

AMERICAN UNIVERSITY OF SPIRITUAL SCIENCES

DIPLOMA IN DANCE– ODISSI

Academic Year: 2026–27

****DIPLOMA LEVEL–1****

Total Contact Hours: 96

THEORY–I | NRITYASHASTRA

Unit 1 (Introduction to Dance)

- Introduction to Dance and its scope in ancient Bhārat (India)
- Introduction to Odissi and its role in holistic development
- Story of Nāṭyaveda according to Nāṭyaśāstra and its evolution;
- Paramapara bhangi/mudra of Odissi and Contribution of First Generation Gurus

Unit 2 (Basics of Natya Shastra)

- Definitions and distinctions: Nṛita, Nritya, Natya; Four types of Abhinaya

Unit 3 (Music Concepts)

- Sapta Taala, Khemta Taala, Adi Taala

Unit 4 (Slokas)

- Asamyuta, Samyuta, Nṛtta Hastas with ślokas (Abhinaya Darpana); Revision of Grīvābheda, Shirobheda, Dhristibheda with Slokas

THEORY–II | TECHNICAL TERMS OF ODISSI

Unit 1 (Nisabdha and Sasabdha Exercises) - Importance

Unit 2 (Natyapatra) - Importance of physical \& aesthetic discipline

Unit 3 (Key Terminologies) - Tandava and Lasya and its types

Unit 4 (Karanas) - Shiv Tandava sloka

PRACTICAL–I | EXERCISES

Viva-Voce

Total Hours: 24

Unit 1 (Basic Exercises & Kriyas)

- Nisabdha Exercises, Sasabdha Exercises, Hand Exercises

Unit 2 (Yogasanas for dancers)

- Trikoṇāsana, Vīrabhadrāsana (types), Pārśvakoṇāsana, Ardha cakrāsana, Pādāṅguṣṭhāsana, Vṛkṣāsana;

- Sitting āsanās– Padmāsana, Baddha koṇāsana, Vajrāsana; Relaxation

Unit 3 (Chari, Bhramari)

- 8 types of Chari and 7 types of Bhramari

Unit 4 (Tala and Slokas)

- Recitation of Ādi and Rūpaka Tālas; Guru Vandanā with meanings

Introduction to Gaṇeśa Śloka and one devotional śloka

Application of Tāla and Ślokas

PRACTICAL–II | NRITTA

Unit 1 (Tala Notation)

- Knowledge on the structure, characteristics, presentation, and Notation writing

Unit 2 (Dasaprana of Taala) - Jaati, etc.

Unit 3 (Shiva Tandava) - In Dhrutta laya

****DIPLOMA LEVEL–2****

Total Contact Hours: 96

THEORY–III | ABHINAYA, RASA AND MUSIC

Unit 1 (Brief description about four types of Abhinaya)

Unit 2 (Samyuta Hastas) - Samyuta Hastas with Ślokas (A.D); Viniyoga of Samyuta Hastas– 2–3 usages each.

Unit 3 (Odissi Music) - Origin and Style; Performance Structure

Unit 4 (Musical Instruments) - Brief knowledge of four categories of musical instruments used in Karnataka Music

THEORY–IV | DANCE HERITAGE

Unit 1 (Temple Sculptures)

- Dance sculptures at temples of South \& North India: Konark Sun Temple, Mukteshwar Temple (Orissa), Hoysala, Chalukya, Vijayanagara periods

Unit 2 (Prominent Contributors)

- Guru Kelucharan Mohapatra, Guru Pankaj Charan Das, Kumkum Mohanty, Sanjukta Panigrahi; Contribution of each personality to revival, codification, performance \& pedagogy.

PRACTICAL–III | MOVEMENT STUDIES AND REPERTOIRE

Unit 1 (Chouka and Tribhangi)

- Revision of 10 choukas and tribhangis in 3 speeds

Unit 2 (Other Fundamentals) - Bhramari, Utplavana, Chari

Unit 3 (Bhedas) - Mandala Bheda, Pada Stithi

Unit 4 (Mangalacharan) - Ganesh Vandana

****ADVANCED DIPLOMA****

Theory

Unit 1 (Temple Tradition and Historical Development of Odissi)

- Temple tradition and historical evolution of Odissi, including its growth through various periods and patronage systems, Overview of Indian Classical Dance Forms of North India and South India.

Unit 2 (Anga, Pratyanga, and Upanga) - Concept, definition, and classification of Anga, Pratyanga, and Upanga as explained in the Nāṭya Śāstra, with reference to their importance in classical dance technique

Unit 3 (Chaturvidha Abhinaya)

Study of Chaturvidha Abhinaya, with special reference to Vācika Abhinaya and Sāttvika Abhinaya, their meaning, characteristics, and application in performance

Unit 4 (Bhāva and Rasa)

- Bhāva– definition and classification;

Rasa definition and types;

Relationship between Bhāva and Rasa and their role in aesthetic experience (Rasānubhava)

Practical

Unit 1 (Śloka)

- Recitation and expressive interpretation of Ślokas, emphasizing pronunciation, bhāva, and abhinaya.

Unit 2 (Pallavi) - Basant Pallavi

Unit 3 (Navarasa Abhinaya)

- Emotive expression of the Navarasa, highlighting facial expressions and body language

Unit 4 (Batu)