

OUR MITHRA



Dance is the hidden language of the soul, of the body



Indian classical dance, or Shastriya Nritya, is an umbrella term for different regionally-specific Indian classical dance traditions, rooted in predominantly Hindu musical theatre performance, the theory and practice of which can be traced to the Sanskrit text Natya Shastra. The number of Indian classical dance styles ranges from eight to twelve, or more, depending on the source and scholar; the main organisation for Indian arts preservation, the Sangeet Natak Akademi (as well as India's Ministry of Culture), recognizes seven – Bharatanatyam, Kathak, Kuchipudi, Odissi, Kathakali, Sattriya, Manipuri and Mohiniyattam.

Classical dances recognised by the Sangeet Natak Akademi and the Ministry of Culture are

1. Bharatanatyam - Bharatanatyam is an Indian classical dance form that originated in Tamil Nadu. It is one of eight Indian classical dance forms recognized by the Sangeet Natak Akademi, and expresses South Indian religious themes and spiritual ideas, particularly of Shaivism and in general of Hinduism.



2. Kathak - It is the classical dance form from Uttar Pradesh. The origin of Kathak is traditionally attributed to the traveling bards in ancient northern India known as Kathakars or storytellers. The term Kathak is derived from the Vedic Sanskrit word Katha which means "story", and Kathakar which means "the one who tells a story", or "to do with stories". Wandering Kathakars communicated stories from the great epics and ancient mythology



songs and music. Kathak dancers tell various stories through their hand movements and extensive footwork, their body movements and flexibility but most importantly through their facial expressions. Kathak evolved during the Bhakti movement, particularly by incorporating the childhood and stories of the Hindu god Krishna, as well as independently in the courts of north Indian kingdoms.

3. Kathakali - Kathakali is a major form of classical Indian dance. It is a "story play" genre of art, but one distinguished by the elaborately colourful make-up and costumes of the traditional male actor-dancers. It is native to the Malayalam-speaking southwestern region of Kerala and is almost entirely practiced and appreciated by Malayali people.



4. Kuchipudi - Kuchipudi is one of the eight major Indian classical dances. It originates from a village named Kuchipudi in the Indian state of Andhra Pradesh. Kuchipudi is a dance-drama performance, with its roots in the ancient Hindu Sanskrit text of Natya Shastra. It developed as a religious art linked to traveling bards, temples and spiritual beliefs, like all major classical dances of India.



5. Manipuri - The Manipuri Dance, also referred to as the Manipuri Raas Leela, is a jagori and is one of the eight major Indian classical dance forms, originating from the state of Manipur. The dance form is imbued with the devotional themes of Madhura Raas of Radha-Krishna and characterised by gentle eyes and soft peaceful body movements. The facial expression

are peaceful mostly expressing Bhakti Rasa or the emotion of devotion, no matter if a dancer is Hindu or not. The dance form is based on Hindu scriptures of Vaishnavism and is exclusively attached to the worship of Radha and Krishna. It is a portrayal of the dance of divine love of Lord Krishna with goddess Radha and the cowherd damsels of Vrindavan, famously known as the Raas Leela.



6. Mohiniyattam - Mohiniyattam is an Indian classical dance form that developed and remained popular in the state of Kerala. Kathakali is another classical dance form of Kerala. Mohiniyattam dance gets its name from the word Mohini – a historical enchantress avatar of the Hindu God Vishnu, who helps the good prevail over evil by developing her feminine powers.



7. Odissi - Odissi that originated in the temples of Odisha – an eastern coastal state of India. Odissi, in its history, was performed predominantly by women, and expressed religious stories and spiritual ideas, particularly of Vaishnavism through songs written and composed according to the ragas & talas of Odissi music by ancient poets of the state. Odissi performances have also expressed ideas of other traditions such as those related to Hindu Gods Shiva and Surya, as well as Hindu Goddesses.

