LEVEL ONE WORKSHEETS

The activities of the worksheet must be completed by the students. They may refer to class notes and online resources. Completed worksheets should be submitted as part of the online theory exam in the last week of February. Unfinished worksheets may be submitted with the theory exam of the following year.

1. Concepts
Mangalacharan: This is the very first item a student of Odissi learns. This is an invocatory item in which one pays tribute to Mother Earth, Lord Jagannath and other Gods, also with stanzas to welcome the audience and to thank one's Gurus. "Mangala" means goodness, and "charan" mean wishing. Mangalacharan’s rhythmic sequence of steps forming the Bhumi Pranam (salutation to Mother Earth) and Trikhandi Pranam (three-fold salutation to God, the Guru, and the audience) will be completed.

Bhumi Pranam: The lesson starts with a brief and respectful apology to the Earth, for we are about to spend the next hour stamping on her.

Tribhanga: The dancer's body is divided into three bhangas along which deflections of the head, torso and hips can take place. The technique is built on the principle of an unequal division of weight and the shift of weight from one foot to the other. The movement of the head, the torso, the hips and the knees, are important. Hip deflection is the characteristic feature of this dance style. The tribhanga is one of the most typical poses of Odissi dancing.

Chowka: In this stance, weight is equally distributed and altogether four right angles create a perfect geometrical motif. The chaukha of Odissi is comparable with the araimandalam used in Bharatanatyam, except that chaukha is essentially wider than araimandalam.

Make a list of 5 things in nature (or around you) that move and dance like you.

1. ......................................................
2. ......................................................
3. ......................................................
4. ......................................................
5. ......................................................
Learn to recite the following:

Guru Brahma
Guru Vishnu
Guru Devo Maheswara
Guru Sakshaad Parambrahma
Tasmay Shri Guruveh Namaha

Lord Brahma, Lord Vishnu, Lord Shiva, (My) Guru
I bow to you, the ultimate Lord/Guru

Aangikam Bhuvanam Yasya
Vachikam Sarva Vangmayam
Aharyam Chandra-Taradi Tvam Namaha
Sattvikam Shivam

You, whose limbs are the Universe,
You, the Originator of all speech,
You, whose adornments are the moon and stars,
You are The Truth.

Khantaanyat Lambayat Geetam
Hastana Artha Pradakshayat
Chakshubhyam Darshayat Bhavom
Padabhyam Tala Acherait

Keep the song in your throat
Let your hands bring out the meaning
Your glance should be full of expression
While your feet maintain the rhythm

Yato Hasta Stato Drushti
Yato Drushti Stato Manaha
Yato Manaha Stato Bhavom
Yato Bhavom Stato Rasaha

Where the hand goes, there the eyes should follow
Where the eyes are, the mind should follow
Where the mind is, there the expression should be brought out
Where the expression is, there the rasa or flavour will be experienced

Samyukta Hastas - Double Hand Gestures
Anjalishca kapotashca karkata
svastikastatha//
Dolahastah pushputa utsangah
shivalingakah/
Katakavardhanashcaiva
kartarisvastikastatakah/
Shakata shanka cakre ca samputah
pashakilakah/
Matsya kurmo varahasahas garudo
nagabandhakah/
Khatva bherunda ityete sankhyata
samyutah karaah/

Asamyukta Hastas - Single Hand Gestures
Patakastripatakasyardhapokartarimukhaha/
Mayurakhyordhacandrasah aralah
shukatundakahah//
Musthishca shikharakhyaashca kapithah
katakamukhah/
Suci candrakala padmakoshah
sarpashirastathah//
Mrigashirshash caimhamukha
kangulashalapadmakah/
Cato bhramarashcaiva hamsasyo
hamsapakshakahah/
Sandamsho mukulascheva
tamaracudatrishulakah/
Ityasamyutahastanamashtavishatiriirita
3. Knowledge of Indian mythologies:
Reference Website: [http://www.sanatansociety.org/hindu_gods_and_goddesses.htm](http://www.sanatansociety.org/hindu_gods_and_goddesses.htm)
Learn about the following deities: Lord Ganesha, Lord Jagannatha, Sri Krishna, Devi Durga and Lord Shiva. Homework – Work on the following activities:
- Learn about how Ganesha got an elephant head
- Who is Lord Ganesha's vahana?
- What does Lord Ganesha love to eat most?
- Who are Lord Ganesha’s parents?
- Draw Lord Jagannath’s face
- Learn the story of Krishna’s Kaliya Daman
- How did Goddess Durga save the world from Mahisasura?
- What does Lord Shiva wear around the neck?

<table>
<thead>
<tr>
<th>Classical Dance</th>
<th>Indian State</th>
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<tbody>
<tr>
<td>Bharatanatyam</td>
<td></td>
</tr>
<tr>
<td>Gauriya Nritya</td>
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<tr>
<td>Kathak</td>
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<td>Kathakali</td>
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<td>Kuchipudi</td>
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<td>Manipuri</td>
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<tr>
<td>Mohiniattam</td>
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<tr>
<td>Odissi</td>
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<tr>
<td>Shastriya</td>
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</tbody>
</table>
5. Point out the origination of the following dances in the map of India below:

<table>
<thead>
<tr>
<th>Classical Dances</th>
<th>Folk Dance</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Bharatanatyam</td>
<td>j. Kalbelia</td>
</tr>
<tr>
<td>b. Gauriya Nritya</td>
<td>k. Ghoomar</td>
</tr>
<tr>
<td>c. Kathak</td>
<td>l. Garba</td>
</tr>
<tr>
<td>d. Kathakali</td>
<td>m. Bhangra</td>
</tr>
<tr>
<td>e. Kuchipudi</td>
<td>n. Lavani</td>
</tr>
<tr>
<td>f. Manipuri</td>
<td>o. Bihu</td>
</tr>
<tr>
<td>g. Mohiniattam</td>
<td>p. Chau</td>
</tr>
<tr>
<td>h. Odissi</td>
<td>q. Gobbi</td>
</tr>
<tr>
<td>i. Shastriya</td>
<td>r. Karagam</td>
</tr>
</tbody>
</table>
6. Asamyuta Hasta

- Pathaka
- Tripataka
- Ardhapathaka
- Kartarimukha
- Mayura
- Ardhaanchandra
- Arala

- Shukathunda
- Mushti
- Shikara
- Kapitha
- Katakamukha
- Suchi
- Chandrakala

- Padmakosa
- Sarpasirsha
- Mrigasirsha
- Simhamukha
- Langula
- Alapadma
- Chatura

- Bramhara
- Hamsasya
- Hamsapaksha
- Sandamsha
- Mukula
- Tamarachuda
- Trishula
7. Samyukta Hastas

Anjali  | Kapota  | Karkata  | Swastika  | Dola  | Pushpaputa | Utsanga |
|--------|---------|----------|-----------|-------|------------|---------|
Shivalinga  | Katakavardhana  | kartariswastika  | Shakata  | Shankhe  | Chakra  | Samputa |
|--------|---------|----------|-----------|-------|------------|---------|
Pasha  | Kilaka  | Matsya  | Kurma  | Varaha  | Garuda  | Nagabanda |
|--------|---------|----------|-----------|-------|------------|---------|
Khetva  | Bherunda |


**PRACTICE LOG**
Check the days when you practiced at least for 15 mins.

<table>
<thead>
<tr>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
<th>APRIL</th>
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<td>JANUARY</td>
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<td>NOVEMBER</td>
<td>DECEMBER</td>
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