

Program Name: India Cultural Workshop

Artist: Hema Sharma

Special Requirements:

Large, open space for movement 25' x 25'; laptop computer and LCD projector for PowerPoint presentation; electrical outlet nearby

Workshop Description

Join a magical, instructive journey through the dance, music, and culture of India. Learn some of the hand gestures and meanings associated with Indian dance.

Participants will learn the Nature Dance which presents connections between the elements, our bodies, minds, and peace. Indian classical dances are among the most ancient dance traditions of the world. Most of these styles have a 2000 year old history. Indian dance forms are some of the most well-structured ones, both in terms of physical movements and theoretical contents.

A brief history of India is given, with examples of Indian artwork, clothing, and crafts.

In this workshop the Harmonium is introduced. A

harmonium is a reed instrument, similar to an accordion, which was introduced to India in the 18th century by the British. The harmonium is used in classical, semi-classical, popular, and devotional music. In Indian music, the harmonium is considered to be one of the most versatile instruments.

The workshop will also include a discussion of Indian symbols and facts, such as the national flag and anthem, the number of states and official languages, as well as modern facts about India. Each workshop will be modified to suit the grades present.



Educational Objectives & Standards

Students will:

- learn where dancing started in India
- know the difference between folk dance and classical dance
- learn the nature dance

Standards addressed:

- Knows how a culture's art works and artifacts reflect its values and beliefs..
- Knows folk dances from various cultures.
- Understands how the elements of music are used in various genres and cultures.

Artist Bio



Hema is a native of Madras, India, where she started dancing (Bharathanatyam) at the age of 8 from Kancheepuram Gnaprakasam. She has studied other different forms of Indian performing arts and holds the titles of Natyaratna and Natakalaratna.

Hema also has extensive training and experience under leading and well-recognized exponents of this

ancient art, such as Padmashri Adyar K. Lakshman and the Dhananjayans.

She made her public debut in 1963 and has performed in India and abroad. After coming to the U.S., she continued her interest in the art by giving performances and teaching Indian dancing to interested students from varied ethnic backgrounds. Hema conducts lecture demonstrations and workshops in public schools and colleges.

List of Resources:

Books:

Indian Classical Dances
by Shovana Narayan
Publisher- New Dawn (2005)
ISBN- 1-84557-169-X

Kucipudi Baratam or
Kuchipudi Dance: A South
Indian Classical Dance
Tradition
by K. Uma Rama Rao
Publisher- South Asia Books
(Dec 1992)
ISBN- 8170302919

Indian Classical Dance:
Tradition in Transition,
by Avinash Pasricha & Leela
Venkatraman
Publisher- Roli Books Pvt Ltd
(2002)
ISBN- 8174362169

Vocabulary

Bindi: dot on the forehead

Women's clothing:

Salwaar: pants

Kameez: top

Chunni or Duppata: scarf worn by women

Men's clothing:

Kurta: shirt

Dhoti: a wrap

Turban: hat

Gestures:

Patakam: flag

Alapadmam: lotus flower

Candrakala: crescent moon

Arala: bent

Suchi: needle

Mrugasirsa: cow

Hamsasya: swan

Post-Workshop Activities

1. Create a sentence using some of the gestures demonstrated in the workshop.
2. Learn a folk step or two and dance to Indian folk music.



Contact KCYA for more information about this and other programs

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