

Class 9 - Arts

Madhurima

Components of Dance

CBSE NOTES

Components of Dance - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Define Abhinaya with examples.

Abhinaya is the art of expression in dance, consisting of four types: āṅgika (body gestures), vāchika (speech/vocals), āhārya (costumes/makeup), and sāttvika (emotions).

2. Explain Sauṣṭhava (Body Alignment).

Sauṣṭhava is the correct body posture essential for balance. It ensures the dancer maintains a center of gravity, preventing injuries and enhancing movement clarity.

3. Contrast Nṛitta and Nṛitya.

Nṛitta refers to pure dance movements, while Nṛitya combines nṛitta with expressive elements, storytelling, and emotional depth, enhancing narrative quality.

4. Identify the four types of Abhinaya.

The four types are āṅgika (body gestures), vāchika (verbal), āhārya (appearance), and sāttvika (inner emotions). Each plays a vital role in conveying the story in dance.

5. Define Tāla (Rhythm) and Laya (Tempo).

Tāla is the rhythmic cycle in dance, while laya refers to tempo. Both are crucial for structuring the performance and creating dynamic movement.



6. Explore the concept of Rasa.

Rasa is the essence or mood conveyed in performance. It includes nine emotional states, such as love (śṛṅgāra) and anger (raudra), enhancing connection with the audience.

7. What is Rekhā in dance?

Rekhā refers to the lines created by the body during movements. Clear rekhā adds aesthetic quality, defining the dancer's shape and enhancing visual appeal.

8. Role of Vāchika Abhinaya.

Vāchika involves spoken or sung words and musical elements that complement the dance. It enhances storytelling and emotions in performance.

9. Discuss Āhārya Abhinaya.

This form uses costumes and props to establish character. Effective āhārya transforms the dancer into the character they portray, enhancing storytelling.

10. What is Sāttvika Abhinaya?

Sāttvika involves expressing deep emotions through facial expressions and body language, allowing the audience to connect intimately with the dancer's feelings.



11. Explain Chaturvidha Abhinaya.

Chaturvidha Abhinaya encompasses the four types of expression: āṅgika, vāchika, āhārya, and sāttvika, working together to convey the narrative in dance.

12. Define Dynamics in Dance.

Dynamics refer to the variation in energy and movement quality, including speed and force. They add excitement and interest to the performance.

13. Explore Body Movement Classes.

Dance movements can be classified into body postures (sthāna), dynamic lower-limb movements (chārī and gati), with jumps and spins (utplavana and bhramarī) for richness.

14. Importance of Warm-up.

Warming up is crucial for preventing injuries and enhancing muscle flexibility and readiness for complex dance movements.

15. Identify regional dance forms.

Various Indian regional dance forms, like Bharatanatyam, Kathak, and Odissi, showcase cultural richness and diversity, often incorporating local stories and themes.



16. Discuss the significance of teamwork.

Collaboration in dance enhances creativity. It helps students learn the importance of working together to produce cohesive performances.

17. Utilize Journalling for Reflection.

Journaling helps document and reflect on learning experiences and performances, fostering deeper understanding and personal growth in dance.

18. Explore Dance in Cinema.

Dance in films often draws from classical forms, harmoniously blending tradition with contemporary storytelling, enriching Indian cinema.

19. Research notable dance personalities.

Studying influential figures in dance raises awareness of their contributions, inspiring students to appreciate diverse dance styles and their histories.

20. Celebrating Dance Diversity.

Recognizing the variety in dance shows the interconnections within cultural expressions, helping students appreciate global influences and narratives.



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