

## Nalanda Nritya Kala Mahavidyalaya Syllabus of Swaasthya

Swaasthya course - 30 hours

Warm up Mobility Drills focusing on the neck, arms, chest, trunk and legs  
(every day)

Beginner level - 10 repetitions each exercise

Advance level - 15 repetitions each exercise

Leg workout (Mondays)

To improve leg strength and muscle toning and development for the leg

Squats, lunges, calf raises

Beginner level - 10 repetitions each exercise

Advance level - 15 repetitions each exercise

Core training (Tuesdays)

Development of core strength and tightness

Core development exercises, abs exercises and planks

Beginner level - 10 repetitions each exercise

Advance level - 15 repetitions each exercise

Plank holding till 1 minute (advancing over 30 hours)

Back and Bicep training (Thursdays)

Developing strength in back muscles and general physical preparedness

Back rows, deadlifts, bicep curls

Beginner level - 10 repetitions each exercise

Advance level - 15 repetitions each exercise

Chest Shoulder and Tricep training (Fridays)

Developing strength in the upper body area for better stance and holding of  
dance postures

Push ups (supported advancing to unsupported)

Overhead press, lateral raise

Beginner level - 10 repetitions each exercise

Advance level - 15 repetitions each exercise

tricep push ups (supported advancing to unsupported)

The Swaasthya Course also includes free fitness assessment, nutrition  
counselling, injury rehabilitation and prehabilitation advice and complete health  
screening which is reviewed periodically for the dancer-student.

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Principal

Nalanda Dance Research Centre's,  
Nalanda Nritya Kala Mahavidyalaya

# Nalanda Nritya Kala Mahavidyalaya

☆ Course Title :- NIRAAMAYA YOGA COURSE  
(Basic and Advance level)

☆ Duration of the Course :- 30 HOURS

☆ For :- THE STUDENTS OF NALANDA NRITYA  
KALA MAHAVIDYALAYA

☆ Day of the Class :- WEDNESDAY

☆ Duration of the Class :- 40 MINUTES

☆ Objectives of the Course :-

- To encourage the students of Nalanda to achieve positive health and become their best self.
- To make the learning process of Indian Classical Dance smooth, effective and enjoyable.
- To create and deepen the awareness of the body, mind and breath.
- To improve the Concentration levels.

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- To improve the balance of the Sympathetic and Para Sympathetic aspects of the Nervous System.
- To improve the Posture by working on the alignment of the joints and muscles along with the mental state.
- To improve and strengthen the Cardiovascular functions for better performance.
- To heal any occupational injuries occurred during the learning and practice of the Indian Classical Dance form.
- For relaxation of the body and mind so the students can experience harmony and tranquility at all times and withstand the stresses and struggles of life.

☆ Niraamaya Yoga course has been designed to achieve the above objectives. It is a combination of following Yoga Practices:-

**SHATKRIYAS** :- Cleansing practices

Kapalbhati

**SURYANAMASKAR**



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ASANAS :- Asanas help the students to explore the movements of joints and know their abilities as well as the limits. Then further overcoming the limits and expanding the abilities through controlled stretching of tight muscles and strengthening of the lax muscles and improving their posture.

The following asanas are taught in the course :-

Swastikasana

Padmasana

Vajrasana

Pawanamuktasana

Ardha Halasana

Purna Halasana (Advance level)

Viparitkarni asana (Advance level)

Dronasana (Advance level)

Setubandhasana

Kativakrasana

Bhujangasana

Shalabhasana

Naukasana (Advance level)

Dhanurasana (Advance level)

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Paschimatanasana

Vakrasana

Bhadrasana

Gomukhasana

Parvatasana

Brahmamudra

Tadasana

Chakrasana

Vrikshasana

Trikonasana

Padhastasana

### RELAXATION ASANAS :-

Savasana

Makarasana

**BREATHING PRACTICES :-** The main aim is to know the habitual breathing pattern and then correct it by learning how to manipulate it freely.

Happy Healthy Breathing

Deep Breathing

Abdominal Breathing

Thoracic Breathing (Advance level)

Nadi shodhana kriya (Advance level)

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**DHYANA PRACTICES & INNER SILENCE** :- The process of inner awareness and Aum chanting; along with the Asana & Pranayama practices brings out the complete silence within and without, which will be helpful to the students in their performance.

☆ **At the Beginners Level** all the practices (except the ones marked for Advance level) are done for lesser duration and maintained for about 5 to 15 seconds and repeated twice or thrice.

☆ **At the Advance Level** all the practices (Beginners level and Advance level) are done for a longer duration and maintained for 30 seconds to 1 minute and longer if possible for the students with no repetitions as the maintenance time increases.



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