

CENTRE FOR CULTURAL STUDIES & DEVELOPMENT

**REPORT**

**On TAP (Teachers Awareness Programmes)**

**WORKSHOPS ON CULTURAL VALUE EDUCATION THROUGH PERFORMING ART IN  
TEACHERS TRAINING INSTITUTES IN DELHI NCR**

**24.3.2022 to 31.3.2022**

A 2 Day Workshop each in three selected Teachers Training Institutes in Delhi NCR was conducted by three noted performing artists from 24<sup>th</sup> March to 31<sup>st</sup> March 2022 as per the programme schedule given below:

<u>S.No.</u>	<u>Date &amp; Time</u>	<u>Name of the Institute</u>	<u>Name of the Artist</u>
1.	24 <sup>th</sup> & 25 <sup>th</sup> March 2022 10 A.M. to 12 Noon	Great Mission Teacher Training Institute Sector-5, Dwarka, New Delhi	Abhinaya Nagajothy (Kuchipudi)
2.	28 <sup>th</sup> & 29 <sup>th</sup> March 2022 10 A.M. to 12 Noon	Lovely Teacher Training Institute Priyadarshini Vihar, Delhi	Dr. Shambhauvi Shukla Mishra (Kathak)
3.	30 <sup>th</sup> & 31 <sup>st</sup> March 2022 10 A.M. to 12 Noon	Army Institute of Education Pocket P-5, Sec-Chi-2, Greater Noida	Paulami Guha (Odissi)

**Objective of the Workshop:**

Teachers are role model for every student & they make an enormous impact on children's school education. Teachers enlighten students about moral values that are needed to lead a meaningful & beautiful life. It is, therefore essential that an understanding of values conceived in performing art and its significance in education be communicated to teachers under training so that the importance of Indian Performing Arts could be further transmitted to young students.

The objective of the workshop is to create awareness & understanding of fundamental principles of Indian Performing Arts & interlinking discipline with education among teacher trainees.

Methodology used:

A 2 day Workshop each at three selected Teachers' Training Institutes in Delhi NCR was conducted by noted performing artists in the following manner:

On the first day of workshop session at each Institute, Ms. Paulami Guha, Member Secretary of Centre for Cultural Studies & Development addressed the participants & explained to them about the purpose behind conducting such workshops on cultural value education programmes through Performing Arts. With Power Point Presentation, Ms. Guha highlighted the importance & significance of Art in our lives & how understanding & appreciation of Performing Art enhances aesthetic sensitivity among children & youth.

After brief introduction on 'Why Art Education is important', the sessions were handed over to the respective performing artists at each Institute who then elucidated the historical background of Indian Classical dances and cultural heritage. This was followed by expressive demonstrations of the basic hasta mudras of dance forms inscribed in the monumental treatises- Natya Shastra & Abhinaya Darpan & correlated it with education.

Artists demonstrated basic movements of body, feet, hands i.e. Anga, Pratyanga, Upanga & how they connect to tempo. Performing artists at each institute also spoke about the time cycle (Taal Chakra) used in Classical dance & music.

All the sessions were highly interactive, and provided vast opportunity to students to learn some of the mudras & elementary dance steps from the experts. While interacting with the students, noted artists gracefully performed dance movements derived from the movements of birds, animals & nature. Even the dance novices in the audience tried to follow artists and learnt a few steps, thereby garnering some respect for displaying the essence of Indian dance forms.

The artists deputed for the workshop at each Institute explained to the student participants on how Performing art promotes creativity as it gives inner joy, happiness & enhances our observation. Talking about Indian Classical dances, artists eloquently explained how practise of dance is a physical exercise of the body & a balancing act of body, mind & soul.

They also stressed upon the practice of Yoga & beautiful Yogic postures used in Classical dance. At each session, artists performed short pieces of classical dances on recorded music

& explained to the students the meaning of the particular dance recital/mythological theme they presented & the ethical value attached to the particular dance presentation.

On the second & concluding day, the Performing artists explained in detail to the participants about the concept of Rasa in Dance.

The nine Rasas (Nava Rasa) were explained and simultaneously emoted by the artists & with each demonstration of Rasa, the beneficiaries were told that dance expresses the natural emotions of all human beings. The self expression through dance addresses many corrective methods for the problems currently faced in the formal education system.

The completion of programme on the second day of workshop was marked by dance performance wherein dancer performed mythological story expressing the concept of Nava rasa.

The students who were enthralled by the lecture cum performance by noted artists at the 2 day workshop organised at their respective Institute on cultural value education through performing art, asked relevant questions to the artists & artists answered to all the queries & cleared their doubts during Question Answer Session.

#### Outcome of the Workshop:

The academic curriculum of two years of Teachers Training Course contains one paper on "Understanding of Indian Performing Arts". It has been noted that the 2 day workshop organised in each Teachers Training Institute benefitted the students to a great extent. These workshops enabled them to interact with the performing artists face to face at their Institute & helped them to prepare notes for the paper. They carefully listened to relevant lectures delivered by the artists & also witnessed the dance demonstrations with great interest. The future teachers & their faculties noted how devotion & dedication is required in learning & practicing ART & they further noted how Indian classical dance improves concentration, mental alertness & helps in relieving stress. All these workshop sessions were educative & informative. It was a fruitful experience for all the participants who attended the workshop.

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