

Study Guide for Teachers

Rachna Agrawal

Dances of India

Performances, Workshops and Residencies
Grades K-12



Young
Audiences
Arts for
Learning

Connecticut

ABOUT THE ARTIST

Rachna's unique qualifications include study of the Lucknow style of Kathak under Sme. Maya Rao, recipient of Sangeet Natak Academy award, and the Jaipur style of Kathak under Guru Rajendra Gangani. For further training in expressive and interpretative aspects of Kathak, she studied with Smt. Sandhya Desai, a Kathak virtuoso. In addition to her training in choreography in New Delhi, India, Rachna holds a Masters degree in dance from Pracheen Kala Kendra in India, a Senior Diploma in Classical Indian vocal music from Prayag Sangeet Samiti and a Masters degree in Hindi Literature from Delhi University.



Dramatic Kathak is a North Indian classical dance which originated more than 2000 years ago as a temple dance.

Technical aspects of Kathak consist of intensive footwork and a variety of spins. The main attraction of Kathak is the improvisation of complex metrical cross rhythms and syllables.

OBJECTIVES

- Students will learn to create and communicate meaning through this compelling dance form.
- Students will learn rhythmic footwork and will examine the different sounds made by a dancer's ankle bells.
- Hand gestures from different classical Indian dances will be reviewed

RELATED TERMS

- Lucknow
- Jaipur
- Benares
- Kathak
- Mudras
- Navras
- Kathikas

RESOURCES

Books:

Kathak: Indian Classical Dance Art by Sunil Kothari

Web:

<http://www.kathakusa.com/>
<http://www.artindia.net>

“Kathikas” were the original storytellers in India; their stories and dances formed part of the daily ritual of worship.



BEFORE THE PROGRAM

Begin K – W – L chart on Hindi Culture.
(What do you know, Want to know, Want to Learn)

Discuss: Sharing stories

- What parts of your body do you use to express emotions?
- Tell a short story and use just your hands
- Tell the same story and use drawings, facial expression, hands and other body parts

AFTER THE PROGRAM

Discuss:

- Complete K – W – L chart on Hindi Culture
- How does Hindi storytelling differ from yours?
- What elements of Hindi storytelling are similar to yours?
- Is there a dance form that we perform in the United States for some of the same reasons that a Hindi would perform Kathak?
- Name two pieces of art (dance, theater, visual art, literature, music) that can be used to tell a story. Demonstrate how these forms can be used together.

CURRICULAR LINKS

Connecticut State Department of Education

Source: The CT Framework – Social Studies

- ✚ Goal 3: Historical Themes
Students will describe examples of how societies throughout history have used various forms of visual arts, dance, theater, myths, literature and music to express their beliefs, sense of identity and philosophical ideas.

Source: The CT Framework – Dance

- ✚ Standard 1: Elements and Skills
Students will demonstrate the following movement skills and explain the underlying principles: alignment, balance, initiation of movement, articulation of isolated body parts, weight shift, elevation and landing.
- ✚ Standard 3: Meaning
Students will observe and explain how different accompaniment (such as sound, music, spoken text) can affect the meaning of a dance.

PROGRAMS

Kathak Dance
Culture of India
Classical Indian Music
Visual Art of India
Folk Dances of India, Yoga
Indian Literature



RESIDENCY

Students will learn in detail about social life, festivals, common beliefs, ancient civilizations, and traditions of India. India's geography and economic situations and their effect on every day life will be investigated. Students will also learn greetings, colors, numbers, alphabets, and some basic vocabulary of Hindi, the national language of India.

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