

JUNIOR DIPLOMA – DANCE

(Bharatnatyam, Freestyle, Semi-Classical & Folk Dance)

Total Classes: 24 (12 Classes per Module)

MODULE I (Classes 1–12)

Class 1

- Introduction to Dance and Rhythm
- Warm-up Exercises
- Basic Body Alignment and Posture
- Theory: What is Dance?

Class 2

- Namaskriya Shloka
- Meaning and Importance of Salutation
- Theory: Difference between Indian and Western Dance

Class 3

- Basic Dance Postures (Araimandi, Samapadam)
- Introduction to Bharatanatyam
- Theory: What is Bharatanatyam?

Class 4

- Adavu Practice – Tatta Adavu
- Rhythm Counting Exercises
- Theory: Semi-Classical and Folk Dance – Introduction

Class 5

- Adavu Practice – Natta Adavu
- Coordination and Balance Exercises
- Theory: Meaning of Namaskriya Shloka

Class 6

- Asamyukta Hasta Mudras (Part 1)
- Application of Mudras in Dance
- Theory: Meanings of Hasta Mudras

Class 7

- Basic Folk Dance Techniques
- Maharashtra Folk Dance Introduction

- Theory: History of Bharatanatyam

Class 8

- Basic Freestyle Dance Routine
- Movement and Expression Exercises
- Theory: Difference between Classical and Semi-Classical Dance

Class 9

- Adavus – Kuddittametta Adavu
- Rhythm and Footwork Practice
- Theory: Definition and History of Folk Dance

Class 10

- Adavus – Tat-Tai-Ta-Ha Adavu
- Shiro Bheda (Head Movements)
- Theory: Types of Western Dances

Class 11

- Drishti Bheda (Eye Movements)
- Revision of Asamyukta Hastas
- Theory: Natyakrama Shloka

Class 12

Module I Assessment

- Bollywood Dance Routine
- Maharashtra Folk Dance Presentation
- Adavu Demonstration

Oral Viva on Theory Topics **Examination Pattern (50 Marks)**

Practical – 35 Marks

Theory – 15 Marks

Total: 50 Marks

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MODULE II (Classes 13–24)

Class 13

- Freestyle Dance Routine (Intermediate Level)
- Revision of Previous Adavus
- Theory: Lord of Dance (Nataraja)

Class 14

- Semi-Classical Dance Routine
- Expression and Grace Exercises
- Theory: Mythology in Dance

Class 15

- Adavu Practice – Small Teermanam Adavu
- Rhythm Exercises
- Theory: Types of Classical Dances

Class 16

- Adavu Practice – Visharu Adavu
- Theory: Introduction to Western Dance Forms

Class 17

- Adavu Practice – Sarikal Adavu
- Greva Bheda (Neck Movements)
- Theory: Detailed Study of One Western Dance Form

Class 18

- Samyukta Hasta Mudras (Part 1)
- Practical Application of Mudras
- Theory: Samyukta Hastas – Meanings

Class 19

- Folk Dance of Gujarat (Garba Basics)
- Circle and Group Formations
- Theory: Difference between Tandava and Lasya

Class 20

- Garba and Folk Dance Techniques
- Rhythm Coordination
- Theory: Types of Lavani

Class 21

- Adavu Practice – Mandi Adavu
- Body Control and Balance
- Theory: Any Two Classical Dance Forms

Class 22

- Adavu Practice – Big Teermanam Adavu
- Samyukta Hastas (Advanced Practice)
- Theory: Detailed Study of One Western Dance Form

Class 23

- Adavu Practice – Peri Adavu
- Folk and Semi-Classical Fusion Routine
- Theory: Revision of Samyukta Hastas

Class 24

Module II Assessment

- Freestyle Dance Performance
 - Semi-Classical Dance Presentation
 - Gujarat Folk Dance Performance
 - Adavu Demonstration
 - Oral Viva and Theory Evaluation
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Module I Examination Topics

Practical

- Namaskriya Shloka
- Tatta & Natta Adavus
- Asamyukta Hasta Mudras
- Basic Folk Dance Techniques
- Basic Freestyle Routine
- Shiro Bheda & Drishti Bheda

Theory

- What is Dance?
- Indian & Western Dance
- Bharatanatyam
- Semi-Classical & Folk Dance
- Namaskriya Shloka Meaning
- Hasta Mudras
- History of Bharatanatyam

Module II Examination Topics

Practical

- Freestyle Dance Routine

- Semi-Classical Dance Routine
- Gujarat Folk Dance
- Small Teermanam, Visharu, Sarikal, Mandi, Big Teermanam & Peri Adavus
- Greva Bheda
- Samyukta Hasta Mudras

Theory

- Lord Nataraja
- Mythology in Dance
- Classical Dance Forms
- Tandava & Lasya
- Types of Lavani
- One Western Dance Form
- Samyukta Hasta Mudras and Meanings

Examination Pattern (50 Marks)

Practical – 35 Marks

Theory – 15 Marks

Total: 50 Marks