

AMERICAN UNIVERSITY OF SPIRITUAL SCIENCES (AUSS)

PROGRAM STRUCTURE

Sem	Level	Age	Hours	Credits	Assessment
1	Pre-Diploma	10+	48	8	Practical
2	Pre-Diploma	10+	48	8	Practical
3	Pre-Diploma	11+	48	8	Practical + Oral
4	Pre-Diploma	11+	48	8	Practical + Oral
5	Diploma	12+	48	8	Practical + Oral
6	Diploma Final	12+	48	8	Practical + Viva + Written

PRE-DIPLOMA IN BHARATANATYAM

Pre-Diploma – Sem - 1

Total Contact Hours: 48

Learning Outcome: Basic posture and coordination

Dashavidha Adavus: Tatta, Natta, Visharu, Teermanam, Kudittu Mettu, Sarikal, Paichal, Mandi, Bhramari (Suttadavu), Utplavana

Basic Exercises: Stretching, Araimandi, leg lifts, balance, eye, neck, torso movements

Paper	Content	Details	Hours
I	Adavus	Tatta, Natta	18
II	Rhythm	Adi Tala	12
III	Practical	Shloka + steps	18

Pre-Diploma – Sem - 2

Total Contact Hours: 48

Learning Outcome: Improved coordination and expression

Dashavidha Adavus: Tatta, Natta, Visharu, Teermanam, Kudittu Mettu, Sarikal, Paichal, Mandi, Bhramari (Suttadavu), Utplavana

Basic Exercises: Stretching, Araimandi, leg lifts, balance, eye, neck, torso movements

Paper	Content	Details	Hours
I	Adavus	Visharu, Teermanam	18
II	Abhinaya	Basic emotions	12
III	Repertoire	Kauthuvam	18

Pre-Diploma – Sem - 3

Total Contact Hours: 48

Learning Outcome: Structured technique and hastas

Dashavidha Adavus: Tatta, Natta, Visharu, Teermanam, Kudittu Mettu, Sarikal, Paichal, Mandi, Bhramari (Suttadavu), Utplavana

Basic Exercises: Stretching, Araimandi, leg lifts, balance, eye, neck, torso movements

Paper	Content	Details	Hours
I	Adavus	All adavus (2 speeds)	18
II	Theory	Natya basics	12
III	Repertoire	Alarippu	18

Pre-Diploma – Sem - 4

Total Contact Hours: 48

Learning Outcome: Strength and repertoire clarity

Dashavidha Adavus: Tatta, Natta, Visharu, Teermanam, Kudittu Mettu, Sarikal, Paichal, Mandi, Bhramari (Suttadavu), Utplavana

Basic Exercises: Stretching, Araimandi, leg lifts, balance, eye, neck, torso movements

Paper	Content	Details	Hours
I	Adavus	Bhramari + advanced	18
II	Theory	Abhinaya types	12
III	Repertoire	Alarippu full + Kauthuvam	18

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DIPLOMA IN BHARATANATYAM

Diploma – Sem - 1

Total Contact Hours: 48

Learning Outcome: Stage preparation

Dashavidha Adavus: Tatta, Natta, Visharu, Teermanam, Kudittu Mettu, Sarikal, Paichal, Mandi, Bhramari (Suttadavu), Utplavana

Basic Exercises: Stretching, Araimandi, leg lifts, balance, eye, neck, torso movements

Paper	Content	Details	Hours
I	Adavus	3 speeds + korvais	18
II	Abhinaya	Navarasa	12
III	Repertoire	Jatiswaram (Adi Tala), Devaranama (Adi Tala)	18

Diploma – Sem - 2

Total Contact Hours: 48

Learning Outcome: Final performance and theory

Dashavidha Adavus: Tatta, Natta, Visharu, Teermanam, Kudittu Mettu, Sarikal, Paichal, Mandi, Bhramari (Suttadavu), Utplavana

Basic Exercises: Stretching, Araimandi, leg lifts, balance, eye, neck, torso movements

Paper	Content	Details	Hours
I	Theory	Natya, Hastas, Tala	12
II	Repertoire	Jatiswaram (Rupaka Tala), Devaranama (Adi Tala)	24
III	Viva	Oral + demo	12