

Nalanda Dance Research Centre's,
Nalanda Nritya Kala Mahavidyalaya,
Plot No. 7/1, N.S. Road No. 10
J.V.P.D. Scheme, Vile Parle (West),
Mumbai-400 049
FOUNDATION I

Time	BHARATA NATYAM AND MOHINI ATTAM											
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A
09.30 AM -10.10 AM	Yoga and Fitness											
10.20 AM -11.10 AM	Practical	Journal	Practical	Practical	Viewing		Practical	Practical	Viewing		Practical	Practical
11.10 AM -12.00 PM	Journal	Practical	Journal	Journal	Practical	Practical	English		Practical	Practical	English	
12.00 PM -12.50 PM	Shloka	Shloka	Sanskrit		Music		Journal	Journal	Sanskrit		Practical	Practical
12.50 PM -1.20 PM	LUNCH BREAK											
1.20 PM -2.10 PM	Music		Music		Abhinaya	Practical	Culture		Culture		HALF DAY	
2.10 PM -3.00 PM	English		Practical	Practical	Taala		Epics		Shloka	Shloka		



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FOUNDATION II

BHARATA NATYAM AND MOHINI ATTAM												
Time	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A
09.30 AM -10.10 AM	Yoga and Fitness											
10.20 AM -11.10 AM	Practical	Practical	Practical	Practical	Technique		Contemporary		Practical	Practical	Practical	Practical
11.10 AM -12.00 PM	Sanskrit		Technique		Practical	Practical	Sanskrit		Practical	Music	Viewing	
12.00 PM -12.50 PM	Shloka	Shloka	Journal	Journal	History		Music		Shloka	Shloka	Practical	Shloka
12.50 PM -1.20 PM	LUNCH BREAK											
1.20 PM -2.10 PM	English		English		Music		Practical	Practical	Journal	Practical	HALF DAY	
2.10 PM -3.00 PM	History	History	Practical	Practical	Journal	Journal	English		Contemporary			



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BPA PART I

Time	BHARATA NATYAM AND MOHINI ATTAM											
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A
09.30 AM -10.10 AM	Yoga and Fitness											
10.20 AM -11.10 AM	Practical	Music	Practical	Practical	Technique		Music	Practical	Practical	Music	Ritual	Myths
11.10 AM -12.00 PM	Music	Tala	Practical	Journal	Practical	Practical	Practical	Journal	Practical	Practical	Shloka	Shloka
12.00 PM -12.50 PM	Shloka	Practical	English		Ritual	Journal	Laya	Practical	Musicology	S.O.M	English	
12.50 PM -1.20 PM	LUNCH BREAK											
1.20 PM -2.10 PM	Practical	Journal	Technique		English		Musicology	S.O.M	Technique		HALF DAY	
2.10 PM -3.00 PM	Practical	Practical	Journal	Journal	Practical	S.O.M	Journal	Music	Tala	Music		



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BPA PART II

Time	BHARATA NATYAM AND MOHINI ATTAM											
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A	B.N	M.A
09.30 AM -10.10 AM	Yoga and Fitness											
10.20 AM -11.10 AM	Music	Practical	Natyashastra-I		Music	Practical	Practical	Practical	Practical	Music	Nattu	Music
11.10 AM -12.00 PM	English		Religion, Philosophy		Religion		Practical	Practical	Practical	Practical	Religion, Philosophy	
12.00 PM -12.50 PM	Journal		Practical	Music	Journal		Nattu	Shloka	Taala	Practical	Choreo	Practical
12.50 PM -1.20 PM	LUNCH BREAK											
1.20 PM -2.10 PM	Practical	Nattu	Practical	Choreo	Religion		Natyashastra		English		HALF DAY	
2.10 PM -3.00 PM	Shloka	Shloka	Choreo	Practical	Natyashastra		Shloka	Nattu	Choreo	Choreo		



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BPA Final Degree

	BHARATA NATYAM AND MOHINI ATTAM											
TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	B.N	M.A.	B.N	M.A.	B.N	M.A.	B.N	M.A.	B.N	M.A.	B.N	M.A.
09.30 AM -10.10 AM	Yoga and Fitness											
10.20 AM - 11.10 AM	South East Asia		Practical	Practical	Practical	Music	Practical	Practical	Sculpture		South East Asia	
11.10 AM - 12 PM	Practical	Practical	Choreography		Music	Practical	Practical	Practical	Practical	Practical	Practical	Practical
12 PM - 12.50 PM	History		Sculpture		Practical	Practical	Shloka		Music		Rasa	
LUNCH BREAK (12.50 PM - 1.20 PM)												
1.20 PM - 2.10 PM	Shloka		Tribal and Folk		Practical	Nattu	Shloka	Shloka	Nattu	Nattu	HALF DAY	
2.10 PM - 3.00 PM	Taala	Music	Choreo		Nattu	Nattu	Choreo		Choreo			



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