

**DPU**

**Dr. D. Y. PATIL VIDYAPEETH, PUNE**  
(Deemed to be University)

**Syllabus of Second Year of  
Bachelor of  
Performing Arts  
in Nrityayoga**

**Academic Year  
2023-24 & onwards**

**Dr. Narendra M. Kadu**  
Registrar (Offg)

Ref. No. : DPU/ 922- D (iii) / 23  
Date : 29 / 09 / 2023

### NOTIFICATION

Whereas in pursuance of the resolution passed by the **Academic Council** at its meeting held on **31<sup>st</sup> July, 2023** vide **Resolution No. AC-18(i)-23** regarding the syllabus for the second year of the **Bachelor of Performing Arts in Nrityayoga Programme** from the academic year **2023-24** and onwards for implementation.

And whereas in pursuance of the resolution passed by the **Board of Management** at its meeting held on **13<sup>th</sup> August, 2023** vide **Resolution No. BM-23(i)-23** regarding the syllabus for the second year of the **Bachelor of Performing Arts in Nrityayoga Programme** from Academic Year **2023-24** and onwards for implementation.


It is notified to all concerned that the **Regulations, Credits and Semester System Syllabus of the Second Year (Semester-III & Semester-IV) of the Bachelor of Performing Arts in Nrityayoga Programme** from Academic Year **2023-24** and onwards are now officially published.

The **Regulations, Credits and Semester System Syllabus of the Second Year (Semester-III & Semester-IV) of the Bachelor of Performing Arts in Nrityayoga Programme** from Academic Year **2023-24** and onwards consist for the following courses:

Semester - III		Semester - IV	
BPANY 301	Patanjali Yogasutra - Introduction	BPANY 401	Patanjali Yogasutra - First 68 Sutras (2-1)
BPANY 302	Bharatnatyam Margam	BPANY 402	Bharatnatyam Nritya and Nritya 4 Concept (1-2)
BPANY 303	Natyashastra Introduction	BPANY 403	Nrityayoga Technique 3
BPANY 304	Anatomy and Stamina Building	BPANY 404	Hatha Yoga - Introduction
BPANY 305	Alarippu performance (54 Karamas)	BPANY 405	Poorna Yoga Arbindo
BPANY 306	Hindi Literature- Saint Surdas and Kabir poetries and advance to dance	BPANY 406	Lord Nataraja Philosophy for Yoga and Dance

The Syllabus will be beneficial to all the concerned and will come into effect immediately.



  
(Dr. Narendra M. Kadu)  
Registrar (Offg.)

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**Dr. D. Y. PATIL VIDYAPEETH**  
(Deemed to be University)  
Pimpri, Pune

**Copy to:**

1. PS to Chancellor for kind information of Hon'ble Chancellor, Dr. D. Y. Patil Vidyapeeth, Pune.
2. PS to Vice Chancellor for kind information of Hon'ble Vice Chancellor, Dr. D. Y. Patil Vidyapeeth, Pune.
3. The Director, Dr. D. Y. Patil School of Liberal Arts, Pimpri, Pune
4. The Controller of Examinations, Dr. D. Y. Patil Vidyapeeth, Pune.
5. Director (Academics), Dr. D. Y. Patil Vidyapeeth, Pune.
6. Director (IQAC), Dr. D. Y. Patil Vidyapeeth, Pune.
7. Web Master for uploading on the Website.

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# **REGULATIONS**

# **REGULATION FOR BACHELOR OF PERFORMING ARTS IN NRITYAYOGA**

## **1. Eligibility Criteria:**

- 1.1 Candidate passing grade at 12<sup>th</sup> std. from recognized Board or equivalent examination is however necessary for being eligible for admission to Bachelor of Performing Arts Programmes.
- 1.2 The candidate shall have completed 17 years of age on or before 31 December of the year of admission. The Secondary School Certificate (i.e. S.S.C.) or equivalent examination certificate or the certificates of age & nationality endorsing the date of birth will constitute valid proof.
- 1.3 The candidate may be an Indian National / NRI / PIO / Foreign National. The candidate is required to produce proof in his / her Nationality from a District Magistrate, Additional Magistrate or Metropolitan Magistrate. Valid Passport also shall be considered as sufficient proof of Nationality.
- 1.4 The candidate must be medically fit and must submit a certificate of medical fitness.

## **2. Duration of the Programme**

The Bachelor of Performing Arts undergraduate degree programme is of four years (Total Eight semesters) duration.

Duration of the course: 4 years or 8 semesters.

Semesters - An academic year consists of two semesters

## **3. Programme Pattern: Choice Based Credit System (CBCS)**

### **4. Exit Point –**

- 1<sup>st</sup> Year Exit - Certificate Course
- 2<sup>nd</sup> Year Exit - Diploma
- 3<sup>rd</sup> Year Exit - Bachelor Degree
- 4<sup>th</sup> Year - Bachelor Degree with Honours

## **5. Teaching Methodology:**

- Lectures
- Assignments And Project Work
- Workshops And Seminars

## 6. Scheme of Examination

- Internal Assessment will carry total of **40 marks**
- University Examination will carry total of **60 marks**

### (a) Internal Assessment (40 marks)

Sr. No.	Particulars	For 40 marks assessment	For 20 marks assessment
1	Class test held in the given semester	15 marks	8 Marks
2	Subject specific term work module/assessment modes-as decided by the department in the beginning of the semester (like extension / field / experimental work, short quiz, objective test, open book test etc and written assignments, case study, projects, posters and exhibits etc for which the assessment is to be based on class presentations wherever applicable)	15 marks	8 Marks
3	Attendance and active participation in routine class instructional deliveries (and in practical work, tutorial, field work, cultural activities etc as the case may be)	10 marks	4 Marks
<b>Total</b>		<b>40 Marks</b>	<b>20 arks</b>

### (b) University Examination (60%) :

#### (i) University Theory Examination Pattern (For 60 Marks Paper)

Section A		
MCQs	10 x 1 Mark each	10 Marks
Section B		
LAQs (Any 3 out of 4)	03 x 10 Marks each	30 Marks
Section C		
Short Questions (Any 4 out of 5)	04 x 05 Marks each	20 Marks
<b>Total</b>		<b>60 Marks</b>

**(ii) University Theory Examination Pattern (For 30 Marks Paper)**

<b>Section A</b>		
MCQs	5 x 1 Mark each	5 Marks
<b>Section B</b>		
LAQs (Any 3 out of 4)	3 x 5 Marks each	15 Marks
<b>Section C</b>		
Short Questions (Any 4 out of 5)	5 x 2 Marks each	10 Marks
<b>Total</b>		<b>30 Marks</b>

**(iii) University Practical Examination Pattern (For 100 Marks Paper)**

Presentation	50 Marks
Viva	30 Marks
Performance	20 Marks
<b>Total</b>	<b>100 Marks</b>

**(iv) University Practical Examination Pattern (For 50 Marks Paper)**

Presentation	25 Marks
Viva	15 Marks
Performance	10 Marks
<b>Total</b>	<b>50 Marks</b>

**Total 100 Marks Combined Head of Passing**

1. Internal Assessment will carry total of **40 marks**
2. University Examination will carry **60 marks**

**Break –up**

1. University Exams 60 Marks
2. Internal Assessment Exams 40
3. Grand Total = 100 Marks (Each Subject)

**(c) Standard of Passing:**

The learners to pass a programme shall have to obtain a minimum of 50% marks in separate heads (Internal Assessment, Theory and Practical) for course consists of continues internal evaluation and semester end examination.

## 7. Grace Marks

The grace marks up to a maximum of **FIVE (5)** marks may be awarded to a student who has failed in not more than two subjects in the respective semester. Provided that these grace marks shall be awarded only if the student passes after awarding these marks.

## 8. Rules for ATKT:

The candidate shall be promoted to subsequent semester (from I semester to II semester, II semester to III semester, III semester to IV semester, from IV semester to V semester, V semester to VI semester, VI semester to VII semester, VII semester to VIII semester) even if he/she fails in one or two subjects/courses in the current semester of study. However, he/she must pass in these subjects/ courses within six months. To appear for subsequent examinations, he/she must pass in all subjects/courses of the previous semester (i.e. a candidate shall be promoted from I semester to II semester even if he/she has failed in two course or less, the candidate shall be permitted to appear for both I & II semester during his/her term of second semester. However, he/she shall not be permitted to appear for the III semester unless he/she completely clears the first semester, this continues for rest of the semesters). A candidate failing in more than two subjects/ courses will not be permitted to proceed to the next class. It is mandatory for the candidate to pass in all subjects/ courses of the previous odd semester to be eligible for the next odd semester, and to pass in all subjects/ courses of the previous even semester to be eligible for the next even semester. The candidate shall be eligible for obtaining the degree only after successful completion of the VIII semesters.

## 9. Grade Points:

UGC 10-point Grading Scale		
Marks	Letter Grade	Grade Point
90 To 100	<b>O</b> : Outstanding	10
80 To 89	<b>A+</b> : Excellent	9
70 To 79	<b>A</b> : Very Good	8
60 To 69	<b>B+</b> : Good	7
55 To 59	<b>B</b> : Average	6
50 To 54	<b>P</b> : Pass	5
00 To 49	<b>F</b> : Fail	0
-	<b>AB</b> : Absent	0



## Computation of SGPA and CGPA

The UGC recommends the following procedure to compute the Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA):

- i. The SGPA is the ratio of sum of the product of the number of credits with the grade points scored by a student in all the courses taken by a student and the sum of the number of credits of all the courses undergone by a student, i.e.

$$\text{SGPA (Si)} = \frac{\sum(C_i \times G_i)}{\sum C_i}$$

where  $C_i$  is the number of credits of the course and  $G_i$  is the grade point scored by the student in the course.

- ii. The CGPA is also calculated in the same manner taking into account all the courses undergone by a student over all the semesters of a programme, i.e.

$$\text{CGPA} = \frac{\sum(C_i \times S_i)}{\sum C_i}$$

where  $S_i$  is the SGPA of the semester and  $C_i$  is the total number of credits in that semester.

- iii. The SGPA and CGPA shall be rounded off to 2 decimal points and reported in the transcripts.

## Example of Computation of SGPA and CGPA and Format for Transcripts

- i. Computation of SGPA and CGPA

Example for SGPA

Course	Credit	Grade letter	Grade point	Credit Point (Credit x Grade)
Course 1	3	A	8	3 X 8 = 24
Course 2	4	B+	7	6 X 7 = 42
Course 3	3	B	6	4 X 6 = 24
Course 4	3	O	10	2 X 10 = 20
Course 5	3	P	5	3 X 5 = 15
Course 6	4	A+	9	2 X 9 = 18
	<b>20</b>			<b>143</b>

Thus,  $\text{SGPA} = 139/20 = 6.95$

## Example for CGPA

Semester 1	Semester 2	Semester 3	Semester 4	Semester 5	Semester 6	Semester 7	Semester 8
Credit : 20	Credit : 20	Credit : 20	Credit : 20	Credit : 20	Credit : 20	Credit : 20	Credit : 20
SGPA : 6.9	SGPA : 7.8	SGPA : 5.6	SGPA : 6.0	SGPA : 6.3	SGPA : 8.0	SGPA : 6.85	SGPA : 7.15

Thus,

$$\text{CGPA} = \frac{20 \times 6.9 + 20 \times 7.8 + 20 \times 5.6 + 20 \times 6.0 + 20 \times 6.3 + 20 \times 8.0 + 20 \times 6.85 + 20 \times 7.15}{160} = 6.82$$

- ii. **Transcript (Format):** Based on the above recommendations on Letter grades, grade points and SGPA and CCPA, the Institute may issue the transcript for each semester and a consolidated transcript indicating the performance in all semesters.

### 10. Passing Criteria:

The learners to pass a programme shall have to obtain a minimum of 50% marks in aggregate for each course consists of continues internal evaluation and semester end examination.

- 50% Marks in Internal Assessment (i.e. 20 out of 40)
- 50% Marks in University Examination (i.e. 30 out of 60)

## CBCS PATTERN FOR BACHELOR OF PERFORMING ARTS IN NRITYAYOGA

- Theory: 1 credit = 15 Contact Hours
- Practical: 1 credit = 30 Contact Hours
- Hours per Day x 6 Days per Week x 15 Weeks = 450 Hours each Semester

Subject/ Course Code	Name of Subject/ Course	Theory Credits	Practical Credits	Total Credits	Theory Hours	Practical Hours	Total Hours	Scheme of Examinations		
								Theory Marks	Practical Marks	Total Marks
<b>1<sup>st</sup> Year - Semester 1</b>										
BPANY 101	Introduction and History of Yoga and Dance	3	0	3	45	0	45	50	0	50
BPANY 102	Techniques in Yoga and Dance	1	4	5	15	120	135	50	100	150
BPANY 103	Scapture, Dance, Yoga, Parellel Studies OR Paintings, Dance and Yoga	2	1	3	30	30	60	50	50	100
BPANY 104	Repertory, Collaboration (Basic and Advance Steps, 10 Asanas) Performances (Pushpanjali)	1	4	5	15	120	135	50	100	150
BPANY 105	Sanskrit Literature	1	1	2	15	30	45	50	50	100
BPANY 106	English	2	0	2	30	0	30	50	0	50
	<b>Total</b>	<b>10</b>	<b>10</b>	<b>20</b>	<b>150</b>	<b>300</b>	<b>450</b>	<b>300</b>	<b>300</b>	<b>600</b>

Subject/ Course Code	Name of Subject/ Course	Theory Credits	Practical Credits	Total Credits	Theory Hours	Practical Hours	Total Hours	Scheme of Examinations		
								Theory Marks	Practical Marks	Total Marks
<b>1<sup>st</sup> Year - Semester 2</b>										
BPANY 201	Asanas Postures and Techniques	1	2	3	15	60	75	50	50	<b>100</b>
BPANY 202	Principles and Elements of Nriyayoga	1	2	3	15	60	75	50	50	<b>100</b>
BPANY 203	Nriyayoga Technique 1 & 2	1	2	3	15	60	75	50	50	<b>100</b>
BPANY 204	Karana Concept (36 Karanas)	1	2	3	15	60	75	50	50	<b>100</b>
BPANY 205	Parallel Aspects of Hasta (Dance) and Mudra (Yoga)	1	2	3	15	60	75	50	50	<b>100</b>
BPANY 206	Rhythm and Nadayoga	1	2	3	15	60	75	50	50	<b>100</b>
	<b>Total</b>	<b>06</b>	<b>12</b>	<b>18</b>	<b>90</b>	<b>360</b>	<b>450</b>	<b>300</b>	<b>300</b>	<b>600</b>

Subject/ Course Code	Name of Subject/ Course	Theory Credits	Practical Credits	Total Credits	Theory Hours	Practical Hours	Total Hours	Scheme of Examinations		
								Theory Marks	Practical Marks	Total Marks
<b>2<sup>nd</sup> Year - Semester 3</b>										
BPANY 301	Patanjali Yogasutra - Introduction	2	0	2	30	0	30	50	0	<b>50</b>
BPANY 302	Bharatnatyam Margam	2	3	5	30	90	120	50	100	<b>150</b>
BPANY 303	Natyashastra Introduction	2	2	4	30	60	90	50	50	<b>100</b>
BPANY 304	Anatomy and Stamina Building	1	1	2	15	30	45	50	50	<b>100</b>
BPANY 305	Alarippu performance (54 Karanas)	1	4	5	15	120	135	50	100	<b>150</b>
BPANY 306	Hindi Literature	2	0	2	30	0	30	50	0	<b>50</b>
	<b>Total</b>	<b>10</b>	<b>10</b>	<b>20</b>	<b>150</b>	<b>300</b>	<b>450</b>	<b>300</b>	<b>300</b>	<b>600</b>

Subject/ Course Code	Name of Subject/ Course	Theory Credits	Practical Credits	Total Credits	Theory Hours	Practical Hours	Total Hours	Scheme of Examinations		
								Theory Marks	Practical Marks	Total Marks
<b>2<sup>nd</sup> Year - Semester 4</b>										
BPANY 401	Patanjali Yogasutra - First 68 Sutras (2-1)	2	1	3	30	30	60	50	50	<b>100</b>
BPANY 402	Bharatnatyam Nritya and Nritya 4 Concept (1-2)	1	2	3	15	60	75	50	50	<b>100</b>
BPANY 403	Nrityayoga Technique 3	2	3	5	30	90	120	50	50	<b>100</b>
BPANY 404	Hatha Yoga - Introduction	2	2	4	30	60	90	50	50	<b>100</b>
BPANY 405	Poorna Yoga by Arbindo	1	1	2	15	30	45	50	50	<b>100</b>
BPANY 406	Lord Nataraja Philosophy for Yoga and Dance	2	1	3	30	30	60	50	50	<b>100</b>
	<b>Total</b>	<b>10</b>	<b>10</b>	<b>20</b>	<b>150</b>	<b>300</b>	<b>450</b>	<b>300</b>	<b>300</b>	<b>600</b>

Subject/ Course Code	Name of Subject/ Course	Theory Credits	Practical Credits	Total Credits	Theory Hours	Practical Hours	Total Hours	Scheme of Examinations		
								Theory Marks	Practical Marks	Total Marks
<b>3<sup>rd</sup> Year - Semester 5</b>										
BPANY 501	Patanjali Yogasutra - 66 - 130 Sutras	1	2	3	15	60	75	50	50	<b>100</b>
BPANY 502	Bharatnatyam 4 types of Abhinaya	1	2	3	15	60	75	50	50	<b>100</b>
BPANY 503	Nritya Technique 4	1	2	3	15	60	75	50	50	<b>100</b>
BPANY 504	Karma Yoga - Introduction	1	2	3	15	60	75	50	50	<b>100</b>
BPANY 505	Abhinaya Darpanam by Acharya Nandikeshwar	1	2	3	15	60	75	50	50	<b>100</b>
BPANY 506	Ashthanga Yoga - Yama, Niyama, and Asanas Concept	1	2	3	15	60	75	50	50	<b>100</b>
	<b>Total</b>	<b>06</b>	<b>12</b>	<b>18</b>	<b>90</b>	<b>360</b>	<b>450</b>	<b>300</b>	<b>300</b>	<b>600</b>

Subject/ Course Code	Name of Subject/ Course	Theory Credits	Practical Credits	Total Credits	Theory Hours	Practical Hours	Total Hours	Scheme of Examinations		
								Theory Marks	Practical Marks	Total Marks
<b>3<sup>rd</sup> Year – Semester 6</b>										
BPANY 601	Patanjali Yogasutra - 131 - 195 Sutras	2	1	3	30	30	60	50	50	<b>100</b>
BPANY 602	Bharatnatyam Natyashastra - Rasa and Bhava	2	2	4	30	60	90	50	50	<b>100</b>
BPANY 603	Nritya Technique 5	2	2	4	30	60	90	50	50	<b>100</b>
BPANY 604	Dnanayoga - Introduction	1	1	2	15	30	45	50	50	<b>100</b>
BPANY 605	Karana (Next 54)	2	2	4	30	60	90	50	50	<b>100</b>
BPANY 606	Ashthanga Yoga - Pranayama and Pratyahara Concept	1	2	3	15	60	75	50	50	<b>100</b>
	<b>Total</b>	<b>10</b>	<b>10</b>	<b>20</b>	<b>150</b>	<b>300</b>	<b>450</b>	<b>300</b>	<b>300</b>	<b>600</b>



Subject/ Course Code	Name of Subject/ Course	Theory Credits	Practical Credits	Total Credits	Theory Hours	Practical Hours	Total Hours	Scheme of Examinations		
								Theory Marks	Practical Marks	Total Marks
<b>4<sup>th</sup> Year - Semester 7</b>										
BPANY 701	Patanjali Yogasutra - Conclusion of All Yogasutras	2	2	4	30	60	90	50	50	<b>100</b>
BPANY 702	Bharatnatyam and Indian Religion	1	1	2	15	30	45	50	50	<b>100</b>
BPANY 703	Nriyayoga Technique 6	2	2	4	30	60	90	50	50	<b>100</b>
BPANY 704	Bhaktiyoga - Introduction	1	1	2	15	30	45	50	50	<b>100</b>
BPANY 705	Jathiswaram	1	3	4	15	90	105	50	50	<b>100</b>
BPANY 706	Recitation of Omkaar and Different types of meditation	1	2	3	15	60	75	50	50	<b>100</b>
	<b>Total</b>	<b>08</b>	<b>11</b>	<b>19</b>	<b>120</b>	<b>330</b>	<b>450</b>	<b>300</b>	<b>300</b>	<b>600</b>

Subject/ Course Code	Name of Subject/ Course	Theory Credits	Practical Credits	Total Credits	Theory Hours	Practical Hours	Total Hours	Scheme of Examinations		
								Theory Marks	Practical Marks	Total Marks
<b>4<sup>th</sup> Year - Semester 8</b>										
BPANY 801	Patanjali Yogasutra -Full	2	1	3	30	30	60	100	0	<b>100</b>
BPANY 802	Bharatnatyam and Psychology	1	1	2	15	30	45	50	50	<b>100</b>
BPANY 803	Nriyayoga Technique 7	1	3	4	15	90	105	50	50	<b>100</b>
BPANY 804	Natyashastra 2	2	2	4	30	60	90	50	50	<b>100</b>
BPANY 805	Varnam Performance	1	3	4	15	90	105	50	50	<b>100</b>
BPANY 806	Concept of Samadhi	1	1	2	15	30	45	50	50	<b>100</b>
	<b>Total</b>	<b>08</b>	<b>11</b>	<b>19</b>	<b>120</b>	<b>330</b>	<b>450</b>	<b>300</b>	<b>300</b>	<b>600</b>
	<b>Grand Total</b>	<b>68</b>	<b>86</b>	<b>154</b>	<b>1020</b>	<b>2580</b>	<b>3600</b>	<b>2400</b>	<b>2400</b>	<b>4800</b>



**SEMESTER III**

## **SEMESTER – III**

### **BPANY 301 : PATANJALI YOGASUTRA INTRODUCTION**

- A) Practical  
Presentation of Yogasanas, Pranayamas.
  
- B) Theory
  - 1) About Acharya Patanjali
  - 2) About Yogasutras, Categories
  - 3) Few Parallel Aspects in – Yogasutra and Principles and kinetics of Bharatanatyam.
  - 4) Few Sutras should be – by hearted.
  - 5) Brief about few sutras.

## **BPANY 302 : BHARATNATYAM MARGAM**

A) Practical :

Any of the item – of Students choice performance and recitation.

B) Theory :

- 1) History
- 2) Pioneers
- 3) Detailed notes – 3 on all the items in margam
- 4) The technical
- 5) Philosophies - Behind the concept
- 6) Today's Scenario

## **BPANY 303 : NATYASHSTRA INTRODUCTION**

- A) Practical :
  - Rasa & Bhava -demonstrations.
  
- B) Theory :
  - 1) History
  - 2) About Acharya Bharatmuni
  - 3) Brief about the chapters
  - 4) Detailed knowledge regarding first six chapters.

## **BPANY 304 : ANATOMY & STAMINA BUILDING**

### **A) Practical :**

- 1) Exercises advanced level
- 2) Pranayama advanced level
- 3) Diagrams regarding brain functions with body movements.

### **B) Theory :**

- 1) Knowledge of Anatomy
- 2) Physical movements
- 3) Energies used
- 4) Food for stamina
- 5) Sketches

## **BPANY 305 : ALARIPPU / PERFORMANCE OF 54 KARAMAS**

### **A) Practical :**

- 1) Performance
- 2) Tala recitation of alarippu
- 3) Performance of Karanas & names movements.

### **B) Theory :**

- 1) Definitions & Names



**BPANY 306 : HINDI LITERATURE – SAINT SURDAS AND KABIR  
POETRIES AND ADVANCE TO DANCE**

A) Practical :

1) Bhajan Presentation

B) Theory :

1) Literary Aspects of Surdas

2) Aspects of Surdas & Kabir



**SEMESTER IV**

## **SEMESTER – IV**

### **BPANY 401 : PATANJALI YOGSUTRA -FIRST 68 SUTRA (2-1)**

#### **A) Practical :**

1. Performance
2. Recitation at least first10
3. Lecture on Sutras

#### **B) Theory :**

1. Brief of Yoga sutras
2. Parallels to Bharat principles

## **BPANY 402 : BHARATNATYAM NRITYA & NRITYA 4 CONCEPT (1-2)**

### **A) Practical :**

1. Presentation of one Nritha-Nrithya piece-or Trikala Jathi &Shloka.

### **B) Theory :**

1. Concept of Nritha
2. Concept of Nrithya
3. Shlokas
4. Items of margam
5. Examples from Margam
6. Notations
7. Nritha hastas
8. Nrithya hastas

## **BPANY 403 : NRITYAYOGA TECHNIQUE 3**

### **A) Practical :**

- 1) Advanced Asanas
- 2) Pranayam
- 3) Pratyahara
- 4) Basic Meditations
- 5) 10 Karanas Practical

### **B) Theory :**

- 1) Short Note :- Regarding Ashtanaga Yoga intotal.
- 2) Yama – information
- 3) Niyama – information
- 4) Karana – 10 Karanas information
- 5) Information regarding parallels in Dhyana & Dance characters.

## **BPANY 404 : HATHA YOGA INTRODUCTION**

### A) Practical :

- 1) Body Cleansing
- 2) Basic Postures

### B) Theory :

- 1) History
- 2) Techniques
- 3) Body Cleansing
- 4) Pranayama Techniques

## **BPANY 405 : POORNA YOGA ARABINDO**

A) Practical :

1) Lecture on Poornayoga

B) Theory :

1) Information regarding Arabindo

2) Poornayoga techniques in details

3) Parallels with Dance

## **BPANY 406 : LORD NATARAJA PHILOSOPHY IN YOGA & DANCE**

A) Practical :

- 1) Philosophy behind – Lord Nataraja image
- 2) Nataraja Image – Importance to Dance & Yogis
- 3) Panchakriya of Nataraja
- 4) Evidence in India about the Image
- 5) Origin according to puranas
- 6) Different opinions of different authors