

Courses – 6 Months

- Introduction to Indian Classical Dance –
- Introduction to Bharatanatyam Style –
- History ,Roots and Revival of Bharatanatyam Style
- Technique of Bharatanatyam Style
- Nritha – 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)
- Nritha Item – Alarippu, Jatiswaram
- Leg Movements
- Gaits of Animals
- Hand Gestures and their Uses – Single Hand Gesture and
Combined Hand Gesture
- Intro to Seven Tala-s – Druva Tala ,Matya Tala, Rupaka Tala ,
Jhampa Tala, Triputa Tala , Atta Tala , Eka Tala
- Intro to Jati-s – Chaturashra Jati - 4 beats , Tishra Jati – 3 beats
, Mishra Jati – 7 beats , Khanda Jati – 5 beats , Sankirna Jati – 9
beats
- Intro to Music (Carnatic Style)
- Nritya Item – Shabdham