

As Per NEP 2020

University of Mumbai



Title of the program

- | | | |
|--|---|----------------|
| A- P.G. Diploma in Human Movements | } | 2024-25 |
| B- M.P.A. (Human Movements) (Two Years) | | |
| C- M.P.A. (Human Movements) (One Year) | | 2027-28 |

Syllabus for

Semester – I & II

Ref: GR dated 16th May, 2023 for Credit Structure of PG

University of Mumbai



(As per NEP 2020)

Sr.No.	Heading	Particulars	
1	Title of program O: IAP-11A	A	P.G. Diploma in Human Movements
	O: IAP-11B	B	M.P.A. (Human Movements) (Two Years)
	O: IAP-11C	C	M.P.A. (Human Movements) (One Year)
2	Eligibility O: IAP-12A	A	1) Graduation in any discipline from a Statutory University and Recognised Certificates from Fitness or Yoga Institute. OR Passed equivalent Academic Level 5.5
	O: IAP-12B	B	Passed PG Diploma in Human Movements OR Passed equivalent Academic Level 6.0
	O: IAP-12C	C	Graduate with 4 year U.G. Degree (Honours / Honours with Research) with Specialization in Nutrition or Fitness or Exercise Science or Yoga OR Passed equivalent academic level 6.0
3	Duration of program R: IAP-26	A	1 Year
		B	2 Years
		C	1 Year
4	Intake Capacity R: IAP-27	35	

5	Scheme of Examination R: IAP-28	NEP 50% Internal 50% External, Semester End Examination Individual Passing in Internal and External Examination	
6	Standards of Passing R: IAP-29	40%	
7	Credit Structure R: IAP-30A R: IAP-30B R: IAP-30C R: IAP-30D	Attached herewith	
8	Semesters	A	Sem. I & II
		B	Sem. I, II, III & IV
		C	Sem. I & II
9	Program Academic Level	A	6.0
		B	6.5
		C	6.5
10	Pattern	Semester	
11	Status	NEP 2020	
12	To be implemented from Academic Year Progressively	A	2024-25
		B	
		C	2027-28

Sign of the BOS
Chairman
Dr.(Smt.) Uma Rele
Ad hoc-BOS Dance

Sign of the
Offg. Associate Dean
Prin. C. A. Chakradeo
Faculty of IDS

Sign of the
Offg. Dean
Prof. Anil Kumar Singh
Faculty of IDS

Preamble

1) Introduction

This institution was established in the year 1973 by the famous dancer academician Padmabhushan Dr. (Smt.) Kanak Rele. Currently Dr. (Smt.) Uma Rele is the Principal of the college. The college is permanently affiliated to the University of Mumbai, assessed & accredited by the National Accreditation & Assessment Council (NAAC) three times with B++, B and B++ grade.

It is a grant-in-aid institution recognized by the U.G.C. under 2(f) & 12(b) of the UGC Act 1956. The college from last 50 years provides dedicated service in the field of Dance Education. The ancient gurushishyaparampara is practiced in Nalanda with a twist of University Education in Dance.

In fact this college till date is the only college of Indian Classical Dance under the University of Mumbai where degrees are awarded to students at the Bachelors, Masters and Ph.D. levels. The college has always been conscious of its role as a constructive and responsible part of the larger society. Thus we strive for overall development of the personality of students.

Both theory and practicals are taught by academically trained dancers and professors; yet in a traditional manner. The University curriculum has added newer theoretical dimensions to traditional practical training. The students are systematically taught the shastric sanction and basis of existing dance practice, an aspect which is of utmost importance if the purity of dance practice is to be maintained and comprehended, but which is today absent from the traditional method of training. At the post-graduate level, the students take comparative theory papers on aesthetics, world theatrical traditions, etc. and gain teaching experience.

They also take up topics for research/investigation. Most importantly the students are systematically taught to choreograph items as per the traditional framework. Over the years, Nalanda has created an array of the exceptionally well-trained, highly qualified and scholarly generation of dancers who are not only proficient performers but also excellent theoreticians, analysts and teachers.

2) Aims and Objectives

A. Vision Mission of the College:

VISION

To Preserve, Perpetuate and Propagate Academics in Dance in its Pristine Purity at Higher Education.

MISSION

- Development of Dance Pedagogy.
- Creating “Total Dancers” as Cultural Ambassadors.
- Developing Research Aptitude in Performing Arts (Dance).

B. Broad objectives of the College:

OBJECTIVE

- Preservation of Traditional Indian Dance Styles (Classical and Folk) by imparting training through traditional "guru-shishya parampara" method (teacher-taught tradition).
- Synthesis of ancient and concurrent trends by adapting ICT methods to traditional system of teaching.
- Creating National and International platforms for Performances of the Students.
- Holistic Development of students by Enhancing and Enriching the knowledge on Dance by learning its allied subjects like
 - Dance as Yoga.
 - Dance as Fitness.
 - Dance as a Therapy.
 - Dance as a Comprehensive Art Form.

3) Learning Outcomes

After completing the Programme successfully Students,

- a) Lifetime fitness and wellness suitable for all age group of the human society.
- b) Performance enhancement of the human body creating heightened level of performance.
- c) Rehabilitation and Prehabilitation leading to prevention of injuries and degeneration.
- d) Facilitation of healthy and meaningful ageing through motor function and cognition.
- e) Nutrition for fitness and optimisation of human activity.
- f) Including balance, stability and harmony in physical and mental activities.
- g) Being very important and meaningful adjunct to Stress Management.
- h) Creating movement specialists who are equipped to work or self-employ in various areas as trainers, coaches for physical wellness and fitness.

4) Any other point (if any)

To create Cultural Ambassadors with adequate knowledge of Indian Art in general and Indian Dance in particular with sufficient knowledge of IKS (Indian Knowledge System)

5) CreditStructureoftheProgram(SemI,II,III&IV)(Table asperParishisht1with sign of HOD and Dean)

R_____

PostGraduateProgramsinUniversity

Parishishta-1

Year (2 YrPG)	Level	Sem. (2Yr)	Major		RM	OJT /FP	RP	Cum. Cr.	Degree
			Mandatory*	Electives Any one					
I	6.0	Sem I	Practical-I (Exercises-I) Credits 4 Practical-II (Exercises-II) Credits 4 HumanMovt. Human Anatomy. Credits4 Yoga Credits2	Credits 4 Bharata Natyam/ Mohini Attam/ Kathak/ Odissi OR IndianFolk Dance	Research Methodology Credits 4			22	PG Diploma (after 3 Year Degree)
		SemII	Practical-I (Exercises-I) Credits 4 Practical-II (Exercises-II) Credits 4 HumanMovt. Human Anatomy. Credits4 Yoga Credits2	Credits 4 Bharata Natyam/ Mohini Attam/ Kathak/ Odissi OR IndianFolk Dance		Case Studies Credits4		22	
Cum.Cr.ForPG Diploma			28	8	4	4	-	44	

Exit option: PG Diploma (44 Credits) after Three Year UG Degree

II	6.5	Sem III	Course1 Credits4 Course2 Credits4 Course3 Credits4 Course4 Credits2	Credits4 Course1 OR Course2 OR			4	22	PG Degree After3- Yr UG
		Sem IV	Course1 Credits4 Course2 Credits4 Course3 Credits4	Credits4 Course1 OR Course2 OR			6	22	
Cum.Cr.for1Yr PG Degree			26	8			10	44	
Cum.Cr.for2Yr PG Degree			54	16	4	4	10	88	

Note: *The number of courses can vary for totaling 14 Credits for Major Mandatory Courses in a semester as illustrated.

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Sem.-I

Syllabus
M.P.A(MasterofPerformingArts)
HumanMovements
Practicals
Semester-I

SyllabusofPractical-IExercisesforSpeed,EnduranceandAgility-I(Course-1) 4

Credits (1 Credits = 25 Marks)

TotalMarks:100(External-50Marks,Internal50Marks)

1. ExercisesforSpeed andEndurancelikeplyometricsetc.
2. ExercisesforAgilitylike AgilityLadders etc.

Practical-I

ExercisesforSpeed,EnduranceandAgility-I-100Marks

a) ExercisesforspeedandEndurance	-25Marks
b) Exercisesfor Agility	-25Marks

	50 Marks

ExternalAssessmentwillbe50marksandInternalAssessmentwillbe50marks.

Syllabus of Practical-II Exercises for Speed, Endurance and Agility-II (Course-2) 4

Credits (1 Credits = 25 Marks)

Total Marks: 100 (External-50 Marks, Internal 50 Marks)

1. Exercise for speed and endurance like kettlebell, aerobic, stepper, etc.
2. Exercise for Agility like cones etc.

Exercises for Speed, Endurance and Agility -II

-100 Marks

c) Exercises for speed and Endurance

-25 Marks

d) Exercises for Agility

-25 Marks

50 Marks

External Assessment will be 50 marks and Internal Assessment will be 50 marks.

Syllabus of Theory Paper-I Introduction to Human Movement and Human Anatomy. (Course-3)

4 Credits (1 Credits = 25 Marks)

Total Marks: 100 (External-50 Marks, Internal 50 Marks)

It's meaning and relevance in the contemporary society.

- Impact of Ecological changes and space curtailment - changed way of life in the modern society.
- Movement as a process of Integration from childhood to youth to adulthood.
- The Concept of Effort Movement and its four components Direction, Strength (thrust), speed, progression
- The Energy component in Movement.
- Breath and Movement/Effort.
- The psychomotor domain including Skill and Fitness.
- Psychological basis of human movement.

Meaning of skill, specific skill and value of skill.

History of physical, emotional and spiritual fitness in India from the ancient times. Physiology of human movement

HUMAN ANATOMY

This subject provides knowledge of the structure of the human body which is an essential foundation for understanding the movement science. The topographical and functional anatomy of the limbs and thorax is discussed with particular attention paid to the muscles, bones and joints of the regions.

1. Human Anatomy and physiology of various systems
 - Regional Anatomy-
 - a) Trunk
 - 1) Head and neck, abdomen and thorax.
 - b) Upper extremity
 - 2) Shoulder Girdle, upper arm, elbow, forearm, wrist, hand.
 - c) Lower extremity
 - 3) Hip joint, thigh, knee, shank, ankle, foot.

External Assessment 50 Marks Internal Assessment 50 Marks

Syllabus of Yoga- Introduction, Philosophy and Basic Asana-s (Course-4) 2 Credits (1 Credits = 25 Marks)

Total Marks: 50 (Practicals-25 Marks, Viva Voce-25 Marks)

Viva-Voce

1. Introduction and philosophical understanding of Yoga.
2. Review of important Classical Literature.
3. Fundamental principles and concepts of Yogic Science.
4. The scientific understanding of Yoga.
5. Principles of Yoga Therapy.

Practicals

1. Shavasana
2. Ardha Halasana (one leg/both leg)
3. Uttanapadasana
4. Pawanamuktasana (ardha/purna)
5. Naukasana (supine/prone)
6. Viparita Karani
7. Sarvangasana
8. Matsyasana
9. Halasana
10. Bhujangasana
11. Ardha Salabhasana
12. Shalabhasana
13. Dhanurasana
14. Makarasana
15. Vakrasana
16. Janushirasana
17. Vajrasana
18. Ustrasana
19. Yoga mudra
20. Parvatasana
21. Akarnadhanurasana
22. Chakrasana (lateral)
23. Vrikshasana
24. Tadasana

Meditative pose

1. Ardha Padmasana

2. Padmasana
3. Swastikasana

Other practices

1. Simhaasana
2. BrahmaMudra
3. UddiyanaBandha

Pranayams

1. AnulomaViloma
2. Ujjayi

ExternalAssessmentwillbe25MarksandInternalAssessmentwillbe25 Marks

Syllabus
M.P.A(Master of Performing Arts) Human Movement Semester-I Major
Elective any one
Course-1

Practicals 4 Credits

Bharata Natyam/Mohini Attam/Kathak/Odissi

2 Credits External and 2 Credits Internal Total-4 Credits (Total Marks-100) Total Marks: 100 (Practicals-50 Marks, Internal 50 Marks)

Practicals:-

Understanding of basic (Foundation) movements (Adavus) of chosen dance style.

Viva-Voce:-

Analysis of basic movements (Adavus) of chosen dance style according to human movements.

OR

Indian Folk Dance

Course-2

2 Credits External and 2 Credits Internal Total-4 Credits (Total Marks-100) Total Marks: 100 (Practicals-50 Marks, Internal 50 Marks)

Practicals:-

Dance Movements of Hojagiri/Santhal/Baramasi Ghant dance of Tripura, Jharkhand and Sikkim respectively.

Viva-Voce:-

Analysis of basic movements of learnt dances according to the human movements.

RESEARCH METHODOLOGY

Syllabus of Theory Paper- Research Methodology 4

Credits (1 Credit = 25 Marks)

Total Marks: 100 (External-50 Marks, Internal 50 Marks)

I: Foundation of Research

Key terms- Meaning and Nature of research, investigation, exploration, examination, analysis, hypothesis, data, methods and techniques, results and findings Research skills Stages of research

II: Materials and tools of research and Review of Literature

Books, anthologies, thesauruses, encyclopedia, conference proceedings, unpublished theses, newspaper articles, journals, govt. publications, e-journals, web references etc.

III: Research Methods and Research Methodology

IV: Research in Dance and Dance Literature

Research methods, Research methods in Literature, How research in Dance is different from research in other streams, Emerging areas of research in Dance and literature, Connective, eco-centric research models, use of theories in research

V: Process of Research

VI: Research Design

VII: Interpretation and Report Writing

VIII: Study of Selected Research Papers/Proposals

External 50 Marks and Internal 50 Marks.

Sem.-II

Syllabus
M.P.A(MasterofPerformingArts)
HumanMovements
PracticalsS
emester-II

SyllabusofPractical-IExercisesforBalance,StabilityandFlexibility-I(Course-1) 4

Credits (1 Credits = 25 Marks)

TotalMarks:100(External-50Marks,Internal50Marks)

1. Exercisesfor BalanceandStability
2. ExercisesforFlexibility

Practical-I

ExercisesforBalance,StabilityandFlexibility-I -100Marks

- | | |
|-------------------------------------|----------|
| a) Exercisesfor BalanceandStability | -40Marks |
| b) ExercisesforFlexibility | -10Marks |

50 Marks

ExternalAssessmentwillbe50marksandInternalAssessmentwillbe50marks.

Syllabus of Practical-II Exercises for Functional Training, HIIT and Conditioning (Course-2) 4

Credits (1 Credit = 25 Marks)

Total Marks: 100 (External-50 Marks, Internal 50 Marks)

1. Exercises for Functional Training, HIIT-High Intensity Internal Training based exercises
2. Exercises for Conditioning

Practical-I

Exercises for Functional Training, HIIT and Conditioning-100 Marks

- | | |
|---|-----------|
| a) Exercises for Functional Training, | |
| HIIT-High Intensity Internal Training based exercises | -25 Marks |
| b) Exercises for Conditioning | -25 Marks |

50 Marks

External Assessment will be 50 marks and Internal Assessment will be 50 marks.

Syllabus of Theory Paper-II Introduction to Human Movement and Human Anatomy.

(Course-3)

4 Credits (1 Credit = 25 Marks)

Total Marks: 100 (External-50 Marks, Internal 50 Marks)

This subject provides knowledge of the structure of the human body which is an essential foundation for understanding the movement science. The topographical and functional anatomy of the limbs and thorax is discussed with particular attention paid to the muscles, bones and joints of the regions.

- a) Spinal Column and pelvic girdle.
 - Physiology of following systems
- a) Cardiovascular System
- b) Respiratory System
- c) Musculoskeletal System.
- d) Nerve Muscle Physiology.

SCIENCE OF HUMAN MOVEMENTS

Biomechanics involves the study of basic concepts of human movement, and application of various biomechanical principles in the evaluation and treatment of disorders of the musculoskeletal system. This subject explains the various quantitative methods of movement. Mechanical principles of various treatment methods are studied. Study of posture and gait are also included. In addition, this subject also contains the principles and effects of exercise as a therapeutic

modality and techniques for restoring physical functions.

- i) Introduction
- ii) Motor control
- iii) Normal and altered mechanics of the human movement - Biomechanics of vertebral function
Biomechanics of peripheral joints
Analysis of posture and gait
Functional Analysis of body movements.
Functional Kinesiology
- iv) Introduction to exercise therapy –
 - a. Definition of strength, power & work, endurance, muscle actions.
 - b. Physiological adaptation to training: Strength & Power, Endurance.
 - c. Types of exercises.
 - Free exercise
 - Active Assisted Exercise
 - Assisted-Resisted Exercise
 - Resisted Exercise
 - Types of resisted exercises: Manual and Mechanical resistance exercise, Isometric exercise,
 - Dynamic exercise: Concentric and Eccentric, Dynamic exercise, isokinetic exercise, Open-Chain and Closed-Chain exercise.
 - d. Functional Re-education - Lying to sitting: Activities on the Mat/Bed, Movement and stability at floor level; Sitting activities and gait;
 - e. Lower limb and Upper limb activities.
 - f. Stretching
 - g. Strength training and conditioning.
 - h. Stress management - Relaxation techniques.

Syllabus of Yoga-Advance Asana-sand Theories (Course-4) 2

Credits (1 Credits = 25 Marks)

Total Marks: 50 (Practicals-25 Marks, Viva Voce-25 Marks)

Viva-Voce

1. Yoga Darshana, The Practical Discipline for the Development of the Human Personality in Every Aspect
2. Ashtanga Marga of Yoga in one's life
3. Balance, Harmony and Equilibrium in all aspects of personality through Yoga Practices.
4. Experience of Tranquility in all situations of life with yoga practice.

Practicals

1. Swastikasana
2. Ardha Halasana
3. Dronasana
4. Setu Bandhasana
5. Kativakrasana
6. Dhanurasana
7. Paschimatanasana
8. Bhadrasana
9. Gomukhasana
10. Parvatasana
11. Brahmamudra
12. Vrikshasana
13. Trikonasana
14. Padhasana
15. Surya Namaskar
16. Kapalabhati

Syllabus
M.P.A(Master of Performing Arts) Human Movement Semester-II Major
Elective any one
Course-1

Practicals 4 Credits

Bharata Natyam/Mohini Attam/Kathak/Odissi

2 Credits External and 2 Credits Internal Total-4 Credits (Total Marks-100) Total
Marks: 100 (Practicals-50 Marks, Internal 50 Marks)

Practicals:-

Understanding of complicated movements (Advanced Adavus/Basic Items) of chosen dance style.

Viva-Voce:-

Analysis of complicated movements (Advanced Adavus/Basic Items) of chosen dance style according to the human movements.

OR

Indian Folk Dance

Course-2

2 Credits External and 2 Credit Internal Total-4 Credits (Total Marks-100) Total Marks: 100 (Practicals-50 Marks, Internal 50 Marks)

Practicals:-

Dance Movements of Khoris Ghoomar/Dhamar/Samay Nritya/Tera Talidance of Haryana/Goa and Rajasthan respectively.

Viva-Voce:-

Analysis of movements of learnt dances according to the human movements.

ONJOB TRAINING /FIELDPROJECT(OJT/FP)

4Credits(1Credits =25Marks) Total Marks-100

The students will study the actual case studies of Dancers and will submit the detailed project of the same. At the end the certificate and credits will be provided according to the performance of the student.

Letter Grades and Grade Points:

Semester GPA/Programme CGPA Semester/ Programme	% of Marks	Alpha-Sign/Letter Grade Result
9.00-10.00	90.0- 100	O (Outstanding)
8.00-<9.00	80.0-<90.0	A+ (Excellent)
7.00-<8.00	70.0-<80.0	A (Very Good)
6.00-<7.00	60.0-<70.0	B+ (Good)
5.50-<6.00	55.0-<60.0	B (Above Average)
5.00-<5.50	50.0-<55.0	C (Average)
4.00-<5.00	40.0-<50.0	P (Pass)
Below 4.00	Below 40.0	F (Fail)
Ab (Absent)	-	Absent

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**Justification for
M.P.A. (Human Movements)**

1.	Necessity for starting the course:	Maintaining mental and physical healthy life has become pertinent in today's times. "Movement" is life. So there is the need or urge to study "Movement" both as a science and art. Hence this unique self-financing course is proposed with lot of thought process and expertise from The relevant fields.
2.	Whether the UGC has recommended the course:	Yes
3.	Whether all the courses have commenced from the academic year 2023-24	2024-2025
4.	The courses started by the University are self-financed, whether adequate number of eligible permanent Faculties are available?:	It is a self-financed course with adequate eligible permanent faculty.
5.	To give details regarding the duration of the Course and is it possible to Compress the course?:	2 years
6.	The intake capacity of each course and no. of admissions given in the Current academic year:	35
7.	Opportunities of Employability / Employment available after undertaking these courses:	This Course will create trained and qualified Dance Therapists with wide understanding of Dance Movements.

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