

Deepam Exam

This exam is conducted solely for the purpose of understanding how much the students have learnt during their time at Deepam. A final mark sheet and certification of completion will be presented to all students who appear for the exam.

Level 1

THEORY

1. Basic measurements of Chauka and Tribhangi
2. Identification of Ashamyukta Hasta Mudra (All 28 single hand gestures)
3. Meaning of Shira, Griva, Pada & Drishri Bheda
4. Meaning of Bhramari, Chari and Utplabna

PRACTICAL

1. Chauka steps 1-5
2. Tribhangi Steps 1-5
3. Bhumi Pranam
4. Recitation of shloka – Namaskariya and Guru Pranam
5. Identification of Foot positions