



0879CH12



COMMUNICATING AND EXPRESSING EMOTION

COMMUNICATING THROUGH DANCE

You may recall the various hand gestures you learnt in the previous grades. Each gesture can have a meaning or many meanings and can help you communicate and even tell a story!

Gestures of a single hand are called *asamyuta hastas* and gestures of both hands are called *samyuta hastas*.

Let us take this learning a step further.

The *Abhinaya Darpaṇam* mentions these *hastas* in Sanskrit *shlokas*.

Asamyuta Hasta is a *Shloka* describing 28 single-hand gestures. Additionally, there are 4 more hand gestures.

पताकस्त्रिपताकोऽर्धपताकः कर्तरीमुखः ।
मयुराख्योऽर्धचन्द्रश्च अरालः शुकतुण्डकः ॥१॥

Patākastripatakoardhapatākah kartarimukhah |

Mayurākhyoardhachandraśhcha arālah śukatundakah ||

मुष्टिश्च शिखराख्यश्च कपित्थः कटकामुखः ।
सूची चन्द्रकला पद्मकोशः सर्प शिरस्तथा ।

Muṣṭiśhcha śikharākhyāśhcha kapitthah katakāmukhah |

Suchi chandrakalā padmakōṣhah sarpāshirastatha ||

मृगशीर्षः सिंहमुखः कांगुलश्चालपद्मकः ।
चतुरो भ्रमरश्चैव हंसास्यो हंसपक्षकः ॥

Mrigaśhirṣhah simhamukhah kāngulaśhchalapadmakah |

Chaturō bhramaraśhchaiva hamsāsyo hamsapakśhakah ||

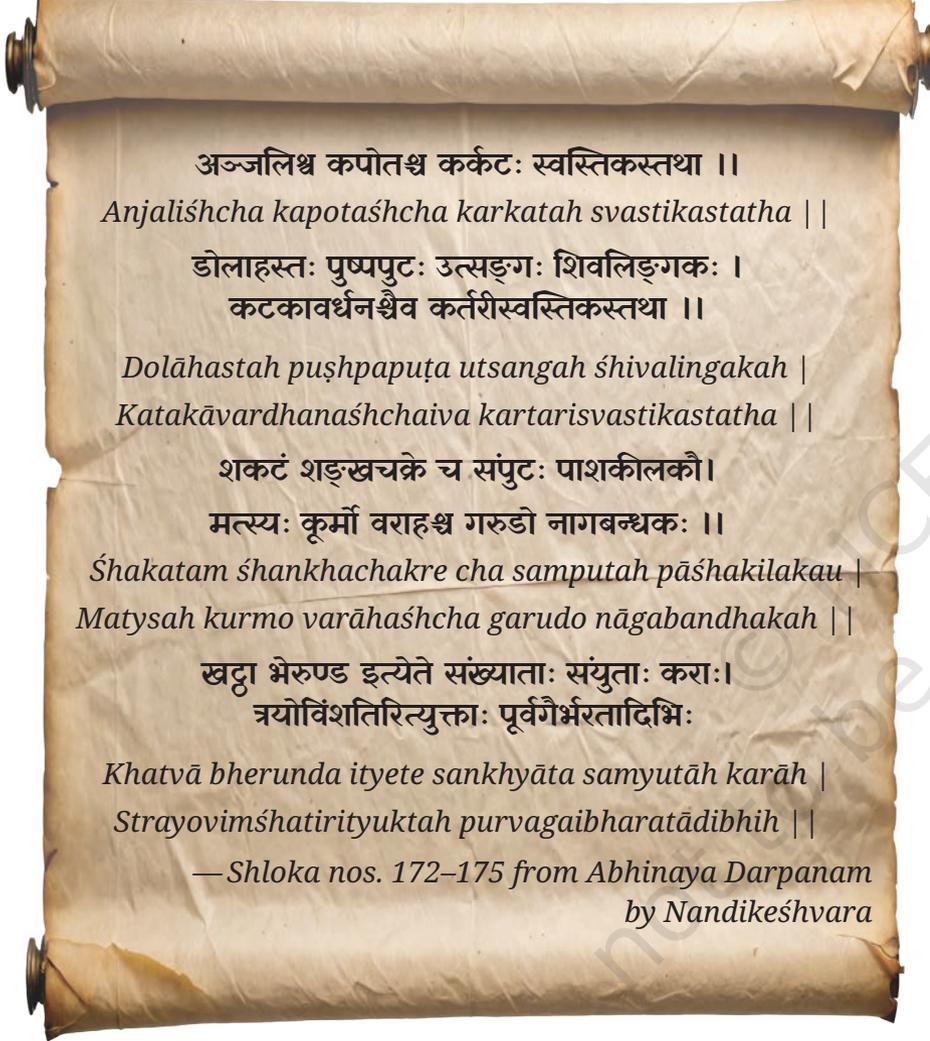
सदंशो मुकुलश्चैव ताम्रचूडस्त्रिशूलकः ।
इत्यसंयुतहस्तानामष्टाविंशतिरीरिता ॥

Śandesho mukulaśhchaiva tāmrachudastrīśhulakah |

Ityasamyutahastānāmaṣṭāvīmśhatiriritā ||

— *Shloka nos. 89–92 from Abhinaya Darpanam
by Nandikeśhvara*

Samyuta Hasta: Shloka describing 23 combined hand gestures. Every word denotes a particular *hasta*.



*You have practised hastas since Grade 6. Refer to all of them.

ACTIVITY 12.1: SPEAKING WITH HANDS

Recite the *hasta shloka* while doing the gestures with your hands. (QR Code)



EXPLORING HASTAS AS A SIGN LANGUAGE



Mohiniattam

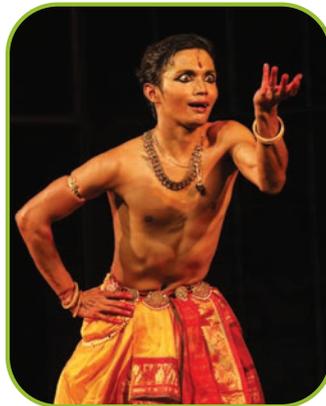
Before there was any language, people communicated using sign language and gestures. Even today, when you watch dances, you will notice how music and dance are used to share thoughts and feelings.

You have learnt that *hastas* can be used for communication. Now, observe around yourself and notice how some people naturally use hand gestures while conversing. Do you recognise those gestures?

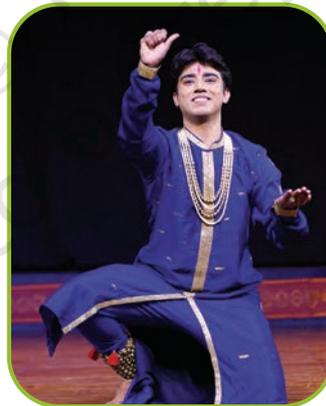
Try to create a sign language using some of the *hastas* that you have learnt and prepare a chart.



Kuchipudi



Bharatanatyam



Kathak

ACTIVITY 12.2: THE LANGUAGE OF SILENCE

(a) In Storytelling

- ❖ Divide the class into 4 groups.
- ❖ Brainstorm a few situations with various characters. Each group will choose a different situation.

For example: A busy road with police officers, cars and pedestrians; a family gearing up to celebrate a festival; a group of friends going camping or playing an outdoor sport; a group of people farming and ploughing land.

- ❖ Use appropriate *hastas* expressions to enact the situation without words, and present it in front of the class.
- ❖ This activity is similar to the mime work done in Theatre, Grade 7 textbook, but here the focus is on making it more stylised and rooted in dance vocabulary.

(b) In Communication

- ❖ Divide yourselves into 4 groups.
- ❖ Brainstorm two sentences that you may use every day, either in class or at home.

- ❖ Enact them using only *hastas* and no voice to see if they communicate the idea clearly.
- ❖ This communication could be added to your sign language chart.



Note to the Teacher: Refer to the *hasta* usage as taught in the previous grades. The teacher should play appropriate music.

ACTIVITY 12.3: WHEN HANDS SPEAK

Can you describe what is being communicated here?
Write in the space given below.



EXPRESSING EMOTIONS THROUGH DANCE

Have you ever wondered why, when you watch an emotional performance, sometimes you also tear up? Or when you watch something beautiful, you cannot stop smiling or feeling happy? It is because the emotion of sadness or joy which is being expressed by the dancer is so powerful, that it touches your heart.

In Grade 7, you have learnt about the resultant experience (*rasa*) of a feeling or emotion (*bhāva*).

Now, it's time to try to express emotions (*bhāva*) through dance. *Bhāva* is the first thought, the instant feeling you get when something happens.

Sometimes, experiencing emotions is healing because our deep emotions find an outlet. Think about that one movie, song or dance performance, that made you feel something strongly. It could be an emotion of patriotism, happiness or even sorrow.

ACTIVITY 12.4: DANCE OF MOTIVATION (UTSĀHA BHĀVA)

Choose a song based on patriotism and choreograph a dance.



Note to the Teacher: Teacher may play appropriate music.

Now, let's focus on your own feelings—your *bhavas*. Remember in Chapter 1, you learnt briefly about how breath can also help in expressing emotions.

Think about what happens when you are scared—you start breathing rapidly with shallow breaths, which causes your body to express fear in many ways, such as perspiration, trembling and loss of facial colour. It is breath that helps in expressing those emotions clearly.



Fear



Trembling



Loss of facial colour

Breath itself can be a powerful form of expression, for example, a heavy exhale or sigh to show disappointment.

In theatre, this same emotion would be expressed differently, whereas in dance it would be more stylised, more deliberate. In dance, the entire body, including facial expressions along with the breath, form a way to express your emotions.

That is the beauty of the arts; while interconnected, each form has its own distinct language and mode of expression.



Nati Dance from Himachal Pradesh



Bhawai Dance from Rajasthan

Moving from the feeling of disappointment to joy—how would dance express it?

For instance, *kolatam* from Tamil Nadu or *dandiya* from Gujarat, express the joy or happiness within, complemented with a smiling face. Even more complex movements of Kuchipudi and Odissi may show you the same joy and happiness!

Dance is one of the best forms of self-expression! If you have to express the eight emotions from everyday life, how would you express them?

ACTIVITY 12.5: DANCE TO EXPRESS THE EIGHT EMOTIONS

Recall a recent moment that made you feel loved, stay with that feeling and share that beautiful feeling with your friends.

This is *rati bhāva* leading to *shringāra rasa*.



Did you laugh a lot at something you watched or read recently? Recreate that situation and make your friends laugh.

This is *hāsa bhāva* leading to *hāsya rasa*.



Everyone has some sad moments in life that we choose not to think about. But select one such incident, express it to a confidante and see if that makes you feel any better.

This is *shoka bhāva* leading to *karuna rasa*.



Anger can be a dangerous emotion, especially when let out on another person. Think about that one thing that angers you and use a dance movement to vent out that anger.

This is *krodha bhāva* leading to *raudra rasa*.



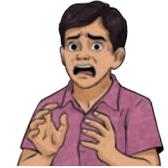
Did you do something that was very brave and required immense courage? Share this moment as a dance with your friends.

This is *utsāha bhāva* leading to *veera rasa*.



If you were scared, how would you react? Enact that fear with expressions and hand gestures.

This is *bhaya bhāva* leading to *bhayānaka rasa*.



Surely something disgusted you recently. What was your instant reaction to that moment? Recreate it.

This is *jugupsa bhāva* leading to *bibhatsa rasa*.



When did you feel and say, “Oh how amazing!”? Grab a friend or a group of friends together to show that amazement and wonder.

This is *vismaya bhāva* leading to *adbhuta rasa*.



Now, collectively look at the concepts we have discussed from Chapter 1—breath, postures, movement of the feet and arms, hand gestures, emotions, and see how you can bring them all together to express *bhavas* in the next activity.

ACTIVITY 12.6: DANCE FROM THE HEART

- ❖ Divide yourselves into two groups.
- ❖ Take turns, one group performs, while the other group observes. Then switch roles.
- ❖ Each group will choose a mood or emotion from the eight emotions that you have learnt.
- ❖ Play a music piece or a song which represents that mood.
- ❖ Then close your eyes and imagine something that makes you feel that emotion.
- ❖ With eyes closed, let your body respond to that emotion naturally.
- ❖ Then open your eyes, discuss with your group how you would like to express the emotion and choose a situation.
- ❖ Create a group dance expressing this situation using expression, hand gestures, postures, movements, breath, etc.
- ❖ Remember to continue feeling what you felt when you had your eyes closed.



Note to the Teacher: The teacher will play appropriate music for various emotions for both activities.

After both groups finish, the teacher should play meditative music and all students should relax, sit down holding the chin *mudra* and breathe, focusing on a feeling of peace and contentment—This is *Nirveda Bhāva* leading to *Shānta Rasa*.

Think about how you felt while doing this activity? Maybe you can use this process when something upsets you?

Think about how you felt while watching this activity? Could you connect to the emotions that were being shown?



Surpanakha

Often times, when you are able to release your feelings, that sense of relief is an experience of emotional healing. When you watch and relate to an emotion which is being shown, you experience empathy.

Dance heals both physically and emotionally. For instance, the head and neck movements (refer to Grade 4 textbook) are used to cure spondylitis, the eye movements (refer to Grade 5 textbook) are used to increase eye power. These are common exercises that are practised daily by dancers.

Dance movement therapy, healing through dance, and dance and wellness are careers in which dance helps in emotional well-being. Psychologists and physiotherapists use movement as a form of therapy.

The performance of *Poothana Moksham* or *Surpanakha* scenes are pleasing to people of varied tastes and diverse expectations.



Poothana Moksham from Kathakali

ACTIVITY 12.7: DANCE CHOREOGRAPHY

Divide yourselves into 4 groups. Choose a song that you have learnt in your music class that touches your heart. Compose and perform the song with all the elements of dance that you have learnt, in front of your class. Each group can take up few lines of the song and then compile the dance together.

ASSESSMENT

CHAPTER 12: DANCE FOR WELL-BEING

CG	C	Learning Outcomes	Teacher	Self
1	1.1	Engages with dance and the arts as a source of emotional well-being, recognising their therapeutic and healing potential.		
1	1.2	Collaborates effectively with peers, contributing ideas and offering support in the process of group dance creation.		
2	2.2	Makes a conscious effort to recite <i>hasta shlokas</i> with corresponding hand gestures, demonstrating coordination and understanding of their meaning.		
2	2.2	Shows interest in exploring the communicative power of <i>hastas</i> as a form of expression and symbolic sign language in dance.		
2	2.2	Feels confident and comfortable expressing emotions (<i>bhāvas</i>) through movement and facial expressions.		

Teacher's Comments and Student's Observations
