



treatise on drama. The ancient Greeks, like the Indians, had a composite form of drama with music and dance. While they used the chorus to tell the tale, India has its songs. The *vidushaka* (compeer for want of a better expression) explained the nuances. Dance is a coordinated movement of the whole body and mind. Abhinaya Darpana explains that a dancer must sustain the song in the throat, depict meaning by hands, the mood (*bhava*) through eyes and keep time with feet. Again, "where the hands go, there the eyes must follow; where the eyes go, there the mind; where the mind goes, there the feelings; where the feelings go, there the mood." Gesture is said to be the soul of Indian dance. Drama (*natya*) was cre-

instinct in man to imitate. And many of these sign languages are common to mankind. But dance gestures can mean many things. This is why the song became important. The *vachika* (spoken) *abhinaya* supplements the *angika abhinaya* (body language). And, let us not forget, gestures add grace and beauty to the dance. How do words find their equivalent *mudras* (postures)? It is said that words inhere in the limbs. This expresses the principle underlying the language based on natural and expressive movements, says Ananda Coomaraswami, the great authority on Indian art. To give a few of such "natural" expressions: eyeball going round expresses wrath; lingering glance expresses love; raising eyebrow, doubt; widening of nostrils expresses anger; drooping cheek, sadness; drooping lip, envy, and so on. The body can express itself in so many ways. The dancer tries to achieve the perfect pose and convey a sense of the timeless. The dance technique is, therefore, integrated with sculpture. Beryl De Zoete, a European student of Indian dance, says about European dance: it is "very elementary" compared to the

Body Language

There are three forms of dances: *Tandava* (vigorous), *Lasya* (gentle) and *Pindibandha* (a combination of both). There are 108 dance poses described in *Natyashastra*, called *Karanas*. *Natya* are four-folded: *Angika* (limbs), *Vachika* (speech), *Aharya* (costume) and *Satvika* (aesthetic). There are three forms of *Angika*: *Sarira* (body), *Mukhaja* (facial) and *Casta* (limb movement). There are six *angas* (limbs) head, hand, hip, chest, sides, feet; six *upangas* (semi-limbs) - eyes, brows, nose, lips, cheeks, chin. And there are neck, shoulder, arms, belly, thighs, shanks, wrist, knees, which take part in dance. There are two forms of *hastha mudras* (hand postures); *Asamyuta* (single hand) *mudras* (28 in number), and *Samyuta* (both hands together). There are 24 such gestures. There are 30 *hastha* movements for *pur* dance. *Body* movements are divided into four groups; *karanas*, *angaharas*, *rechakas* and *pindibandhas*. There are four forms of *bhargas* (bending); *bhanga*, *sambhanga*, *atibhanga* and *tribhanga*. The first is serene, second like Buddha, third like Nataraja, fourth like Parvati. Movements of feet are four types: *Mandala* (circular, 10 positions), *Utplavana* (jumping, five types), *Bhramari* (whirling, seven types) and *Padachari* (feet movement, seven types) and ten kinds of gaits. There are four colours of face, reflecting personality types. Eyes: *Bharata* mentions 36 forms of glances. There are seven movements of the brow, seven of eye ball, six of nose, six of cheek, six of lips, six of face, nine of neck, thirteen of head, five positions of chest, five of sides, five movements of hips, five of thighs, five of shanks, five of feet, four of hands, etc.

Dance and the Body Language

India is preoccupied with time; the West, with space. Music and dance are time arts to India. They are space arts to the West. To India, dance is sublime. At its highest form, it is said to be attuned to the cosmic rhythm. The artist enjoys bliss. The great Sufi mystic poet Rumi says dancing is the "nearest way to God." Shiva is the patron of both music and dance. He taught music to Narada, the celestial messenger, and dance to Bharata, the author of *Natyashastra*, a

ated by Brahma (one of the Indian Trinity) for the education and entertainment of all people. It was "mimicry of the ways of the world." The four elements of *Natya-II* recitation, singing, acting and *rasa* - were taken from the four Vedas. Hence it is called *Natyaveda*. The Rig Veda provided the recitation, Sama the method of singing, Yajur gave *abhinaya* (acting including gestures) and Atharva gave *rasa* (aesthetics). Gestures are among the oldest forms of communication. There is a powerful

"expressive culture of the body" of Indian dance. There are three forms of dances: *Tandava* (male, vigorous), *Lasya* (feminine, gentle), and *Pindibandha* (a combination of both). *Tandava* (the cosmic dance) came from Shiva and *Lasya* from his consort Parvati. Dance was added to *Natya* by Shiva to give it "splendour and beauty", dear to the people. So there is pure dance without *abhinaya*, as also dance with acting. Pure dance has evolved out of an alphabet of 108 perfect postures, upon which are based the techniques of movements known as *karanas*. Each *karana* consists of the movement of several limbs - in other words of much of the body. Similarly, a comprehensive system of language signs (hand gestures) has evolved out of an alphabet of basic hand poses (*hastas*) in the same manner as the spoken and written language has been established. Hands became the chief vehicle of expression. They translate words into - signs. Adjectives, nouns, verbs, proper nouns, adverbs, conjunctions, prepositions, abstract nouns all these are expressed through gestures and facial expressions. Each school of dance (and there are six major schools *Bharatnatyam*, *Kathakali*, *Manipuri*, *Kuchipudi*, *Odissi* and *Kathak*) has used the basic gestures. And each gesture can mean many things as many as 85 in the case of the *pathaka* (flag) gesture. Hence, the need for the explanatory song.

In Western ballet, reliance is on broad gestures and minimum expressions on the face. In fact, the face of a ballet dancer carries little expression. The Indian dancer, on the contrary, expresses a thousand fleeting emotions through his face. Ballet is a mere "spectacle", no doubt an attractive one. Aristotle says of drama that its purpose is to purge the soul of its passions. This is not served by Western ballet or dance. Dance in India evolved out of Vedic ritual dances. The ritual also contained the seeds of drama.

Indian greets, another Indian, reminds them of the divinity of man. (By the way, you raise your folded hands above head to greet the gods, hold them before your face to greet your guru (teacher) and against the chest to greet a brahmin or a respected person.) (India Perspectives)



TV GUIDE

ITN	
A.M.	03.30 Bollywood Hit Mix
04.30	Station Opening
04.35	Pirith Deshanaya
04.42	Jayamangala Gatha
04.46	Davasa Sithuvili
05.00	Thakshilawa
06.00	ITN Puvath
06.15	Davasa Pathihara
06.55	Jeevithaya Jayaganna
07.00	Hathveni Peya
08.00	Peypen Peypa Puvath
08.05	Pahan Dora Magazine
08.30	Sal Mal Yaya
09.00	Peypen Peypa Puvath
09.05	Batti
10.00	Peypen Peypa Puvath
10.05	Nimthera
11.00	Discussion
Noon	Noon News
12.00	Noon News
P.M.	12.30 Sihinayaki Oba
01.00	Slage Drama
02.00	Peypen Peypa Puvath
02.03	Slage Drama - (Contd.)
03.00	Peypen Peypa Puvath
03.03	Slage Drama - (Contd.)

CHANNEL EYE	
A.M.	04.30 Cartoon Series (English)
06.29	Station Opening
06.30	Talk for the Day
06.45	Cartoon Programme
07.00	Vasana Sampatha
07.15	Jayoda
07.30	Naledugall Intru
08.00	Variety New Songs
08.30	Kalai Vanakkam
09.30	Udaya Dharshanam
11.00	Kana Kanam Kalangal
11.30	Kaimanam (Tamil)
P.M.	12.00 Lunch Time Variety
01.00	Enthozhi En Kathal En Manalvi
01.30	Afternoon News
01.45	Tamil Feature Film

04.30	Cartoon Programme (Tamil)
05.30	Muslim Programme (Tamil)
06.00	Tamil Programme
06.30	Saiva Neethi
07.00	News & Weather Report
07.30	Puthuyugam
08.00	Tele Drama
08.30	Tele Drama
09.00	Sampath Rekha
09.15	Development Lottery
09.30	News & Weather Report
10.00	Tamil Film
M.N.	12.00 End of Transmission

SWARNAVAHINI	
A.M.	03.00 Sathgunakaraya
06.00	Ehi Passiko
06.30	Mul Pittuwa
07.00	Loka Sithiyama
07.30	Cartoon
08.00	Hello Sri Lanka
10.30	Channel D
11.00	Mahajana Sewaya Pinisai
Noon	12.00 Live @ 12
P.M.	12.30 Rasa Liya
01.00	Handa Rendil Peya
02.00	Lansu Thiyana Mal

ETV	
A.M.	07.00 VH1
06.00	Prime Time Morning
06.45	Debrief
06.55	Lanka Business Online
07.00	Channel News Asia
10.00	Telemarketing
10.30	Channel News Asia
P.M.	12.30 Telemarketing
01.00	VH1
02.00	Channel News Asia
04.30	Telemarketing
05.00	Rocket Power
06.00	Channel News Asia

MTV	
A.M.	04.30 Captain Zed & Zee Zone
05.55	Station Opening
06.00	Voice of America
06.30	News First
07.00	Good Morning Sri Lanka
08.00	Fox News
12.30	News
12.45	VOA
01.15	Fly Tales and Untalkative Bunny Fillers
01.30	Fox News

04.30	What A Maess
05.30	Conan & The Young Warriors
06.00	G.I. Joe
06.30	TV South Asia
07.00	Tiny Toons Adventure
07.30	Tom & Jerry Kids
08.00	Crickit Classics
09.00	News
09.30	Biz News
10.00	Night Movie

DERANA	
A.M.	04.00 Dragon Tales
05.55	Station Opening
06.00	Cartoon
07.00	Derana Aruna
08.00	Suba Dawasak
08.30	Eka Dawasak Ude Teledrama
11.00	Sith Gimana Hala
P.M.	12.00 Ada Derana
12.15	Sinhala Songs
12.30	Sathutu Wila
01.30	Mix Songs

04.30	Captain Zed & Zee Zone
05.00	What A Maess
05.30	Conan & The Young Warriors
06.00	G.I. Joe
06.30	TV South Asia
07.00	Tiny Toons Adventure
07.30	Tom & Jerry Kids
08.00	Crickit Classics
09.00	News
09.30	Biz News
10.00	Night Movie

SIRASA TV	
04.00	Pirith & Jayamangala Gatha
04.30	Mahamaluwa
05.00	Bana
05.30	Cartoon
06.00	English Lesson
06.30	News First
07.00	Inspector Gadget
07.30	Sonic
08.00	Jeevithayata Eda Denna
10.30	Game Show
12.00	Lunch Time News
P.M.	12.15 Lunch Time TV
01.00	Nonawaruni Mahatwaruni
01.30	Sinhala Movie

RUPAVAHINI	
A.M.	02.30 A Documentary
05.43	Station Opening
05.45	Homage to the Triple Gem & Karaniya Metta Sutta
05.55	Dina Asiriya
06.00	News
06.06	Sivudesa
06.30	Pathihara Sirasthala
07.00	News
07.05	Aadaraneeya Yavuvanaya
08.00	News
08.05	Nuga Sevana
09.00	News
09.05	Nuga Sevana - Contd.
10.00	News
10.05	Nuga Sevana - Contd.
11.00	News
11.05	Aluth Sri Lankawak
12.00	Sanda Gomman Rea
P.M.	12.30 News
01.00	Hiru Viyana
02.00	News
02.05	Tele Drama

02.30	A Documentary
03.00	News
03.05	A Documentary (Contd.)
03.30	Tele Drama
04.00	News
04.05	Cartoon
04.30	Tele Drama
05.00	News
05.05	Havasa Paya
06.00	Defence News
06.05	Sangavunu Kahavunu
06.30	A Documentary
06.44	Mihikatha Dinuwo
06.58	Vismitha Charika
07.27	Tele Drama
08.00	News
08.30	Pasubima
08.35	Hima Gira Nega
09.05	Kadulla
09.32	Movie Mix
10.00	Sampath Rekha
10.05	Development Lottery
10.10	News
10.27	Viyaparika Viththi
10.30	Movie Mix - Contd.
M.N.	12.00 End of Transmission

ART TV	
A.M.	04.57 State of Business (3 min)
06.30	World Business Today
07.00	The State of Business
07.15	Music +
07.30	CNN Today
08.30	Anderson Cooper 360
09.30	Eco Solutions
09.57	State of Business (3 min)
10.00	Telesen Marketing
10.30	CNN Today
10.57	State of Business (3 min)
11.00	Telesen Marketing
11.30	CNN Today
11.57	State of Business (3 min)
Noon	10.00 News
12.00	Telesen Marketing
P.M.	12.30 CNN Today
12.57	State of Business (3 min)
01.00	World Sport
01.30	CNN Today
01.57	State of Business (3 min)
02.00	World Business Today
02.30	World News
03.00	International Correspondents
03.30	Larry King
04.30	Fireman Sam

04.57	State of Business (3 min)
05.00	Flipper and Logaka
05.30	World News Asia
05.57	State of Business (3 min)
06.00	Telesen Marketing International Correspondents
06.30	State of Business (3 min)
07.00	Music +
07.45	World News
08.15	The State of Business
08.30	World Business Today
08.57	State of Business (3 min)
09.00	CSI
09.57	State of Business (3 min)
10.00	Movie (Contd.)
11.00	The State of Business
11.30	Your World Today
12.00	The Campaign Trail
A.M.	12.30 Business International
01.30	World News Europe
02.30	Back Story
03.00	World Sport
03.30	World News Europe
04.30	The Situation Room
05.30	CNN Today

SHAKTHI TV	
A.M.	01.15 Thirai Koodam
06.00	Breakfast News
06.15	Filler
06.30	Good Morning Sri Lanka
08.30	Caller Galatta
09.00	Priyamana Thozhi
09.00	Vsantham
10.30	Sivashakthi
11.00	Anandam
11.30	Kasturi
Noon	09.00 Biz News
12.00	Penmanikkaga
P.M.	12.30 Pennal Neram
01.00	Madiya Selthigal

