



Bharathanatyam Junior Grade, 1st Year

COURSEOUTLINE

INTRODUCTION

Bharatanatyam is a classical dance form originating from the Indian subcontinent, specifically from the state of Tamil Nadu. It has a rich history dating back to the 2nd century BCE, with roots in ancient Indian temples and courts. It is an important part of Indian cultural heritage, representing the country's rich artistic and philosophical traditions. It continues to inspire and influence contemporary dance forms, while remaining a vibrant and dynamic classical dance tradition.

OVERALL OBJECTIVES

Cultural and Artistic Objectives

- 1. Preservation of tradition: To preserve and promote the traditional techniques and values of Bharatanatyam.
- 2. Expression of emotions: To convey emotions and tell stories through dance, music, and expression.
- 3. Aesthetic appeal: To create a visually appealing and engaging performance.
- 4. Cultural exchange: To share Indian culture and traditions with diverse audiences.

Educational Objectives

- 1. Technical skill development: To develop proficiency in Bharatanatyam techniques, including adavus, jatis, and mudras.
- 2. Understanding of theory: To learn the theoretical foundations of Bharatanatyam, including natya shastra and musicology.
- 3. Appreciation of Indian culture: To foster an appreciation of Indian culture, history, and philosophy.

Personal Development Objectives

- 1. Discipline and focus: To cultivate discipline, focus, and concentration through rigorous practice.
- 2. Confidence and self-expression: To build confidence and self-expression through performance and presentation.
- 3. Emotional intelligence: To develop emotional intelligence and empathy through the portrayal of various emotions and characters.
- 4. Physical fitness and coordination: To improve physical fitness, flexibility, and coordination through dance training.

Spiritual and Philosophical Objectives

- 1. Connection to the divine: To experience a connection to the divine and the universe through dance and music.
- 2. Inner peace and calm: To cultivate inner peace, calm, and spiritual growth through the practice of Bharatanatyam.
- 3. Understanding of Indian philosophy: To gain insight into Indian philosophical concepts, such as the union of the individual self (jiva) with the universal self (Brahman).

By achieving these objectives, Bharatanatyam dancers can develop a deeper understanding of the art form, themselves, and the world around them.

Method of Assessment				
SL No	Task	Month of Assessment	Marks	
	Practical Assessment 1	September/October/November	10	
-	(Group of 20 Students)		10	
2	Practical Assessment 2	December/January/ <u>February</u>	10	
2	(Group of 20 Students)		10	
3	Practical Assessment	Manch (April (May)	30	
3	(Group of 20 Students)	March/April/ <u>May</u>	30	
		Total	50	
Note: Performance may be in group but marks will be allotted individually.				

	Schedule of Teaching					
Periods	Date	Topic	Subtopic	Class activity		
			Introduction to Bharatanatyam			
			Skandasana 1 Start in a standing position: Begin by			
			standing with your feet hip-width apart, with your arms at your sides.			
			Bhujangasana 2[A cobra pose that stretches the chest and			
1	Jun-02	Exercise	improves flexibility]			
			Viparita karani 3[A shoulder stand that stretches the			
			shoulders and improves flexibility			
			Virabhadrasana 4 Start in a standing position: Begin by standing with your feet hip-width apart, with your arms at			
			your sides.			
2	4	Exercise 1 to 4	Revision			
			Dhanurasana 1 A bow pose that stretches the arms and	•		
			improves flexibility.			
			Bhaddha Konasana 2 Bhadda Konasana helps to stretch the			
			hips and thighs, which can help to improve flexibility and			
			reduce tension in the lower body.			
3	6	Exercise 1 to 4	Chakrasana 3 Also known as wheel pose or urdhva			
			dhanurasana in yoga, is a backbend that opens up the			
			chest ,strengthens the arms and legs and stretches the			
			spine. Padahastasana 4 Padahastasana helps to stretch the			
			hamstrings, which can help to improve flexibility and reduce			
			muscle tension.			
4	9	Exercise	Revision Introduction to Tattadavu	Explanation		
			Tattu Adavu: Basic footwork pattern involving a series of	Nattuvanga, Solluk		
			quick steps.	attu,Taalas &		
_	11	Introduction:	Tattadavu : Types 6	Dance Practice		
5	11	Basics	Tattadavu 1 - Thai yya Thai ,Thai Yya Tham(1,2,3.)			
			Speed			
			Tattadavu 2 -Thai yya Thai , Thai Yya Tham (1,2,3.) Speed			
6	13	Tattadavu 1 & 2	Revision Mooshika Vahana Sloka			
			Tattadavu 3 Thai Yya Thai Yya Thai, Thai Yya thai Yya			
			Tham (1,2,3.) Speed			
7	16	Basics	Tattadavu : 4			
			Thai yya Thai yya Thai yya Thai, Thai yya Thai yya Thai yya Tham (1,2,3.) Speed			
8	18	Tattadavu 3 & 4	Revision Mooshika Vahana Sloka			
			Tattadavu 5 -Thai yya Thai yya Thai Thai Tham, Thai yya			
9	20	Basics	Thai yya Thai Thai Tham (1,2,3.) Speed Tattadavu 6 - Thai yya Thai yya Thai yya (thaka) Thai yya			
			Thai yya Tham (1,2,3.) Speed			
10	23	Tattadavu 5 & 6	Revision Mooshika Vahana Sloka			
11	25	Song 1	Mooshika Vahana Song			
			Introduction to Mandi Adavu			
			Mandi Adavu: Footwork pattern involving a series of bent- knee movements.			
12	27	Introduction; Basics				
		Dasics	Mandi Adavu 1 & 2 Types 1.Thakha Dhimi Thakha Janu 2.Thakha Dhimi Thakha			
			Janu (1,2) Speed			
		<u> </u>	(-1-) -			

Periods	Date	Topic	Subtopic	Class activity
13	30	Mandi Adavu 1 & 2	Revision	
			Mandi Adavu 3 & 4 Types	
14	Jul-02	Basics	3.Thakha Dhimi Thakha Janu 4.Thakha Dhimi Thakha	
			Janu (1,2) Speed	
15	4	Mandi Adavu 3 & 4	Revision	
			Mandi Adavu 5 & 6 Types	
16	7	Basics	5.Thakha Dhimi Thakha Janu 6.Thakha Dhimi Thakha Janu	
			(1,2) Speed	
17	9	Mandi Adavu 5 & 6	Revision	
18	11	Song 1	Mooshika Vahana Song	
			Nattadavu Types of 8	
			Nattu Adavu: Footwork pattern involving a series of slow,	
10	1.4	Introduction;	gliding steps.	
19	14	Basics	Nattadavu 1 & 2 types	
			1, thai yyum tha tha thai hi tha ha 2, thai yyum tha tha thai	
			hi tha ha (1,2,3.) Speed	
20	16	Nattadavu 1 & 2	Revision	
			Nattadavu 3	
21	18	Basics	3 .thai yyum tha tha thai hi tha ha ,thai yyum tha tha thai hi	
			tha ha (1,2,3.) Speed	
22	21	Nattadavu 3	Revision	
			Nattadavu 4	
23	23	Basics	4.Thai yyum tha tha thai hi tha ha ,thai yyum tha tha thai hi	
			tha ha (1,2,3.) Speed	
24	25	Nattadavu 4	Revision	Explanation
			Nattadavu 5	Nattuvanga, Solluk
25	28	Basics	5.thai yyum tha tha thai hi tha ha thai yyum tha tha thai hi	attu,Taalas &
		Mattada E	tha ha (1,2,3.) Speed	Dance Practice
26	30	Nattadavu 5	Revision Nattadavu 6	
27	A 01	Paging	6.thai yyum tha tha thai hi tha ha ,thai yyum tha tha thai hi	
21	Aug-01	Basics	tha ha (1,2,3.) Speed	
28	4	Nattadavu 6	Revision	
20		Nattadava o	Nattadavu 7	
29	6	Basics	7.thai yyum tha tha thai hi tha ha ,thai yyum tha tha thai hi	
			tha ha (1,2,3.) Speed	
30	8	Nattadavu 7	Revision	
			Nattadavu 8	
31	11	Basics	8.thai yyum tha tha thai hi tha ha ,thai yyum tha tha thai hi	
			tha ha (1,2,3.) Speed	
32	13	Nattadavu 8	Revision	
33	18	Theory	Dashavida Adavu Topic	
		1113017	Asamyuta hasta types of 28	
			Pataka 1 [Flag] - Used to represent	
			clouds,forests,denial,etc.	
			Tripataka 2 [Three parts of a Flag] Represents a	
34	20	Mudras	crown,tree,or flames.	
			Ardhapataka 3 [Half-Flag]-Denotes a river, leaves, or a	
			kniiife.	
			Kartari Mukha 4 [Scissors Face] - Symbolizes lightning,	
			separation, or a creeper.	
35	22	Mudras 1 & 4	Revision	

Periods	Date	Торіс	Subtopic	Class activity
			Asamyuta hasta types of 28	
			Mayura 1 [Peacock] - Represents apeacock, bird,or tilak Ardhachndra 2 - This mudra is used to convey asennnse of calmness or serenity Arala 3 -Arala Mudra is often used to convey the idea of growth, development, and transformation. Sukhatunda 4 "Sukha" meaning "happiness" or "joy", and "Tunda" meaning "face" or "expression".	
36	25	Mudras	Musti 5 -Musti Mudra is a gesture where the hand is clenched into a fist, with the fingers and thumb tightly closed	
			Shikhara6: Shikhara Hasta is a gesture where the fingers are stretched upwards, with the thumb slightly bent.	
			Kapitha 7: Kapitha Hasta is a gesture where the fingers are bent and the thumb is stretched upwards, forming a shape resembling a Kapitha	
			Katakha Mukha 8: Hasta is a gesture where the fingers are crossed, with the thumbs touching each other, forming a	
37	29	Mudras 1 & 8	Revision	
			Asamyuta hasta types of 28 Suchi 1: Hasta is a gesture where the index finger is	
38	Sep-01	Mudras	extended and the other fingers are curled inwards, forming a shape resembling a needle or a point. Chandra Kala 2: Hasta is a gesture where the fingers are curved and the thumb is bent, forming a shape resembling a crescent moon. Padma Kosha 3: Hasta is a gesture where the fingers are curled inwards, resembling the shape of a lotus bud. Sarpa Shirsha 4: Hasta is a gesture where the fingers are curled and the thumb is stretched upwards, resembling the hood of a snake.	Explanation Nattuvanga,Solluk attu,Taalas & Dance Practice
			Mruga Shirsa 5: Hasta is a gesture where the fingers are curled and the thumb is stretched upwards, resembling the head of a rooster. Simha Mukha 6: Hasta is a gesture where the fingers are spread apart, and the thumb is bent, resembling the face of a lion.	
			Kangula 7: Hasta is a gesture where the fingers are bent and the thumb is stretched upwards. Ala Padma 8:It can be used to show a blooming flower, cart	
			wheels,praising, speaking, bird, and so on.	
39	8	Mudras 1 & 8	Revison Asamyuta hasta types of 28	
40	10	Mudras	Chatura 1: Hasta is a gesture where the thumb and index finger are crossed, forming a shape resembling a square or a rectangle. Bhramara 2: Hasta is a gesture where the fingers are curled and the thumb is stretched upwards, resembling the shape of a bee	
			Hamsasa 3: In Hamsasya Hasta, the fingers are stretched and the thumb is bent, forming a shape that resembles a swan's neck.	

Periods	Date	Topic	Subtopic	Class activity
41	12	Mudras	Hamsa Pakshaka 4: In Hamsa Pakshaka Hasta, the fingers are stretched and the thumb is bent, forming a shape that resembles a swan's wing. Sandamsa 5: In Sandamsa Hasta, the fingers are bent and the thumb is stretched, forming a shape that resembles a box or a container. Mukula 6: Hasta is a gesture where the fingers are curled and the thumb is stretched, forming a shape resembling a bud or a sprout. Tamra Chuda 7: Hasta is a gesture where the fingers are stretched and the thumb is bent, forming a shape resembling a copper crest or a crown. Trishula 8: Hasta is a gesture where the middle finger, ring finger, and little finger are stretched, while the thumb and index finger are bent, forming a shape resembling a trident.	
42	Oct-13	Mudras 1 & 8	Revision	
43	15	Introduction ; Basics	Kudhita Kattadavu 8 Types Start with the basic standing position, with your feet together and your weight evenly distributed on both feet 1st type R-Tha Thai Tha Ha L-Dhi Thai Tha Ha [1,2,3.Speed]	
44	17	Basics 1	Revision	
45	24	Basics	Kudhita Kattadavu 8 Types 2nd type R-Tha Thai Tha Ha L-Dhi Thai Tha Ha [1,2,3.Speed]	Explanation Nattuvanga,Solluk attu,Taalas &
46	27	Basics 2	Revision	Dance Practice
47	29	Basics	Kudhita Kattadavu 8 Types 3rd Type R-Tha Thai Tha Ha L-Dhi Thai Tha Ha [1,2,3.Speed]	
48	31	Basics 3	Revision Swagatham Krishna Sloka	
49	Nov-03	Basics	Kudhita Kattadavu 8 Types 4th Type R-Tha Thai Tha Ha L-Dhi Thai Tha Ha [1,2,3.Speed]	
50	5	Basics 4	Revision Swagatham Krishna Sloka	
51	7	Basics	Kudhita Kattadavu 8 Types 5th Type R-Tha Thai Tha Ha,Dhi Thai Tha Ha L-Tha Thai Tha Ha,Dhi Thai Tha Ha [1,2,3.Speed]	
52	10	Basics 5	Revision Swagatham Krishna Sloka	
53	12	Basics	Kudhita Kattadavu 8 Types 6th Type R-Tha Thai Tha Ha Dhi Thai Tha Ha L-Tha Thai Tha Ha Dhi Thai Tha Ha [1,2,3.Speed]	
54	17	Basics 6	Revision Swagatham Krishna Sloka	
55	19	Basics	Kudhita Kattadavu 8 Types 7th-Type R-Tha Thai Tha Ha Tha Ha L-Dhi Thai Tha Ha Tha Ha [1,2,3.Speed]	
56	21	Basics 7	Revision Swagatham Krishna Sloka	

Periods	Date	Topic	Subtopic	Class activity
			Kudhita Kattadavu 8 Types	
57	Dec-03	Basics	8th-Type	
			R-Tha Thai Tha Ha Dhi Thai Tha Ha L-Tha Thai Tha Ha Dhi Thai Tha Ha [1,2,3.Speed]	
58	5	Basics 8	Revision Swagatham Krishna Sloka	
59	8	Song 2	Swagatham Krishna	
33	0	009 =	Samyuta Hasta 24 Types	
			Anjali Mudra 1- Offering, prayer, or greeting	
			Kapota 2-(Pigeon Hand) Prayer, Speaking Respectfully to a	
			Teacher Humility	
			Karkata 3- Crab or tortoise	
60	10	Mudras	Swastika 4- Auspicious symbol	
			Dhola 5 -Swing or oscillation	
			Pushpa Puta 6-Flower offering	
			Ustanga 7-Embracing, Shyness Pointing to Body Parts	
			Teaching a Child:These are Utsanga Hands ses.	
		Mandage 4 0 0	Shiva Linga 8-To Show Shiva Linga	
61	12	Mudras 1 & 8	Revision Samyuta Hasta 24 Types	
			Katakaavardana 1-Coronation, Worship, Marrige	
			Karthariswastika 2-Branches, Mountain Peak ,Trees	
			Shakhata 3- (Chariot Wheel) to Depict Demons Shankha 4-(Shell) to Show Conch Shell So Stated by	
62	15	Mudras	Bharata	
			Chakhra 5-(Discus) This Hastas Use is to Show a Discs	Explanation
			Samputa 6-(Container) to Cover Things, Box.	Nattuvanga,Solluk
			Pasha 7-(Bond) Dispute With Others, Rope Chain Links. Khilakow 8-(Axle) Love, Friendly Talk.	attu,Taalas &
63	17	Mudras 1 & 8	Revision	Dance Practice
03	1/	Madras I & 0	Samyuta Hasta 24 Types	
			Matsya 1-(Fish) to Show a Fish	
			Kurma 2 -(Tortoise) to Show Tortoise.	
			Varaaha 3 -(Boar) to Show Boar.	
			Garudha 4 -(Eagle) to Show Eagle.	
64	19	Mudras		
			Naagabandha 5 -(Joined Snakes) to Show Entwined Snakes	
			Khatwa 6 -Symbolizes a Weapon, Specifically a spear.	
			Bherunda 7 -(Double Headed Eale) to Show a Deaded Eagle, a Pair of Birda.	
			Avahitha 8 -Offering or oblation	
65	22	Mudras 1 & 8	Revision	
66	24	Song 3	Guru Brahma Guru Vishnu	
			paravaladavu 7 Types	
			Footwork - Structured Steps That Maintain Rhythm and	
-	2.6	Introduction;	Flow.	
67	26	Basics	Paravladavu 1	
			R-Tha Thai Thai Tha ,Dhi Thai Thai Tha	
			L-Tha Thai Thai Tha ,Dhi Thai Thai Tha [1,2,3.Sd]	
68	29	Paravladavu 1	Revision Guru Brahma Guru Vishnu	
			Paravladavu 2	
69	31	Basics	R-Tha Thai Thai Tha ,Dhi Thai Tha	
		D I I C	L-Tha Thai Thai Tha ,Dhi Thai Thai Tha [1,2,3.Sd]	
70	Jan-02	Paravladavu 2	Revision Guru Brahma Guru Vishnu	

Periods	Date	Topic	Subtopic	Class activity
			Paravladavu 3	
71	5	Basics	R-Tha Thai Thai Tha ,Dhi Thai Thai Tha	
			L-Tha Thai Thai Tha ,Dhi Thai Thai Tha [1,2,3.Sd]	
72	7	Paravladavu 3	Revision Guru Brahma Guru Vishnu	
			Paravladavu 4	
73	9	Basics	R-Tha Thai Thai Tha ,Dhi Thai Tha	
			L-Tha Thai Thai Tha ,Dhi Thai Thai Tha [1,2,3.Sd]	
74	12	Paravladavu 4	Revision Guru Brahma Guru Vishnu	
			Paravladavu 5	
75	16	Basics	R-Tha Thai Thai ,Dhi Thai Thai Tha	
			L-Tha Thai Thai Tha ,Dhi Thai Thai Tha [1,2,3.Sd]	
76	19	Paravladavu 5	Revision Guru Brahma Guru Vishnu	
	_		Paravladavu 6	
77	21	Basics	R-Tha Thai Thai Tha ,Dhi Thai Thai Tha	
_			L-Tha Thai Thai Tha ,Dhi Thai Thai Tha [1,2,3.Sd]	
78	23	Paravaladavu 6	Revision Guru Brahma Guru Vishnu	
			paravaladavu 7 Types	
79	28	Basics	R-Tha Thai Thai Tha ,Dhi Thai Tha	
			L-Tha Thai Thai Tha ,Dhi Thai Thai Tha [1,2,3.Sd]	1
80	30	Song 3	Guru Brahma Guru Vishnu	
81	Feb-02	Paravaladavu 7	Revision	Explanation Nattuvanga,Solluk
82	4	Introduction; Basics	Rangakramana 2 Types The Dancer Typically enters the stage, performing the traditional Alarippu or some basic footwork while maintaining the Nritta and Nritya.	attu,Taalas & Dance Practice
02			Rangakramana 1	
			R-Thai yyum tha tha thai hi tha ha	
			L- thai yyum tha tha thai hi tha ha (1,2,3.) Speed]
83	6	Rangakramana 1	Revision	
84	9	Song 3	Guru Brahma Guru Vishnu	
			Rangakramana 2	
85	11	Basics	R-Thai yyum tha tha thai hi tha ha	
			L- thai yyum tha tha thai hi tha ha (1,2,3.) Speed	,
86	13	Rangakramana 2	Revision	,
87	16	Song 3	Guru Brahma Guru Vishnu	
88	18	Exercise	Revision	
89	20	Tattadavu Basics	Nattuvang , Taala and sollukattu .	
90	23	N,T,S.	Revision	
91	25 27	Mandi Adavu Basic	Nattuvang, Taala and Sollukattu .	
92 93	27 Mar-02	N,T,S. Nattadavu Basics	Revision Nattuvang Taala and Sollukattu	
93	Mar-02		Nattuvang , Taala and Sollukattu . Revision	
95	6	N,T,S. Kudhita Kattadavu	Nattuvang , Taala and Sollukattu .	
96	9	N,T,S.	Revision	
70	,	11,1,5.	INCVISION	

Periods	Date	Topic	Subtopic	Class activity
97	11	paravaladavu	Nattuvang , Taala and Sollukattu .	
98	Apr-01	N,T,S.	Revision	
99	2	Rangakramana	Nattuvang ,Taala and Sollukattu	
100	3	N,T,S.	Revision	
101	4	Introduction;	Extra Basic Adavus	
101	*	Basics	1.Thai Thai Dhi Dhi Thai Tham	
102	6	Basics 1	Revision	
103	7	Basics	Shutradavu Type 1	
103	,	Dasics	1.Tha Kha Dhi Mi	
104	8	Exercise 1 & 8	Revision & Songs	Fla wati a u
105	9	Tattadavu 1 & 6	Revision & Theory	Explanation Nattuvanga,Solluk
106	10	Song 1 & 2	Revision	attu,Taalas &
107	11	Nattadavu 1 & 8	Revision & Theory	Dance Practice
108	13	Mudras 28	Revision, Songs & Theory	
109	15	Kudhita Kattadavu 8	Revision & Theory	
110	16	Mudras 24	Revision & Theory Simple Choreography For song	
111	17	All Basics	Revision	
112	18	TheoryTopic	Nrutyakke Upaukta Vaada Vyayama Kriyagalu	
113	May-25	TheoryTopic	Revision	
114	26	Exams	Dashavida Adavu Topics & Mudras Topics	
115- 116	27,29	Devata Slokas	Saraswathi Sloka & Sri Lakshmi Sloka	
117	30	Devata Slokas 2	Revision	