

GRADE 1

SIVANARTHANALAYAM



SMT.SIVARAJI SIVAKUMAR

Dhiyana slogan

Angikam Buvanam Yashya Vachikam
Sarva Vangamayam Akaryam Chanthra Dharathi
Tham Numash Shathvikam Sivam

Meaning

Whose bodily movements is the entire universe,
Whose speech is the language of the universe,
Whose ornaments are the moon and stars,
Him, we respect the pure lord Siva.

Angikam - Body

Buvanam - World

Yashya - What

Vachikam - Words

Sarva - Everyone

Vangmayam - Language

Akaryam - Dress and jewels

Chandra - Moon

Dharathi - Stars

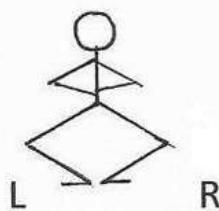
Tham - You

Numash - Worship

Shathvikam - Pure

Sivam - lord Siva

Thattadavu



Half sitting/ Aramandi

We stomp (Thatu) our feet in the floor. That's the reason it's called Thattadavu.

There are 8 types of Thattadavus.

The 3rd and 8th Thattadavus are set in Rubaha thalam, the rest are set in Adi thalam.

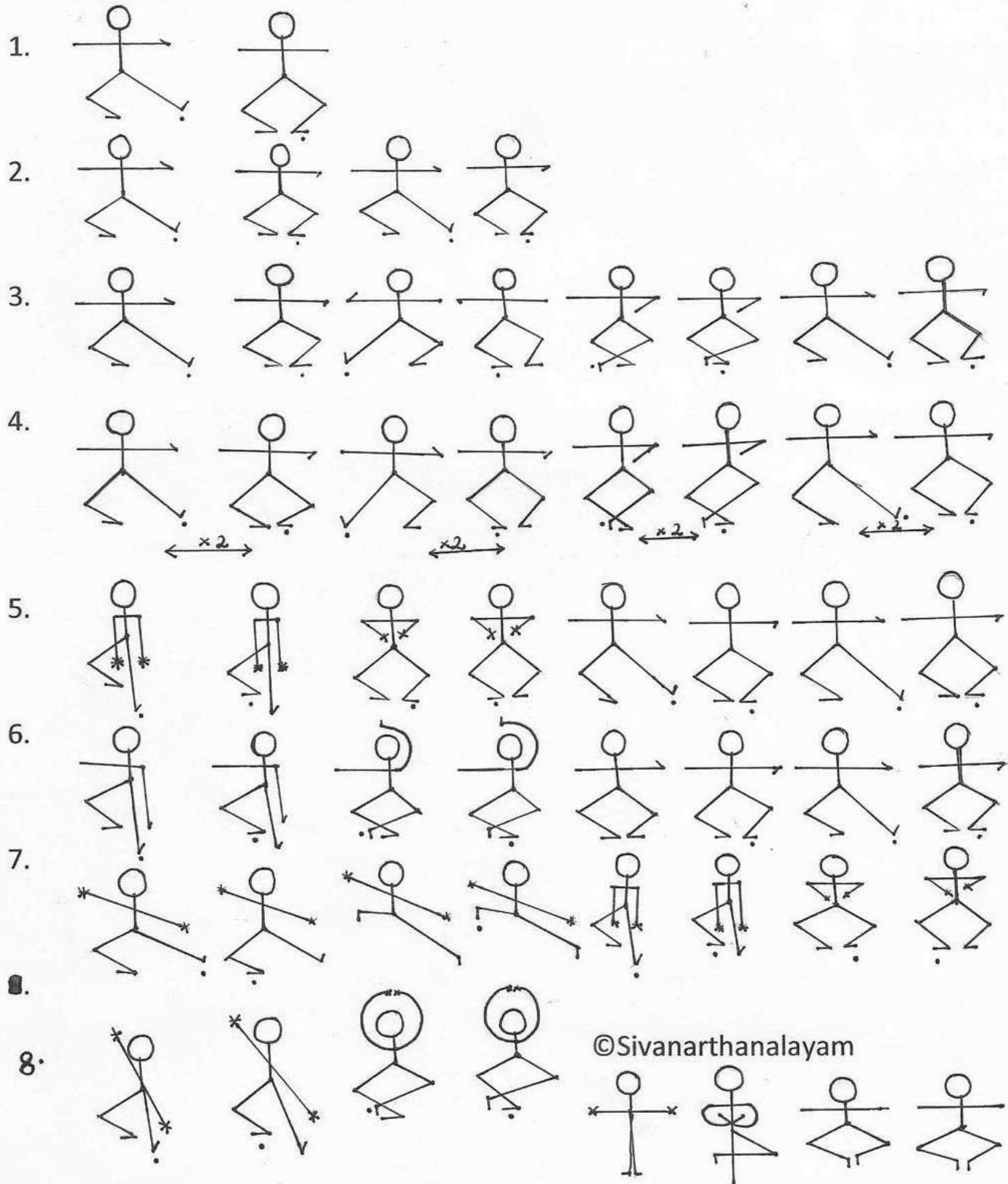
Sotkattus for all the Thattadavus

1. Theiya Thei
2. Theiya Thei
3. Theiya Theiya Thei
4. Theiya Theiya Theiya Thei
5. Theiya Theiya Thei Thei Tham
6. Theiya Theiya Thei Theiya Theiya Thei
7. Thei Thei Thath Thath Thei Thei Tham
8. Thei Thei Thei Thei Thith Thith Thei

Nattadavu

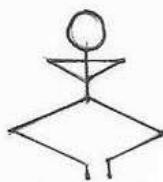
Sollukattu : Theium Thatha Theium Tham

There are 8 types of Nattadavus, all the Nattadavus are set in Adi Thalam. This is the first step we learn with hand Hastas.



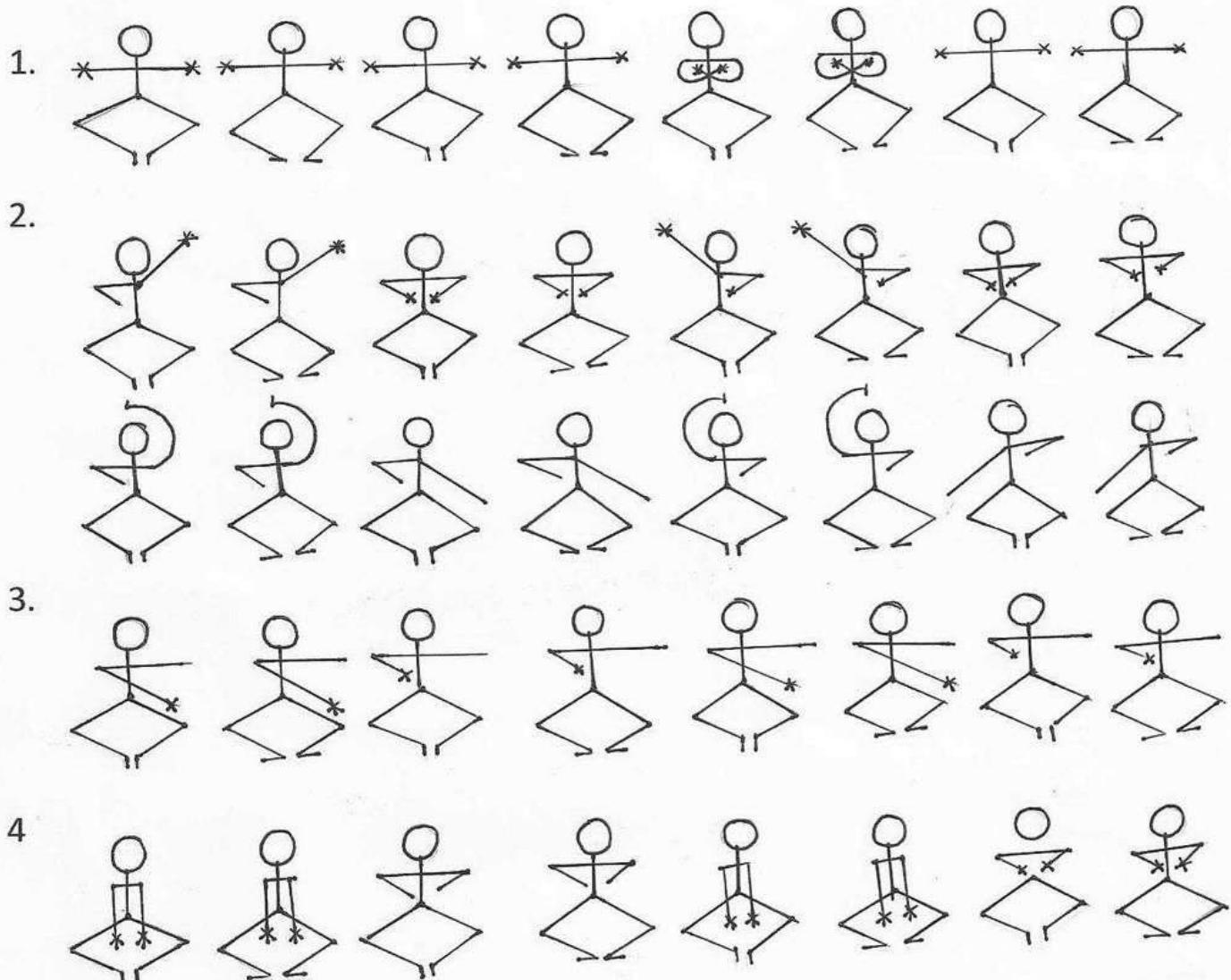
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Kuthithu Mettu Adavu



Sollukattu : Theikath Theiki Theikath Theiki

There are 4 types of kuthithu mettu adavus. All of them are set in Adi Thalam.

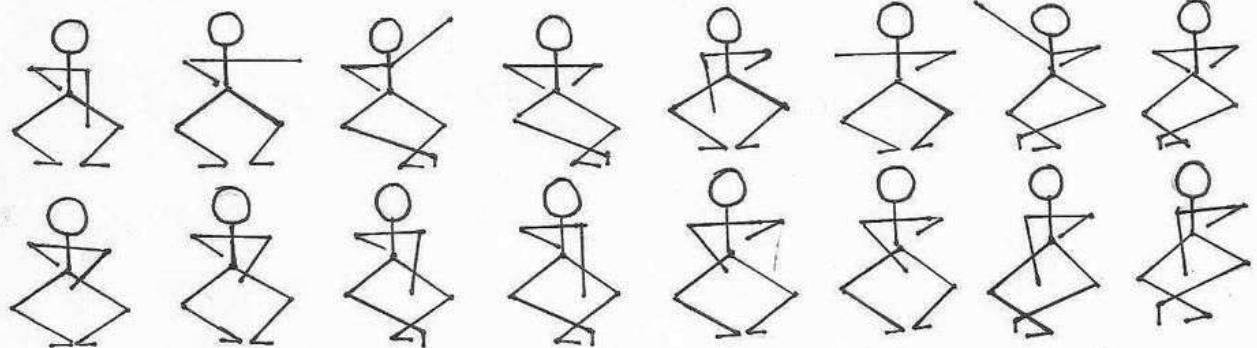


Paraval Adavu

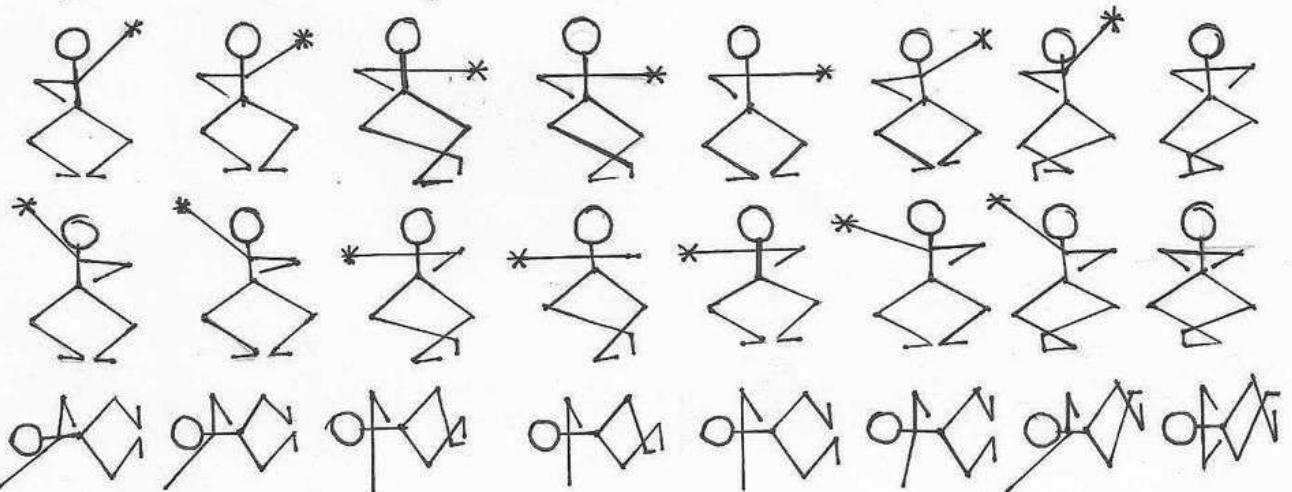
Sollukattu : Tha Thei Thei Tha Thith Thei Thei Tha

There are 4 variations of Tha Thei Theitha Adavus, they are all set in Adi thalam. It's also called Visharu Adavu.

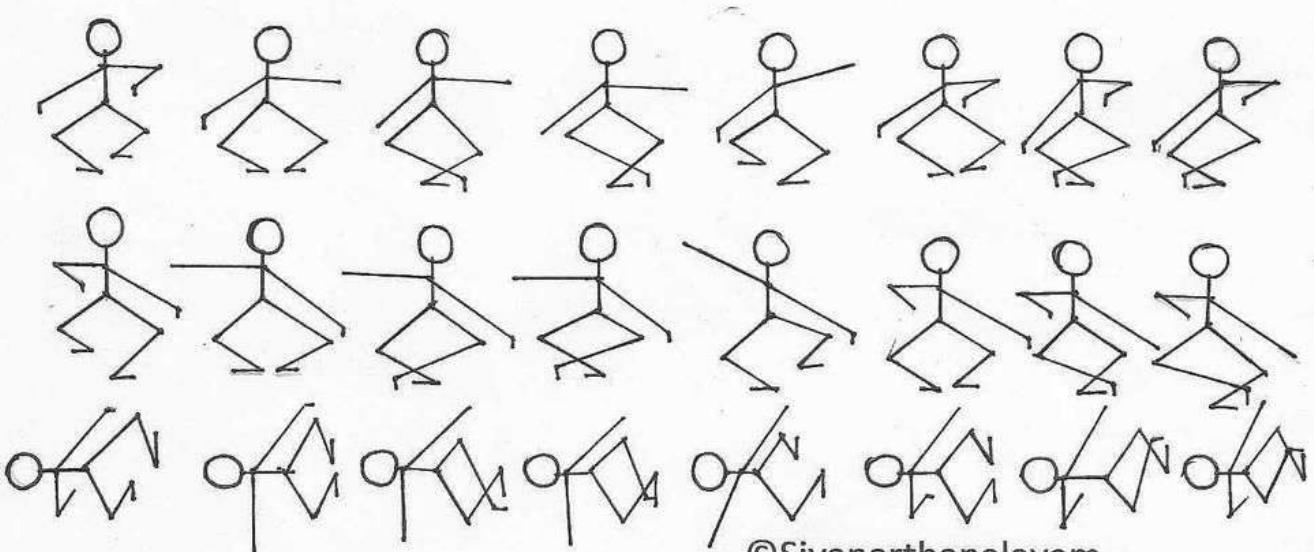
1.



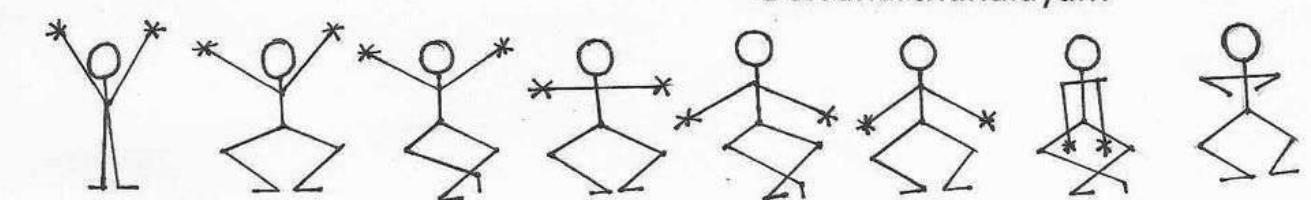
2.



3.



4.



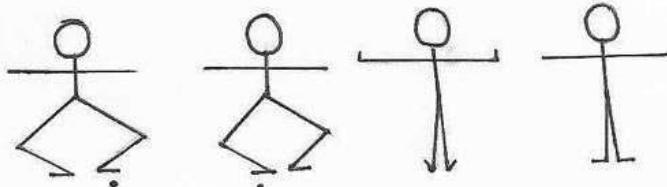
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Theija Theiji

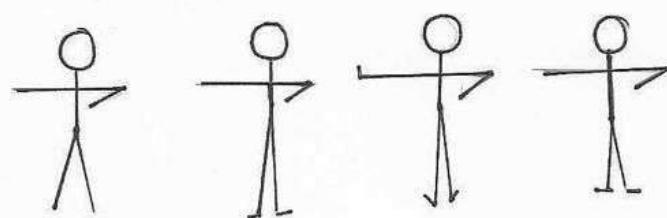
Sollukattu : Theija Theiji Theija Theiji

The theiya theiji adavu is also called the Sarikai Adavu. Sarikai means slide. It has 4 variations that are all set in Adi Thalam.

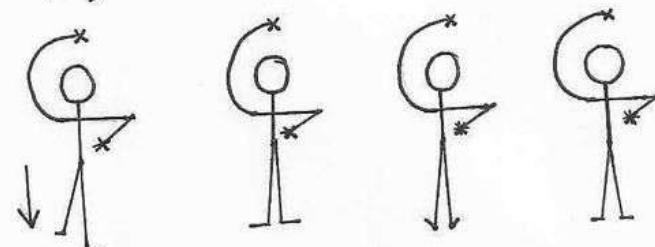
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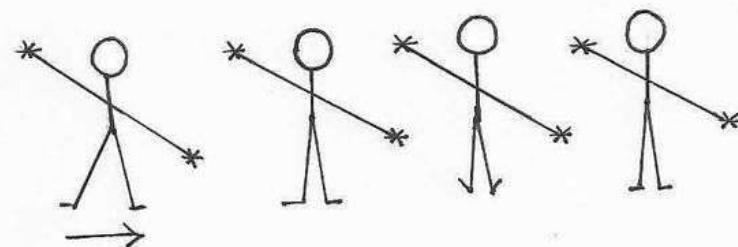
2.



3.



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