



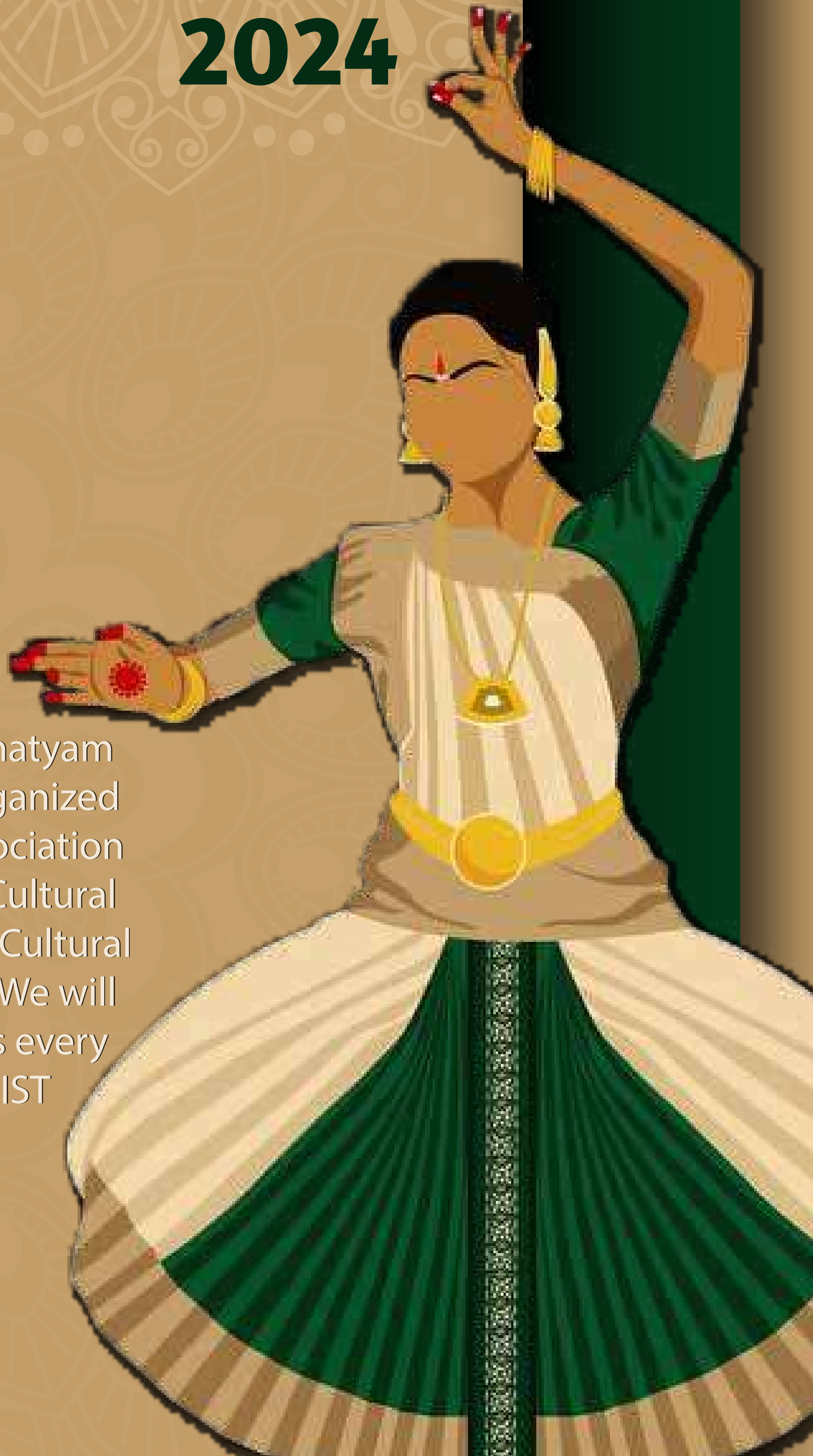
भारतीय सांस्कृतिक सम्बंध परिषद
Indian Council For Cultural Relations

Routes 2 Roots™



Bharatnatyam Lesson Plan 2024

Welcome to this Bharatnatyam 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 Wednesday at 2 pm IST



Lesson

1

Teacher-Gayatri Deka

17-Jan-24

- Introduction to Bharatanatyam – A brief History (PPT)
- Introduce Bhumi Pranam and its meaning
- Teach Bhumi Pranam
- Warm Up Exercises: stretching, rotation and flexing of different parts of the body-head, neck, shoulders, arms, waist, hips, knees, ankles, feet etc.
- Introduction to the Three Basic Postures- Araimandi, Murumandi & Samapadam
- Demonstration of the three postures
- Ending with Bhumi Pranam

Lesson

2

Teacher-Madhura Bhrushundi

24-Jan-24

- Revision of First Class
- Continued discussion of history of Bharatanatyam: Tanjore Quartet
- Bhumi Pranam
- Warm Up Exercises
- The Three Basic Postures
- First 5 Asamyuta hastas (Single-handed Hastas)
- Ending with Bhumi Pranam

Lesson

3

Teacher-Gayatri Deka

31-Jan-24

- Revision of Second Class
- Continued discussion of history of Bharatanatyam: Different banis/style s
- Bhumi Pranam
- Warm Up Exercises
- The Three Basic Postures
- Revision of first 5 Hastas
- Introduction of next 5 Hastas
- Ending with Bhumi Pranam

Lesson

4

Teacher-Madhura Bhrushundi

7-Feb-24

- Revision of Third Class
- Bhumi Pranam
- Warm Up Exercises
- The Three Basic Postures
- Revision of first 10 Hastas
- Introduction of Carnatic Music system: tala, laya etc.
- Introduction to Adavu
- Ending with Bhumi Pranam

Lesson

5

Teacher-Gayatri Deka

14-Feb-24

- Revision of Fourth Class
- Bhumi Pranam
- Warm Up Exercises
- The Three Basic Postures
- Revision of first 10 Hastas
- Introduction of next 5 Hastas
- Introduction of first set of adavus: Tattadavu
- Teaching Tattadvu Number 1
- Ending with Bhumi Pranam

Lesson

6

Teacher-Madhura Bhrushundi

21-Feb-24

- Revision of Fifth Class
- Bhumi Pranam
- Warm Up Exercises
- The Three Basic Postures
- Revision of the 15 Hastas
- Revision of Tattadvu Number 1
- Introduction of next 5 Hastas
- Ending with Bhumi Pranam

Lesson**7****Teacher-Gayatri Deka**

28-Feb-24

- Revision of Sixth Class
- Bhumi Pranam
- Discussion of Nritta, Nritya and Natya, as mentioned in the Abhinaya Darpanam
- Warm Up Exercises
- Introduction of Tattadvu Number 2
- Ending with Bhumi Pranam

Lesson**8****Teacher-Madhura Bhrushundi**

6-March-24

- Revision of Seventh Class
- Bhumi Pranam
- Warm Up Exercises
- Revise the 20 Hastas
- Revision of Tattadvus
- Introduction to last 8 Hastas
- Ending with Bhumi Pranam

Lesson**9****Teacher-Gayatri Deka**

13-March-24

- Revision of Eighth Class
- Introduction to the four types of Abhinaya: Angika, Vachika, Acharya, Satvika
- Bhumi Pranam
- Warm Up Exercises
- Introduction of Tattadvu Number 3
- Ending with Bhumi Pranam

Lesson
10

Teacher-Madhura Bhrushundi
20-March-24

- Revision of Ninth Class
- Continued discussion of the four types of Abhinaya: Angika, Vachika, Acharya, Satvika
- Bhumi Pranam
- Warm Up Exercises
- Revision of 28 Hastas
- Introduction of Tattadvu Number 4
- Ending with Bhumi Pranam

Lesson
11

Teacher-Gayatri Deka
27-March-24

- Revision of Tenth Class
- Bhumi Pranam
- Warm Up Exercises
- Introduction of 2 Eye Movements – Drishti Veda (Sachi & Pralokita)
- Introduction of Tattadvu Number 5
- Ending with Bhumi Pranam

Lesson
12

Teacher-Madhura Bhrushundi
3-April-24

- Revision of Eleventh Class
- Bhumi Pranam
- Warm Up Exercises
- Introduction of Attami
- Revision of Tattadvus Number 1 to 5
- Introduction of Asamyuta Hasta Shloka
- Ending with Bhumi Pranam