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| **WEEKLY SYLLABUS FOR THE YEAR 2018-19- INDIAN DANCE**  |
|
| **April-2018** |
| **CLASS** | **WEEK 1** | **WEEK 2** | **WEEK 3** | **WEEK 4** |
| 6 | Dhyana Shlokam , exercise | Shlokam exercise | Shlokam exercise | Shlokam exercise |
|   | Basic Step Tattadavu | Tattadavu | Thattadavu 8 steps | Revising adavus & Samyukta hasdas |
|   | Starting 4 steps | Remaining steps | Introducing mudras single hand | Basics of folk dance |
|   |   | Total 8 adavus | Asamyukta hastas |   |
|   |  |  |  |   |
| 7 | Shlokam exercise  | Shlokam exercise | Shlokam exercise | Shlokam exercise |
|   | Tattadavu | Tattadavu 8 steps | Nattadavu remaining 4steps | Nattadavu |
|   | Samyukta Hastas | Nattadavu 4 steps | Eye expression | Eye expression |
|   | Meaning writing | Total 8 adavus |   | attami (head shakes) |
|   |  |  |  |   |
| 8 | Shlokam exercise | Shlokam exercise | Shlokam exercise | Shlokam exercise |
|   | Tattadavu & Nattadavus | Nattadavu | Pakkadavu | Pakkadavu 3rd & 4 |
|   |   | Mudras |   | Eye expression |
|   |  |  |  |   |
| 9 | Shlokam exercise | Shlokam exercise | Shlokam exercise | Shlokam exercise |
|   | Tattadavu | Pakkadavu | Ettadavu | Ettadavu semi classical |
|   | Nattadavu | Mudras | Expression |   |
|   |  |  |  |   |
| 10 | Shlokam exercise | Shlokam exercise | Shlokam exercise | Shlokam exercise |
|   | Basic Tattadavu | Ettadavu | Sarakkal adavus | Semi classical & folk |
|   | Nattadavu | Mudras |  |   |
|   | Pakkadavu |  |  |   |
|   |   |   |   |   |

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| **WEEKLY SYLLABUS FOR THE YEAR 2018-19- INDIAN DANCE**  |
|
| **May- 2018** |
| **CLASS** | **WEEK 1** | **WEEK 2** | **WEEK 3** | **WEEK 4** |
| 6 | Exercise | Semi classical | Contemporary basics | Western Dance basics |
|   | Adavus | Folk |   |   |
|   |  |  |  |   |
| 7 | Exercise | Semi classical | Contemperoroy basics | Hip hop |
|   | Adavus | Folk |   |   |
|   |  |  |  |   |
| 8 | Adavus | Semi classical | Contemperory | Western |
|   | Hastas | Kathak basics | Varing Movements | Waving & tutting form |
|   |  |  |  |   |
| 9 | Adavus | Semi classical | Kathak | Hip hop |
|   | Expressions | Basics of mohiniyattam | Contemperory | Freestyles |
|   | Hastas |  |  |   |
|   | Rasas (Nav) |   |   |   |
|   |  |  |  |   |
| 10 | Adavus | Semi classical | Contemperoroy | Free styles |
|   | Expression items for performance | kathak  | Martial arts basics |   |
|   | Nav Rasas | Mohiniyattam |  |   |
|   |  |  |  | **Summer Break(From 03.06.18 to 31.07.18)** |
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