



VEDIC WELLNESS
UNIVERSITY
FLORIDA, USA

Certificate Course in Bharatanatyam





PREAMBLE

Dance is one of the most important performing art forms in India. The earliest reference to Dance is quoted in Rig Veda and the term natya is often used in Vedic literature. Brahma is said to have compiled the necessary components from all the four Vedas, creating the fifth Veda - Panchama Veda or Natya Veda, which is considered as the origin of Indian Classical Dance. Dance as an art form is infused with divine values and is considered as a prayer to God. **School of Arts & Culture, Vedic Wellness University**, is introducing this **Offline Certificate course** in Classical dance Bharatnatyam with our Associates present globally to prepare the young artist to take forward the legacy of our culture, globally.



PROGRAM OBJECTIVES

After the completion of the course, the student will be able to

- Comprehend the various forms of Indian Classical Dance
- Understand and use the technical terms associated with Bharatanatyam
- Get a basic understanding of Rhythmic structure and Aharya - costumes, jewellery, makeup, region, religion.
- Demonstrate Dance movements in Bharatanatyam.
- Extra Yoga, Meditation, and Vedic Chanting sessions

LEVEL 1: PALLAVA ADHYAYANA

DURATION

1 Year (Oral and Practical)

COURSE CREDITS

3

ELIGIBILITY

Age above 8 years &
Passion for Classical Dance

HIGHLIGHTS

ORAL

- Name & place of 8 Classical dance forms in India
- Name of the Guru and the school the student follows
- Namasakara –Dhyana Sloka & Guru vandana(recite with meaning and its importance)
- Meaning of the term Bharata Natyam (Bhava+Raga+Tala) and it's origin.
- Recite Asamyuta & Samayuta hastaa according to abhinaya darpana of Nandikeshwara

- Shirobheda ,Drishtibheda ,Grivabheda according to abhinaya darpana of Nandikeshwara
- Names of Paadabhedas – according to abhinaya darpana
- Basic Exercises Or Asanas (kriyatamaka)
- Demonstrate Chatushra Jaati in three speeds (sarvalaghu ekatala)

PRACTICAL

Demonstrate the following adavus along with shollukuttu

- Dashavidha adavus- 10 types of steps
 - Tattu Adavu- 1 to 4
 - Nattadavu: 1 3 5 7
 - Mettadavu: 2 types
 - Sarikkaladavu(slidingadavu)- 2 types
 - Vishruadavu(parvaladavu) – 1
 - Rangakramana
 - Mandi adavu
 - Tattu mettu Adavu
 - Jaaradavu (sliding adavu)
 - Muktayadavu
- Alaripu-tishra or chaturashra
- Prayers- (Reciting – Demonstrate along with meaning):
 - Ganesh Stuthi
 - Shlokas from Bhagwad Gita



LEVEL 2: LATHA ADHYAYANA

DURATION

1 Year (Oral and Practical)

COURSE CREDITS

3

ELIGIBILITY

Age above 9 years &
1 year experience in Classical Dance

HIGHLIGHTS

ORAL

- 4 Types of characteristics of Adavus
- Padbhedas according to abhinaya darpana
- Names of Mandala bhedas
- Names of Utplavana bhedas
- Shlokas of Asamyuta and Samyuta Hasta viniyoga along with meaning viz. Pataaka, Tripataaka & Anjali, Kapota (According to Abhinaya Darpana)
- Kinkini lakshana (characteristics of bells)
- Merits & demerits of a dancer
- Principle of a dancer
- Essential qualities of a dancer

PRACTICAL

Other Adavus(chiladavus)

Clear demonstration of minimum three steps in the below mentioned Adavus with hand gestures and reciting the shollakuttus of the Adavus on hands:

- That Tai Taha Adavu
- Kuditta metta adavu
- Peri Adavu: Tai hat tai hi
- Small Tiramaanam Adavu: Ta dhi gina thom
- Mandi Adavu: Tat tai taa
- Yetta Adavu
- Reciting Chatushra & Tishra Jaati in three speeds
- Explaining the following in short:
 - Adavu and Laya (Trikaalam)
 - Nritta, Nritya and Natya

Jatiswaram(In aditala) Shlokas

LEVEL 3: LASYA ADHYAYANA

DURATION

1 Year (Oral and Practical)

COURSE CREDITS

5

ELIGIBILITY

**Age above 10 years &
2 year experience in Classical Dance**

HIGHLIGHTS

THEORY (WRITTEN)

- Explain the following technical terms : Bharata ,Tandava ,Lasya , Jaati, solkattu and Tirmanam
- Introduction to 8 types of classical dance forms in India (Bharatnatyam, Kathakali, Kathak, Manipuri , Oddisi , Mohiniyattam, Kuchipudi and sattriya with special reference to:
 - Place of origin

- Style of dance (solo/group)
- Salient features
- Style of music (Hindustani or Carnatic)

• Explain in brief

- Saptaswaras
- Saptatalas
- Nrutta Nritya Natya
- Anga Pratyanga Upang

PRACTICAL

• Performance oriented:

Recite the following Adavus along with Sollukattu & perform:

- Tatti Metta Adavu (5 Jaatis)
- Tahata jam tari ta
- Kita taka dhari kita thom

• Dance items:

Perform & recite Pushpanjali & Kauthuvam

Demonstrate: (Demonstration required for Mudras/ Handgestures):

- Asamyuta (Ardhapataaka & Kartarimukha ,Mayura & Ardachandra)
- Samyuta Hastas (Karkata, Swastika ,Pushpaputa ,Utsanga)
- Reciting of AD shlokas –Pushpanjali and Sabha Lakshana
- Ability to recite Chatushra, Tishra and Mishra Jaati in three speeds
- Bhamari Lakshana (Different kind of Circular Movements)
- Charibhedas (8 types of gaits/walk)

FACULTY

- **Dr Sheela Sridhar**
- **Ms Shradha Jogelkar**
- **Ms.Latha Raviraj**
- **Ms. Ragasindhuja Ghattamaneni**

CAREER OPPORTUNITIES

The students who study the Certificate and Diploma programs in Performing Arts can have some of the unconventional career opportunities as below:

- Dance Performers (Dance)
- Actors and Actresses (Theatre)
- Dance, Music and Theatre teachers
- Arts Entrepreneurs
- Arts Managers
- Choreographers (Dance)

PEDAGOGY

Blend of interactive sessions and practice sessions offline

Performance program after 3 years of completion of certificate course.



ADMISSION PROCESS

Step 1: Fill out the Application form at

<https://vedicwellnessuniversity.com/bharatanatyam-certificate-course/>

Step 2: Get selected and pay for the admission form

Step 3: After reviewing your application and a brief interview, you will get a letter confirming your admission to the Program

Step 4: Pay the tuition fees(10%) to reserve your spot.

How to Apply?

Apply online at

<https://vedicwellnessuniversity.com/certificate-program-in-bharatanatyam/>

and submit the application form, or download the application form online for free inPDF or Word format, complete it, and email it

admissions@vedicwellnessuniversity.com

Copies of the following have to be submitted along with the application:

- Two Passport size photos
- Marks statement/Grade sheet from the highest examination passed
- A copy of the applicant's valid passport (for international participants)/ Aadhaar card (for Indian participants).

EVALUATION PROCESS

Annual examination

Total Marks: 100(60-practical :30-oral), 10 marks –internal assessment

Minimum Passing Marks: 20 in Theory & 30 in practical

OUR ASSOCIATES

- Abinaya Natyalaya, Texas,USA
- Raga Mayuri School of Dance and Yoga,Texas ,USA
- KalaAwishkar Bharatnatyam Dance School , San jose , CA, USA
- De Rangmanch, Netherland

BE OUR ASSOCIATES

 CONTACT:



KalaAwishkar
Bharatnatyam Dance School




VEDIC WELLNESS
UNIVERSITY

FLORIDA, USA

 CONTACT

 USA: +1 510-724-3748

 India: +91 8197196707

 E Mail

admissions@vedicwellnessuniversity.com



<https://vedicwellnessuniversity.com>