भारतीय सांस्कृतिक सम्बंध परिषद
Indian Council For Cultural Relations

Routes 2 Roots®

ODISSI

LESSON PLAN

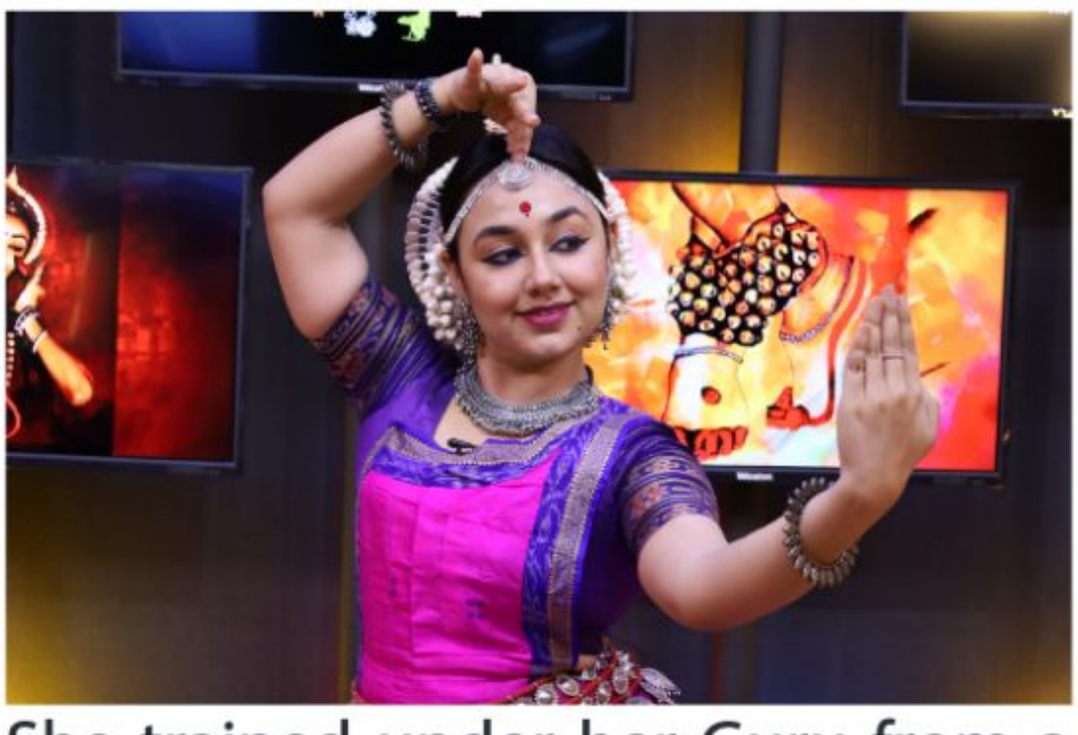
EVERY MONDAY
03:00 PM - 03:45 PM IST

2025 26

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

The Faculty

Arunima Ghosh is a renowned Odissi classical dancer with over 20 years of experience in the field. She was born in a small town in north Bengal and began learning Odissi at a young age under the guidance of Guru Monalisa Ghosh in Kolkata. She later moved to Delhi to study under Guru Sharon Lowen. Arunima has performed extensively across India and abroad, including at the Yuva Shrastriya and Aarambh festivals in New Delhi, the Kala Samagam festival in Guwahati, and the Octave festival in New Delhi. She has also performed at the Bangladesh High Commission in New Delhi, The Times of India in Chennai, Bhavan's Naatya Utsav in Delhi, the Yog Parv festival in New Delhi, the Mandu Festival and the Delhi Odissi Utsav. In addition to being a performing artiste, she is also a dance teacher. She has been providing training on dance and music for over a decade now, and her students have received numerous awards and accolades across the country. Arunima believes in imparting not just the technique of the dance form, but also the rich cultural heritage and philosophy that underlies it. Arunima is also an active choreographer and has created several works that have been well-received by audiences. She has received several awards for her dance, including the Nrittya Nandan title, a Gold Medal in Odissi dance final year exam and multiple state level awards.



Vrinda Chadha is an accomplished classical Odissi dancer. Vrinda holds a Master's degree in Philosophy from Lady Shri Ram College, Delhi University, and has been honoured with a National scholarship for Odissi dance from the Ministry of Culture, Government of India. She is a devoted disciple of Guru Ranjana Gauhar. She trained under her Guru from a young age and is now a professional performer, teacher and a part of her guru's academy. She is affiliated with the Indian Council for Cultural Relations and Doordarshan. She was nominated by the President of the International Dance Council (CID) UNESCO, Paris, and is a proud member of this global dance community. She has worked as an art educationist and has also led workshops for underprivileged children. As a global performer, Vrinda has captivated audiences across India and abroad such as Spain, Argentina, Korea, Japan, China, Singapore, United Kingdom, Madagascar, Seychelles and Dominican Republic among others. Her artistry has garnered numerous accolades, including Nalanda Nritya Nipuna, The Young Talent Award and The Kameshwari Award.

LESSON 01

Vrinda Chadha – 9th June

- Bhumi Pranam
- Body Preparation
- Steppings
- Revision of Khandis
- Building on Oriya Abhinaya Mallimala
- Brief Note on Guru Mayadhar Raut (one of the architects of Odissi)
- Bhumi Pranam and Closing Shloka

LESSON 02

Arunima Ghosh – 16th June

- Bhumi Pranam
- Body Preparation
- Steppings
- Building on Basant Pallavi
- Brief Note on Guru Kelucharan Mohapatra (one of the architects of Odissi)
- Bhumi Pranam

LESSON 03

Vrinda Chadha – 23rd June

- Bhumi Pranam
- Body Preparation
- Steppings
- Revision of Khandis
- Building on Oriya Abhinaya Mallimala
- Pataka Hasta Bheda Viniyoga
- Bhumi Pranam and Closing Shloka

LESSON 04

Arunima Ghosh – 30th June

- Bhumi Pranam
- Body Preparation
- Steppings
- Building on Basant Pallavi
- Asamyukta and Samyukta Hasta Bhedas
- Bhumi Pranam

LESSON 05

Vrinda Chadha – 7th July

- Bhumi Pranam
- Body Preparation
- Steppings
- Bhramaris
- Oriya Abhinaya Mallimala with Music
- Brief Note on Guru Pankaj Charan Das (one of the architects of Odissi)
- Bhumi Pranam and Closing Shloka

LESSON 06

Arunima Ghosh – 14th July

- Bhumi Pranam
- Body Preparation
- Steppings
- Basant Pallavi with Music
- Bhumi Pranam

LESSON 07

Vrinda Chadha – 21st July

- Bhumi Pranam
- Body Preparation
- Steppings
- Ganesh Mangalacharan with Music (Bhumi Pranam & Sabha Pranam)
- Oriya Abhinaya Mallimala with Music
- Pada Bhedas
- Bhumi Pranam and Closing Shloka

LESSON 08

Arunima Ghosh – 28th July

- Bhumi Pranam
- Body Preparation
- Steppings
- Ganesh Mangalacharan with Music (Man-cha Pravesh & Dev Vandana)
- Viniyoga of Tripataka Hasta
- Bhumi Pranam

LESSON 09

Vrinda Chadha – 4th August

- Bhumi Pranam
- Body Preparation
- Steppings
- Ganesh Mangalacharan with Music (Bhumi Pranam & Sabha Pranam)
- Oriya Abhinaya Mallimala with Music
- Information on Folk Dances of Odisha
- Bhumi Pranam and Closing Shloka

LESSON 10

Arunima Ghosh – 11th August

- Bhumi Pranam
- Body Preparation
- Steppings
- Yashodha Hari Palna Jhulawe – Abhinaya
- Brief Note on Guru Deba Prasad Das (one of the architects of Odissi)
- Bhumi Pranam

LESSON 11

Vrinda Chadha – 18th August

- Bhumi Pranam
- Body Preparation
- Steppings
- Introduction to Sthayi
- Revision of Drishti Bhedas
- Bhumi Pranam and Closing Shloka

LESSON 12

Arunima Ghosh – 25th August

- Bhumi Pranam
- Body Preparation
- Steppings
- Yashodha Hari Palna Jhulawe – Abhinaya
- Viniyoga of Ardh Pataka Hasta
- Bhumi Pranam

LESSON 13

Vrinda Chadha – 1st September

- Bhumi Pranam
- Body Preparation
- Steppings
- Building on Sthayi
- Revision of Griva Bhedas/Neck Gestures
- Bhumi Pranam and Closing Shloka

LESSON 14

Arunima Ghosh – 8th September

- Bhumi Pranam
- Body Preparation
- Arasa
- Continuation of Yashodha Hari Palna Jhulawe
- Revision of Shiro Bhedas
- Bhumi Pranam

LESSON 15

Vrinda Chadha – 15th September

- Bhumi Pranam
- Body Preparation
- Khandis
- Building on Sthayi
- Revision of Pataka Hasta Viniyoga
- Bhumi Pranam and Closing Shloka

LESSON 16

Arunima Ghosh – 22nd September

- Bhumi Pranam
- Body Preparation
- Arasa
- Continuation of Yashodha Hari Palna Jhulawe
- Revision of Tri Pataka Hasta Viniyoga
- Bhumi Pranam

LESSON 17

Vrinda Chadha – 29th September

- Bhumi Pranam
- Body Preparation
- Bhramaris
- Building on Sthayi
- Revision of Ardha Pataka Hasta Viniyoga
- Bhumi Pranam and Closing Shloka

LESSON 18

Arunima Ghosh – 6th October

- Bhumi Pranam
- Body Preparation
- Steppings
- Continuation of Yashodha Hari Palna Jhulawe
- Revision of Kartari Mukha Hasta Bheda Viniyoga
- Bhumi Pranam

LESSON 19

Vrinda Chadha – 13th October

- Bhumi Pranam
- Body Preparation
- Completion of Bhramaris
- Building on Sthayi
- Revision of Mayura Hasta Viniyoga
- Bhumi Pranam and Closing Shloka

LESSON 20

Arunima Ghosh – 27th October

- Bhumi Pranam
- Body Preparation
- Arasa
- Continuation of Yashodha Hari Palna Jhulawe
- Revision of Ardha Chandra Hasta Bheda Viniyoga
- Bhumi Pranam

LESSON 21

Vrinda Chadha – 3rd November

- Bhumi Pranam
- Body Preparation
- Completion of Khandis
- Building on Sthayi
- Revision of Arala Hasta Bheda Viniyoga
- Bhumi Pranam and Closing Shloka

LESSON 22

Arunima Ghosh – 10th November

- Bhumi Pranam
- Body Preparation
- Steppings
- Continuation of Yashodha Hari Palna Jhulawe
- Revision of Shukatunda Hasta Bheda Viniyoga
- Bhumi Pranam

LESSON 23

Vrinda Chadha – 17th November

- Bhumi Pranam
- Body Preparation
- Variation Steppings
- Building on Sthayi
- Revision of Mushthi Hasta Bheda Viniyoga
- Bhumi Pranam and Closing Shloka

LESSON 24

Arunima Ghosh – 24th November

- Bhumi Pranam
- Body Preparation
- Arasa
- Completion of Yashodha Hari Palna Jhulawe
- Revision of Pada Bheda
- Bhumi Pranam

LESSON 25

Vrinda Chadha – 1st December

- Bhumi Pranam
- Body Preparation
- Variation Steppings
- Completion of Sthayi
- Revision of Vaksh Sanchaalan (Torso Movement)
- Bhumi Pranam and Closing Shloka

LESSON 26

Arunima Ghosh – 8th December

- Bhumi Pranam
- Body Preparation
- Chari
- Practice of Mangalacharan
- Revision of Samyukta Hasta Bheda
- Bhumi Pranam

LESSON 27

Vrinda Chadha – 15th December

- Bhumi Pranam
- Body Preparation
- Variation Steppings
- Practice of Ganesh Mangalacharan (Bhumi Pranam & Sabha Pranam)
- Bhumi Pranam and Closing Shloka

LESSON 28

Arunima Ghosh – 22nd December

- Bhumi Pranam
- Body Preparation
- Chari
- Practice of Mangalacharan
- Revision of Asamyukta Hasta Bheda
- Bhumi Pranam

LESSON 29

Vrinda Chadha – 29th December

- Bhumi Pranam
- Body Preparation
- Variation Steppings
- Practice of Oriya Abhinaya Mallimala
- Introduction to Shikhar Hasta Bheda Viniyo-ga
- Bhumi Pranam and Closing Shloka

LESSON 30

Arunima Ghosh – 5th January

- Bhumi Pranam
- Body Preparation
- Steppings
- Practice of Yashodha Hari Palna Jhulawe
- Introduction to Shikhar Hasta Bheda Viniyo-ga
- Bhumi Pranam and Closing Shloka

LESSON 31

Vrinda Chadha – 12th January

- Bhumi Pranam
- Body Preparation
- Variation Steppings
- Practice of Oriya Abhinaya Mallimala
- Completion of Shikhar Hasta Bheda Viniyoga
- Bhumi Pranam and Closing Shloka

LESSON 32

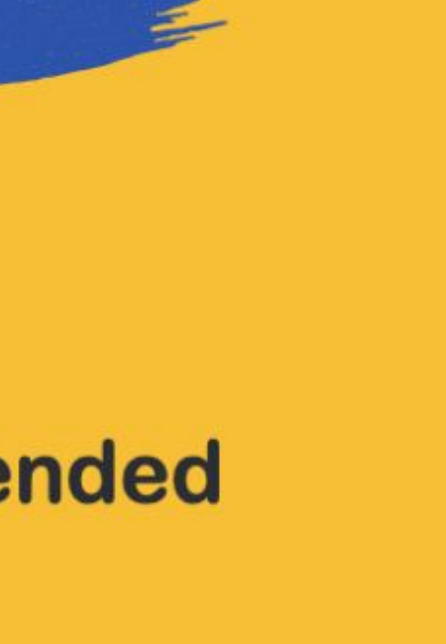
Arunima Ghosh – 19th January

- Bhumi Pranam
- Body Preparation
- Steppings
- Practice of Yashodha Hari Palna Jhulawe
- Introduction to Kapittha Hasta Bheda Viniyoga
- Bhumi Pranam

LESSON 33

Vrinda Chadha – 2nd February

- Bhumi Pranam
- Body Preparation
- Revision of Stepping No. 10 with Extended Rhythmic Pattern
- Revision of Sthayi
- Bhumi Pranam and Closing Shloka



LESSON 34

Arunima Ghosh – 9th February

- Bhumi Pranam
- Body Preparation
- Steppings
- Practice of Basant Pallavi
- Practice of Kapittha Hasta Bheda Viniyoga
- Bhumi Pranam

LESSON 35

Vrinda Chadha – 16th February

- Bhumi Pranam
- Body Preparation
- Revision of Stepping No. 10 with Extended Rhythmic Pattern
- Revision of Sthayi
- Introduction to Katakamukha Hasta Bheda Viniyoga
- Bhumi Pranam and Closing Shloka

LESSON 36

Arunima Ghosh – 23rd February

- Bhumi Pranam
- Body Preparation
- Pada Bheda
- Practice of Basant Pallavi
- Introduction to Suchi Hasta Bheda Viniyoga
- Bhumi Pranam

LESSON 37

Vrinda Chadha – 2nd March

- Bhumi Pranam
- Body Preparation
- Exploration of Odissi Temple Dance Poses
- Revision of Ganesh Mangalacharan (Bhumi Pranam & Sabha Pranam)
- Completion of Katakamukha Hasta Bheda Viniyoga
- Bhumi Pranam and Closing Shloka

LESSON 38

Arunima Ghosh – 9th March

- Bhumi Pranam
- Body Preparation
- Bhangi
- Practice of Basant Pallavi
- Continuation of Suchi Hasta Bheda Viniyo-ga
- Bhumi Pranam

LESSON 39

Vrinda Chadha – 16th March

- Bhumi Pranam
- Body Preparation
- Exploration of Odissi Temple Dance Poses – Completion
- Variation Steppings
- Practice of Oriya Abhinaya Mallimala with Music
- Bhumi Pranam and Closing Shloka

LESSON 40

Arunima Ghosh – 23rd March

- Bhumi Pranam
- Body Preparation
- Arasa
- Practice of Basant Pallavi with Music
- Introduction to Chandrakala Hasta Bheda Viniyoga
- Bhumi Pranam

LESSON 41

Vrinda Chadha – 30th March

- Bhumi Pranam
- Body Preparation
- Variation Steppings
- Revision of Oriya Abhinaya Mallimala with Music
- Introduction to Padmakosha Hasta Bheda Viniyoga
- Bhumi Pranam and Closing Shloka

LESSON 42

Arunima Ghosh – 6th April

- Bhumi Pranam
- Body Preparation
- Steppings
- Practice of Yashodha Hari Palna Jhulawe
- Continuation of Chandrakala Hasta Bheda Viniyoga
- Bhumi Pranam

LESSON 43

Vrinda Chadha – 13th April

- Bhumi Pranam
- Body Preparation
- Khandis
- Revision of Sthayi with Music
- Completion of Padmakosha Hasta Bheda Viniyoga
- Bhumi Pranam and Closing Shloka

LESSON 44

Arunima Ghosh – 20th April

- Bhumi Pranam
- Body Preparation
- Arasa
- Practice of Yashodha Hari Palna Jhulawe with Music
- Bhumi Pranam

LESSON 45

Vrinda Chadha – 27th April

- Bhumi Pranam
- Body Preparation
- Khandis
- Revision of Sthayi with Music
- Introduction to Jati Taal (Used in Oriya Abhinay Mallimala)
- Bhumi Pranam and Closing Shloka

LESSON 46

Arunima Ghosh – 4th May

- Bhumi Pranam
- Body Preparation
- Arasa
- Ek Tali in Three Different Speeds
- Practice of Mangalacharan
- Bhumi Pranam

LESSON 47

Vrinda Chadha – 11th May

- Bhumi Pranam
- Body Preparation
- Steppings
- Revision of Sthayi with Music
- Understanding Oriya Abhinay Mallimala with Taal
- Completion of Jati Taal
- Bhumi Pranam and Closing Shloka

LESSON 48

Arunima Ghosh – 18th May

- Bhumi Pranam
- Body Preparation
- Steppings
- Mangalacharan with Music
- Revision of Ek Taali in Three Different Speeds
- Bhumi Pranam