar Pradesh- Rajasthan- Gujarat- Maharashtra). Indian Classical dance styles by region.
- Practical part: Folklorical Bollywood style (basic steps for Bhangra- Ghoomar- Garba- Lavni).

Part 3 (4 lessons): Introduction to Indian popular festivals and dance

- Theoretical part: Hindu mythology. Shaadi (Indian weddings). Shivaratri. Holi. Krishna Janmashtami. Raksha Bhandhan. Ganesh Chathurti. Navratri. Diwali. Independence day/ Republic day.
- Practical part: Dance performance (a 1 minute choreography for each festival on Bollywood songs)

Bharatnatyam:

This is an Introductory Bharatnatyam dance course based on the Kalakshetra Bani tradition. This course is meant to last 12 lessons of 1 hour each, divided in 2 parts. Each lesson contains a theoretical and a practical part (that includes warm up and cool down exercises). The duration of each part may vary accordingly with the needs of each lesson.

Part 1 (8 lessons): Basics about Bharatnatyam

- Theoretical part: What is Bharatnatyam? History of Bharatnatyam. Technical terms used in Bharatnatyam and their explanation. Guru-Shishya tradition (Guru-Shishya

parampara). Hindu Mythology and its cultural impact. Symbolisms and traditions. Ghungroos. Bharatnatyam costume.

- Practical part: Tata adavus. Natta adavus. Visharu Adavus. Tatti Metti Adavus.

Part 2 (4 lessons): Compositions and Abhinaya. Abhinay Paksh

- Theoretical part: Slokas. What is the Natya Shastra? What is the Abhinay Dharpana? Rasa. Bhava. Navras. Nayikas (heroines in Kathak). Comparison of Tandava and Lasya.
- Practical part: Dhyana Sloka. Ganesh Sloka.