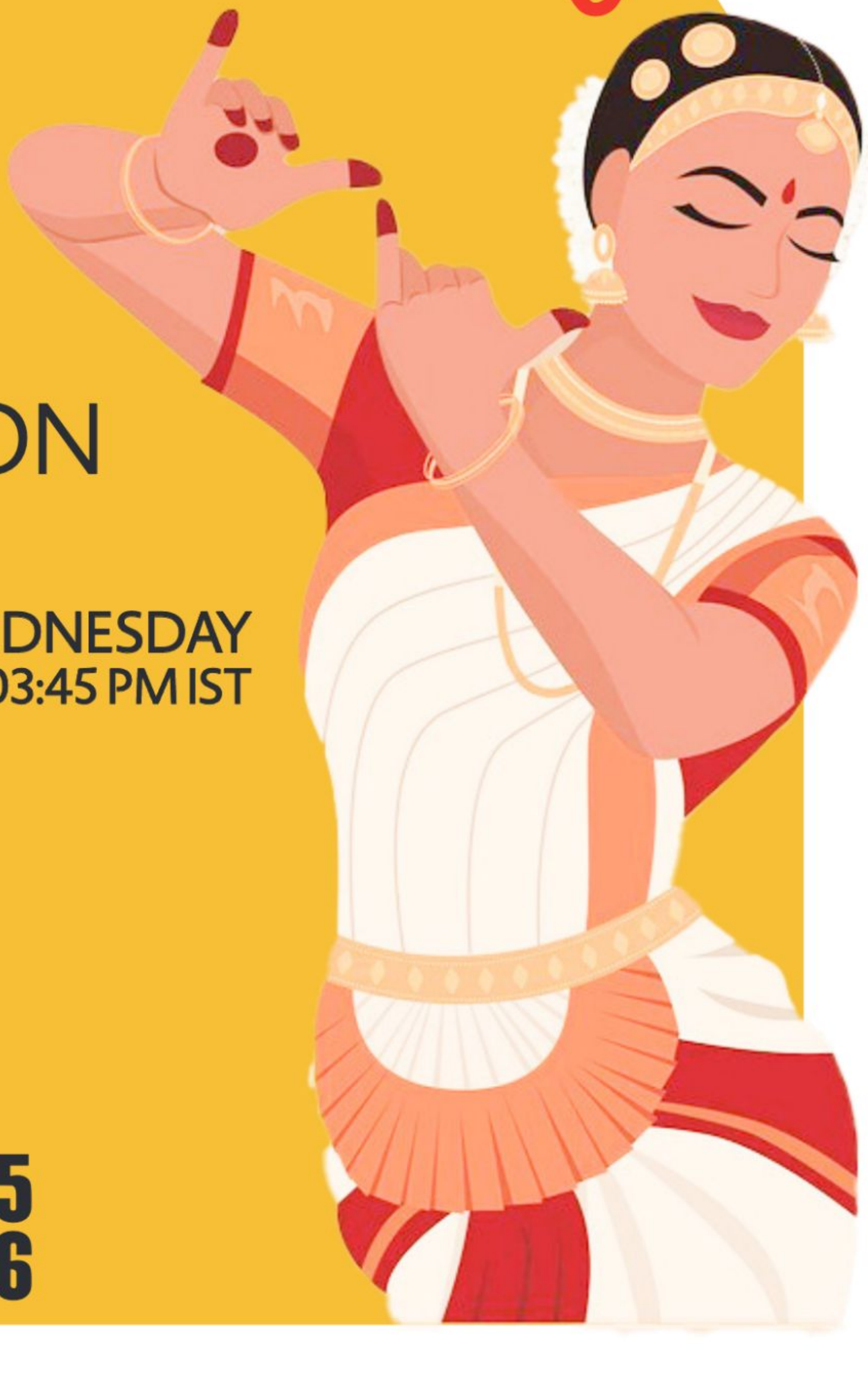
भारतीय सांस्कृतिक सम्बंध परिषद
Indian Council For Cultural Relations

Routes 2 Roots®

Bharatanatyam



LESSON PLAN

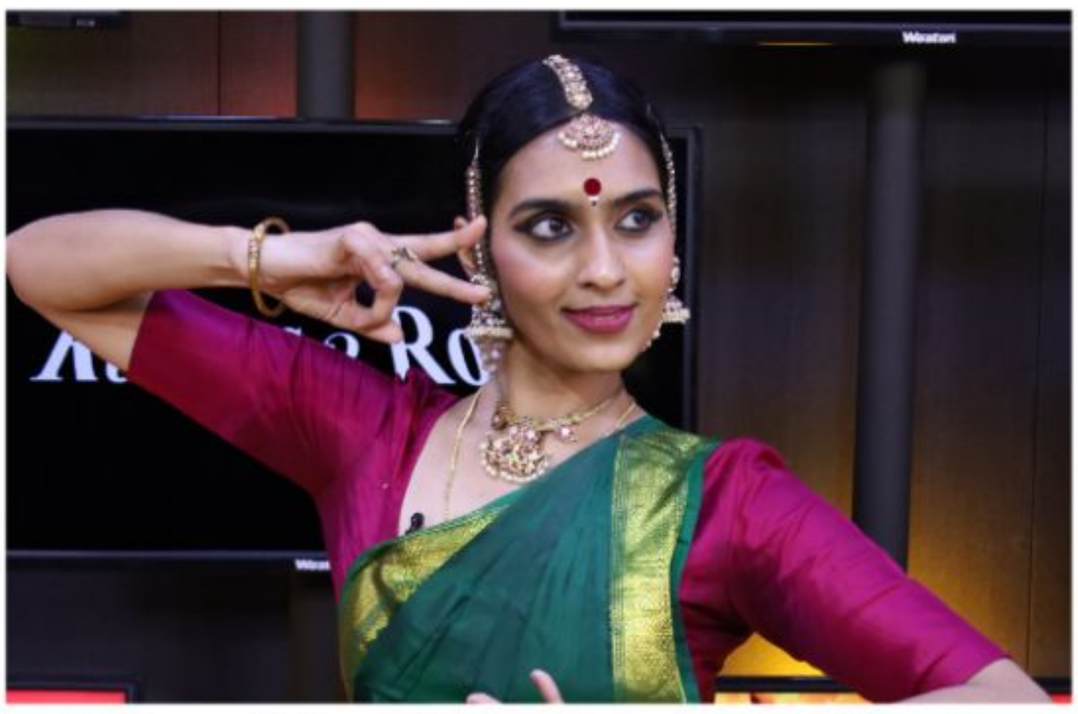
EVERY WEDNESDAY
03:00 PM - 03:45 PM IST

2025 26

Welcome to this Bharatanatyam class which has been organised by Routes 2 Roots & Indian Council for Cultural Relations in association with UPRTOU

The Faculty

Gayatri Deka is an accomplished Bharatanatyam Dancer. She has completed her Double Graduation in Botany (hons.) from Delhi University and also completed her performing arts from Indira Kala Sangit Vishwavidyalay, Khairagarh. She received her initial training under the able guidance of Padma Bhushan Awardee Guru Late Dr. Saroja Vaidyanathan and Guru Anuradha Venkataraman. She has dedicated 23 years to the practice of Bharatanatyam, with 15 years of professional experience in the field. Gayatri has performed solos, duets, group performances (100+ since 2008) both nationally (Delhi, Chandigarh, Chennai, Tirupati, Visakhapatnam, Rajahmukarur, Mahabalipuram, Gwalior, Guwahati, Kolkata, Rajgir etc.) and internationally (Dares Salam, Arusha, Mwanza, Mombasa, Kisumu, Nairobi, Budapest, Krishna Valley, Alsoors, Debrecen, Miskolc and Krakow). She has received awards such as the Kameshwari Nritya Samman 2018 (Kolkata), Nritya Kanaka Mani Samman 2018 (Kolkata) and Nritya Suvarna Kamal Samman 2019 (New Delhi).



Madhura Bhrushundi, a dancer based in New Delhi, has been training in the Indian classical dance form of Bharatanatyam under the tutelage of Padmashri Guru Geeta Chandran for the last 13 years. A recipient of the scholarship to Young Artistes, awarded by the Ministry of Culture, Government of India and a Grade B artiste of the Doordarshan, Madhura is a senior dancer with her Guru Smt. Geeta Chandran's dance Company. She has been a part of major productions at numerous festivals such as the Khajurajo Dance Festival, Sahitya Kala Parishad's Youth Festival, Ganga Mahotsav, Uday Shankar Choreography Festival, Kalidas Samaroh, Naadaneeranjam Festival, National Festival of Creative Arts & Hampi Utsav, among several others. She has also had the opportunity to be part of dance productions that were presented at the Rashtrapati Bhawan in the august presence of the President, Vice-President and the Prime Minister of India. As a solo performer, Madhura has presented performances at various platforms such as the Amritanjali Mahotsav, 3rd Bangla Film Festival, Karur Natyanjali, Sai Nrityotsav, Delhi International Film Festival & FACE India International Women Leadership Awards among others. Apart from passionately pursuing dance, Madhura has also had an excellent academic record. She completed her Bachelors in Economics from Hindu College, University of Delhi and went on to do her M. Sc. in Economics from the University of Warwick, U. K.

LESSON 01

Gayatri Deka – 11th June

- Bhumi Pranam
- Warm Up Exercises
- Introduction of Hand Movements for the First 4 Nattadavus
- Revision of Kudittametta Adavu
- Ending with Bhumi Pranam

LESSON 02

Madhura Bhrushundi – 18th June

- Bhumi Pranam
- Warm Up Exercises
- Introduction to Tishram Adavu First Variation
- Revision of Previous Lesson
- Ending with Bhumi Pranam

LESSON 03

Gayatri Deka – 25th June

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Tishram Adavu Second Variation
- Ending with Bhumi Pranam

LESSON 04

Madhura Bhrushundi – 2nd July

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Tishram Adavu Third Variation
- Introduction of Hands for 5th Nattadavu
- Ending with Bhumi Pranam

LESSON 05

Gayatri Deka – 9th July

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Chatushram Adavu
- Introduction to Hands of 6th Nattadavu
- Ending with Bhumi Pranam

LESSON 06

Madhura Bhrushundi – 16th July

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Khandam Adavu First Variation
- Introduction to Hands of 7th Nattadavu
- Ending with Bhumi Pranam

LESSON 07

Gayatri Deka – 23rd July

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Khandam Adavu Second Variation
- Ending with Bhumi Pranam

LESSON 08

Madhura Bhrushundi – 30th July

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Mishram Adavu
- Introduction to Hands of 8th Nattadavu
- Ending with Bhumi Pranam

LESSON 09

Gayatri Deka – 6th August

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Sankeernam Adavu
- Ending with Bhumi Pranam

LESSON 10

Madhura Bhrushundi – 13th August

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Ittadavu First Variation
- Ending with Bhumi Pranam

LESSON 11

Gayatri Deka – 20th August

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Ittadavu Second Variation
- Introduction to the Hand Movements of Pakkadavu No. 1
- Ending with Bhumi Pranam

LESSON 12

Madhura Bhrushundi – 27th August

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to the Hand Movements of Pakkadavu No. 2
- Ending with Bhumi Pranam

LESSON 13

Gayatri Deka – 3rd September

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to the Hand Movements of Pakkadavu No. 3
- Introduction of Sarrukkal Adavu 1
- Ending with Bhumi Pranam

LESSON 14

Madhura Bhrushundi – 10th September

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to the Hand Movements of Pakkadavu No. 4
- Ending with Bhumi Pranam

LESSON 15

Gayatri Deka – 17th September

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction of Sarrukkal Adavu 2
- Ending with Bhumi Pranam

LESSON 16

Madhura Bhrushundi – 24th September

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Hands of Teermanam
- Introduction of Sarrukkal Adavu 3
- Ending with Bhumi Pranam

LESSON 17

Gayatri Deka – 1st October

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Continuation of Hands of Teermanam
- Introduction of Sarrukkal Adavu 4
- Ending with Bhumi Pranam

LESSON 18

Madhura Bhrushundi – 8th October

- Bhumi Pranam
- Warm Up Exercises
- Revision of Pakkadavu, Teermanam & Sarrukkal Adavu
- Ending with Bhumi Pranam

LESSON 19

Gayatri Deka – 15th October

- Bhumi Pranam
- Warm Up Exercises
- Introduction of Sthanaka Bheda
- Ending with Bhumi Pranam

LESSON 20

Madhura Bhrushundi – 29th October

- Bhumi Pranam
- Warm Up Exercises
- Continuation of Sthanaka Bheda
- Introduction to First Two Hand Variations of Kuddittametta Adavu
- Ending with Bhumi Pranam

LESSON 21

Gayatri Deka – 5th November

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Third and Fourth Hands Variations of Kuddittametta Adavu
- Ending with Bhumi Pranam

LESSON 22

Madhura Bhrushundi – 12th November

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to 5th and 6th Hand Variations of Kuddittametta Adavu
- Ending with Bhumi Pranam

LESSON 23

Gayatri Deka – 19th November

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Tat-Tai-Tam Adavu
- Ending with Bhumi Pranam

LESSON 24

Madhura Bhrushundi – 26th November

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Continuation of Tat-Tai-Tam Adavu
- Introduction of Vaksh Bheda
- Ending with Bhumi Pranam

LESSON 25

Gayatri Deka – 3rd December

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Continuation of Tat-Tai-Tam Adavu
- Ending with Bhumi Pranam

LESSON 26

Madhura Bhrushundi – 10th December

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Parshva Bheda
- Ending with Bhumi Pranam

LESSON 27

Gayatri Deka – 17th December

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Sarva Laghu Adavu
- Ending with Bhumi Pranam

LESSON 28

Madhura Bhrushundi – 7th January

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Continuation of Sarva Laghu Adavu
- Ending with Bhumi Pranam

LESSON 29

Gayatri Deka – 14th January

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Kati Bheda
- Ending with Bhumi Pranam

LESSON 30

Madhura Bhrushundi – 21st January

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Shutra Adavu
- Ending with Bhumi Pranam

LESSON 31

Gayatri Deka – 28th January

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Paichal Adavu Variation 1
- Ending with Bhumi Pranam

LESSON 32

Madhura Bhrushundi – 4th February

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Paichal Adavu Variation 2
- Ending with Bhumi Pranam

LESSON 33

Gayatri Deka – 11th February

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Paichal Adavu Variation 3
- Ending with Bhumi Pranam

LESSON 34

Madhura Bhrushundi – 18th February

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Pedi Adavu
- Ending with Bhumi Pranam

LESSON 35

Gayatri Deka – 25th February

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Veecha Aadavu Variation 1
- Ending with Bhumi Pranam

LESSON 36

Madhura Bhrushundi – 11th March

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Veecha Aadavu Variation 2
- Ending with Bhumi Pranam

LESSON 37

Gayatri Deka – 18th March

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Veecha Aadavu Variation 3
- Ending with Bhumi Pranam

LESSON 38

Madhura Bhrushundi – 25th March

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Bahu Bheda
- Ending with Bhumi Pranam

LESSON 39

Gayatri Deka – 1st April

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Continuation of Bahu Bheda
- Ending with Bhumi Pranam

LESSON 40

Madhura Bhrushundi – 8th April

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Continuation of Bahu Bheda
- Ending with Bhumi Pranam

LESSON 41

Gayatri Deka – 15th April

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Hands of Ta-Ha-ta-Jham-Tari-Ta Variation 1
- Ending with Bhumi Pranam

LESSON 42

Madhura Bhrushundi – 22nd April

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Hands of Ta-Ha-ta-Jham-Tari-Ta Variation 2
- Ending with Bhumi Pranam

LESSON 43

Gayatri Deka – 29th April

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Hands of Tisram Adavu Variation 1
- Ending with Bhumi Pranam

LESSON 44

Madhura Bhrushundi – 6th May

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Hands of Tisram Adavu Variation 2
- Ending with Bhumi Pranam

LESSON 45

Gayatri Deka – 13th May

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Hands of Tisram Adavu Variation 3
- Ending with Bhumi Pranam

LESSON 46

Madhura Bhrushundi – 20th May

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Hands of Chatusram Adavu
- Ending with Bhumi Pranam

LESSON 47

Gayatri Deka – 27th May

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Hands of Khandam Adavu Variation 1
- Ending with Bhumi Pranam

LESSON 48

Madhura Bhrushundi – 3rd June

- Bhumi Pranam
- Warm Up Exercises
- Revision of Previous Lesson
- Introduction to Hands of Khandam Adavu Variation 2
- Ending with Bhumi Pranam