

BHARAT-NATYAM

Syllabus for Bharat-Natyam

The repertoire of **Bharatanatyam**, like all major classical Indian **dance** forms, follows the three categories of performance in the Natya Shastra. These are Nritta (Nirutham), Nritya (Niruthiyam) and Natya (Natyam).

Bharatnatyam : Bha from Bhava **meaning** emotion, Ra from Raaga **meaning** music or melody, Ta from Taala **meaning** rhythm and Natyam **meaning** dance. Thus **Bharatanatyam** is the dance that encompasses music, rhythm and expressional dance or Abhinaya and strictly adheres to the Natyashastra (the scripture of classical Indian dance).

Level 1

Duration – 1 Year

Practical

- Basic exercise (Chudip) - 4
- Adavus- tatta, natta, pakka, etta, kudichumetta, sarikal and tirmana
- Bheda - drishti, greeva and shiro
- Hasta Mudras - Samyukta and Asamyukta
- Alarippu tisram
- Shlokam

Theory

- Origin and history of Bharatnatyam
- Technical terms used in Bharatnatyam
- Knowledge of South Indian Taal system

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