



## The gems of Indian Dance Culture

We all know that under the influence of western culture everybody is now inclined towards the western dance forms. The idea of learning a western dance form and showing off the skills in front of your group is more fascinating than learning the art of classical dance.

But when we talk about Indian culture, India's classical dance forms that originated from various social backgrounds top the lists.

Several dance forms have been in practice for a long time now. These various classical dance forms portray the vibrant colours and the beauty of Indian culture. The beauty and grace of [Indian classical dance](#) forms are unbeatable.

Here is a list of four major classical dance forms that have been the gems of Indian dance culture from ages now;



- **Bharatanatyam**: this is the oldest classical dance form. Bharatanatyam includes both dancing and acting and is a combination of emotions, rhythm, music, and expressions. Sense or the state of mind, melody or melodrama and rhythm or the adjustments of time are the three essential elements of Bharatanatyam. The dance form is performed with

sixty-four major principles of coordination of hands, legs, face and the operation of the body. The performer always presents the dance in a seven-part order. The order is in the following manner:

1. **Alarippu**(rhythmic invocation)
  2. **Jatiswaram**(the addition of melody to alarippu)
  3. **Shabdam**(the addition of words)
  4. **Varnam**(all the characters are present in this and it is the most difficult and challenging part of all)
  5. **Padam**(consist of the simplicity of drama)
  6. **Thillana**(the climax)
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- **Kathak**: the word Kathak is derived from the word 'Katha' which means a story. This form of dance is fully dedicated to rhythm and is the purest forms of all. Majority of dance sets of this form portray the divine love of Radha and Krishna and is majorly focused on roaming and footwork. This form is divided into three parts:
    1. **Invocation**: this part includes the honour given to God and the masters through various mudras by the dancer/performer.
    2. **Nritta**: this stage purely includes dance. It starts with the movements of eyebrows, waits, and writs with further increase in speed and energy
    3. **Nritya**: the story, spiritual theme or the message is revealed in this part though slow body movement and meaningful gestures.
  
  - **Kathakali**: associated with the state of Kerala, Kathakali means 'dance-drama' or 'drama of a story'. This dance form is a wonderful mixture of dance, music, and acting. The dance form of Kathakali is performed with hand gestures and favourite poses of the dancer and he/she has to remain silent throughout the performance. In most of the performances, the part of the female protagonist is played by a man. Because the performer has to stay silent and the music used is very slow the use of facial expressions is the only source of communication with the audience. There is no other dance form that uses eyebrows, lower eyelids, and eyes other than Kathakali. Every performance is done with the various combinations of twenty-four mudras (gestures) of Kathakali.
  
  - **Mohiniattam**: Mohiniattam is one of the dance forms which is only performed solely with women. The meaning of Mohiniattam is 'Dance of Sorceress' and the name of this dance

form is derived is the name of Lord Vishnu's female avatar 'Mohini'. This dance form is the most graceful, feminine, and gentle among all.

Other than these dance forms there are four more classical dance forms namely Kuchipudi, Manipuram, Odissi and Sattriya.

If you are looking for the [best Indian classical dancers](#) for your event then you can [book dancers online](#) at [StarClinch](#).