What is Thalam? What are the Angas (parts) of Thalam?
The term Thalam means musical time or measure. It has six Angas. They are

Lagu
Dhurutham
Anudhurutham
Guru
Plutham
Kakapatham

But, only the first three Angas are practised today. (Lagu, Dhurutham and Anudhurutham)

What is Lagu?
A beat and a variable number of finger counts according to its Jathis. The symbol for this is “I”

What is Dhurutham?
A beat and a waving of the hand. The duration is 2 AksharakaLals (counts) and the symbol is 0.

What is Anudhurutham?
It consists of a beat. The duration is 1 Aksharakalam (count) and the symbol is U.
Name the seven Thalas (Saptha Thalas) and their jathis:

Chathusra Jathi Eka Thalam = 1
Chathusra Jathi Rupaka Thalam = 01
Tisra Jathi Thriputa Thalam = 100
Chathusra Jathi Matya Thalam = 101
Chathusra Jathi Dhruva Thalam = 1011
Misra Jathi Jhampa Thalam = 1U0
Kanda Jathi Ata Thalam = 1100

What is Jathi? How many Jathis are there?
Jathis are those variations, which only affect the Lagus. There are five jathis. These are:

Tisram = 3 Beats
Chuthusram = 4 Beats
Kandam = 5 Beats
Misram = 7 Beats
Sankeernam = 9 Beats
What is a Sthayi? How many Sthayis are there?

Sthayi is an octave, which is a series of swaras beginning from Sa to Ni. There are 5 Sthayis:

Anumandra sthayi - two octaves beneath the Madya sthayi
Mandra sthayi - one octave beneath the Madya sthayi
Madya sthayi - middle octave
Thara sthayi - one octave above the Madya sthayi
Adi thara sthayi - two octaves above the Madya sthayi

What is Upper Sthayi Varisai?

A swara exercise taught to introduce the upper sthayi (Tara Sthayi).

What is an AVARTANAM?

One full cycle of any tala comprising one or more of the shadangas having the respective aksharakala.

What is an AROHANAM?

Ascending order of notes - sa, ri, ga, ma, pa, da, ni either in full, or with omissions or in jumbled series according to the prescribed notes of each raga.

What is an AVAROHANAM?

Same as in arohana but in descending order. If arohana takes the rendition uphill, avarohana brings it back downhill. Taken together, raga swaroopa or shape is evolved.