भारतीय सांस्कृतिक सम्बंध परिषद
Indian Council For Cultural Relations

Routes 2 Roots®

Bollywood Dance

LESSON PLAN

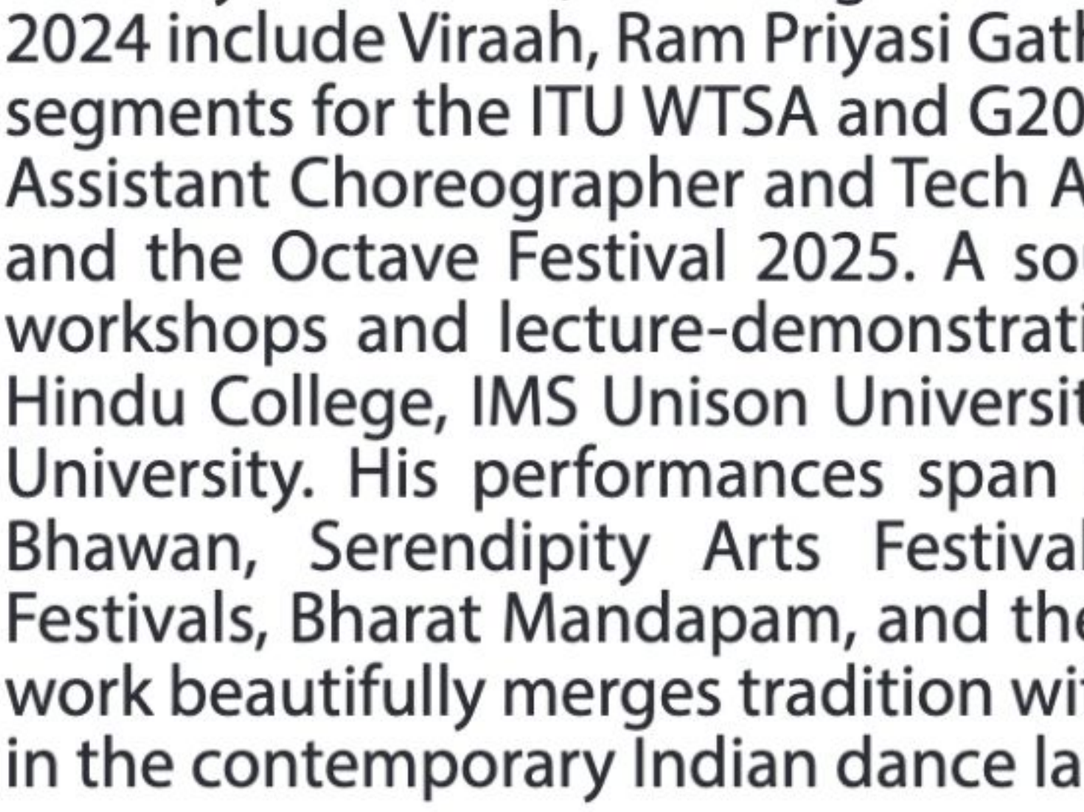
EVERY FRIDAY
04:00 PM - 04:45 PM IST

20 25 26

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

The Faculty

Shree Ram Sankhla is a distinguished Indian contemporary and Mayurbhanj Chhau dancer, trained under the guidance of renowned Guru Sri Santosh Nair. Since 2013, he has been associated with SADHYA – a unit of performing arts, an ICCR-empanelled company, where he honed his craft as a company artiste. His illustrious career includes international performances at the Ganges-Danube Festival of India in Hungary, the 11th Hindi Mahotsav in Mauritius, Celebrating Buddha in Vietnam, and the Festival of India in Russia. He has choreographed major national productions such as Shiva Shakti, Bahurupa, Unmatt, Sarveshwaraya, and Krishna, and directed large-scale presentations such as Bharat Parv and RAMAYAN for the Ministry of Culture, involving hundreds of folk artistes. His recent works in 2024 include Viraah, Ram Priyasi Gatha (Ayodhya), and choreographing key segments for the ITU WTSA and G20 Summit events. He has also served as Assistant Choreographer and Tech AV Expert for the National Games 2025 and the Octave Festival 2025. A sought-after mentor, he has conducted workshops and lecture-demonstrations at premier institutions including Hindu College, IMS Unison University, Woodstock School and GD Goenka University. His performances span iconic platforms such as Rashtrapati Bhawan, Serendipity Arts Festival, Hampi and Kumbhalgarh Dance Festivals, Bharat Mandapam, and the NCPA, Mumbai. Shree Ram Sankhla's work beautifully merges tradition with innovation, making him a vital force in the contemporary Indian dance landscape.



Swati Shishodia is a dynamic performing artiste & choreographer. A disciple of the renowned Guru Sri Santosh Nair, she has been rigorously trained in Mayurbhanj Chhau and Indian Contemporary dance since 2013 as a Company Artiste with SADHYA – a prestigious ICCR-empanelled performing arts unit. Swati has represented India internationally at numerous cultural events including the Festival of India in Lebanon, Finland, Russia, Sweden, Vietnam and Hungary, and summits in Sri Lanka, Tanzania, and the Philippines, among others. Her national choreographic works span major festivals such as Tantrotsava, Bharat Parv, and the G20 Summit, with landmark pieces like Unmatt, Sarveshwaraya, Shiva Shakti and The Journey of Romeo and Juliet. She has choreographed for over 350 folk artistes from 21 states and worked on prestigious events like the opening ceremony of the National Games, ITU WTSA and performances for many organisations. She is also a passionate educator, conducting lecture demonstrations and workshops at premier institutions. Her work reflects a deep commitment to blending classical Indian forms with contemporary narratives, making her a distinctive voice in the Indian dance landscape.

LESSON 01

Swati Shishodia – Fun Month – 13th June

- History & Evolution
- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Khaike Paan Benaras Wala
- Cool Down

LESSON 02

Shree Ram Sankhla – Fun Month – 20th June

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Khaike Paan Benaras Wala Continued
- Cool Down

LESSON 03

Swati Shishodia – Fun Month – 27th June

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Kisi Disco Mein Jayein
- Cool Down

LESSON 04

Shree Ram Sankhla – Fun Month – 4th July

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Kisi Disco Mein Jayein Continued
- Cool Down

LESSON 05

Swati Shishodia – Retro Month – 11th July

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Aaj Kal Tere Mere Pyar Ke Charche
- Cool Down

LESSON 06

Shree Ram Sankhla – Retro Month – 18th July

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Aaj Kal Tere Mere Pyar Ke Charche Continued
- Cool Down

LESSON 07

Swati Shishodia – Retro Month – 25th July

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Badan Pe Sitare
- Cool Down

LESSON 08

Shree Ram Sankhla – Retro Month – 1st August

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Badan Pe Sitare Continued
- Cool Down

LESSON 09

Swati Shishodia – Monsoon Mania – 8th August

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Ghanan Ghanan
- Cool Down

LESSON 10

Shree Ram Sankhla – Monsoon Mania – 22nd August

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Ghanan Ghanan Continued
- Cool Down

LESSON 11

Swati Shishodia – Monsoon Mania – 29th August

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Barso Re Megha
- Cool Down

LESSON 12

Shree Ram Sankhla – Monsoon Mania – 5th September

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Barso Re Megha Continued
- Cool Down

LESSON 13

Swati Shishodia – Classics – 12th September

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Chhaiyan Chhaiyan
- Cool Down

LESSON 14

Shree Ram Sankhla – Classics – 19th September

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Chhaiyan Chhaiyan Continued
- Cool Down

LESSON 15

Swati Shishodia – Classics – 26th September

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Dola Re Dola
- Cool Down

LESSON 16

Shree Ram Sankhla – Classics – 3rd October

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Dola Re Dola Continued
- Cool Down

LESSON 17

Swati Shishodia – Folk Inspired – 10th October

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Ghoomer
- Cool Down

LESSON 18

Shree Ram Sankhla – Folk Inspired – 17th October

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Ghoomer Continued
- Cool Down

LESSON 19

Swati Shishodia – Folk Inspired – 24th October

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Dhol Baaje
- Cool Down

LESSON 20

Shree Ram Sankhla – Folk Inspired – 31st October

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Dhol Baaje Continued
- Cool Down

LESSON 21

Swati Shishodia – Wedding – 7th November

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Sasural Genda Phool
- Cool Down

LESSON 22

Shree Ram Sankhla – Wedding – 14th November

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Sasural Genda Phool Continued
- Cool Down

LESSON 23

Swati Shishodia – Wedding – 21st November

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Dilli Wali Girlfriend
- Cool Down

LESSON 24

Shree Ram Sankhla – Wedding – 28th November

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Dilli Wali Girlfriend Continued
- Cool Down

LESSON 25

Swati Shishodia – Wedding – 5th December

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Gallan Goorhiyan
- Cool Down

LESSON 26

Shree Ram Sankhla – Wedding – 12th December

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Gallan Goorhiyan Continued
- Cool Down

LESSON 27

Swati Shishodia – Wedding – 19th December

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – London Thumakda
- Cool Down

LESSON 28

Shree Ram Sankhla – Wedding – 26th December

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – London Thumakda Continued
- Cool Down

LESSON 29

Swati Shishodia – Semi Classical – 2nd January

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Kahe Chherhh
- Cool Down

LESSON 30

Shree Ram Sankhla – Semi Classical – 9th January

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Kahe Chherhh Continued
- Cool Down

LESSON 31

Swati Shishodia – Semi Classical – 16th January

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Kahe Chherh Complete
- Cool Down

LESSON 32

Shree Ram Sankhla – Semi Classical – 23rd January

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Mohe Panghat Pe Nandlal
- Cool Down

LESSON 33

Swati Shishodia – Semi Classical – 30th January

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Mohe Panghat Pe Nandlal Continued
- Cool Down

LESSON 34

Shree Ram Sankhla – Disco – 6th February

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Om Shanti Om
- Cool Down

LESSON 35

Swati Shishodia – Disco – 13th February

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Om Shanti Om Continued
- Cool Down

LESSON 36

Shree Ram Sankhla – Disco – 20th February

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – It's The Time to Disco
- Cool Down

LESSON 37

Swati Shishodia – Disco – 27th February

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – It's The Time to Disco Continued
- Cool Down

LESSON 38

Shree Ram Sankhla – Remakes – 6th March

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Charhti Jawani
- Cool Down

LESSON 39

Swati Shishodia – Remakes – 13th March

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Charhti Jawani Continued
- Cool Down

LESSON 40

Shree Ram Sankhla – Remakes – 27th March

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Charhti Jawani Complete
- Cool Down

LESSON 41

Swati Shishodia – Party Numbers – 10th April

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Lungi Dance
- Cool Down

LESSON 42

Shree Ram Sankhla – Party Numbers – 17th April

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Desi Girl/Boys
- Cool Down

LESSON 43

Swati Shishodia – Party Numbers – 24th April

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Desi Girl/Boys Continued
- Cool Down

LESSON 44

Shree Ram Sankhla – Item Numbers – 1st May

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Kajrare
- Cool Down

LESSON 45

Swati Shishodia – Item Numbers – 8th May

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Kajrare Continued
- Cool Down

LESSON 46

Shree Ram Sankhla – Item Numbers – 15th May

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Kajrare Complete
- Cool Down

LESSON 47

Swati Shishodia – Item Numbers – 22nd May

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Piya Tu Ab Toh Aaja
- Cool Down

LESSON 48

Shree Ram Sankhla – Item Numbers – 29th May

- Warm Up – Body Isolation
- Warm Up – Movement Marathon
- Choreography – Piya Tu Ab Toh Aaja Continued
- Cool Down