

UNIVERSITY OF MUMBAI

No.UG/ 155 of 2007  
Mumbai 400 032  
17<sup>th</sup> April, 2007

CIRCULAR :

The Principal,  
Nalanda Nritya Kala Mahavidyalaya,  
Plot No. 'A' 7/1 N.S. Road No.10,  
Juhu Vile-Parle Development Scheme,  
Vile-Parle (West),  
Mumbai 400 049.

Madam,

I am to inform you that the recommendation made by the Ad-hoc Board of Studies in Dance at its meeting held on 23<sup>rd</sup> January, 2007 has been accepted by the Academic Council at its meeting held on 9<sup>th</sup> February, 2007 vide item No.4.16 and subsequently approved by the Management Council at its meeting held on 14<sup>th</sup> February, 2007 vide item No.27 and that in accordance therewith the Diploma in Dance (Dance and Fitness) is introduced by the University from the academic year 2007-2008.

Further, I am to inform you that in exercise of the powers conferred upon the Management Council under Section 54(1) and Section 55(1) of the Maharashtra Universities Act, 1994, it has made the Ordinances 5674 and 5675 and the Regulations 5610, 5611, 5612, 5613, 5614, 5615, 5616 and 5617 including scheme of syllabus relating to the Diploma in Dance (Dance and Fitness) is as per Appendix and that the same has been brought into force with effect from the academic year 2007-2008.

Yours faithfully,

for I/C REGISTRAR.

A.C.4.16/09.02.07

M.C.27/14.02.07

No.UG/ 155-A of 2007

17<sup>th</sup> April, 2007

Copy forwarded with compliments for information to :-

- 1) the Dean, Faculty of Arts,
- 2) the Chairperson, Ad-hoc Board of Studies in Dance.

for I/C REGISTRAR.  
P.T.O.

# UNIVERSITY OF MUMBAI



## **Ordinances, Regulations and Syllabus Relating to the Diploma in Dance (Dance & Fitness)**

**(With effect from the academic year 2007-2008.)**

## **Preamble.**

### **Diploma in Dance (Dance and Fitness)**

Until very recently Dance was regarded as one of the major performing arts in India. Earlier it was an adjunct to devotional practice but from the beginning of the 20<sup>th</sup> century it transited to Proscenium stage and became a major facet of traditional entertainment.

With the advent of serious academics in Dance and analytical analysis of its major limbs, Dance has acquired very wide ranging parameters. This development has resulted in Dance being perceived also as a major tool for physical fitness and mental well being all over the world. This course envisages to channelise this trait into a serious post-graduate study.

## **Syllabus, Ordinances and Regulations Relating to the Diploma in Dance (Dance & Fitness)**

O<sup>5674</sup>..... Title of the Course will be **Diploma in Dance (Dance & Fitness)**.

O<sup>5675</sup>..... A Candidate for being eligible for admission must have passed or hold qualifications from either of the following :-

- a) A graduate in Dance from a statutory university.
- OR**
- b) A graduate in Physio-Therapy from a statutory university with minimum three years training in dance. Relevant certificate from the teacher/ institution should be produced.

**OR**

- c) A graduate in Occupational -Therapy from a statutory university with minimum three years training in dance. Relevant certificate from the teacher/ institution should be produced.

A candidate pursuing post-graduate degree course in any of the above disciplines will be permitted to pursue this course simultaneously.

**OR**

- d) A candidate holding a certificate in Indian Martial Arts like Kalari Payettu / Thang-ta / Chhau from a recognized institution and having passed 12<sup>th</sup> H.S.C. or equivalent examination.

R<sup>5610</sup>..... The Diploma in Dance (Dance & Fitness) will be of duration of one year.

R<sup>5611</sup>..... It is a part-time course with compulsory attendance.

R<sup>5612</sup>..... The theory examination at the end of the year will be conducted by the University. The practicals will be assessed internally by the college and the results submitted to the University.

R<sup>5613</sup>..... The Diploma in Dance (Dance & Fitness) will have the following scheme of papers and practicals :-



- 3 -

## Diploma in Dance (Dance & Fitness).

### Paper-I

Theory a) Anatomy and Physiology

50 marks of 2 hours

Practical b) Therapeutics & Yoga Practicals

50 marks

### Paper-II

Theory a) Movement Studies in Dance

50 marks of 2 hours

Practical b) Postures of Kalari Payettu or  
Tattai or Chhau

50 marks

### Paper-III

Theory a) Aesthetics & emotive aspects of  
Dance connected to Indian Classical Dances.

50 marks of 2 hours

Practical b) Costume

50 marks

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300 marks

6/1/17

### R..... Qualifications of Lecturers for Diploma in Dance (Dance & Fitness).

- 1) Master's degree in Performing Arts (Dance) of a statutory university and having 10 years of teaching experience in an affiliated college/recognised institution.

OR

- 2) Degree in Physio -Therapy / Occupational -Therapy from a statutory university having 10 years of teaching and/or professional experience.

OR

- 3) Certificate 'Diploma in Teachers' Training in Yoga from a recognized institution with 5 years teaching experience.

OR

- 4) A certificate in any of the Indian Martial Arts from a recognised institution.

### Number of lectures for Diploma in Dance (Dance & Fitness) :-

Each theory paper of 50 marks should be covered in 20 – 25 lectures of one clock hour each.

For practical (I) and II (b) 40 clock hours each per year should be covered.

**Attendance :-**

75% of the total lectures taken in theory and practicals.

**5615  
R.....Fee Structure :-**

Tuition fees for the year

Rs.20,000/-

**Recognition of college/institutions to teach the Diploma in Dance (Dance & Fitness) :**

Only recognized and/or renowned institutions with permanent infrastructure be permitted to teach the course.

Minimum infrastructural facilities are :-

One big hall , two spacious rooms , one equipment room with basic gymnastic facilities and professional sound reproduction equipment, well equipped library , administrative office and a full-time official in-charge.

**SYLLABUS**

The details of Theory and Practicals are as follows: \_

Paper-I

**a) Anatomy and Physiology**

50 marks of 2 hours

Musculo-Skeletal system

Types of bones, types of muscles, types of joints, different types of movements at the joints, different types of muscle contractions

Neurosensory-Motor Control

Sensory systems, Kinesthetic, posture, muscle tone, balance, emotional centre

Limbic system –

Moods, endocrine functions.

Cardio-Respiratory system –

Breathing, endurance, cardiac capacity.

Orientation on various problems where dance can help.

Learning disability, blind, hearing impaired, balancing disorders, motor co-ordination problems.

Tips for dancers to remain fit.

**b) Therapeutics & Yoga Practicals**

50 marks.

Exercise programme for dancers to remain fit and excel in performance.

Yogasanas to improve flexibility, stamina, co-ordination and balance conducive to dance movements

Introduction to Pranayama to increase concentration and emotional control.

**Paper-II**

**a) Movement Studies in Dance**

50 marks of 2 hours

- i) Disbursement of weight in dance movements
- ii) Energy flow in dance movements.
- iii) Relevance of Rhythm in dance.
- iv) Analysis of Space, time and motion in dance.

**b) Practicals of Kalari Payettu or Thang-ta or Chhau**

50 marks

Study of exercises and movements of either of the above mentioned martial arts which are conducive to physical fitness.

**Paper-III**

**a) Mechanics & emotive aspects of Dance connected to Indian Classical Dances.**

50 marks of 2 hours

- i) Introduction to angika (Physical) from the Natyashastric tradition.
- ii) Introduction to bhava and rasa concepts of Indian dance and its relevance to human psychology.

**b) Project**

Specialised project relating to any of the three papers or two practicals. The project is to be registered with the college at the beginning of the 2<sup>nd</sup> Term and submitted for revaluation before the start of the Theory papers.

50 marks

**Select Bibliography for Theory Papers****Paper-I a) Anatomy and Physiology**

| Name of the Book                                            | Author                        | Publication                                                                                                                       |
|-------------------------------------------------------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Making the most of your brain                               |                               | The Reader's Digest Association Ltd., London – New York.                                                                          |
| Sensory Integration and the Child                           | Dr. A. Jean Ayres             | Western Psychological Services, L.A. California                                                                                   |
| Clinical Neurophysiology of Vestibular Systems              | R. Baloh-Vincente Honrubia.   | F.A. Daves Company Philadelphia                                                                                                   |
| Bio-energy Healing-Therapy of the future.                   | Michael O Doherty Tom Groffin | The O'brien Press Dublin                                                                                                          |
| The Art of Healthy & Joyful Living.                         | Dr. Pinakin Shah              | Ashirwad Interactive India Private Limited.                                                                                       |
| Handbook of NLP<br>A Manual for Professional Communicators. | Harry Alder                   | MPG books Ltd, Bodmin Cornwall.                                                                                                   |
| Manual for Dance for Mind<br>Brain - Body Integration.      |                               | Compilation of Lectures at Workshop on Dance for Mind Brain Body Integration. Posat-Foundation and Nalanda Dance Research Centre. |



**Paper-I b) Yoga Practicals**

|                               |                          |                                  |
|-------------------------------|--------------------------|----------------------------------|
| Asanas                        | Swami Kuvalaya-<br>nand. | Kaivalyadhama, Lonavla,<br>1993  |
| Pranayama                     | Swami Kuvalaya-<br>nand. | Kaivalyadhama, Lonavla,<br>2003. |
| Yoga for health and<br>peace. | Sadashiv Nimbalkar       | Yoga Vidya Niketan, 1992         |

**Paper-II a) Movement Studies in Dance**

| <b>Name of the Book</b>                                    | <b>Author</b>                       | <b>Publication</b>                    |
|------------------------------------------------------------|-------------------------------------|---------------------------------------|
| Man and Movement :<br>Principles of Physical<br>Education. | Harold M. Barrow<br>Janie P. Brown. | Lea & Febiger Philadelphia,<br>1988.  |
| Fitness First Through<br>Movement & diet.                  | Prof.. B.H. Barrada                 | Multiscope Books, 1988                |
| Drama & Movement in<br>Therapy                             | Audrey G. Wethered                  | Macdonold & Evans Ltd.,<br>1973.      |
| Making Space                                               | F. Matarasso & Bisakha<br>Sarker.   | East Midlands Shape<br>and ADiTi 1994 |
| Kinesiology                                                | Wells & Luttgens                    | W B. Saunders Company,<br>1976.       |
| Laban's Theory of<br>Movement : A new<br>Perspective.      | Samuel Thornton                     | Macdonald & Evans Ltd.,<br>1971.      |
| The Mastery of<br>Movement                                 | Laban Rudolf                        | Boston : Plays.Inc. 1975.             |

a) Mechanics & emotive aspects of  
Dance connected to Indian Classical Dances.

|                                  |                                           |                                         |
|----------------------------------|-------------------------------------------|-----------------------------------------|
| The Natyashastra                 | Dr. M.M. Ghosh                            | Calcutta, 1951                          |
| The Natyashastra                 | English Trans. by a Board<br>of Scholars. | Sri Sadguru Pub.,<br>Delhi.             |
| Abhinayadarpanam                 | Dr. M.M. Ghosh                            | Manisha, 1975.                          |
| The Mirror of<br>Gesture.        | A. Coomaraswamy &<br>G.V. Duggirala.      | Manshiram Manoharlal<br>New Delhi, 1970 |
| Psychological Studies in<br>Rasa | Rakesh Gupta                              | Granthayan, Aligarh,<br>1997.           |

Standard for passing the Diploma in Dance (Dance & Fitness) will be as under :-

5616

R.... To pass the examination at the end of each year a candidate must obtain 40% of marks in theory paper and 40% of marks in each practical.

5617

R..... Those of the successful candidates who obtain -  
40% to 49% of the total marks will be placed in C grade  
50% to 59% of the total marks will be placed in B grade  
60% and above of the total marks will be placed in A grade

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