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VIJAY KUMAR CHIRUTHA

Indian Traditional Dances

[Complete Module-Wise Training Syllabus]



INDIAN TRADITIONAL DANCES

Educating The World

Indian Traditional Dances Courses

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INDIAN TRADITIONAL DANCES

MODULE 1: INTRODUCTION TO INDIAN TRADITIONAL DANCES

- **Meaning and scope of Indian traditional dances**
- **Difference between Classical, Folk & Tribal dances**
- **Cultural, spiritual, and social importance of dance**
- **Evolution of dance through Indian history**
- **Overview of regional dance diversity in India**

MODULE 2: FOUNDATIONS OF DANCE TECHNIQUE

- **Body posture and alignment**
- **Warm-up, stretching & flexibility training**
- **Balance, stamina, and coordination exercises**
- **Hand, leg, neck, eye & facial movement basics**
- **Dance discipline and practice ethics**

MODULE 3: RHYTHM, MUSIC & TIMING

- **Introduction to Tala (rhythm system)**
- **Beat patterns and counting techniques**
- **Tempo (slow, medium, fast)**
- **Understanding classical & folk music structures**
- **Coordination of movements with music**

MODULE 4: MUDRAS & BODY LANGUAGE

- **Single-hand mudras (Asamyuta Hastas)**
- **Double-hand mudras (Samyuta Hastas)**
- **Head, neck & eye movements**
- **Use of gestures in storytelling**
- **Practical mudra application exercises**

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MODULE 5: ABHINAYA & EXPRESSION TRAINING

- Introduction to Navarasas (9 emotions)
- Facial expressions & emotional transitions
- Eye expressions and subtle movements
- Expressing devotion, love, anger, bravery, peace
- Practice through short expressive pieces

MODULE 6: INDIAN CLASSICAL DANCE FORMS – OVERVIEW & PRACTICE

- Bharatanatyam – Basic adavus, posture, items
- Kuchipudi – Expressive movements & storytelling
- Kathak – Footwork, spins & rhythm play
- Odissi – Tribhangi posture & graceful movements
- Mohiniyattam – Lasya style & soft expressions
- Manipuri – Devotional and circular movements

MODULE 7: INDIAN FOLK DANCE FORMS – REGIONAL STUDY

- Characteristics of Indian folk dances
- Regional folk dance practice:
- Bhangra (Punjab)
- Garba & Dandiya (Gujarat)
- Ghoomar (Rajasthan)
- Lavani (Maharashtra)
- Bihu (Assam)
- Kolattam / Kummi (South India)
- Chhau / Yakshagana (theatrical folk)
- Folk costumes & energy dynamics

MODULE 8: TRIBAL & FESTIVAL DANCES OF INDIA

- Introduction to tribal dance culture
- Purpose of tribal dances (rituals, harvest, festivals)
- Major tribal dances across India
- Differences between folk & tribal styles
- Respecting authenticity and tradition

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MODULE 9: COSTUME, MAKEUP & STAGE ACCESSORIES

- Traditional costumes for classical & folk dances
- Jewelry and hair styling
- Stage makeup techniques
- Color symbolism and costume care
- Dressing for solo and group performances

MODULE 10: STAGE PERFORMANCE & PRESENTATION SKILLS

- Stage awareness and positioning
- Entry, exit & formations
- Audience engagement techniques
- Handling stage fear and confidence building
- Live performance rehearsal

MODULE 11: CHOREOGRAPHY & CREATIVE COMPOSITION

- Basics of choreography
- Theme and concept development
- Music selection and editing basics
- Group choreography planning
- Blending tradition with creativity

MODULE 12: DANCE THEORY & DOCUMENTATION

- Dance terminology and definitions
- Structure of dance items
- Notation basics and documentation
- Cultural symbolism in dance
- Written theory examination preparation

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MODULE 13: TEACHING METHODOLOGY & PROFESSIONAL ETHICS

- Teaching techniques for beginners and children
- Lesson planning & class management
- Student evaluation methods
- Ethics and responsibilities of a dance teacher
- Organizing performances & workshops

OPTIONAL ADD-ONS (INSTITUTE ADVANTAGE)

- Optional Add-Ons (Institute Advantage)
- Yoga for dancers
- Dance therapy basics
- Digital promotion for dancers
- Event & stage management
- National & international competition training

MODULE 14: PRACTICAL TRAINING, ASSESSMENT & CERTIFICATION

- Daily practical sessions
- Solo and group performance assessments
- Internal & final examinations
- Certification criteria
- Career opportunities:
- Performer
- Dance teacher
- Choreographer
- Cultural event artist
- Dance academy setup



OUR SERVICE

WE ARE PROVIDING MULTIPLE COMPETITIVE EXAMS COACHING

- UPSC - CIVILS IAS EXAMS
- INDIAN STATE PSCS EXAMS
- NEET, IIT-JEE FOUNDATION
- DSC-BED EXAMS
- SSC, BANKING, RAILWAYS EXAMS
- NCERTS, IB, STATE BOARD EXAMS
- NATIONAL LAW COMPETITIVE EXAMS
- STATE POLICE DEPT EXAMS
- CAT/CSAT/EMCET/GATE EXAMS
- SCHOOL, COLLEGE, UNIVERSITY EXAMS
- OTHER COMPETITIVE EXAMS

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- We are Providing the best training for all the important competitive exams across India , Present Online classes and Offline in near future
- We have well Experienced and Capable Trainers/Lectures/Mentors
- We give the best content to cover all your academic course syllabus and its practical knowledge
- We give 2 to 3 Assignments everyday to our students which helps the more interactivity with training course and its knowledge
- We explains the 5 to 10 PYQs of all stages of examination process and letting the students to know to how the Examiners framing the questions based each topic

**THANK YOU
SO MUCH**

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