

AMERICAN UNIVERSITY OF SPIRITUAL SCIENCES – TEXAS, USA
BACHELOR DEGREE IN DANCE – BHARATANĀṬYAM
Academic Year: 2026–27

THEORY

Unit	Title	Contents
Unit 1	Technical Terminology	Nṛtta, Nṛtya, Abhinaya, Nāṭya, Tāṇḍava, Lāya, Bhāva, Rāga, Tāla, Bharata, Śolkattu, Āḍavu, Korvai, Jati, Jāti, Naḍai, Muktāya, Aṅgaśuddhi
Unit 2	Spiritual Foundations	Cosmic Dance of Naṭarāja; symbolism and spiritual significance
Unit 3	Bharatanāṭyam Mārgam	Definition, importance, and evolution before the Tañjāvūr Quartet
Unit 4	Bhēdas	Pādashēdas, Maṇḍala, Utplavana, Bhramarī, Pāda Cāri with śloka as per Abhinaya Darpaṇa

PRACTICAL- Viva-voce

Unit	Title	Contents
Unit 1	Hastābhinaya	Asaṃyuta Hastas (first 20), Saṃyuta Hastas, Nṛtta Hastas with viniyoga as per Abhinaya Darpaṇa
Unit 2	Yogic Kriyās	Āsanās: Vṛkṣāsana, Baddha Koṇāsana, Pavanamuktāsana, Kapotāsana, Vajrāsana, Padmāsana, Trikoṇāsana; Yoga Nidrā; Prāṇāyāma – Nāḍi Śuddhi, Anuloma–Viloma, Bhastrikā, Bhrāmarī
Unit 3	Aṅga Bhēdas	Śiro, Dṛṣṭi, Grīva, Bhru Bhēdas with viniyoga
Unit 4	Caturvidha Abhinaya	Aṅgika, Vācika, Āhārya, Sāttvika
Unit-5	Tāla	Sūlādi Sapta Tālas; Ādi and Rūpaka Tāla in three speeds;

**PRACTICAL-
Performance**

Unit 5	Repertoire	Ālāṛippu (Miśra), Jatisvaram (Rūpaka), Śabdham (Bhakti/Śṛṅgāra), Vācana, Abhaṅga
Unit 6	Tāla & Āḍavus	Playing Daśavidha Āḍavus on Taṭṭu

YEAR- TWO
THEORY

Unit	Title	Contents
Unit 1	Technical Terminology	Karaṇa, Aṅgahāra, Rēcaka, Raṅgapraveśa, Arḍhi, Mārgī, Deśī Vṛtti, Cāri, Gati, Avartana
Unit 2	Mārgam Evolution	From Tañjāvūr Quartet to modern trends (inclusion of Puṣpāñjali, Melāprāpti, Bhajan, Abhaṅga)
Unit 3	Nāyaka–Nāyikā Bhāva	Basic knowledge on classification of emotional states (Bhāvas: Vibhava, Anubhava, Sanchari/Vyabhicari with examples), Understanding of Sthāyī Bhāva with the knowledge of colour & deity
Unit 4	Rasa	Concept of Rasa, and knowledge of Navarasa

PRACTICAL- Viva-voce

Unit	Title	Contents
Unit 1	Hasta Abhinaya	Remaining Asaṃyuta Hastas and Saṃyuta Hastas with ślokaś
Unit 2	Yoga Practice	Revision and Sūrya Namaskāra
Unit 3	Bhēdaś	Pādabhedas, Maṇḍala, Utplavana, Bhramarī, Pāda Cāri with ślokaś as per Abhinaya Darpaṇa, and knowledge of their application in dance

(Note: bhedaś: In 1st year are for theory, and Viva-voce for 2nd year)

Practical**Performance**

Unit 4	Repertoire	Melāprāpti, Padavarṇam (Śṛṅgāra),
Unit 5	Tāla & Naṭṭuvaṅgam	Ādi or Rūpaka Tāla; Padam (vatsalya) Javali, playing Ālāṛippu and Jatisvaram on Tattu

YEAR -THREE

THEORY

Unit	Title	Contents
Unit 1	Folk Dances of India	North: Bhaṅṅrā, Ghūmar; East: Chau, Bihū; West: Lāvaṇī, Garbā; South: Dollu Kuṇita, Piṇṇal Koḷāṭa
Unit 2	Aṣṭanāyikā	Aṣṭanāyikā Avasthās and Dūtī (messenger)
Unit 3	Life Histories	Jayadeva, D. V. Gundappa (DVG), Santa Mīrābāī, Santa Tulasīdās

PRACTICAL

Viva-voce

Unit	Title	Contents
Unit 1	Bharata Nṛtya	Prerequisites to Cāris and eight Bhū Cāris as per Nāṭyaśāstra

PRACTICAL

Performance

Unit 2	Repertoire	Dāru Varṇa, Antaḥpura Gīte, Bhajan, Aṣṭapadī, Tillānā
Unit 3	Naṭṭuvaṅgam	Playing Ālāriṭṭu and Jatisvaram

INTERNAL ASSESSMENT

Component	Details	Marks
Assignment	Topic approved by University Faculty	10
Seminar Presentation	8 minutes; topic approved by University Faculty	10