



Global and Public Health

DANC 200: *Indian Classical Dance*

Please refer to the [faculty page](#) for this semester's instructor.

Course Description

This course is focused upon basic disciplines and performance of Bharatanatyam. The Bharatanatyam dance form originated many centuries ago in the temples of Tamil Nadu in South India. It is known for its strong lines that make geometric and symmetrical shapes as well as its signature turn-out position. Bharatanatyam is embellished with intricately expressive hand gestures and elaborate facial expressions that lend to the story-telling aspect of this style.

Besides the physical performance of Bharatanatyam, this course will also cover performance contexts, themes, and traditional study and performance of Bharatanatyam. Terms will be taught along with movements for an integrated and holistic basic learning of the Bharatanatyam tradition.

Bharatanatyam makes a distinctive contribution to the education of all students, in that it uses movement, which is the fundamental mode of human expression. The numerous benefits of learning and performing Bharatanatyam include:

- Rigorous and continuous rehearsal of Bharatanatyam provides an excellent form of exercise, not only to the body but also to the mind.
- Different footsteps, hand gestures and neck, eye and head movements increase the efficiency of respective body organs.
- Performance and discipline make the body flexible the mind balanced. Concentration and memory are improved.
- Rich historic tradition and complex context of Bharatanatyam offers a range of intellectual learning opportunities along with the joy of physical expression.
- Choreography teaches co-operation and aids in development of understanding of the shaping of movement into artistic forms of expression.

Learning Objectives

1. Understand traditional methods of learning and performing Bharatanatyam
2. Perform and name basic postures, movements and choreography of Bharatanatyam
3. Perform and name fundamental footsteps (adavus), eye, neck movements, and hand gestures (hasta mudras)

4. Perform a selected dance piece incorporating learned postures, movements and choreography
5. Demonstrate physical and mental discipline required for study of dance

Course Schedule

Sessions 1 & 2/50

- Names of classical dances of India, their concerned states and brief introduction through a Lecture demonstration
- Basic exercises of Bharatanatyam
- Invocation: Dhyana shloka with its meaning

Sessions 3 & 4/50

- History and Importance of Bharatanatyam
- Salutation and its significance
- Introduction to Adavus- Tattadavu

Sessions 5-19/50

- Introduction to Taala- Sapta taalās- 5 Jaathis
- Asamyukta Hastas (Single hand gestures) with its meaning
- Nattu Adavus , Tattu mettu, Kuditta Tattu (Ta tai Taa Ha Adavu), Pakkaadavu, Kuditta Mettu

Session 20 Midterm Exam

Sessions 21-22/50

- Samyukta Hasthas

Sessions 23-29/50

- Sarika, Theermana, Mandi Adavus

Sessions 30-35/50

- Introduction to preparing for performance
- Introduction to Jathi
- Introduction to Abhinaya

Sessions 36-49/50

- Preparing for the final performance

Session 50 Final Exam

Course Textbook

Eshwar, Jayalakshmi. (2010). *Bharatanatyam: How to? A Step-by step Approach to Learn the Classical Dance form*. New Delhi: DK Publishers Distributors Pvt. Ltd.

Evaluation

Midterm Exam	30%
Final Exam	20%
Final Performance	20%
Attendance	10%
Participation	20%

Assessment Criteria

Midterm Exam

Will cover material learned in the course in first 19 sessions. The exam will consist of about 30 multiple choice and short answer questions regarding theory as well as recognition of movements demonstrated/depicted.

Final Exam

Will cover material learned in the sessions from 20 to 36. The exam will consist of about 30 multiple choice and short answer questions regarding theory as well as recognition of movements demonstrated/depicted.

Final performance

Will cover material learned throughout the course and will be graded based upon correct movement, correct choreography and overall discipline and focus.

Attendance

Students are required to attend class regularly to gain maximum benefit out of the course. A student is allowed 2 excused absences. An excused absence is an absence related to a medical or other emergency about which the student has communicated to the Resident Director and concerned faculty prior to class.

Any additional absence or ANY unexcused absence results in a two point loss to the overall attendance score. Please note attendance requirements through your program as well.

Grading

Alliance programs utilize the follow standard grading policy well accepted by most US institutions.

Excellent	A	93-100%	Good	B+	87-89%	Acceptable	C+	77-79%
	A-	90-92%		B	83-86%		C	73-76%
				B-	80-82%		C-	70-72%
						Unsatisfactory	D+	67-69%
							D	63-66%
							D-	60-62%
						Failing	F	<60%

Course Policies

Exams and Assignments

Students are required to take all regularly scheduled exams in courses for which they are registered, and to submit all assignments on time. Any compelling academic, personal, or medical reason that might justify a rescheduled exam or assignment must be brought up to both the Resident Director and course faculty. Failure to take scheduled exams or submit the requisite assignments for a course will adversely affect your grade as per the stated grading criteria for each course.

Class Attire

Students should come to class in appropriate attire. Loose, comfortable clothing should be worn, for example a plain cotton salwar-kameez or yoga pants and a kurta. American style exercise gear (tank tops, shorts, etc) is not appropriate for a Bharatnatyam lesson.

Outside of class requirements

Students are required to attend some Bharatanatyam performances in and around Udipi to understand and appreciate the dance form as part of the course