



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 Mohiniyattom

Mohiniyattam program introduces learners to the foundations of Kerala's classical dance form. Across four modules, it covers the art form's history, core adavus, and essential hashta mudras, developing correct posture, rhythmic precision, graceful movement, and basic expressive technique rooted in Mohiniyattam's distinctive lasya quality.

At the end of the program, the learner should have acquired the listed knowledge and skills.

- Describe the history, aesthetic principles, music, costume, and cultural significance of Mohiniyattam as a classical dance form of Kerala.
- Demonstrate foundational adavus (basic steps) of Mohiniyattam – Thaganam, Jaganam, Dhaganam, Sammisram, and Theerumanam – with correct posture, rhythm, and expression.
- Perform a repertoire of Asamyukta (single-hand) and Samyukta (double-hand) hashta mudras with proper articulation and contextual meaning.
- Apply correct body alignment, aramandi (half-sit posture), graceful arm movements (lasya), and basic expressive technique (abhinaya) throughout practice.
- Synchronise adavu and mudra execution with the musical accompaniment and tala (rhythmic cycle) of Mohiniyattam.
- Recognise and perform a short integrated sequence combining adavus and mudras.

**Duration
30 Hours**

The Course is offered by the Department of Bharathanatyam

Joint Certification course By

St. Teresa's College (Autonomous) Ernakulam and

ASAP- Govt. of Kerala