

Class 9 - Arts

Madhurima

Components of Dance

CBSE NOTES

Components of Dance - Practice Worksheet

Strengthen your foundation with key concepts and basic applications.



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Solve the following questions. Write your answers in the space provided.

1. Explain the concept of āṅgika abhinaya in dance. How does it contribute to the overall performance?

Hint: Consider the importance of body language in everyday communication.

2. Define vāchika abhinaya and provide examples of its use in Indian dance forms.

Hint: Think about how words can enhance emotions in storytelling.



Solve the following questions. Write your answers in the space provided.

3. Discuss the role of āhārya abhinaya in enhancing a dance performance.

Hint: Reflect on how costumes and props affect a stage presence.

4. What is sāttvika abhinaya, and how does it impact the emotional expression in dance?

Hint: Consider how actors use facial expressions to convey feelings in movies.



Solve the following questions. Write your answers in the space provided.

5. Explain the significance of rhythm (tāla) in dance and provide examples of its application.

Hint: Think about how musicians stay in sync with a beat.

6. Illustrate the differences between nṛitta and nṛitya in dance. Provide examples of each.

Hint: Consider how different styles of performance may tell stories or showcase skill.



Solve the following questions. Write your answers in the space provided.

7. Discuss how body posture and alignment (saṁsthāva) influences a dancer's performance.

Hint: Think about how athletes use technique to improve performance.

8. What are the primary elements of rekhā in dance, and how do they contribute to a performance?

Hint: Consider how drawing shapes can change the perception of a dance.



Solve the following questions. Write your answers in the space provided.

9. Describe the impact of cultural elements in the various Indian dance forms. Provide examples.

Hint: Think about how different cultural backgrounds influence art.



Check your answers with the solutions below.

1. Explain the concept of āṅgika abhinaya in dance. How does it contribute to the overall performance?

Solution: Āṅgika abhinaya refers to the use of body gestures and movements in dance to express emotions and narratives. It plays a crucial role by visually conveying the dancer's intentions to the audience, enhancing the storytelling aspect of a performance. For example, hand movements can depict actions like greeting or expressing emotions. The clarity and precision of these gestures help create a compelling visual narrative. This form of expression works in conjunction with other forms of abhinaya, such as vāchika (verbal communication), to create a richer performance.

2. Define vāchika abhinaya and provide examples of its use in Indian dance forms.

Solution: Vāchika abhinaya refers to the use of spoken or sung words along with music and rhythm in dance performances. This provides a verbal layer that complements the visual elements. For instance, in Kathak, dancers may recite poetry while performing, thus adding depth to the interpretation. This combination of verbal and physical expression enhances the storytelling, making performances more relatable and engaging for the audience.

3. Discuss the role of āhārya abhinaya in enhancing a dance performance.

Solution: Āhārya abhinaya includes costumes, jewelry, make-up, and props that help define the character and mood of a dance performance. For example, in Bharatanatyam, elaborate costumes and jewelry reflect tradition and enhance visual appeal. The choice of colors and styles communicates cultural significance, while props may symbolize themes or aid in storytelling. This dimension of dance helps the audience understand the context and enhances their overall experience.



Check your answers with the solutions below.

4. What is sāttvika abhinaya, and how does it impact the emotional expression in dance?

Solution: Sāttvika abhinaya involves the expression of emotions through facial expressions, body language, and a dancer's mental state. It is essential in conveying deeper feelings such as joy, sorrow, or anger. For instance, the use of subtle expressions can evoke empathy and connection from the audience. This form is critical in dance because it transforms a performance from mere movement into a heartfelt expression of human experience, enhancing the rōḍa (aesthetic experience).

5. Explain the significance of rhythm (tāla) in dance and provide examples of its application.

Solution: Rhythm, or tāla, is fundamental in dance as it dictates the timing and flow of movements. In Indian dance, various tālas have specific beats, such as Teentaal (16 beats) or Jhaptal (10 beats), which guide dancers in their choreography. Precise coordination with rhythm ensures that movements are synchronized with the music, enhancing the performance's overall impact and expressiveness. Dancers might vary their movements according to the tempo, engaging the audience with dynamic displays.

6. Illustrate the differences between nṛitta and nṛitya in dance. Provide examples of each.

Solution: Nṛitta is pure dance focusing on abstract movements and patterns, without a narrative. For example, classical solos might display intricate footwork and choreography without telling a story. In contrast, nṛitya combines dance with expressive storytelling, often employing abhinaya to convey a message or emotion. An example would be a narrative piece in Kathak that depicts a mythological story through facial expressions and hand gestures. Understanding this difference is crucial for appreciating the various approaches in dance.



Check your answers with the solutions below.

7. Discuss how body posture and alignment (saṁsthāva) influences a dancer's performance.

Solution: Proper body posture and alignment, known as saṁsthāva, are vital for executing movements gracefully and safely. Correct alignment helps maintain balance and control, reducing the risk of injury while allowing the dancer to express emotions more effectively. For example, a dancer with aligned posture can project confidence and fluidity in movements. Exercises focusing on alignment help dancers develop better body awareness and enhance their overall performance quality.

8. What are the primary elements of rekhā in dance, and how do they contribute to a performance?

Solution: Rekhā refers to the lines and shapes created by the dancer's body during movement. These elements contribute to the visual aesthetic of a performance, helping create beautiful patterns and forms that engage the audience. For instance, a dancer tracing a diagonal line with their arms can create a dynamic visual effect that captures attention. The careful consideration of rekhā enriches the choreography and adds an artistic dimension that elevates the overall experience.

9. Describe the impact of cultural elements in the various Indian dance forms. Provide examples.

Solution: Cultural elements in Indian dance forms significantly impact their themes, styles, and expressions. Different regions showcase distinct traditions, costumes, and musical styles, reflecting the diversity of Indian culture. For example, Kathak embodies North Indian storytelling with its intricate footwork, while Bharatanatyam incorporates South Indian temple traditions with its expressive gestures. By integrating local folklore and history, these dances not only entertain but also preserve and share cultural heritage.



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