



ABS K M

AKHIL BHARTIYA SANGEET KALA MAHAVIDHYALAY DELHI

ODISSI DANCE



ABOUT ODISSI DANCE

Odissi is one of the oldest and most graceful classical dance forms of India, originating from the state of Odisha. It is recognized as one of the eight classical dance forms of India and is deeply rooted in the country's rich cultural, spiritual, and artistic heritage. Traditionally performed in temples as an offering to the divine, Odissi beautifully combines dance, music, expression, and storytelling.

Odissi is characterized by its distinctive Tribhangi (three-bend posture), Chauka (square stance), graceful body movements, intricate footwork, expressive hand gestures (Mudras), and captivating facial expressions (Abhinaya). Through these elements, dancers portray stories from Indian mythology, especially those based on the lives of Lord Krishna, Lord Jagannath, and the works of the poet Jayadeva's Gita Govinda.

Odissi is a perfect blend of Rhythm (Tala), Melody (Raga), Expression (Abhinaya), Technique, and Grace. Its unique features include Mangalacharan, Batu Nritya, Pallavi, Abhinaya, and Moksha, which demonstrate the artistic, spiritual, and technical excellence of a performer. These traditional compositions showcase the beauty, discipline, and emotional depth of the dance form while preserving its classical heritage.

Regular practice of Odissi helps students develop body balance, flexibility, posture, rhythm, coordination, concentration, memory, creativity, discipline, confidence, stage presence, and expressive communication. It also strengthens physical fitness, emotional expression, cultural understanding, and synchronization with music and rhythm.

Odissi is not only a classical dance form but also a significant symbol of India's rich cultural heritage and spiritual tradition. It is widely performed at classical dance festivals, cultural programs, temple celebrations, national and international events, educational institutions, and prestigious art festivals. Through its elegant movements and expressive storytelling, Odissi preserves ancient traditions while inspiring audiences across generations.

Today, Odissi is admired and performed throughout the world. While preserving its traditional techniques and values, it continues to evolve through modern choreography and global cultural collaborations. Odissi provides dancers with an exceptional platform to showcase their artistry, devotion, creativity, technical excellence, and emotional expression, making it one of the most celebrated and respected classical dance forms in the world.



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AKHIL BHARTIYA SANGEET KALA MAHAVIDHYALAY DELHI

षड्ज (FIRST YEAR) (FULL MARKS- 50)

- Bhumi Pranam (Salutation to Mother Earth)
- Namaskar (Traditional Salutation)
- Basic Chowka Position
- Basic Tribhangi Position
- Basic Pada Bheda (Foot Positions)
- Asamyukta Hasta Mudras (Single Hand Gestures)
- Basic Neck and Eye Movements
- Simple Footwork in Basic Tala
- Introduction to Rhythm (Laya)
- Basic Mangalacharan Performance

ऋषभा (SECOND YEAR) (FULL MARKS - 100)

- Advanced Chowka and Tribhangi Practice
- Samyukta Hasta Mudras (Double Hand Gestures)
- Basic Bhramaris (Turns)
- Introduction to Charis (Leg Movements)
- Basic Batu Nritya
- Simple Pallavi
- Ektali and Jhampa Tala Practice
- Basic Abhinaya (Expression)
- Simple Odissi Composition
- Stage Presentation

गंधर्व (THIRD YEAR) (FULL MARKS -125) (PRACTICAL MARKS-75)

- Complete Mangalacharan
- Batu Nritya
- Intermediate Pallavi
- Abhinaya on Gita Govinda
- Perfection of Chowka and Tribhangi
- Advanced Footwork
- Coordination of Mudras and Eye Movements
- Tala Practice
- Layakari (Rhythmic Variations)
- Solo Performance



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VIVA AND THEORY (FULL MARK - 50)

- History of Odissi Dance
- Mahari and Gotipua Tradition
- Importance of Chowka and Tribhangi
- Types of Abhinaya
- Introduction to Gita Govinda
- Tala and Laya
- Types of Hasta Mudras
- Costume of Odissi
- Ornaments of Odissi
- Stage Discipline

मध्यमा (FOURTH YEAR) (FULL MARKS -150) (PRACTICAL MARKS-100)

- Advanced Pallavi
- Ashtapadi Performance
- Complete Batu Nritya
- Moksha Dance
- Advanced Tala Practice
- Group Performance
- Solo Performance
- Expression of Navarasa
- Stage Presentation
- Creative Choreography

VIVA AND THEORY (FULL MARK - 50)

- Poet Jayadeva
- Ashtapadi
- Navarasa
- Abhinaya Darpana
- Classification of Talas
- Pallavi
- Moksha
- Costume and Jewellery
- Music in Odissi
- Guru-Shishya Tradition



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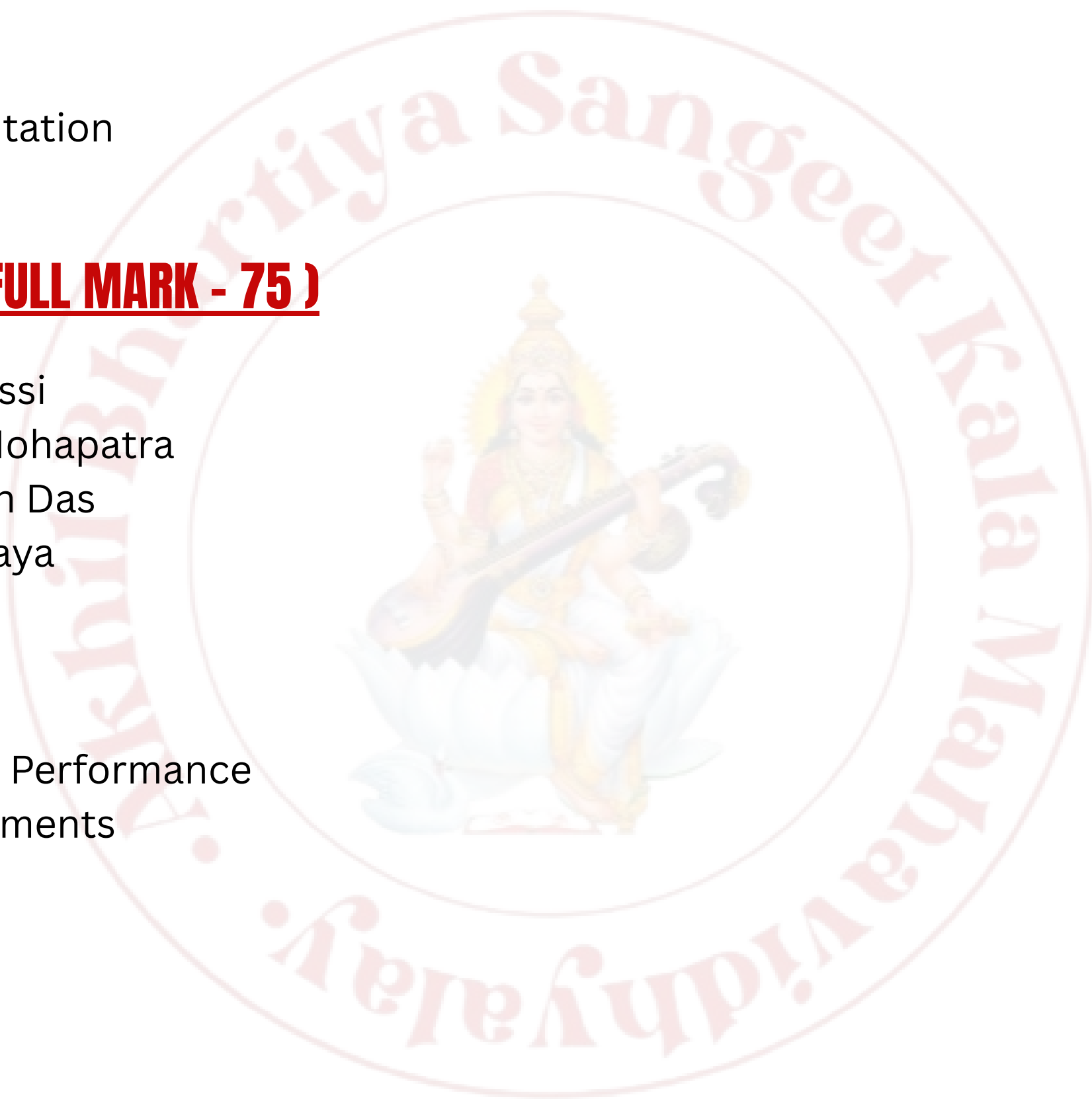
AKHIL BHARTIYA SANGEET KALA MAHAVIDHYALAY DELHI

पंचमा(प्रथम) (FIFTH YEAR) (FULL MARKS -200) (PRACTICAL MARKS-125)

- Advanced Mangalacharan
- Difficult Pallavi
- Ashtapadi Performance
- Expressive Abhinaya
- Moksha
- Advanced Layakari
- Creative Choreography
- Group Direction
- Stage Performance
- Independent Presentation

VIVA AND THEORY (FULL MARK - 75)

- Great Gurus of Odissi
- Guru Kelucharan Mohapatra
- Guru Pankaj Charan Das
- Elements of Abhinaya
- Theory of Rasa
- Tala System
- Odissi Music
- Structure of Odissi Performance
- Costume and Ornaments
- Stage Etiquette



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AKHIL BHARTIYA SANGEET KALA MAHAVIDHYALAY DELHI

पंचमा (पूर्ण) (SIXTH YEAR) (FULL MARKS -200) (PRACTICAL MARKS-175)

- Advanced Mangalacharan
- Advanced Batu Nritya
- Advanced Pallavi in any Raga
- Advanced Ashtapadi Performance
- Moksha Dance Presentation
- Complex Footwork (Pada Bheda)
- Advanced Bhramaris (Spins)
- Advanced Layakari (Rhythmic Variations)
- Abhinaya on Gita Govinda
- Coordination of Anga, Pratyanga and Upanga
- Solo Classical Recital (20–25 Minutes)
- Group Choreography
- Stage Presentation and Performance Skills
- Improvisation in Odissi Dance
- Performance with Live or Recorded Music

VIVA AND THEORY (FULL MARK - 75)

- Evolution of Odissi Dance
- Modern Odissi
- Tala Structure
- Theory of Abhinaya
- Odissi Music
- Choreography
- Stage Management
- Costume
- Guru-Shishya Tradition
- Performance Evaluation



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AKHIL BHARTIYA SANGEET KALA MAHAVIDHYALAY DELHI

पुर्णा (विशारदा) (SEVENTH YEAR) (FULL MARKS -250) (PRACTICAL MARKS-100)

- Complete Mangalacharan
- Advanced Batu Nritya
- Advanced Pallavi
- Complete Ashtapadi Presentation
- Moksha (Advanced)
- Complex Choreographic Composition
- Advanced Abhinaya using Navarasa
- Difficult Tala and Layakari
- Creative Solo Choreography
- Group Choreography and Direction
- Classical Stage Presentation
- Research-Based Dance Presentation
- Teaching Demonstration
- Performance with Live Orchestra
- Full Classical Recital (30 Minutes)

VIVA AND THEORY (FULL MARK - 50)

- Natya Shastra
- Abhinaya Darpana
- Aesthetics of Odissi
- Tala and Rhythm
- Theory of Rasa
- Odissi Music
- Renowned Odissi Artists
- Stage Techniques
- Research Methodology
- Performance Analysis



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AKHIL BHARTIYA SANGEET KALA MAHAVIDHYALAY DELHI

INTERNSHIP (FULL MARKS - 100)

- Assist in Teaching Junior Students
- Conduct 10 Practical Classes
- Stage Rehearsal Management
- Performance Coordination
- Event Assistance
- Costume Management
- Music Coordination
- Attendance Record Maintenance
- Performance Report Writing
- Internship Diary Submission

ओडिसी संपूर्ण (EIGHTH YEAR) (FULL MARKS -250) (PRACTICAL MARKS-100)

- Professional Mangalacharan
- Professional Batu Nritya
- Advanced Pallavi in Multiple Talas
- Advanced Ashtapadi
- Moksha Performance
- Independent Choreography
- Advanced Rhythmic Composition
- Research-Based Dance Work
- Creative Dance Production
- Group Direction and Stage Management
- Teaching Advanced Students
- Performance with Live Musicians
- Classical Dance Production
- Professional Solo Recital (35 Minutes)
- Final Stage Presentation



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AKHIL BHARTIYA SANGEET KALA MAHAVIDHYALAY DELHI

VIVA AND THEORY (FULL MARK - 50)

- Global Development of Odissi
- Research in Odissi
- Choreography Techniques
- Odissi Music
- Stage Direction
- Tala Analysis
- Natya Shastra
- Major Institutions
- Contemporary Innovations
- Career Opportunities

INTERNSHIP (FULL MARKS - 100)

- Conduct 20 Practical Classes
- Prepare Choreography
- Stage Management
- Organize Dance Programmes
- Student Assessment
- Rehearsal Planning
- Music Selection
- Costume Planning
- Report Writing
- Organize a Stage Performance



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AKHIL BHARTIYA SANGEET KALA MAHAVIDHYALAY DELHI

ओडिसी आचार्य **NINETH YEAR) (FULL MARKS -250) (PRACTICAL MARKS-100)**

- Complete Professional Classical Recital
- Original Odissi Choreography
- Advanced Mangalacharan
- Advanced Pallavi
- Advanced Batu Nritya
- Advanced Ashtapadi Performance
- Moksha (Professional Level)
- Research Presentation through Dance
- Teaching Method Demonstration
- Choreography for Group Production
- Stage Direction and Production Management
- Performance with Live Orchestra
- National/International Standard Presentation
- Professional Performance Evaluation
- Grand Finale Solo Presentation (45–60 Minutes)

VIVA AND THEORY (FULL MARK - 50)

- Complete History of Odissi
- Natya Shastra and Abhinaya Darpana
- Great Gurus and Artists
- Odissi Music System
- Tala System
- Research and Documentation
- Stage Direction
- Teaching Methodology
- Professional Ethics
- Career Development



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AKHIL BHARTIYA SANGEET KALA MAHAVIDHYALAY DELHI

INTERNSHIP (FULL MARKS - 100)

- Conduct 30 Practical Classes
- Train an Independent Batch
- Choreograph a Dance Drama
- Direct an Annual Stage Production
- Conduct Student Examinations
- Coordinate Stage, Light, and Sound
- Work with Live Musicians
- Prepare a Project Report
- Internship Presentation
- Final Assessment and Certification



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