

Revolution of Sattriya Nritya – from Naamghor in Sattras to Proscenium Stage

Shubhangi Goswami - 23MPSC49

Sattriya Nritya was introduced in Assam in the 15th century by the great Vaishnava saint, poet and reformer Mahapurush Srimanta Shankardev as a powerful medium for the propagation of the Vaishnava faiths in Sattras. The dance evolved and expanded as a distinctive style from Ankia Bhaona. Ankia Bhaonas are one act plays written by Mahapurush Shrimanta Shankardev and Mahapurush Shri Shri Madhavdev to serve the purpose the spreading the message of Bhakti and his philosophy “*ek sharana nam dharma*”, a society based on equality and fraternity, free from caste differences, and to introduce the usual genre of literature as well as their representation. The core origin of Sattriya Nritya hails to the performance of the Bhakats (male monks) in monasteries as a part of their daily rituals who are introduced to the art form at a young age.

The classical rigidity, the strict adherence to certain principles, and the non-engagement of academic research on the dance form all contributed to the delayed recognition and acceptance of Sattriya Nritya as one of the eight

classical dance forms of India, alongside seven other dance forms. On 15th November, 2000, the Sangeet Natak Akademi finally gave Sattriya Nritya its due recognition as one of the classical dance form of India, alongside the other seven dance forms.

With time, the art form revolutionized and was brought out of the Sattras to perform on Stages, from the Naamghar to stages to the public programs. In this process, the art form went through experiments from different aspects.

In the later time period, the adhyapaks of sattras like Late Rasheshwar Saikia Barbayn Harisaran Bhuyan Barbayan came out and started teaching the Nritya. The bhakats of Kamalabari Sattras had a chance to perform in Delhi was when the people had a trust in the subject matter. In the process some people showed interest in learning the dance form. Alongside, the State Music College was established in Guwahati, Assam, where Sattriya Nritya was taken as a subject. The classical dancers, learning other classical dance forms admired Sattriya and were keen to learn it. Gradually the form was spread and promoted. But till then Sattriya was not recognized as a classical dance form by the Indian government. Xudhakontho, Late Dr. Bhupen Hazarika, was the chairman of Sangeet natak Akademi who showed interest for Sattriya. Through a lot of seminars, discussions with the bhakats of Sattras, the performers, the academicians, dancers of other forms and critiques, the government recognized Sattriya Nritya was recognized as a classical form on 15th November, 2000.



The young boys who come to live as Bhakats in Sattras were observed for a period of six months by their Adhyapaks and were pointed out the ones with specific talents in their area such as Bayan or gayan, dance, borgeet, craft work as mask making, etc. It is stated that when the Adhyapaks go back to their own Sattras, they do not see the same in the way it is being carried forth. With invent of technology over time, a lot changed from their time. The purity of dance inside the Sattras is still traced to be the same. The main theme of the dance form was bhakti, the total devotion to God. The adhyapaks stated that they saw a different kind of teaching when they came out of Sattras. Few taals were selected from the entire dance and taught to the students outside the sattras. The performances

were modified according to the time limit as few stanzas of borgeet were omitted when performed on stage to fit the time frame. The adhyapaks said that it is of loss and they found difficulty to adjust to the differences. In the process some dances are at loss and the bhakats who are still present in the Sattras should preserve the authenticity.

References:

- The data was collected through interview with Professor Dr Bhabananda Bora Barbayan, Mridusmita Das Bora, Adhyapak jagat Barik Borbayan.
- The research was conducted under the guidance of Dr Mithilesh kumar, as a part of undergraduate curriculum, 5th semester, as part of the paper “Performance Studies”, for the Department of Theatre Studis, English and Psychology, Christ University.

EVENTS CORNER

Workshop on Dance and Movement Therapy



On November 4th, 2024, a workshop was held on Dance and Movement Therapy by Dr. Diana Thloor, a corporate trainer, dancer, and Movement and Dance therapist, which focused on the therapeutic potential of dance and movement therapy. The workshop included an demonstration of how music can modulate motor function and behavioral outcomes. Participants were asked to create posters, presentations, and showcase a dance routine tailored to their target population.

Guest Lecture on Behaviour Therapy



On November 5, 2024, Mr. Mishab A. K. delivered an expert lecture on Behavior Therapy, covering distinctions between observable and subjective behavior, assessment methods, and the Behavior Analysis system. He discussed target behavior selection, behavior analysis stages, and practical tools like the Behavior Analysis Proforma, with an interactive activity on interventions. Participants gained practical insights into effective behavior assessment and intervention techniques.

Lecture on Intelligence Theory in the Modern World



On 11th November 2024, a guest lecture was hosted on "Intelligence Theories in the Modern World," presented by Ms. P. Meenakshi. The session covered both classic and contemporary theories of intelligence, discussing their practical implications and applications in clinical and educational settings. Key intelligence assessments, including the SFBT, MICS, and Binet-Kamat Tests, were also explored in detail. The lecture provided valuable insights into how intelligence theories continue to evolve and impact various psychological practices today.

Expert talk on Cancer Navigation: Effective management strategies



On 12th November 2024, Ms. Divya Rajkumar, Psycho-Oncologist from the Adyar Cancer Institute, conducted an expert talk on "Cancer Navigation: Effective Management Strategies" for III MSc Clinical Psychology students at Kristu Jayanti College. The session focused on managing the psychological and emotional challenges cancer patients face, with Ms. Rajkumar highlighting holistic care, resilience, and a patient-centered approach to support patients throughout their journey.



The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.

-Albert Ellis



Daisy

Shreya Mahli - 23PSYB50

War isn't all about blood and gore
It's also a conflict between mind and soul
It's not all about strategies and weapons
It's about heartaches and betrayals

People not just die cuz of aggression and hunger
It's also cuz humanity goes in deep slumber

It not only brings destruction to the city,
But to people's heart, show some pity
After a war, not only comes glory and victory
Cuz there are people mourning for their lost family

For once, I wasn't stuck in such a war
But there was an accident that left a deep scar
With that thought, I gave a weak smile
Pulled out one more drink and got a little more high

On one normal day, suddenly everything turned black,
In that moment, I felt so close to Death

“Overdrinking has damaged his body, am sorry”
I heard someone said
Guess now my pain will end, I'll finally be at peace in my
deathbed

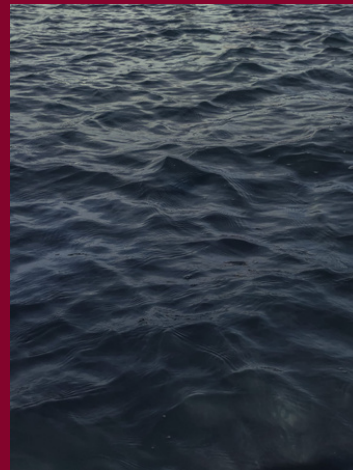
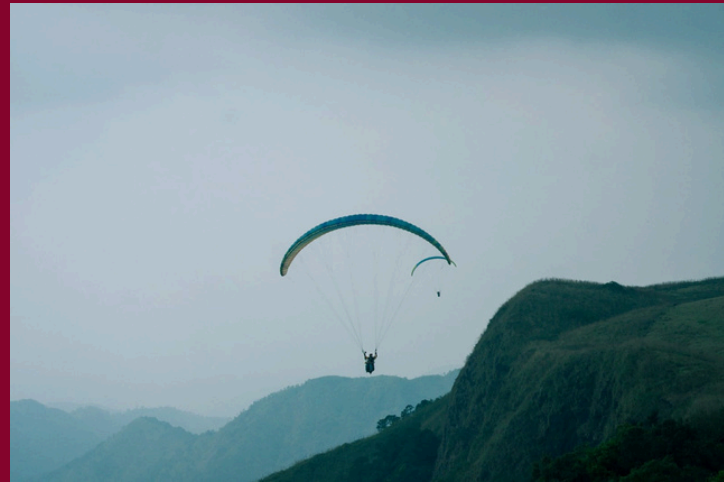
I was now surrounded by clouds
In a beautiful place, called Heaven
Rather than being calm, I kept wandering
Until I saw the one I was looking for, Evan

After the war between the heart and mind,
It was my soul who was happy
Knew it the moment, I saw the little girl running over to me.

....Sister
Your Daisy is here

PHOTOGRAPHS

Navya Hari - 23PSYB41



PSYCHOLOGY NEWS

1. Marijuana Exposure During Pregnancy and Addiction Risk

Researchers from the University of Maryland School of Medicine (November 2024) found that when a baby is exposed to THC (the chemical in cannabis that causes a high) during pregnancy, it can change how the brain develops. These changes can make the brain release more dopamine, a chemical linked to pleasure and addiction. This may increase the chances of becoming addicted to opioids later in life.

2. Stress and Its Effect on Memory

A study from The Hospital for Sick Children showed that stress can change how memories work, making people confuse bad experiences with similar situations. This happens because stress changes specific brain processes. The research also found ways to help fix this problem, which could help treat PTSD and similar conditions.



Paushali Dhar - 23PSYA40



Hitaishi Gnaneshwar - 23PSYB24



Hanna Elsa - 23PSYB21

Ants in an Office

Clara Rhea Rony - 23PSYB13

What are we but ants stuck in a glass jar. Our lives are no less unnatural and uncomfortable, working under artificial lights, doing night shifts and tinkering away at a computer all day than for ants to be attempting paperwork and carrying the government or there might a secret society of ants but humans have not advanced enough to realize that. A millennium or two ago, people might have decreed our current state of partial prosperity as God's blessing but considering our ineptitude at living even now, we definitely have little reason to. Their survival depended on their physical and mental abilities, but today, we are slaves to whatever can take our attention away from reality, surrounded by constant emails, deadlines, and worries that are beyond us. It's no wonder so many people feel stressed, burned out, or even dead—our bodies and minds just aren't built for this kind of life.

To start with, our bodies are made for movement, not sitting at a desk all day. Early humans spent most of their time on the move—hunting, gathering food, and traveling to find what they needed. All that activity kept them somewhat fit and healthy. Now, though, most of us spend hours each day sitting still, which leads to problems like back pain, weight gain, heart disease, and many more. Our bodies are built to move, but modern life keeps us still. This mismatch between what our bodies need and what we do every day is taking a toll on our health.

On top of that, the constant flood of emails, notifications, and pressure to always be available puts a huge strain on our brains. Our ancestors used to deal with stress in short bursts—like running from a predator. But now, we unknowingly get stressed about every minute detail of our lives, whether it be about missing some crucial email, forgetting due assignments, hearing traffic blares etc. This constant stress leaves many people feeling anxious, exhausted, or overwhelmed. The 24/7 work culture we live today is so different from the slower, more natural pace of life our ancestors followed. Then there's the very obvious poison everyone seems to be content ignoring for convenience's sake, the fact that we are more and more distant from nature and whatever mysterious trekking our parents seem to have undergone every day is unreal to most of us living in congested, polluted cities. But today, many of us live in artificial environments—air-conditioned rooms with fluorescent lights and strict schedules that never has room for relaxation and if you somehow find some space, it has to be scheduled in? This separation from nature just messes with us, leading to problems like poor sleep, constant fatigue and almost all our society's current problems could be attributed in some indirect or direct way to our complete callousness towards nature. While modern technology and industrialization have certainly made life more convenient in many ways, they've also created an environment that feels out of sync with how humans have lived and is comfortable living. While nothing can truly deflect how miserable life is at any point in time, our bodies and minds are still wired for a world where we moved more, worked together, and were in tune with ourselves. The stress, disconnection, and health problems so many people experience today show just how out of balance things have become. Perhaps we could still turn the tide and find some balance in our chaotic lives.

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