

Aarodhya - The Indian Dance Society

Shyam Lal College(DU)

NAAC (NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL)

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Aarodhya -The Indian Dance Society in collaboration with Aarodhya- Western Dance Society showcased 5 state performances . Indian culture is rich and diverse, characterized by its history, traditions and vibrant art forms. Dance in particular holds a special place in representing the essence of Indian culture. The choreography was done by the team heads Devanshi Nagpal and Jhalak Achra.

Here are the 5 prominent Indian dance forms which were performed by the Aarodhya- Indian and Western Dance Society that beautifully represent the diverse cultural tapestry of the nation:

1. Folk dance of jammu and kashmir

The dance is characterized by its graceful and rhythmic movements, performed in a circular formation. The dance steps are simple yet elegant, involving swaying movements, gentle footwork, and synchronized hand gestures. The dancers create a rhythmic flow that imitates the swaying of flowers and the movement of birds in nature.

2. Folk dance of West Bengal

The dance is a blend of spirituality, philosophy, and artistic expression. The movements are often improvisational, and the dancers express their emotions and thoughts through their gestures and

expressions. The dance is not just a visual spectacle; it's a form of artistic expression that communicates profound philosophical concepts and emotions.

3. Folk dance of Punjab : Bhangra

Originating in Punjab, Bhangra is a lively and energetic folk dance that celebrates the harvest season. It features vigorous footwork, vibrant costumes, and rhythmic music. It's not only a cultural expression but also a source of happiness and unity that has resonated with people far beyond its place of origin.

4. Folk dance of Tamil Nadu : Bharatnatyam

Hailing from Tamil Nadu, Bharatnatyam is one of the oldest classical dance forms of India. It combines intricate footwork, expressive facial expressions, hand gestures (mudras), and elaborate costumes. It often portrays mythological stories and spiritual themes, emphasizing devotion and aesthetics.

5. Folk dance of Uttar Pradesh : Kathak

Originating from North India, Kathak is known for its graceful movements, rhythmic footwork, and storytelling. It has both classical and narrative aspects, often depicting historical events, love stories, and courtly scenes. The dance also incorporates intricate spins and swift footwork.

PERFORMERS OF THE EVENT:-

- 1. Devanshi Nagpal**
- 2. Jhalak Achra**
- 3. Sanjana Chauhan**
- 4. Nandini**
- 5. Komal**
- 6. Kanishq Singh**
- 7. Shilpi Singh**
- 8. Purbasha**
- 9. Abhishek**
- 10. Ashutosh**
- 11. Vishakha**
- 12. Riya**
- 13. Diya**
- 14. Anamika**
- 15. Mahi**



