

**Bharati Vidyapeeth  
School of Performing Arts, Pune (India)**

Dance (Kuchipudi) Syllabus  
**Foundation**

**Total Marks: 50**

**Duration of Examination – 15 Min**

**Minimum Marks - 18**

Total No. of Periods: 50

**Course Design:**

**Theory: Total Marks - 15**

There will not be any written examination for this Foundation Course. Theory part will be asked at the time of practical examination.

1) RECITATION OF FOLLOWING SHLOKAS:

1. Shambhur gowri tadha ( names of all the creators of dance)
2. Angikam bhuvanam yasya
3. Gurubrahma guruvishnu
4. Sabhakalpa tarurbhati

2) DEFINITIONS OF THE FOLLOWING TECHNICAL TERMS

1. Natya
2. Nritta
3. Nrutya
4. Laasya
5. Tandava

3) NAMES OF THE SAPTA TALAS- WITH SHLOKAM

4) ASAMYUTA HASTAS - DEPICTION WITH MUDRAS IN A SHLOKA FORMAT  
(2marks)

5) PAADA KARMA

**PRACTICALS**  
**(35 Marks)**

1) Exercises....vyayama kriya:

For Boys: Gunjeelu (situps) Kuppeelu ( jumping in sitting position-like a frog)  
Kaalisamu ( Leg extensions and other related exercises)

For Girls: Lasya oriented Anga Vinyasam ( Hand ,feet ,eyes and neck movements)

2) Paada Bhedas:

1. Udghattita
2. Sama
3. Agratala Sanchara
4. Anchita
5. Kunchita
6. Suchi.

3) Adavus:

1. Usi ( this is the typical kuchipudi walk)
2. Te hi hi dattam ta te hi ta hi tta taam- 3 varieties
3. Going behind with the graceful walk
4. Taam digi digi taa| Ta tha hi ta tai- 4 varieties
5. Chuttadavus
6. Chaukam- 3 varieties

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