



ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

Affiliated to Mahatma Gandhi University, Kottayam
Re-Accredited by NAAC with A++ Grade in Fourth Cycle
NIRF Ranking 60 (2025) | KIRF Ranking 2 (2025) | www.teresas.ac.in

FUNDAMENTALS OF BHARATHANATYAM

Offered by

The Department of Bharathanatyam

- Skill-based practical paper in Bharathanatyam
- Recognize the fundamental adavus of Bharathanatyam with accuracy in posture and rhythm.
- Apply and refine these adavus to build coordination, strength, flexibility, and body awareness.
- Demonstrate and articulate their learning with enhanced discipline, expressive clarity, and appreciation of classical dance aesthetics.

OUTCOME

AFTER SUCCESSFUL COMPLETION OF THE COURSE, STUDENTS WILL BE ABLE TO COMPREHEND, PRACTICE, AND DEMONSTRATE THE FUNDAMENTAL BODY EXERCISES, ADAVUS, POSITIONS, HASTA, AND EYE-NECK MOVEMENTS OF BHARATHANATYAM, WHILE ANALYTICALLY UNDERSTANDING THE BASIC PRINCIPLES OF CHOREOGRAPHY, THEREBY ACQUIRING A WELL-ROUNDED FOUNDATION IN CLASSICAL DANCE.

DURATION

30 hrs

*Joint Certification course By
St. Teresa's College (Autonomous)
Ernakulam and
ASAP- Govt. of Kerala*