

KALA VISHWA

THE WORLD OF ARTS



Cover design by Sahana,
Abhyasa Batch

A QUARTERLY MAGAZINE
BY BHARATHI NATYA KENDRA

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BHARATHI NATYA KENDRA

EDITOR'S NOTE

It gives me immense pleasure in releasing the first issue of our magazine "Kala Vishwa". This is a quarterly magazine from "Bharathi Natya Kendra". The purpose of this magazine is to give students a platform to explore their creativity. For teachers and parents, it helps them understand the thought process and forms of expression of the students.

Kala Vishwa aims at spreading awareness about various art forms and experience them without any preconceived notions. It is a sneak-peek into the world of arts from the perspective of young minds.

In every issue, we will be introducing a young and upcoming artist and highlighting his/her works.

Come, Let's dive deep into the ocean of arts !!

*Yours truly,
Varsha Radhakrishnan
Bharathi Natya Kendra*

Do write to us your feedback at natyam.varsha@bharathinatyakendra.com



BHARATHI NATYA KENDRA

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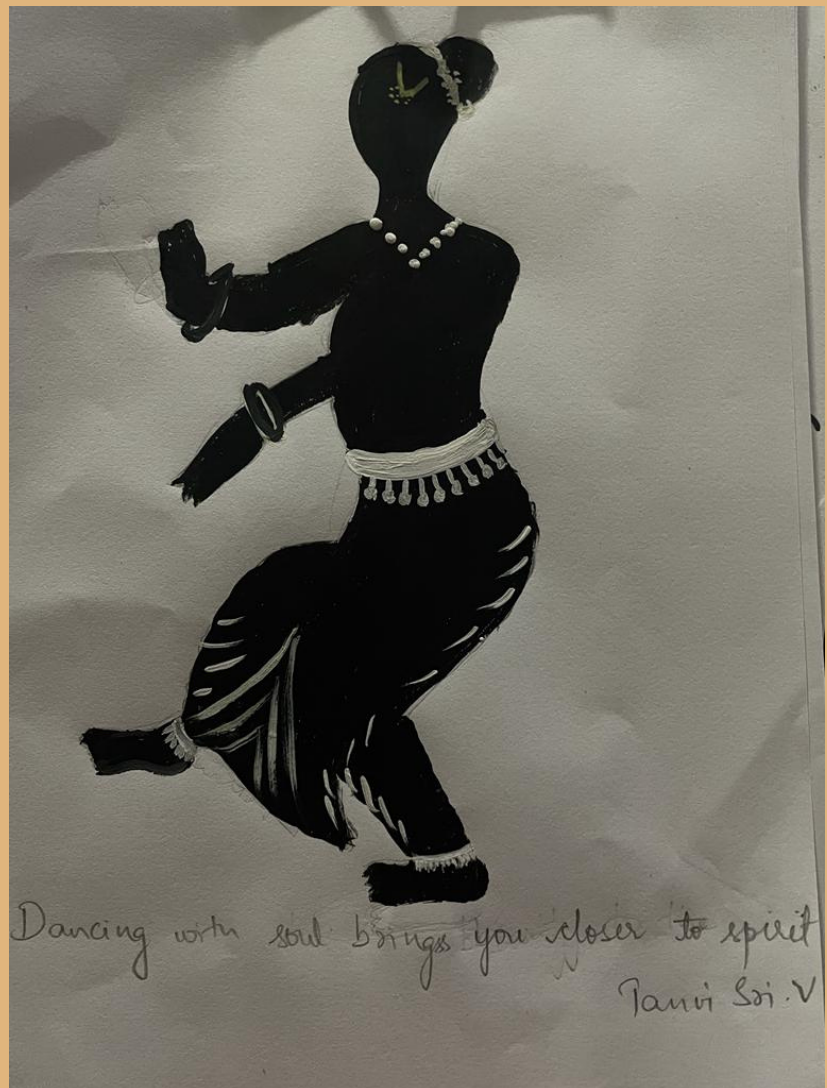
Bharatanatyam - A medium of expression

Bharatanatyam is a language that let's you express your inner creative urge. It is a continuously evolving art form with its roots steeped in tradition.

The most fascinating thing about Bharatanatyam is its close connection to music, iconography and literature. Most common ideas depicted in this art form are based on Hindu Mythology.

Nataraja Pose

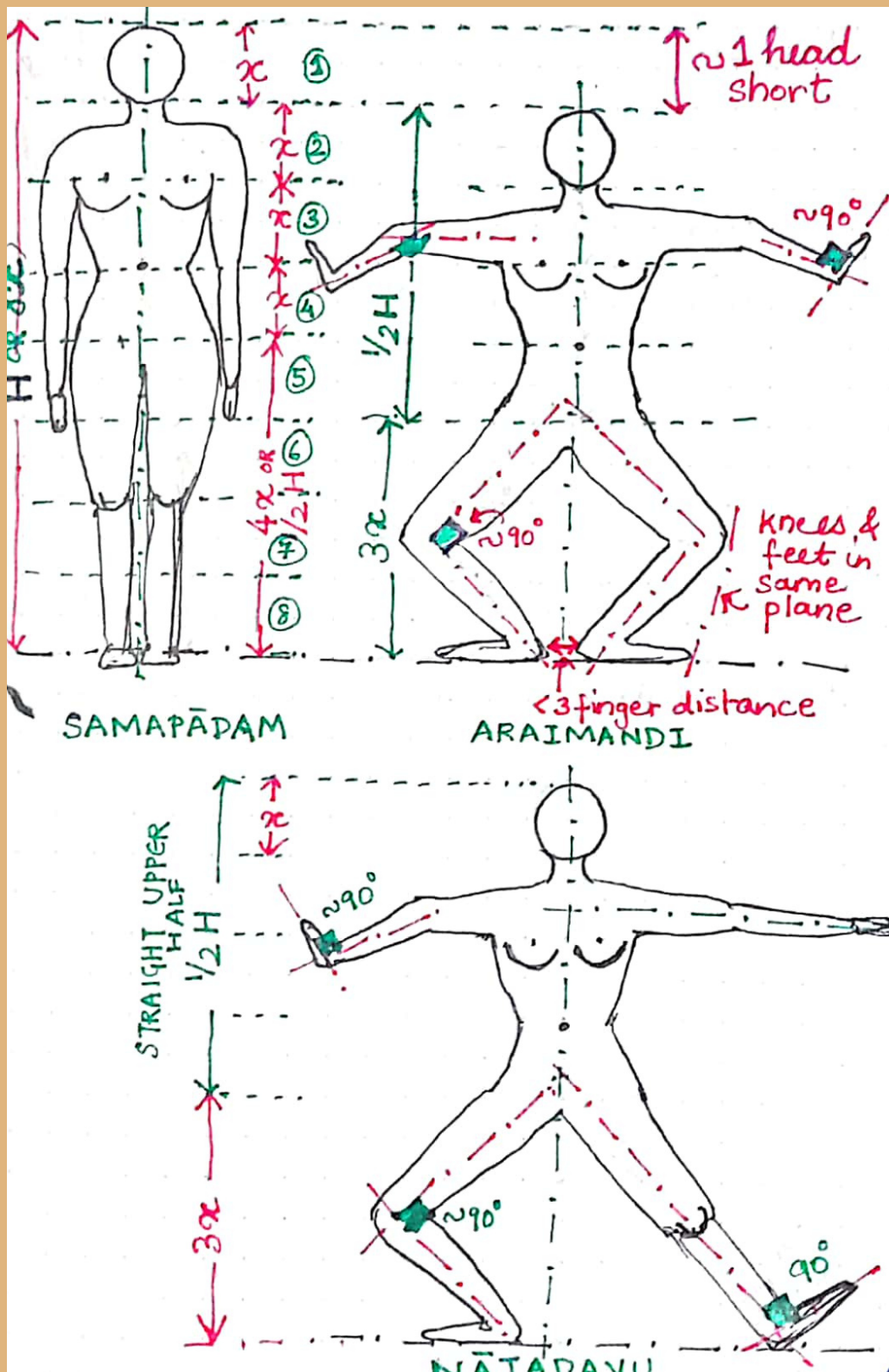
The famous Nataraja pose is the favourite of every dancer. The symbolism behind this is very interesting. The right hand is the abhaya hastha, the gesture to remove fear. Shiva's left hand pointing to the foot signifies refuge for the troubled soul. The right foot is trampling apasmara purusha(Illusion)



Dancing with soul brings you closer to spirit. -
Tanvi Sri. V, Kriya Batch

Stances and Alignment in Bharatanatyam

The three main stances in Bharathanatyam are - *Samapaadham*, *araimandi* and *muzhumandi*. With these stances as the base, the other positions and *adavus*(steps) are built upon. Being aware of the body alignment, while dancing helps the dancer to perform better and prevents injuries. Janani Suresh, an architect by profession and a Bharathanatyam student(BNK) expresses her understanding with these diagrams.



Bharatanatyam Styles or Banis

Bani in Bharathanatyam is the legacy that is passed down through the *guru-shishya parampara*. It is the way in which the content and form is taught in a given school. It is usually named after the place of origin.

The major older banis or styles in Bharathanatyam are

- Melattur
- Pandanallur
- Vazhuvoor

Later with much stylisation, the other banis evolved.

- Kalakshetra
- Mysore
- Tanjore

Every *bani* has its own characteristic features.

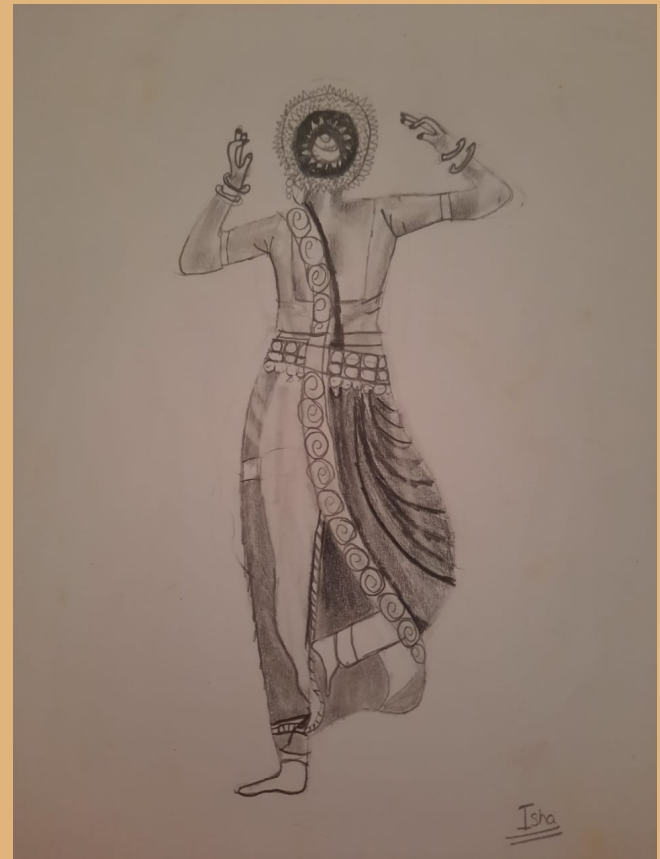


Keshashree, Sowkhyam Batch

Grace of a Dancer

What makes a seasoned artiste different from an amateur?

It is the element of grace that is not quantifiable. The finesse with which each movement is executed makes the difference. This comes with years and years of meticulous practice.



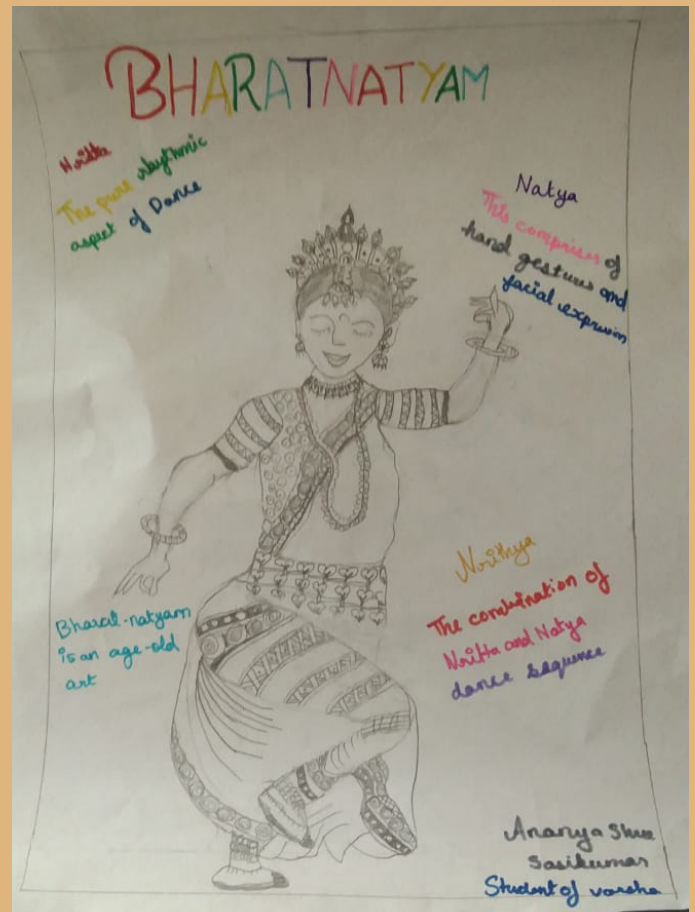
Isha, Tapasya Batch

Main Components in Bharathanatyam

NRITTA - The pure dance component which is abstract and creates patterns in space.

NRITHYA - The interpretative component where the dancers mime for the song that is being sung.

NATYA - The component that represents dramaturgy involving speech, dance and music.



Ananyashree, Kriya Batch

The amount of quality practice that one puts in is what defines the artistry.

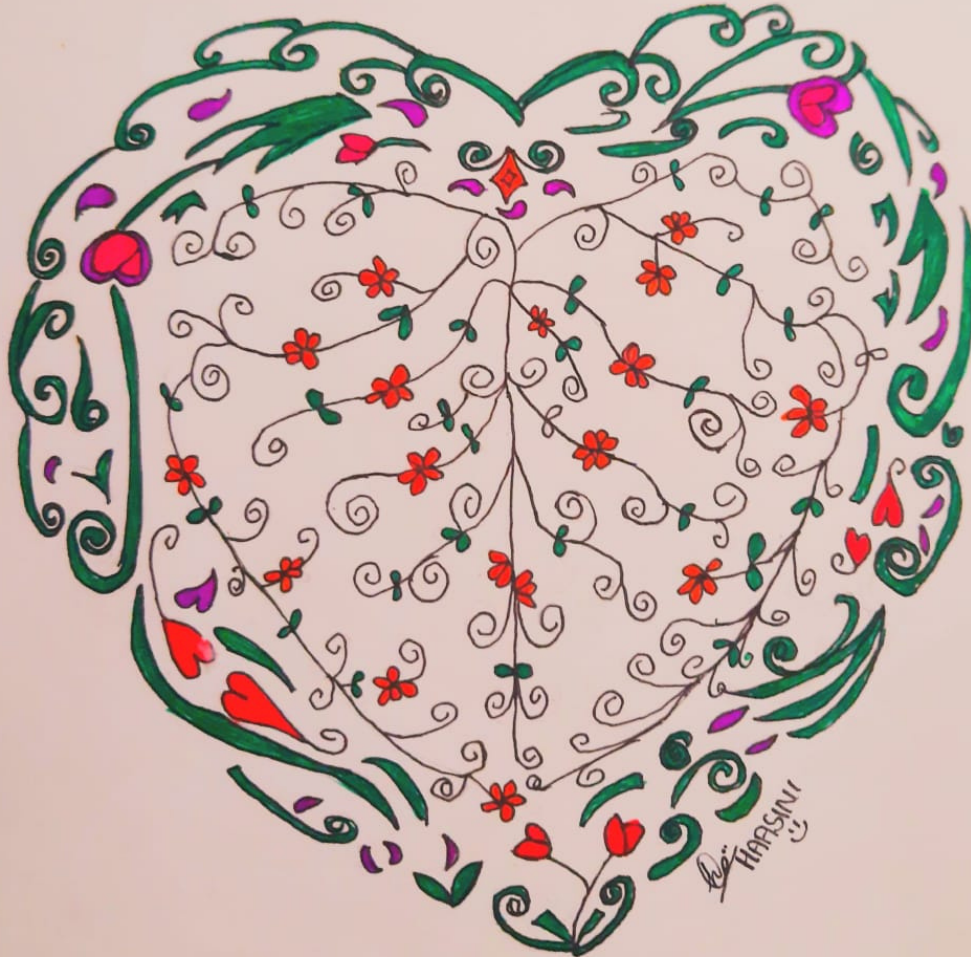
Internalizing the nuances and actually soaking into the artform is what makes you dance with joy and abandon.



Chiara, Sowkhyam Batch

Why do we dance ?

Dance to express not to Impress



Dance helps us give a form to our innermost creative content. It helps us become more aware of our body, mind and soul. More importantly, it helps us share our experience of dancing with others. It is important to make the audience a part of the communication. "Dance to express not to impress".

Music and Its Varied forms

By Roshini, Abhyasa Batch

MUSIC

There are different types of music which different type of people like. And some of them I will be discussing in this page will be:

Country Music

Carnatic Music

Folk Music

Jazz Music



Country music- Country is a genre of popular music that originated in the rural southern U.S. It is a mixture of ballads and dance tunes played characteristically on fiddle, banjo, guitar, and pedal steel guitar.

EG OF COMPOSERS: Jhonny Cash, Willie Nelson

Carnatic Music- Carnatic music is a form of INDIAN CLASSICAL MUSIC with origins in Southern India. Lyrics in Carnatic music are largely devotional; Most of the songs are addressed to the Hindu deities.

EG OF COMPOSERS: Tyagaraja, Muthuswami Dikshitar

Music and Its Varied forms

By Roshini, Abhyasa Batch

Folk Music- Folk music is a genre that includes traditional folk music and the contemporary genre that evolved from the former during 20th century folk revival. Contemporary folk music is acoustic instruments and meaningful lyrics.

EG OF COMPOSERS: Pete Seeger, Alan Lomax

Jazz Music- Jazz is a genre that originates in the African-American communities of New Orleans, Louisiana, United states, in the late 19th and early 20th centuries. Jazz has all the other elements that other music has: It has melody; That's the tune of the song, the part where you are most likely to remember.

EG OF COMPOSER: Duke Ellington, Miles Davis

U	E	R	O	F	X	H	D	W	E	R	V
A	B	Y	R	T	N	U	O	C	W	Y	T
C	M	O	C	B	M	C	L	F	L	N	E
L	M	Z	M	E	F	E	J	X	C	C	R
A	L	L	A	A	G	K	Q	R	H	F	Y
G	J	F	X	P	W	A	E	W	R	U	V
D	X	U	C	R	Y	Z	E	H	N	E	D
W	T	O	V	Z	F	C	M	Y	F	M	L
L	Q	C	I	T	A	N	R	A	C	F	R
R	X	Y	D	B	B	L	Y	J	J	A	G
V	K	I	W	N	D	A	F	O	L	K	M
J	A	Z	Z	E	L	G	B	W	E	L	L

FIND THESE WORDS

FOLK

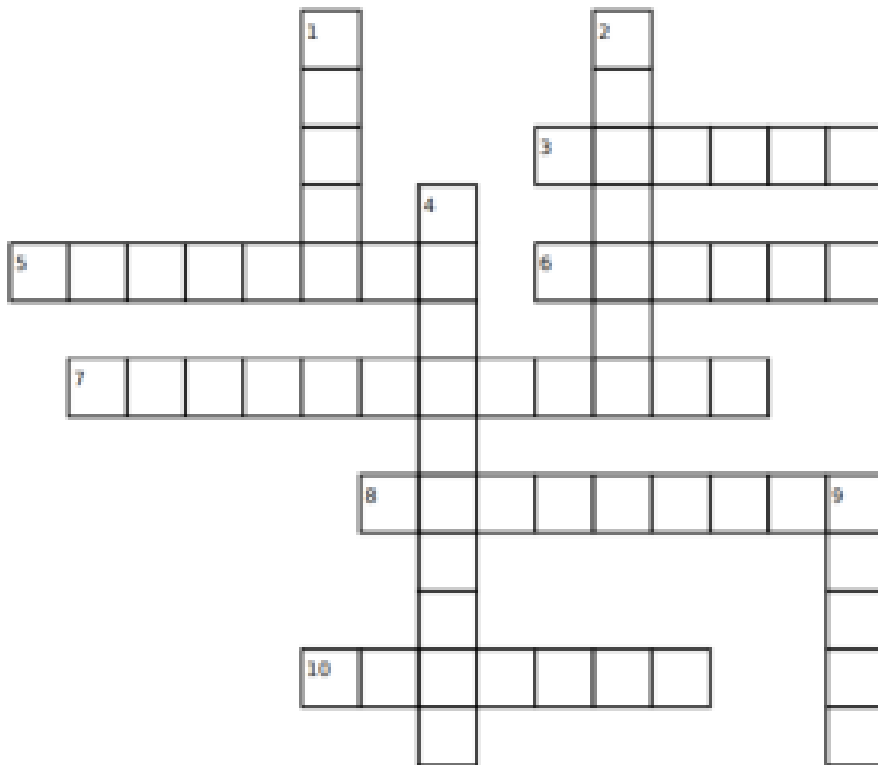
CARNATIC

JAZZ

COUNTRY

CROSSWORD

By Pooja Sarangan, Saathvikam Batch



down	across
1. stringed instrument and is a sangeetha vadhya	3. classical dance form from the north involving cultural elements from Hinduism and islam
2. was given the responsibility to enact natya veda	5. nine categories of emotions
4. patterns of jathis set to music as an item	6. a path or a course followed during a performance
9. is the synchronization of legs, hands, walking movement and hand gesture	7. movement of the head
	8. single handed gestures
	10. musical pitch

Check for answers in page



INTERVIEW WITH VINITHA JAYAHARAN

BY AISHWARYA , SAATHVIKAM BATCH

Vinitha Jayaharan is a budding star in the firmament of Bharatanatyam. She tiptoed into this world of traditional art form at the tender age of five. Sri Venkata Narayanan and his son, Sri Sankara Narayanan of Tirunelveli Junction introduced her to the basics of Bharatanatyam. She continued learning Dance from the efficient and enterprising tutelage of Nellai Pugazh Smt.Indra Krishnamurthy. Vinitha learnt the fine nuances of Bharatanatyam during her years of rigorous practice under the guidance of Smt.Indira Krishnamurthy. The various prizes won by Vinitha in various competitions bear witness to the fire in her. Her bag of Prizes included the many prizes won by her in inter-collegiate competitions. The winning of the prestigious Best Dancer title of the Manonmaniam Sundaranar University was the zenith of achievements for this fine danseuse with twinkling toes, expressive eyes and graceful movements. The love for dance is a lifelong affair for Vinitha.

When did you start your dancing career ?

“I started learning dance at the age of 5 from Sri Venkata Narayanan and learnt all my basics from him. Later I learnt Vazhuvoor bani of Dance from Smt. Indra Krishnamurthy from 1991-2003. She made me realise my interest in dancing.”

When was your first performance on stage and how was it ?

“My first performance on stage was when I was 11 years old at my cousin’s wedding event. I was very thrilled and excited and after that performance I never had any stage fear.”

How did you feel when your teacher said that you were going to do your Arangetram ?

“Initially I had no confidence in dance but with my Mother’s and Guru’s support I was able to perform my Arangetram. My guru’s daughter - Jayamangala - had composed and choreographed a Thillana and I had the honour of performing that Thillana on my Arangetram.”

You have not only learnt dance but have also learnt to play the Veena, was it anyhow helpful in your dancing career ?

“Yes, It was. I had learnt the basics of Veena from Sri Subramanian. From learning how to play the Veena I got a strong hold on my Taalam and I even got a basic knowledge on Music.”

Why did you decide to start teaching after this long break ?

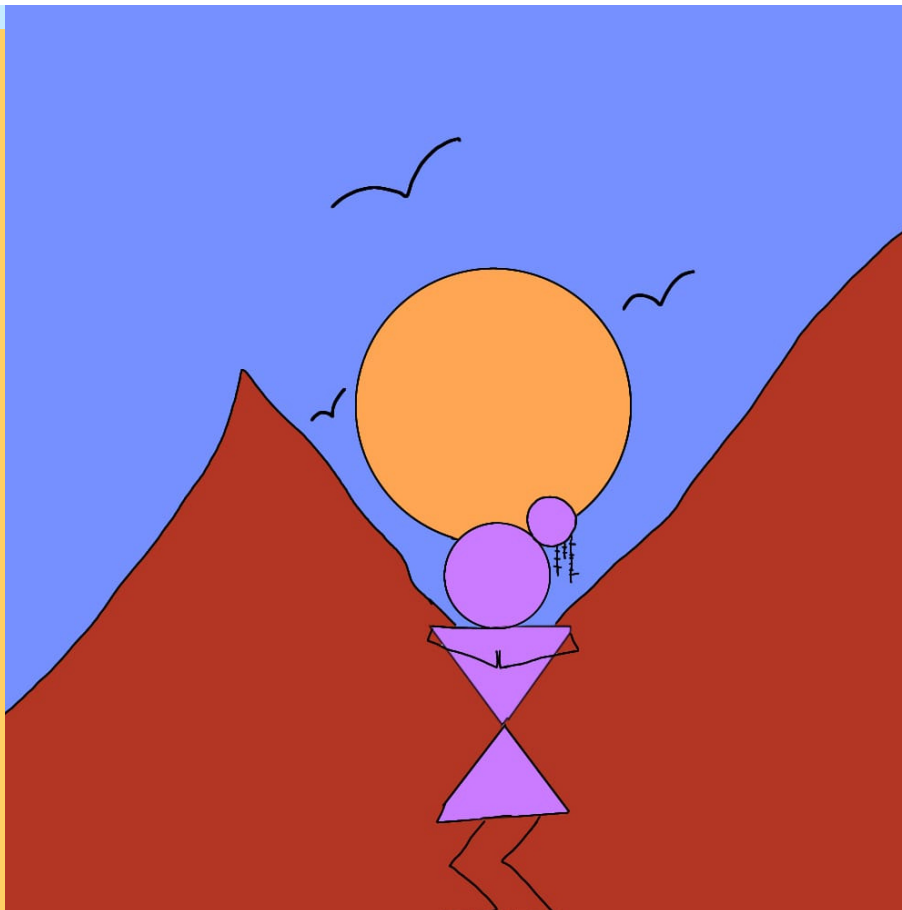
“Because of my passion in dance I wanted to pursue it as a career. My present dance teacher Smt Savitri Vijaykumar gave me the confidence to start my classes. ”

Does teaching help a performer evolve or is it the other way round ? “Performing definitely helps a teacher evolve. You should never think that you have learnt 100 percent, there is always room for improvement. Every performance feels like you are performing for the first time, it is like a mirror. It helps you realise your own mistakes and you will improve.”

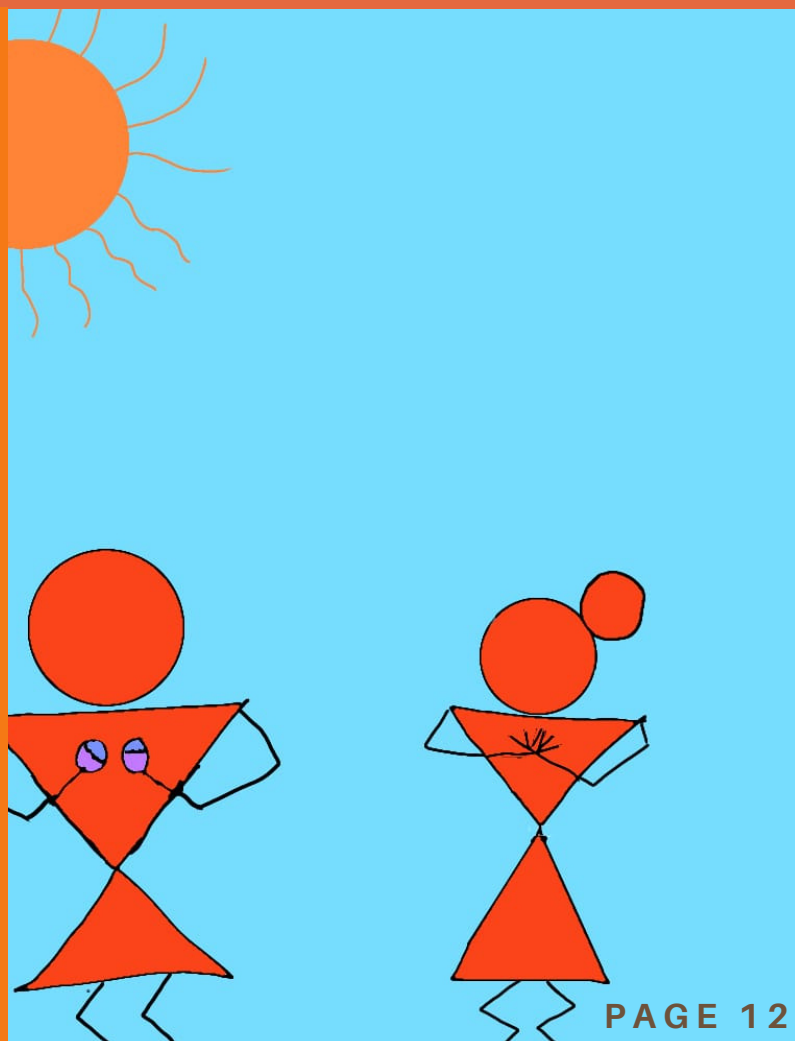
Can we expect more performances from you in the coming year ? “Maybe. We should always expect the unexpected. There is no end for any artist and for artist’s age is just a number. I am planning for more performances.”

Warli is a traditional folk artform that depicts everyday scenes from life.

Warli Art in Digital Medium by Avantika Sumil, Kriya Batch



Warli Art



Doodling and Sketching are forms of expression for many children. As they grow older, they stop expressing this way.

MITHRASHREE, KRIYA BATCH



SKETCH CORNER

Pencil Sketching enhances creativity and improves focus.

Nandhini, Tapasya Batch



More Pencil Sketches



Ananya, Abhyasa Batch



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Janani, Tapasya Batch

PAGE 14

Poetry Corner

BY ANIKA, KRIYA BATCH

My Mother, My Angel

You are a feather so light
You make our world so colourful and bright
You fill our hearts
With courage and faith
You sing us a song
As we on your lap lay
You are a brave soldier
A warrior, a knight
You make us fly
Like a free kite...

We love you mothers !



Meet the Artiste - Shrehan

Shrehan started sketching at an early age of 4. Initially he used to draw his favourite cartoon characters.

He realised his true passion during the lockdown phase. Drawing and sketching worked as a therapy for him as he would spend hours together with his art.

He usually likes making realistic and 3D illusion art drawings for which he uses YouTube as a guidance

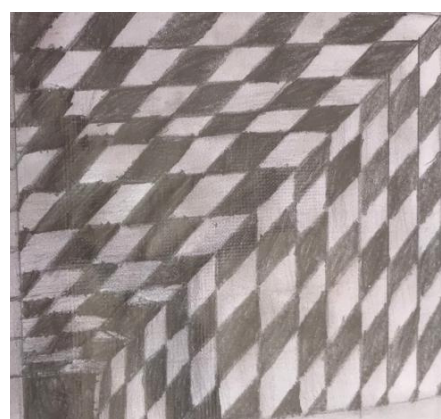
Nowadays he is spending his time sketching cars for which he takes inspiration from real life car models.

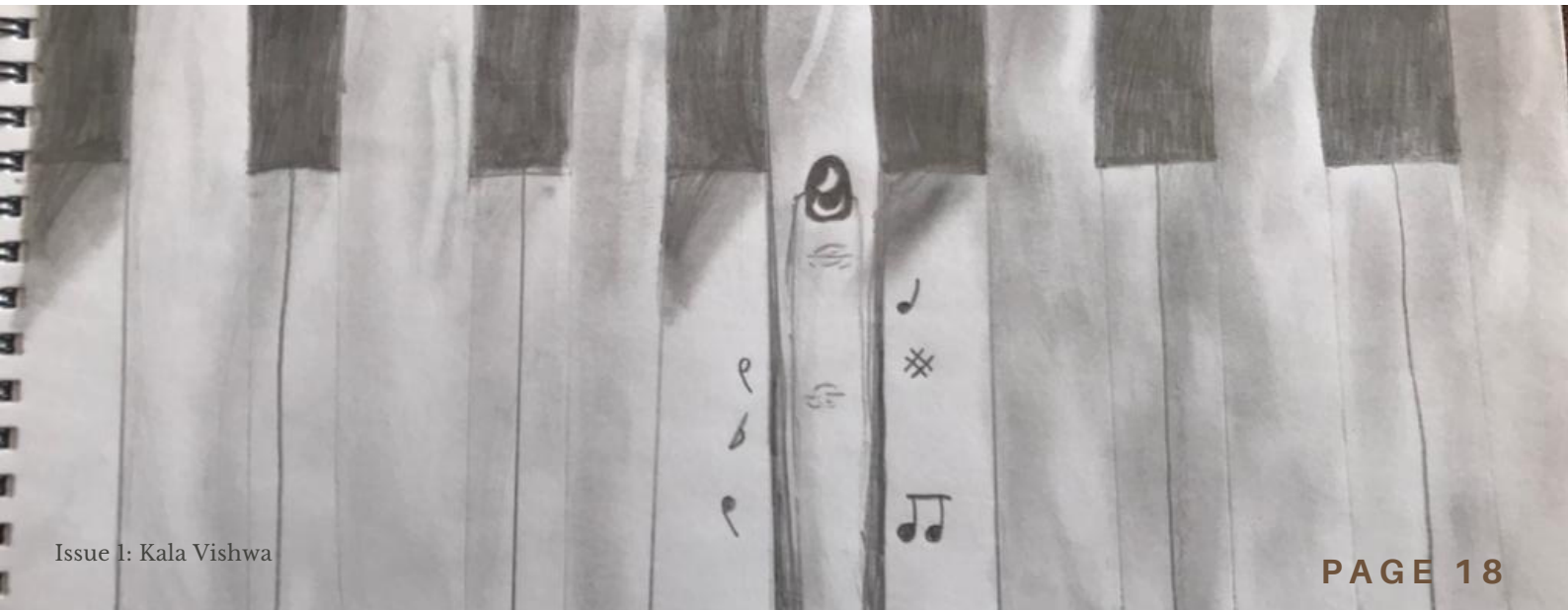
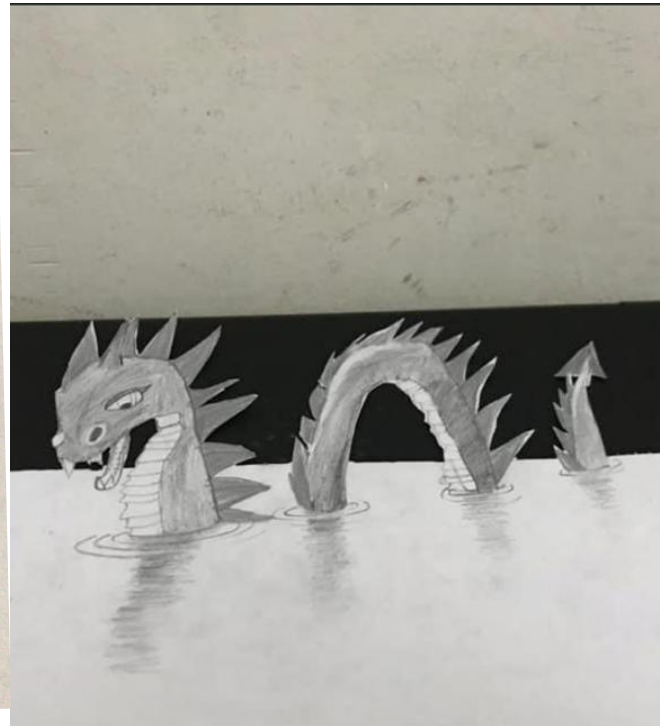
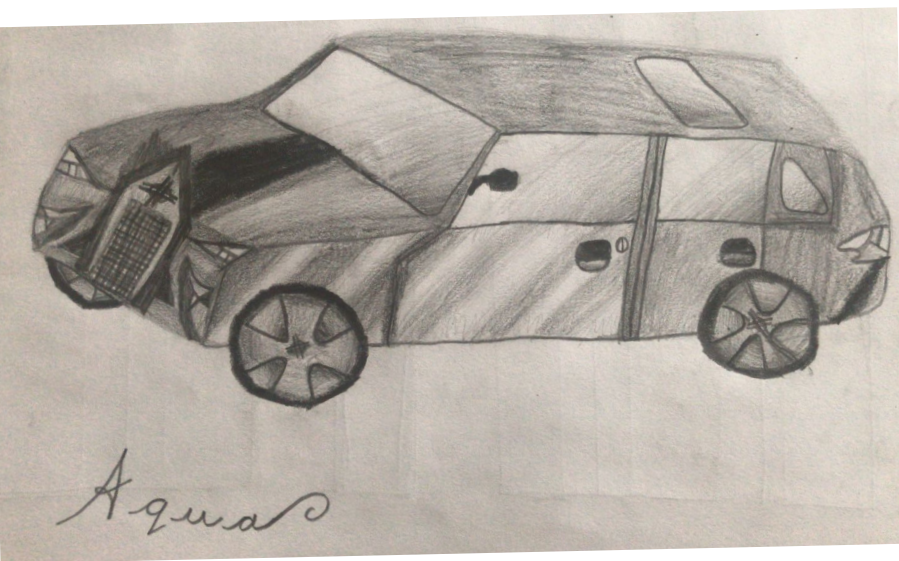
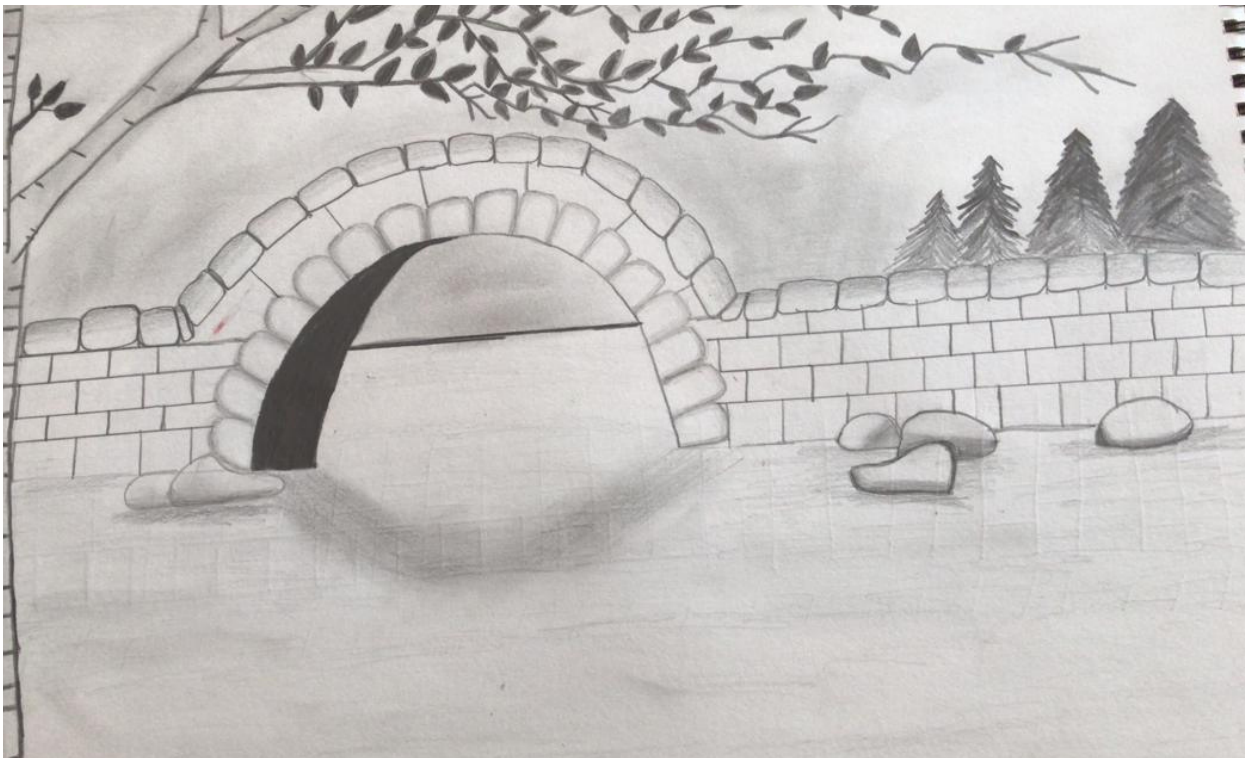
All the Best to this young champ !!



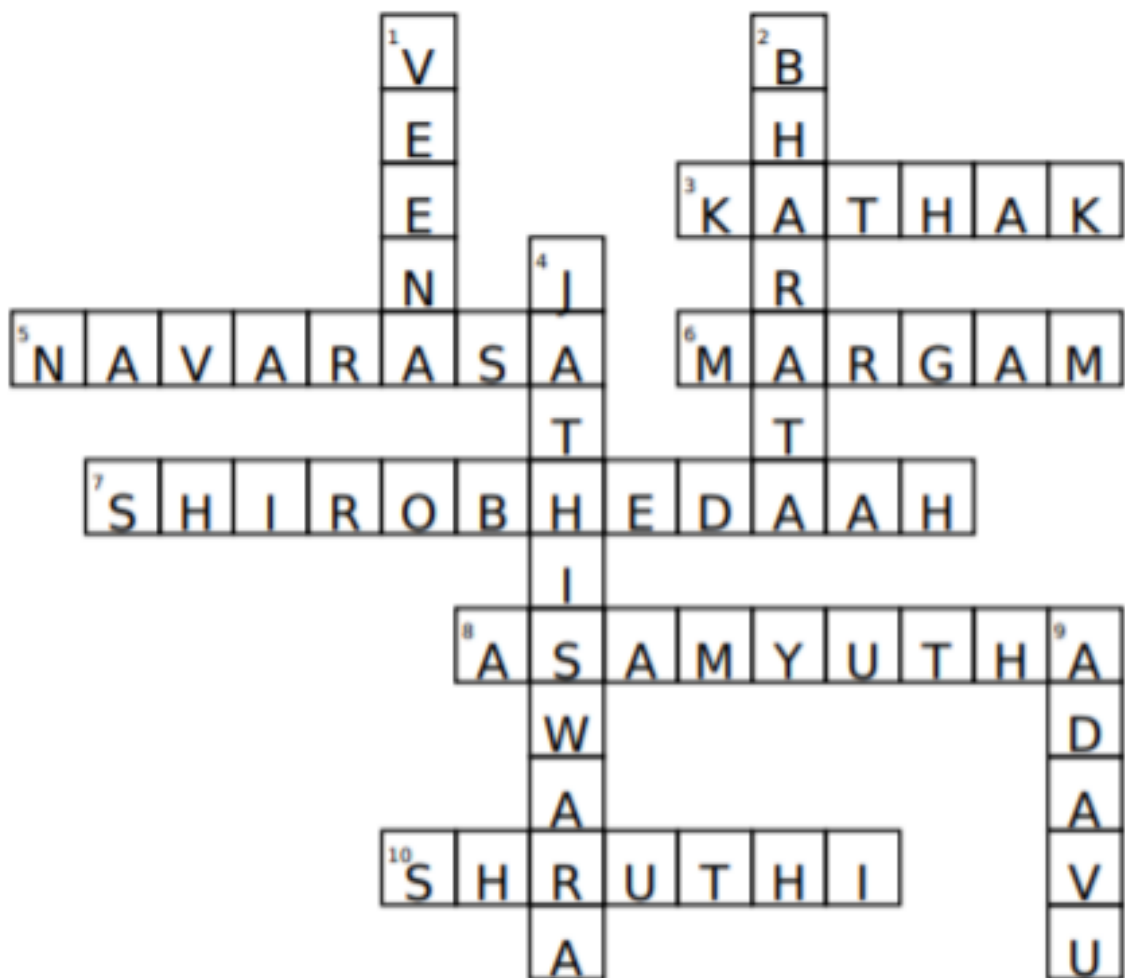


Shrehan's work





Crossword Answers



Aaron and Anya

BY AVANTHIKA ARVIND

Aaron was walking through an alleyway when he suddenly saw a wanted poster



This person must be really loved if people put wanted posters for him



Done!!



Dear friend Anya, look at what I will show you!



What is it?



Look!



Because everyone wants to learn Bharatanatyam



You Idiot!! A wanted poster is only for a criminal!



Oh



Fine. Now just throw that away.



Okay



And make a new one with you instead

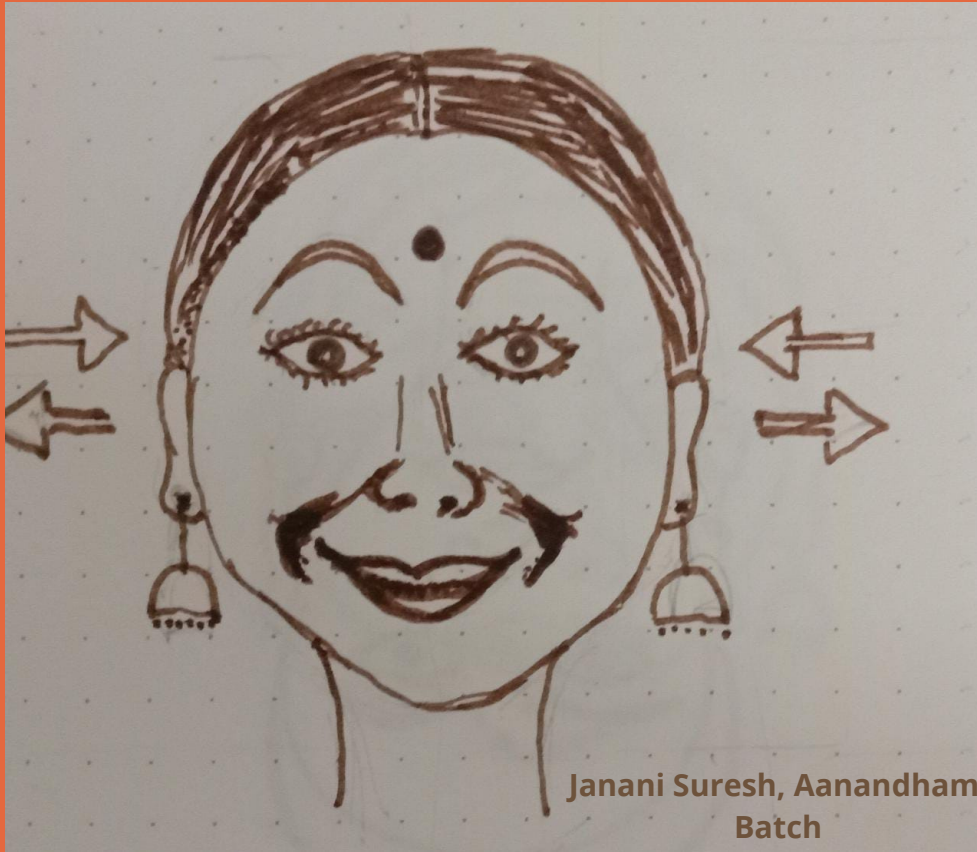


Moral: A wanted poster is only for a criminal



Online Word Search

By Suchitha, Kriya Batch



Bharatanatyam

S	A	A	Y	A	K	A	N	A	Y	A	H	B	N
A	A	A	Y	A	A	A	A	R	T	A	S	A	T
N	T	B	I	B	R	H	A	A	V	N	A	A	A
U	H	K	S	D	H	U	V	R	I	A	T	A	B
R	A	A	I	S	D	I	A	N	R	H	N	A	R
A	H	I	S	R	A	A	B	A	A	Y	V	D	T
K	A	B	A	H	B	R	B	A	A	A	N	B	A
Y	U	S	H	A	N	T	A	V	S	A	H	H	U
A	A	V	D	A	A	N	A	A	A	T	R	U	R
T	A	V	A	A	H	H	A	A	H	A	A	T	H
K	I	S	S	A	B	S	B	B	B	A	A	H	B
V	N	R	I	A	A	A	U	A	A	A	I	A	T
A	H	A	S	Y	A	A	A	A	I	S	H	A	A
V	B	A	H	A	B	S	H	I	N	G	A	R	A

RAUDRA
BHIBASTA
HASYA
SHANTA
VIRA
SHINGARA
KARUNA
BHAVA
ADBHUTHA
BHAYANAKA

Play this puzzle online at : <https://thewordsearch.com/puzzle/3109025/>

Bharatanatyam Word Search

The nine emotions in Bharatanatyam.

 thewordsearch.com

Janani, Tapasya Batch

Did You Know?



1. Malcolm Gladwell invented this rule saying " If you put in X hours of practice, you will become an expert in that field". What is the magic number X here?
2. What aspect is missing in the above rule?
3. The most important group of muscles in your body that stabilizes and controls the pelvis and spine. Name it
4. Name the dancer who fought for animal rights and set up the institution "Kalakshetra".

Answers
1. 10000 hours
2. quality of practice and inherent talent
3. core
4. Rukmini Devi Arundale