

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR
LITERACY, NUMERACY AND SKILLS

DANCE



GRADE 7

TITLE OF CARD :

Single Hand Gestures (Asamyuta Hastas)



**MOE
MAHATMA GANDHI INSTITUTE
2026**

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GRADE 7

STUDENT'S WORKSHEET

Card 5

Title of Card:

**Single Hand Gestures (Asamyuta
Hastas)**



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



Pataka



Tripataka



Ardhapataka



Kartarimukha



Mayura



Ardhashandra



Arala



Sukatunda



Musti



Sikhara



Kapitha



Katakamukha



Suchi



Chandrakala



Padmakosa



Sarpashira



Mrgasirsa



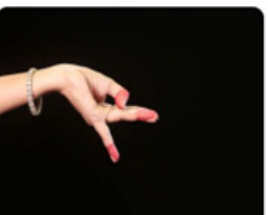
Simhamukha



Kangula



Alapadma



Catura



Bhramara



Hamsasya



Hamsapaksa



Sandamsa



Mukula



Tamracuda



Trisula



Activity 1.1

Match the following figures with their respective gestures:



Trishula

Mukula

Tripataka

Padmakosha

Chandrakala



Activity 1.2

Match the Gesture to the Meaning

Draw a line to match:

Pataka	Flag with three fingers
Tripataka	Swan beak
Shikhara	Flag
Ardhachandra	peak
Hamsasya	Half flag



Activity 2

My Environment in Hand Gestures

Tick what you can show with your hands:

- tree
- bird
- rain
- flowing river
- sun
- mountain

Draw or describe ONE gesture you liked:



Activity 3

Save Nature Earth

Students demonstrate through hand gestures what the teacher narrates:

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



Multiple-Choice Questions

1. Single-hand gestures are called:
 - a) Abhinaya
 - b) Asamyuta Hastas
 - c) Samyuta Hastas

2. Hastas are used to:
 - a) sleep
 - b) talk loudly
 - c) communicate without words

3. Which is a nature theme?
 - a) television
 - b) tree
 - c) pencil

Short Answer Questions

Name five Asamyuta Hasta you learned:

Write one thing we must protect in nature:



Student Self-Assessment

I can name hand gestures:

Yes A little Not yet

I can use gestures to show environment:

Yes A little Not yet

I enjoyed learning:

a lot

some

not much



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