


Sant Gadge Baba Amravati University
Department of Lifelong Learning & Extension
Diploma Course
(6 Month)
Syllabus
For
Diploma in Shastriyas Nrutya ODSI

Units	Chapters	Topics	Classes
Unit-1	Introduction	Information and Basic body Positions and Bhumi Pranam	2
Unit-2	Basics	Asanyukta Hasta Mudras (Single Hand gestures)	3
		Sanyukta Hasta Mudras (Two hands Gestures)	3
		Shiro Bhedas (Head positions)	1
		Drishti Bhedas (Positions of eyes)	F
		Griva Bhedas (Positions of neck)	1-
		Pada Bhedas (Positions of feet)	3
		Bhramari Bhedas (Various round moves)	2
		Mandala Bhedas (Various Positions of Moving round)	1
		Chari Bhedas (different walking styles)	2
		Taal Ektali (Basic Rhythm)	1
Unit-3	Foot work	Chauka Steps (10 Steps in Chauka/square bending position)	20
		Tribhandi Steps (10 Steps in Chauka/square bending position)	25
Unit-4	Item	Mangalacharan (A beginning presentation of Odissi performance)	25
		Total Classes	90