



भारतीय सांस्कृतिक सम्बंध परिषद  
Indian Council For Cultural Relations

*Routes 2 Roots*™



# Odissi Lesson Plan 2024



Welcome to this Odissi class which has been organized by Routes 2 Roots in association with Indian Council for Cultural Relations and Centre For Cultural Resources and Training. We will be conducting this class every Monday at 2 pm IST

**15-Jan-24**

## Lesson 1 - Vrinda Chadha

- Introduction to Odissi – A brief History (PPT)
- Teach Bhumi Pranam
- Tri Bhangis – Body Positions in Odissi
- First Taal
- Basic Technique Stepping Number 1 (Chowk & Tribhangi)
- First Five Hasta Mudras
- Closing with Bhumi Pranam & Shloka Recitation

**22-Jan-24**

## Lesson 2 - Arunima Ghosh

- Mahari (Devdasi) – History of Odissi
- Bhumi Pranam
- Body Preparation Exercises
- Revise Tri Bhangis
- Pada Bheda – Foot Positions - 5
- Chin & Eye Movement
- Torso Movement
- Chowk & Tribhangi
- Hasta Bheda
- Bhumi Pranam & Shloka

**29-Jan-24**

## Lesson 3 - Vrinda Chadha

- History of Odissi (Gotipua)
- Bhumi Pranam
- Revision of Ektali (3 Speeds)
- Revision of Torso and Eye Movement
- Pada Bheda – Foot Positions - Next 5

- Stepping Number 2 in Chowk & Tribhangi
- Revision of Hasta Bheda
- Bhumi Pranam & Shlokas

**5-Feb-24**

## Lesson 4 - Arunima Ghosh

- The Four Pillars of Odissi – Details on 2 Gurus
- Introduction of New Bol in Ektali
- Pada Bheda – Foot Positions - Next 5
- Build on Stepping Number 2 in Chowk & Tribhangi – Hand Movements
- Hasta Bheda – Next 5
- Explaining the Angikam Shloka
- Bhumi Pranam & Shlokas

**12-Feb24**

## Lesson 5 - Vrinda Chadha

- The Four Pillars of Odissi–Details on Next 2 Gurus
- Bhumi Pranam
- Revision of the Hasta Bhedas – Addition of Next 5
- Application of Hasta Bhedas in New Shloka
- Brief body preparation followed by revision of Stepping Number 2 Chowk & Tribhangi (addition of torso, eye, chin movements)
- Completion of Pada Bhedas
- Bhumi Pranam & Shlokas

**19-Feb-24**

## Lesson 6 - Arunima Ghosh

- Definition of Matra, Laya, Avartana
- Bhumi Pranam
- Body Preparation Exercises

- Torso, Chin & Eye Movement Revision
- Revision of Pada Bhedas
- Stepping Number 3 Chowk & Tribhangi
- Introduction of Viniyoga of Patakas
- Bhumi Pranam & Shlokas

**26-Feb-24**

## Lesson 7 - Vrinda Chadha

- Instruments Used in Odissi (PPT)
- Bhumi Pranam
- Brief body preparation followed by building on Stepping Number 3 Chowk & Tribhangi (addition of torso, eye, chin movements)
- Continuation of Viniyoga of Patakas
- Revision of Yato Hasta Shloka
- Revision of Pada Bhedas
- Bhumi Pranam & Shlokas

**4-March-24**

## Lesson 8 - Arunima Ghosh

- Nritya, Nritta, and Natya
- Bhumi Pranam
- Introduce Stepping Number 4 Chowk & Tribhangi
- Body Preparation Exercises
- Torso, Chin & Eye Movement Revision
- Revision of Pada Bhedas
- Utplavana (Jump)
- Continuation of Viniyoga of Patakas
- Bhumi Pranam & Shlokas

**11-March-24**

## **Lesson 9 - Vrinda Chadha**

- Open with a Performance of a Shloka
- Bhumi Pranam
- Brief body preparation followed by building on Stepping Number 4 Chowk & Tribhangi (addition of torso, eye, chin movements)
- Revision of Viniyoga of Patakas
- Introduction of Bhramaris (Odissi Spins)
- Bhumi Pranam & Shlokas

**18-March-24**

## **Lesson 10 - Arunima Ghosh**

- Open with a Performance of a Pallavi
- Bhumi Pranam
- Revision of Stepping Number 4 Chowk & Tribhangi
- Body Preparation Exercises
- Torso, Chin & Eye Movement Revision
- Revision of Pada Bhedas
- Taal
- Introduction to Stepping Number 5 Chowk & Tribhangi
- Completion of Utplavana
- Bhumi Pranam & Shlokas

**1-April-24**

## **Lesson 11 - Vrinda Chadha**

- Quiz Session
- Bhumi Pranam
- Brief body preparation followed by Completion of Stepping Number 5 Chowk & Tribhangi (addition of torso, eye and chin movements)

- Revision of Stepping Number 1 & 2
- Revision of Pataka Hasta Viniyogas
- Revision of all the Hasta Bhedas plus Yato Hasta Shloka
- Revision of Bhramaris (Odissi Spins)
- Bhumi Pranam & Shlokas

**8-April-24**

## Lesson 12 - Arunima Ghosh

- Quiz Session
- Bhumi Pranam
- Body Preparation Exercises
- Revision of Stepping Number 3 to 5 Chowk & Tribhangi
- Revision of Utplavanas
- Torso, Chin & Eye Movement Revision
- Revision of Pada Bhedas
- Revision of Taal
- Revision of Pataka Hasta Viniyogas
- Bhumi Pranam & Shlokas