

AMERICAN UNIVERSITY OF SPIRITUAL SCIENCES (AUSS)

CERTIFICATE PROGRAM IN BHARATANATYAM (BEGINNER LEVEL)

Course Structure

Duration: 6 Months | Frequency: 2 Classes per Week (8 per Month)
Each Class Duration: 1 Hour

Component	Details
Total Classes	48 Classes
Total Learning Hours	48 Hours
Total Credits	3 Credits (1 Credit = 15 Hours approx.)

Syllabus Structure (Practical Oriented)

Module 1: Basic Training

Namaskara, posture (Araimandi), basic warm-ups and coordination exercises.

Module 2: Adavus Training

Tattadavu (8 variations), Nattadavu (8 variations), Teermanam Adavu (all variations), Tattu Mettu Adavu, Mandi Adavu, Jaaru Adavu.

Module 3: Basic Hasta Mudras

Pataka, Tripataka, Ardhapataka, Kartarimukha, Mayura, Ardachandra, Arala, Shukatunda, Mushti, Shikhara, Kapitta, Katakamukha.

Module 4: Basic Movements & Expressions

Simple eye movements, neck movements and basic facial expressions.

Module 5: Simple Dance Sequence

Short choreography (Ganesha/Devi) with entry and exit techniques.

Assessment & Certification

Evaluation is based on continuous observation and final performance. No written examination. Certification will include total credits and course completion details.