

## Kathak Lesson Plan 2023-24

**Welcome to this Kathak class which has been organized by Routes2 Roots in association with Indian Council for Cultural Relations. We will be conducting this class every Friday at 2 pm IST**

### LESSON 1 – RICHA JAIN 1<sup>st</sup> November PM IST

- Introduction about Kathak (pic on classical dance forms)
- Ppt on the history of kathak
- Elements of Kathak – Gharanas, Costume, Jewelleryetc
- Bhumi Pranam
- Rhythm -footwork, and Tatkaar (16 beat rhythm pattern Teentaal)
- Basic hand position

### LESSON 2 -RAGINI MAHARAJ

- Footwork – Tatkaar (Revision of 16 beats footwork)
- 3 Hastak
- 3 hastaks coordination with footwork

### LESSON 3- RICHA JAIN 23<sup>rd</sup> July, 2022

- Revision of footwork
- Revision of 3 hastaks with footwork
- Costumes of Kathak PPT
- Hand movements 4 and 5<sup>th</sup>

Coordination of 4 and 5<sup>th</sup> with footwork.

### LESSON 4- Ragini Maharaj

- Revision of footwork
- Revision of 1-5<sup>th</sup>hand movements coordinated with footwork
- Introduction to spins using 5 feet & 4 feet alternately and their types

### Lesson 5 - Richa Jain

- Revision of footwork
- Introduction and Teaching of Tihaai
- Instruments PPT

### LESSON 6 - RAGINI MAHARAJ

- Warming up with Footwork
- Revision of Tihaai
- Introduction to Toda

**LESSON 7 – 6<sup>th</sup> AUGUST 2022 -RICHA JAIN**

- WARMING up with Tatkaar
- Usage of heels in Tatkaar
- Revision of Toda and Tihaai
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**LESSON 8 – 10<sup>th</sup> August 2022 Ragini Maharaj**

- Warming up with Tatkaar
- Introduction to Krishna Kavitt(Theory)

**LESSON 9 – 13<sup>th</sup> AUGUST 2022 RICHA JAIN**

- Warming up with Tatkaar
- Famous Kathak dancers of India PPT
- Krishna KavittTeaching (Practical)

**17th August -Ragini Maharaj**

- Warming up with Tatkaar
- Revising previously taught Tihaaiand Toda
- Teaching New Tihaai

**20th August - Richa Jain**

- Warming up with Tatkaar
- Revising New Tihaai
- Panghat Leela – Gat Bhav

**24th August -Ragini Maharaj**

- Warming up with Tatkaar
- Revising Panghat Leela
- New Hand movements with Footwork

**27th August -Richa Jain**

- Warming up with Tatkaar
- Teaching LayaBaant

**31st August -Ragini Maharaj**

- Revision of layabaant
- 'BhaavTihaai' - 'Playing with the Ball '

**3rd September - Richa Jain**

- Revision of 'BhaavTihaai' - Playing with the Ball '
- Ganesh shloka.

**7th September Ragini Maharaj**

- Revision of all the Tihaai s, and Toda s that have been taught.
- New Toda (3<sup>rd</sup> Toda).

**10th September - Richa Jain**

- Revision of Krishna Kavitt
- Ganesh Shloka&Teaching Ganpati Vandana (Om & Shloka)

-Teaching Spins/ Chakkar using 3 feet, 2 feet, and 1 foot.

**14th September - Ragini Maharaj**

- Warming up withTatkaar
- Ang, Pratyang and Upaang
- Face expressions while performing Toda and Tihaai

**Richa Jain**

- Hand gestures of the Puranic Kaal
- DarbaarKaal& its elements – Salami, Thaat, Ahmad, Tode, Tukde,

**Ragini Maharaj**

- Revision of the previous segment of the Vandana
- BandishSthayiBol

**Richa Jain**

- Revision of the Sthayi& Music
- Bandish Antara Bol
- Exit

**Ragini Maharaj**

- Revision of the complete Ganpati Vandana

**Richa Jain**

- Theory – Notation of Tihai (PPT)
- Recitation – Parhant and Revision of Tihai

**Ragini Maharaj**

- Recitation – Parhant of Toda
- Revising the Toda

**Richa Jain**

- Introduction to 6-beat pattern – Dadra Taal
- Footwork of Dadra Taal

**Ragini Maharaj**

- Combination of 8 beats and 6 beats - Tihai

\*\* The rest of the topics will be taught in the subsequent months and added to the curriculum of the next few months.



Lesson Plan 2023-24

**Welcome to this Odissi class which has been organized by Routes2 Roots in association with Indian Council for Cultural Relations. We will be conducting this class every Week on XXXX at XXXX pm**

### **LESSON 1 – Vrinda Chadha**

- Introduction to Odissi– A brief History (PPT)
- Teach Bhumi Pranam
- Tri Bhangis – Body Positions in Odissi
- First Taal
- Basic Technique Stepping Number 1 (Chowk & Tribhangi)
- First Five Hasta Mudras
- Closing with Bhumi Pranam & Shloka Recitation

### **LESSON 2 –Arunima Ghosh**

- Mahari (Devdasi) – History of Odissi
- Bhumi Pranam
- Body Preparation Exercises
- Revise Tri Bhangis
- Pada Bheda – Foot Positions - 5
- Chin & Eye Movement
- Torso Movement
- Chowk & Tribhangi
- Hasta Bheda
- Bhumi Pranam & Shloka

### **LESSON 3- Vrinda Chadha**

- History of Odissi (Gotipua)
- Bhumi Pranam
- Revision of Ektali (3 Speeds)
- Revision of Torso and Eye Movement
- Pada Bheda – Foot Positions - Next 5
- Stepping Number 2 in Chowk & Tribhangi
- Revision of Hasta Bheda
- Bhumi Pranam & Shlokas

### **LESSON 4- Arunima Ghosh**

- The Four Pillars of Odissi– Details on 2 Gurus
- Introduction of New Bol in Ektali
- Pada Bheda – Foot Positions - Next 5
- Build on Stepping Number 2 in Chowk & Tribhangi – Hand Movements
- Hasta Bheda – Next 5

- Explaining the Angikam Shloka
- Bhumi Pranam & Shlokas

### **Lesson 5 –Vrinda Chadha**

- The Four Pillars of Odissi – Details on Next 2 Gurus
- Bhumi Pranam
- Revision of the Hasta Bhedas – Add Next 5
- Application of Hasta Bhedas in New Shloka
- Brief body preparation followed by revision of Stepping Number 2 Chowk & Tribhangi (addition of torso, eye, chin movements)
- Completion of Pada Bhedas
- Bhumi Pranam & Shlokas

### **LESSON 6 –Arunima Ghosh**

- Definition of Matra, Laya, Avartana
- Bhumi Pranam
- Body Preparation Exercises
- Torso, Chin & Eye Movement Revision
- Revision of Pada Bhedas
- Stepping Number 3 Chowk & Tribhangi
- Introduction of Viniyoga of Patakas
- Bhumi Pranam & Shlokas

### **LESSON 7 – Vrinda Chadha**

- Instruments Used in Odissi (PPT)
- Bhumi Pranam
- Brief body preparation followed by building on Stepping Number 3 Chowk & Tribhangi (addition of torso, eye, chin movements)
- Continuation of Viniyoga of Patakas
- Revision of Yato Hasta Shloka
- Revision of Pada Bhedas
- Bhumi Pranam & Shlokas

### **LESSON 8 – Arunima Ghosh**

- Nritya, Nritta, and Natya
- Bhumi Pranam
- Introduce Stepping Number 4 Chowk & Tribhangi
- Body Preparation Exercises
- Torso, Chin & Eye Movement Revision
- Revision of Pada Bhedas
- Utplavana (Jump)

- Continuation of Viniyoga of Patakas
- Bhumi Pranam & Shlokas

### **LESSON 9 – Vrinda Chadha**

- Open with a Performance of a Shloka
- Bhumi Pranam
- Brief body preparation followed by building on Stepping Number 4 Chowk & Tribhangi (addition of torso, eye, chin movements)
- Revision of Viniyoga of Patakas
- Introduction of Bhramaris (Odissi Spins)
- Bhumi Pranam & Shlokas

### **LESSON 10 – Arunima Ghosh**

- Open with a Performance of a Pallavi
- Bhumi Pranam
- Revision of Stepping Number 4 Chowk & Tribhangi
- Body Preparation Exercises
- Torso, Chin & Eye Movement Revision
- Revision of Pada Bhedas
- Taal
- Introduction to Stepping Number 5 Chowk & Tribhangi
- Completion of Utplavana
- Bhumi Pranam & Shlokas

### **LESSON 11 – Vrinda Chadha**

- Quiz Session
- Bhumi Pranam
- Brief body preparation followed by Completion of Stepping Number 5 Chowk & Tribhangi (addition of torso, eye and chin movements)
- Revision of Stepping Number 1 & 2
- Revision of Pataka Hasta Viniyogas
- Revision of all the Hasta Bhedas plus Yato Hasta Shloka
- Revision of Bhramaris (Odissi Spins)
- Bhumi Pranam & Shlokas

### **LESSON 12 – Arunima Ghosh**

- Quiz Session
- Bhumi Pranam
- Body Preparation Exercises
- Revision of Stepping Number 3 to 5 Chowk & Tribhangi

- Revision of Utplavanas
- Torso, Chin & Eye Movement Revision
- Revision of Pada Bhedas
- Revision of Taal
- Revision of Pataka Hasta Viniyogas
- Bhumi Pranam & Shlokas

\*\* The rest of the topics will be taught in the subsequent months and added to the curriculum of the next few months.



## Lesson Plan 2023-24

**Welcome to this Bharatnatyam class which has been organized by Routes 2 Roots in association with Indian Council for Cultural Relations. We will be conducting this class every Week on XXXX at XXXX pm**

**LESSON 1 – Debasmita Thakur**

- Introduction to Bharatanatyam – A brief History (PPT)
- Introduce Bhumi Pranam and its meaning
- Teach Bhumi Pranam
- Warm Up Exercises: stretching, rotation and flexing of different parts of the body-head, neck, shoulders, arms, waist, hips, knees, ankles, feet etc.
- Introduction to the Three Basic Postures- Araimandi, Murumandi & Samapadam
- Demonstration of the three postures
- Ending with Bhumi Pranam

**LESSON 2 – Madhura Bhrushundi**

- Revision of First Class
- Continued discussion of history of Bharatanatyam: Tanjore Quartet
- Bhumi Pranam
- Warm Up Exercises
- The Three Basic Postures
- First 5 Asamyuta hastas (Single-handed Hastas)
- Ending with Bhumi Pranam

**LESSON 3- Debasmita Thakur**

- Revision of 2nd Class
- Continued discussion of history of Bharatanatyam: Different banis/styles
- Bhumi Pranam
- Warm Up Exercises
- The Three Basic Postures
- Revision of first 5 Hastas
- Introduction of next 5 Hastas
- Ending with Bhumi Pranam

**LESSON 4 – Madhura Bhrushundi**

- Revision of Third Class
- Bhumi Pranam
- Warm Up Exercises
- The Three Basic Postures
- Revision of first 10 Hastas
- Introduction of Carnatic Music system: tala, laya etc. (Can be in the form of a PPT)

- Introduction to Adavu
- Ending with Bhumi Pranam

### **Lesson 5 – Debasmita Thakur**

- Revision of Fourth Class
- Bhumi Pranam
- Warm Up Exercises
- The Three Basic Postures
- Revision of first 10 Hastas
- Introduction of next 5 Hastas
- Introduction of first set of adavus: Tattadavu
- Teaching Tattadvu Number 1
- Ending with Bhumi Pranam

### **LESSON 6 – Madhura Bhrushundi**

- Revision of Fifth Class
- Bhumi Pranam
- Warm Up Exercises
- The Three Basic Postures
- Revision of the 15 Hastas
- Revision of Tattadvu Number 1
- Introduction of Next 5 Hastas
- Ending with Bhumi Pranam

### **LESSON 7 – Debasmita Thakur**

- Revision of 6th Class
- Bhumi Pranam
- Discussion of Nritta, Nritya and Natya, as mentioned in the Abhinaya Darpanam
- Warm Up Exercises
- Introduction of Tattadvu Number 2
- Ending with Bhumi Pranam

### **LESSON 8 – Madhura Bhrushundi**

- Revision of 7th Class
- Bhumi Pranam
- Warm Up Exercises
- Revise the 20 Hastas
- Revision of Tattadvus
- Introduction to last 8 Hastas
- Ending with Bhumi Pranam

**LESSON 9 – Debasmita Thakur**

- Revision of 8th Class
- Introduction to the four types of Abhinaya: Angika, Vachika, Acharya, Satvika
- Bhumi Pranam
- Warm Up Exercises
- Introduction of Tattadvu Number 3
- Ending with Bhumi Pranam

**LESSON 10 – Madhura Bhrushundi**

- Revision of 9th Class
- Continued discussion of the four types of Abhinaya: Angika, Vachika, Acharya, Satvika
- Bhumi Pranam
- Warm Up Exercises
- Revision of 28 Hastas
- Introduction of Tattadvu Number 4
- Ending with Bhumi Pranam

**LESSON 11 – Debasmita Thakur**

- Revision of 10th Class
- Bhumi Pranam
- Warm Up Exercises
- Introduction of 2 Eye Movements – Drishti Veda (Sachi & Pralokita)
- Introduction of Tattadvu Number 5
- Ending with Bhumi Pranam

**LESSON 12 – Madhura Bhrushundi**

- Revision of 11th Class
- Bhumi Pranam
- Warm Up Exercises
- Introduction of Attami
- Revision of Tattadvus Number 1 to 5
- Introduction of Asamyuta Hasta Shloka
- Ending with Bhumi Pranam

**\*Please note that this syllabus is indicative of only the first three months of classes. More topics will be explored in the subsequent months\***