

PROGRAM

Introduction to Indian Dance

ARTIST NAME

Gaitrie Subryan



AVAILABLE FORMATS

- Performance
- Single Workshop
- Multi-Session Residency Workshop

GRADE LEVELS

- Pre-K
- K – 2nd
- 3rd – 5th
- 6th – 8th
- 9th – 12th

MAX NUMBER OF PARTICIPANTS

In-Person: **25**
Virtual:

PROGRAM LENGTH 50-90 min

PROGRAM DESCRIPTION

Dive into the vibrant world of Indian dance with our specially designed lesson for students from grades K-12! This engaging and interactive class introduces students to the rich cultural heritage of India through various dance styles, including Bollywood, Folk Dance, and the classical dance form Kathak. Students will learn the basics of rhythm, footwork, hand gestures (mudras), and facial expressions (abhinaya), all integral to Indian dance. The class will explore how storytelling is conveyed through dance, allowing students to express emotions and narratives through movement. The lesson will also incorporate musical elements, using traditional Indian instruments and rhythms, to enhance students' understanding of the cultural context. Students will engage in a fun warm-up session, practice basic steps and movements, and work towards a short choreography that showcases their new skills. This class aims to inspire creativity, enhance cultural awareness, and promote physical fitness, all while having fun and learning something new. No prior dance experience is necessary—just come ready to move and enjoy the magic of Indian dance!

CURRICULUM STANDARDS

This program supports these NYS or Next Generation Learning Standards:

DA.1 (Create): Students will explore and improvise dance movements and patterns inspired by Indian dance traditions, developing their ability to generate and conceptualize artistic ideas and work.

DA.1 (Perform): Through learning traditional Indian dance techniques, students will develop their kinesthetic awareness, spatial awareness, and performance skills

**Contact Arts for Learning WNY for more information.
(716) 881-0917 | info@artsforlearningwny.org**

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EDUCATIONAL OBJECTIVES

The objective of this Indian dance lesson is to introduce students to the rich cultural heritage of Indian dance forms like Bollywood, Folk Dance, and Kathak, emphasizing storytelling and expression through movement. The lesson aims to enhance students' understanding of cultural diversity while developing their rhythmic skills, coordination, and creative expression.

LOGISTICS/EQUIPMENT

Projector, sound system

VOCABULARY

Basic Dance Terminology: Mudra, TatKaar, Bols, Ghunghroo

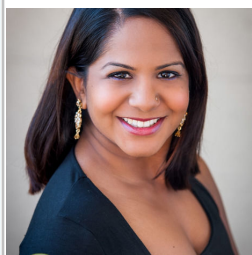
Storytelling and Expressive Terms: Natya, Rasa, Bhava

Musical and Rhythmic Terms: Tabla, Padhant, Sam

Cultural and Traditional Aspects: Guru, Raga, Aarambh

POST-PROGRAM ACTIVITIES & RESOURCES

Have students write or draw in a journal about their experience with Indian dance. They can reflect on what they learned, how they felt while dancing, and what they found most interesting. Engage students in creating traditional Indian dance props, such as anklets (ghunghroo), masks, or costumes. This hands on activity can help them connect more deeply with the cultural aspects of Indian dance.



ARTIST BIO

Gaitrie Subryan is an esteemed figure in the world of dance. She is the Artistic Director and Choreographer of Devi Performing Arts, based in Buffalo, NY. She boasts a multifaceted career as a Choreographer, Performer, Dance Studio Teacher, and Yoga Instructor. Originating from Guyana, South America, and nurtured in The Bronx, Gaitrie's artistic odyssey is deeply intertwined with Indian dance forms, spanning folk dance, Garba, Kathak, Bharatanatyam, Bhangra, and semi-classical dance.

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