

TEACHER'S GUIDE

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

DANCE



GRADE 7

TITLE OF CARD :

Single Hand Gestures (Asamyuta Hastas)



**MOE
MAHATMA GANDHI INSTITUTE
2025**

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GRADE 7

GUIDE TO EDUCATORS

Card 5

Title of Card:

**Single Hand Gestures (Asamyuta
Hastas)**

Competency:

Creativity:

Students will learn to communicate through dance using single hand gestures to show meaning and expression.

Element

Use non-verbal communication through hand gestures.

Performance Criteria

- **Level 1:** Identify and imitate basic steps and syllables
- **Level 2:** Perform steps with rhythm, balance, and basic coordination

Purpose of the Activity

- to help students understand that hands can “speak” through symbolic meaning
- to develop non-verbal communication and expression (Abhinaya)
- to improve finger control, wrist flexibility and hand coordination
- to connect gestures to real-life themes such as **environment and nature**
- to encourage creativity, imagination and silent storytelling

Learning Outcomes

By the end of this lesson, students will be able to:

- name at least **five Asamyuta Hastas**
- develop basic hand shapes correctly and safely
- demonstrate **objects, ideas, animals and nature** while using hand gestures
- represent gestures in short expressive sequences
- show awareness of **protecting the environment** through dance expression

Resources & Materials

- Dance textbook
- chart / posters of **Asamyuta Hastas**
- flashcards with environmental images (tree, river, sun, bird, rain, mountain)
- spacious classroom area
- soft instrumental music
- whiteboard / markers

Teaching Trajectories / Implementation Guidelines

1. Introduction & Hand Warm-Up

- gentle wrist circles
- finger stretch and release
- clap-soft / clap-strong (link to Energy)

Teacher says:

"Today our hands will communicate. They will show nature, ideas and feelings."

2. Teaching Asamyuta Hastas

Demonstrate → students mirror → say names aloud.

Focus on:

- finger placement
- palm direction
- clarity and stillness



Introduction

In Indian classical dance, the **hands speak**.

Hand gestures are called **Hastas** or **Mudras**.

They help dancers **communicate without words** and are used to show:

- objects
- animals
- nature
- emotions
- actions
- ideas and stories

Single-hand gestures are called **Asamyuta Hastas**.

They are an important part of **Abhinaya** (expression) in dance.

Students should learn and use the following terms:

- **Asamyuta Hastas** – single-hand gestures
- **Samyuta Hastas** – double-hand gestures
- **Hasta / Mudra** – symbolic hand gesture
- **Abhinaya** – expression in dance
- **Natya** – dramatic expression
- **Hasta Viniyoga** – use/application of gestures

List of Asamyuta Hastas and their uses:

1. Pataka – flag
2. Tripataka- a flag with three fingers
3. Ardhapataka – half-flag
4. Kartarimukha – scissors
5. Mayura – peacock
6. Ardhachandra – half moon
7. Arala – bent
8. Shukatunda – parrot's head
9. Mushti – fist
10. Shikhara – peak
11. Kapittha – elephant-apple
12. Katakamukha – opening in a bracelet
13. Suchi – needle
14. Chandrakala – digit of the moon
15. Padmakosha – lotus bud
16. Sarpashirsha – snake hood
17. Mrigashirsha – deer head
18. Simhamukha – lion face
19. Kangula – bud
20. Alapadma – bloomed lotus
21. Chatura – square
22. Bhramara – bee
23. Hamsasya – swan beak
24. Hamsapaksha – swan wing
25. Samdamsha – pincers
26. Mukula – blossom
27. Tamrachuda – cock
28. Trishula – Trident

You may demonstrate only selected hastas appropriate to your students' level.

Purpose of Activities

- develop **non-verbal communication**
- improve **fine motor control** of wrists, fingers, palms
- encourage **observation and imagination**
- connect dance to **environmental awareness**
- support **storytelling through gesture**

Resources and Materials

- Dance textbook
- chart of **Asamyuta Hastas**
- flashcards of **environmental elements** (tree, river, bird, sun, rain, earth)
- mirror or open space
- instrumental music

Teaching Trajectories / Implementation Guidelines

Step 1 – Warm-up for hands

- finger opening and closing
- wrist rotation
- palm stretch
- shake and relax



Tell learners:

"Our hands are our language today!"



Activity 1

Learn the Names & Shapes of Hastas

Teacher demonstrates slowly:

- shape of fingers
- placement of thumb
- palm direction

Students:

- mirror the teacher
- say names aloud
- maintain posture

Asamyuta Hastas to teach:

SN	Hasta	Simple meaning
	Pataka	flag
	Tripataka	a flag with three
	Ardhapataka	flag
	Kartarimukha	scissors
	Mayura	peacock
	Ardhachandra	half moon
	Arala	bent
	Shukatunda	parrot's head
	Mushti	fist
	Shikhara	peak
	Kapittha	elephant-apple
	Katakamukha	opening in a bracelet

SN	Hasta	Simple meaning
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	Mukula	blossom
	Tamrachuda	cock
	Trishula	Trident



Pataka



Tripataka



Ardhapataka



Kartarimukha



Mayura



Ardhachandra



Arala



Sukatunda



Musti



Sikhara



Kapittha



Katakamukha



Suchi



Chandrakala



Padmakosa



Sarpashirsa



Mrgasirsa



Simhamukha



Kangula



Alapadma



Catura



Bhramara



Hamsasya



Hamsapaksa



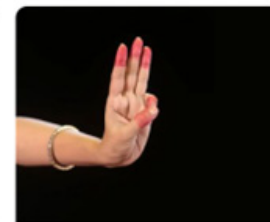
Sandamsa



Mukula



Tamracuda



Trisula



Activity 2

Ask:

“How can we speak about our environment using gestures?”

Students show:

- **Tree** = Tripataka / Ardhachandra
- **River** = Pataka flowing sideways
- **Sun** = Ardhachandra round motion
- **Bird** = Hamsasya fluttering
- **Rain** = Pataka falling movement
- **Mountain** = Shikhara held steady



Short group task:

- each group selects **one environmental element**
- creates **2-3 gesture sequence**
- presents silently

Encourage environmental values:



clean rivers



care for trees



protect animals



respect nature



Activity 3

Gesture Stories: "Save the Earth"

Teacher narrates slowly while students demonstrate through hand gesture:

- tree growing
- people cutting trees
- animals losing home
- children planting saplings
- earth smiling again



Focus on:

- clarity of hand shape
- facial expression
- body alignment



Assessment Criteria

Students are assessed on their ability to:

- ✓ name at least five single hand gestures
- ✓ demonstrate correct hand shape and finger position
- ✓ use gestures to communicate idea or object
- ✓ link gestures to environmental concepts
- ✓ participate confidently in group work



ASSESSMENT RUBRIC

Criteria	Basic	Intermediate	Proficient
Naming Hastas	1-2 names	3-4 names	5+ names
Hand Shape Accuracy	frequent errors	mostly correct	precise & clear
Application	shows random actions	shows some meaning	clear meaningful use
Expression	limited expression	some facial expression	expressive & confident



Extension Activity

- create **short solo mime** on "Protect Nature"
- draw one hasta and label its uses
- record gesture sequence on mobile/tablet (digital integration)

The image features a repeating pattern of intricate white floral and mandala designs on a blue background. The patterns are symmetrical and detailed, with a central flower motif surrounded by swirling lines and smaller floral elements. The background is a solid blue color, and the text is centered at the bottom in a white, bold, sans-serif font.

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