

Courses – 1 Year

- Introduction to Indian Classical Dance –
- Introduction to Bharatanatyam Style –
- History ,Roots and Revival of Bharatanatyam Style
- Technique of Bharatanatyam Style
- Nritta – Adavu or the Basic Steps of Bharatanatyam Style
- Nritya – Abhinaya (Dance with expression)
- Rasa-s Shringara Rasa (Love) , Hasya Rasa (Laughter), Karuna Rasa (Compassion) , Raudra Rasa (Anger), Vira Rasa (Valour) Bhayanaka Rasa (Fear) ,Bibhatsya Rasa (Disgust),Adbhuta Rasa (Astonishment)
- Nritta Item – Jatiswaram
- Leg Movements
- Hand Gestures and their Uses – Single Hand Gesture and Combined Hand Gesture
- Intro to Seven Tala-s
- Intro to Jati-s – Chaturashra Jati - 4 beats , Tishra Jati – 3 beats , Mishra Jati – 7 beats , Khanda Jati – 5 beats , Sankirna Jati – 9 beats
- The Musical Heritage of South India (Carnatic Style)
- Musical Instruments of Bharatanatyam Style
- Nritta Item – Alarippu, Jatiswaram
- Nritya Item - Shabdham , Shlokam (Kasturi Tilakam)
- Mythological Origins of Bharatanatyam Style