

SPIC MACAY
International School Convention
Sun, 24 – Sat, 30 December 2017
Schedule

Day 0: Sat, 23 Dec 2017	
After 3 pm	Arrival, Registration, Room Allocation (few participants)
7:00 pm – 8:00 pm	Holistic Dinner
Day 1: Sun, 24 Dec 2017	
7:00 am - 10:00 am	Holistic Breakfast
Upto 11:00 am	Arrival, Registration, Room Allocation (all participants)
11:00 am	Performance by Keremane Shivananda Hegde (Yakshagana)
12:30 pm - 1:40 pm	Holistic Lunch
1:40 pm	Assemble for Procession at Dining Hall
1:45 pm - 2:00 pm	Procession to the Main Hall from Dining Hall (Hulivesha led by Shri Harsha Kumar) (Veeragasse led by Shri Rajappa)
2:00 pm - 4:30 pm	Orientation for participants by SPIC MACAY volunteers & DPS staff
4:30 pm - 5:00 pm	Orientation for teachers by Prof Kiran Seth
5:00 pm - 6:00 pm	Holistic Dinner
6:00 pm - 9:00 pm	Inauguration by a dignitary
	Performance by Pt. Shivkumar Sharma (Santoor)
9:00 pm	Light Nutrition
9:00 pm - 9:30 pm	Orientation for Intensive/ Workshop Gurus by Prof Kiran Seth
9:30 pm	Sleep
Day 2: Mon, 25 Dec 2017	
3:30 am	Wake Up
4:00 am – 7:00 am	Yog - Naad Yog, Hatha Yog, Gurbani, Koodiyattam
7:00 am – 7:15 am	Shramdaan - Garbage cleaning, tree planting, garland making, seed ball making

7:15 am – 9:00 am	Personal Time & Holistic Breakfast
8:30 am - 9:00 am	Orientation for Intensive/ Workshop Gurus by Prof Kiran Seth
9:00 am – 12 noon	Intensives/ Workshops
12 noon – 1:00 pm	Holistic Lunch
1:00 pm – 1:45 pm	Yog Nidra
1:45 pm - 2:30 pm	Music-in-Prayer: Christmas Carols
2:30 pm - 3:15 pm	Music-in-Prayer: Kum Sooryagayathri (Bhajan)
3:15 pm – 4:00 pm	Music-in-Prayer: Shri Alankar Singh (Gurbani)
4:00 pm – 5:00 pm	Music-in-Prayer: Shri Babul Ali (Zikir Zari)
5:00 pm – 6:00 pm	Holistic Dinner
6:00 pm - 9:00 pm	Pt Rajendra Gangani (Kathak)
	Vidushi Ashwini Bhide Deshpande (Hindustani Vocal)
9:00 pm	Light nutrition
9:30 pm	Sleep
Day 3: Tue, 26 Dec 2017	
3:30 am – 1:45 pm	Same as Day 2
1:45 pm - 5:00 pm	Cinema Classic Screening: 'The Making of the Mahatma' Discussion with Shri Shyam Benegal & Shri Rajit Kapur
5:00 pm - 6:00 pm	Holistic Dinner
6:00 pm – 9:00 pm	Vidushi Jayanthi Kumaresh (Veena)
	Vidushi Indu Devi (Rasa Sankirtana)
9:00 pm	Light Nutrition
9:30 pm	Sleep
Day 4: Wed, 27 Dec 2017	
3:30 am - 1:45 pm	Same as Day 2
1:45 pm – 2:30 pm	Folk - Konark Natya Mandap (Gotipua)
2:30 pm - 3:30 pm	Talk on 'Relationship between Current Sciences and Heritage'

	by Dr Krishnakant Shukla
3:30 pm - 5:00 pm	Talk on Music and Maths by Dr Manjul Bhargava (Fields Medal winner)
5:00 pm – 6:00 pm	Holistic Dinner
6:00 pm - 9:00 pm	Pt. Venkatesh Kumar (Hindustani Vocal)
	Guru-Shishya parampara: Vidushi Vyjayanthi Kashi & Kum. Prateeksha Kashi (Kuchipudi)
9:00 pm	Light Nutrition
9:30 pm	Sleep
Day 5: Thu, 28 Dec 2017	
3:30 am - 1:45 pm	Same as Day 2
1:45 pm - 2:45 pm	Shri Belagallu Veeranna (Togalu Gombeyatta – Puppetry)
2:45 pm – 3:30 pm	World Heritage: Jazz Explorer Trio led by Lars Moller (saxophone), Thor Madsen (guitar) and Jonas Johansen (drums) (Jazz music) (Denmark)
3:30 pm – 4:30 pm	Theatre/ Painting
4:30 pm - 5:00 pm	Acknowledgement
5:00 pm - 6:00 pm	Holistic Dinner
6:00 pm – 9:00 pm	Guru-Shishya parampara: Vidushi Bharati Shivaji & Vidushi Manjula Murthy (Mohiniyattam)
	Ustad Shahid Parvez (Sitar)
9:00 pm	Light Nutrition
9:30 pm	Sleep
Day 6: Fri, 29 Dec 2017	
3:30 am – 12 noon	Same as Day 2
12 noon - 12:15 pm	Movement Time
12 noon – 2:30 pm	Presentation by intensive/ workshop students (in 3 different venues simultaneously)

2:30 pm - 3:30 pm	Holistic Lunch
3:30 pm – 6:30 pm	Yog Nidra
6:30 pm - 7:30 pm	Holistic Dinner
7:30 pm - 5:00 am	Vidwan T.N.Krishnan (Carnatic Violin)
	Vidushi Vedavalli (Carnatic Vocal)
	Vidushi Kapila Venu (Koodiyattam)
	Mysore A.Chandan Kumar (Carnatic Flute)
	Ustad Wasifuddin Dagar (Dhrupad)
Day 7: Sat, 30 Dec 2017	
5:00 am – 6:00 am	Personal Time
6:00am onwards	(Packed breakfast will be provided) Heritage Tour / Nature Walk*
Departures to airport/ railway station/ bus stand	
Day 8: Sun, 31 Dec 2017	
7:30 am – 9:00 am	Holistic Breakfast (for few participants)
Upto 1:00 pm	Final departures

MORNING YOG: 4am-7am, 25-29 December 2017

1. Hatha Yog - Bihar School of Yog
2. Hatha Yog - Isha Foundation
3. Raja Yoga - Brahmakumaris
4. Naad Yog - Wasifuddin Dagar
5. Gurbani - Alankar Singh
6. Koodiyattam - Kapila Venu

INTENSIVES: 9am-12noon, 25-29 December 2017

1. Sankaran Namboothiri (Carnatic Vocal)
2. (Carnatic Vocal)
3. Wasifuddin Dagar (Dhrupad)
4. Jayateerth Mevundi (Hindustani Vocal)
5. Alankar Singh (Gurbani)
6. Babul Ali (Zikir Zari)
7. Lars Moller (Jazz Music)
8. Rajendra Gangani (Kathak)
9. Bharati Shivaji (Mohiniyattam) with Manjula Murthy & Vinaya
10. Vyjayanthi Kashi (Kuchipudi) with Prateeksha Kashi
11. Praveen Kumar (Bharatanatyam)

12. Kapila Venu (Koodiyattam)
13. H. Indu Devi (Rasa Sankirtana)
14. Keremane Shivananda Hegde (Yakshagana)
15. Revanna (Kamsaale)
16. Belagallu Veeranna (Togalu Gombeyatta - Puppetry)
17. Bihar School of Yog (Hatha Yog)
18. Brahmakumaris (Raj Yoga)
19. Valentina (Story Telling)
20. Manu Chakravarthy (Cinema Appreciation) - with sessions by Shyam Benegal, Rajit Kapur, Girish Kasaravalli
21. G Subramaniam (Painting)
22. Krishnakant Shukla(Nirguni Bhajans of Shri.Kumar and Shri.Gorakhnath)

CRAFT WORKSHOPS: 9am-12noon, 25-29 December 2017 Supported by Titan

1. Hema Devi (State awardee) - Papier Mache products (Bihar)
2. Meera Thakur (State awardee) - Sikki Grass Weaving (Bihar)
3. Niranjan Jonnalagadda (UNESCO Excellence awardee) with special guest artist Gurappa Chetty (Padma Shri awardee & Shilp Guru) - Kalamkari painting (Andhra Pradesh)
4. Ram Soni (National awardee) - Sanjhi Paper Cutting art (Uttar Pradesh)
5. D.Padma (State awardee) - Saw Dust Masks (Telangana)
6. Ishwar Naik (National awardee) - Chittara Tribal painting (Karnataka)
7. Purnachandra Moharana (National awardee) - Pattachitra Folk painting (Odisha)
8. Ram Kishor Derawala (Padma Shri awardee & National awardee) - Bagru block printing (Rajasthan)
9. Janab Irshad Hussain Farooqi - (Shilp Guru & National awardee) - Calligraphy on wood carving (Delhi)
10. Mohamed Ali Mohamed Khatri (Shilp Guru & National awardee) - Tie Dye Bandhej (Kutch, Gujarat)

EXHIBITIONS:

1. Philately - Stamp Collection on music/ dance/ yog/ peace/ independence movement by Shri M.R.Prabhakar
2. Paintings by Yusuf Arakkal

STALLS:

1. Crafts - by all craftspersons conducting workshops
2. Books on Music by Harishchandra Srivastava

HERITAGE TOURS/NATURE WALK: 30 Dec 2017 Supported by Dept of Tourism, Govt of Karnataka

1. BENGALURU

Location: Within Bengaluru City

Time: 6 AM to 2 PM

Significance:

- Ø Lalbagh Botanical Gardens Spread over 240 acres, Lalbagh boasts of a huge number of species of rich flora and fauna.
- Ø Bull temple: This historic temple dates back to the 15th Century Vijayanagara Empire and houses the World's largest monolith rock carved statue of Nandi. Also, a 18 ft. high monolithic Ganesha statue is there in the same yard.

- Ø Vidhana Soudha: The Neo Dravidian style building constructed using only pure Granite and Porphyry houses a central dome sixty feet in diameter supported by eight huge pillars and is breathtakingly amazing when it is fully illuminated.
- Ø Karnataka Chitrakala Parishath: It is a premier art gallery enclosing some of the best painting masterpieces in India. It houses permanent displays of Mysore architectural paintings and also folk and tribal art from all across Asia.
- Ø Visveswaraya Technological Museum: It is a constituent unit of National Council of Science Museums (NCSM), Ministry of Culture, Government of India, was established in memory of Sir M. Visvesvaraya (Recipient of Bharat Ratna Award). Exhibits - Engine Hall, Fun Science, Electrotechnic, Space – Emerging Technology in the Service of Mankind, Biotechnological Revolution, BEL Hall of Electronics and Children Science

2. **KAIKONDRAHALLI LAKE**

Location : Within Bengaluru City

Time : 6 AM to 12 NOON

Significance :

- Ø Kaikondrahalli Lake: It is a bio-diverse ecosystem spread over 48 acres. The lake is shaped like a spoon, with the shallow end attracting reptiles, insects, amphibians, and birds; the other end of the lake is deeper. The lake is surrounded by a variety of tall and short trees, and its entrance has a huge ficus tree which attracts many birds. There is a small island in the middle of the water-body, and a wooded area at one corner of the lake bank. The lake is fantastic all year round, with each season hosting different birds and insects, and showcasing Bengaluru's bountiful urban biodiversity.

3. **JAKKUR LAKE, GKV, DODDABALLAPUR WEAVING**

Location: Within Bengaluru City

Time: 6 AM to 12 NOON

Significance:

- Ø Jakkur Lake: This 1.5 km long lake is rich in biodiversity. The lake has more than 100+ species of birds, commonly found are Grey heron, Painted stork, Pelicans, Purple morehen, pirina, Cormorants, Egret, Pond Heron, Asian Koel, Indian roller, blue Kingfisher, Kingfisher, Sun bird, Purple rumped sunbird, Paddyfield pipit, Large pied wagtail, Bee eater, Pheasant tailed Jacana, etc.
- Ø GKV (Gandhi Krishi Vigyan Kendra): This Agriculture University campus has a variety of trees and birds that are a treat for any nature lover.
- Ø DODDABALLAPUR WEAVING:
Doddaballapur is known as Silk City or Indian Manchester of textiles because in Weaver's Colony, many families weave cotton and silk saris. Unfortunately, because of falling demand now, the weavers are shifting to other professions.

3. **PUTTENAHALLI LAKE, INTERACTIVE MUSIC MUSEUM**

Location: Within Bengaluru City

Time: 6 AM to 1PM

Significance:

- Ø Puttenahalli lake: It hosts more than 80 species of birds, both non migratory and migratory. It is a bird-watcher's paradise.
- Ø Interactive music museum: At the entrance of the museum is the Sound Garden, designed by Auroville-based foley designs and Svaram musical instruments. It explores the philosophy of sound and each exhibit, which is 'playable', produces a different musical note. The museum comprises of the Contemporary Expressions Gallery, Instruments Gallery, Stories through songs Gallery.

4. LEPAKSHI, GADWAL WEAVERS & SERICULTURE FARM

Location: Around 120KM from Bengaluru City in Anantpur district of Andhra Pradesh

Time: 7 AM to 10 PM

Significance:

- Ø Lepakshi: It is famous for its 16th century Vijayanagara style architecture. It is believed, that this was the place where the bird Jatayu fell, wounded after a futile battle against Ravana who was carrying away Sita. When Sri Rama reached the spot, he saw the bird and said compassionately, "Le Pakshi" — 'Rise Bird' in Telugu. The Lepakshi temple dedicated to Veerabadreshwara houses the famous Hanging Column (the pillar which does not rest on the ground fully). The temple has the finest specimens of mural paintings of the Vijayanagara kings. The Monolithic Nandi carved out of single rock granite is another key attraction. It is believed to be the 2nd largest monolith in India..
- Ø Gadwal Weavers: Walk through weavers town understanding their work, weaving techniques
- Ø Sericulture Farm : Walk through silk development sericulture farm

5. DEVARAYANADURGA & NAMADA CHILUME

Location: Around 70KM from Bengaluru City near Tumkur district

Time: 6 AM to 4 PM

Significance:

- Ø Devarayanadurga: Located about 4000 feet above m.s.l, the rocky hills are surrounded by forest and the hilltops are dotted with several temples including the Yoganarasimha and the Bhoganarasimha temples. It got the name Devarayanadurga after the Mysore ruler Chikka Devaraja Wodeyar captured it on one of his victorious feats. Due to its natural rocky and hilly terrain, Devarayanadurga is a haven for trekkers and mountain climbers
- Ø Namada Chilume: Situated at the foothills, it is known for its natural spring of 'Tilaka' or 'Nama' According to legends, Rama wanted to apply Nama on his forehead, but since he didn't find water anywhere, he shot an arrow into the ground and the spring opened from underground. That is how the name got derived – Namada Chelume meaning 'Spring of Tilak' The water comes out of a small hole in the ground. Even a foot impression of Lord Rama is also found near the spring.

6. SHIVAGANGE

Location: Around 70KM from Bengaluru City near Tumkur district

Time: 6 AM to 4 PM

Significance: Shivaganga hills is an ancient monolithic black granite hill (1380m above m.s.l.) situated about 60km from Bangalore. The cave temples on the hill dedicated to Gavi-Gangadhara. The shape of the hill is like the Shiva linga, and a water spring flows from the mountain which people call "Ganga", hence the name Shivagange. The rock cut statue of Nandi is a major attraction here. The statues are carved on the steep rocks, and a sculpture is one of a kind. The panoramic view from the top, near the Nandi statue, is spellbound and truly enchanting. The fresh blow of the wind and the scenic beauty of the villages beneath is quite enticing. It is an ideal spot for trekking.

7. **BHOGANANDEESHWARA TEMPLE & NANDI HILLS**

Location: Around 55KM from Bengaluru City near Tumkur district

Time: 6 AM to 2 PM

Significance: The Bhoga Nandeeshwara Temple is situated in the village at the foothills of Nandi Hills. The original temple, recognized as one of the oldest temples of Karnataka, dates back to the 9th century A.D. and was afterward renovated consecutively as in the Dravidian style of construction. The main temple was renovated repeatedly throughout the consecutive five dynasties under Chola, Hoysala, Pallava and Vijayanagara kings. The main temple has a royal Shiva Linga in the Sanctum. The pillars are covered in beautiful carvings. The temple houses a large indoor water pond believed to be a source of Pinakini River. It is one of the national heritage documents and maintained by the Archaeological Survey of India

8. **SOMNATHPURA & SHIVANASAMUDRA**

Location: Around 50KM from Mysuru City

Time: 7 AM to 10 PM

Significance:

- Ø Somnathpura: It is famous for its archaeological structures. Chennakesava Temple located at Somnathpura is one of the finest examples of Hoysala architecture. It is a live example of the rich culture and heritage of Hoysala rulers and also the power they had. Soapstone is used for its construction. The beauty of the temple is so enchanting that people all over the world come here to catch a glimpse of this temple. Situated 15km away from the Chennakeshava Temple is the Talakad Panchalinga Temple. It is a dedication to five forms of Lord Shiva. It is famous for the Pathaleshwara Shivalinga that changes colors. It turns red in the morning, changes to black in the afternoon and during the evening the color changes to white.
- Ø Shivanasamudra Falls: On the way to Somnathpura, these falls are situated on River Kaveri. The island of Shivanasamudra divides Kaveri River into two parts that form two waterfalls, one is Gaganachukki and the other is Bharachukki. Gaganachukki and Barachukki Falls are collectively called as Shivanasamudra Falls. Gaganachukki includes a huge horsetail shaped waterfall dropping from a height of 90 m and two large parallel streams that cascade down through a rocky bed from a height of over 320 feet. At Bharachukki one can watch the beauty of the waterfall is to take a coracle ride to the mouth of the magnificent waterfall.

9. JANAPADA LOKA FOLK ART MUSEUM, DODDA ALADA MARA & CHANNAPATNA TOY FACTORY

Location: Around 60KM from Bengaluru City

Time: 6 AM to 4 PM

Significance:

- Ø Janapada Loka: Also known as Folk Art Village, it is a folk museum which displays exclusive village folk arts of Karnataka. It is divided into various separate wings, namely, Loka Mahal, Chitra Kuteera, Folk arts museum, Shilamane, Doddamane, Arghymala, etc. An Indian civil servant and folklorist, H.L. Nage Gowda had the creative idea of displaying the varied folk culture and art of Karnataka. First established in 1979, Gowda along with his friends continued collecting antiques for Janapada Loka. Today, the Museum possesses a collection of 5,000 folk artefacts.
- Ø Channapatna Toy Factory: It brings you to this wonderland of toys and toy factories, famous for their two centuries-old lacquered wooden toys. The craftsmen make the toys using traditional methods, and use vegetable dyes rendering them eco friendly and child safe. These fantastic colored miniatures are protected under the World Trade Organization as GI products (traditional products or produce belonging to a particular community for generations).
- Ø Big Banyan Tree (Dodda Alada Mara): The Dodda Aalada Mara literally translated to Big Banyan Tree, is a giant 400-year-old Banyan tree (*Ficus bengalensis*). This single plant covers 3 acres (12,000 m²) and is one of the largest of its kind.

10. BELUR & HALEBIDU

Location: Around 220KM from Bengaluru City in Hassan district

Time: 7 AM to 12 Midnight

Significance: The temples of Belur and Halebidu are best known for their south Indian architecture. The temples at both these places are built by renowned architect Jakkanna Acharya (Amarashilpi Jakanaacharya). Both these temples have carving of Puranas, the Upanishads and other mythological characters from the Ramayana and the Mahabharata. With these exquisite designs one loses himself in its beauty. The 12th century Chennakesava Temple at Belur is the symbol of Hoysalas over the Cholas in the great battle of Talakadu. A tall stone pillar in the temple courtyard is balanced, amazingly, only by its centre of gravity. These temples of Belur and Halebidu are being proposed as UNESCO world heritage site.

11. MYSURU

Location: Within Mysuru City

Time: 7 AM to 11 PM

Significance:

- Ø Chamundi Hills: Named after goddess Chamundi, the Chamundeshwari Temple sits atop the main hill. The main hill itself features an ancient stone stairway of 1,008 steps leading to its summit. Approximately halfway to the summit is statue of bull Nandi, the "vahana" of Lord Shiva, which is 4.9m tall and 7.6m long and carved out of a single piece of black granite.
- Ø Amba Vilas Palace: This regal palace marks architectural brilliance and this becomes apparent right after the first glimpse. The palace is built by

creating a fusion of Gothic, Hindu, Muslim and Rajput styles of architectures. The palace is official residence of Mysore's royal family, Wodeyars; who ruled over Mysore between 1350 and 1950.

- Ø Jayachamarajendra Art Gallery: Undoubtedly one of the best art galleries of Southern India, it plays an exquisite work of renowned artists making it a popular place especially among art lovers. It boasts of more than 2000 paintings by celebrated painters, depicting varied styles of paintings from all over the world. Varied styles of Indian painting such as Mughal, Mysore and Shantiniketan can be seen.
- Ø RK Narayan's house: The house of the R K Narayan, most famous for the teleseries of yesteryears, 'Malgudi days' is now a small museum dedicated to his belongings, books, awards and pictures of his childhood and his family.
- Ø Mysore Sand Sculpture Museum: An excellent example of creative brilliance, sand sculpture museum offers a creative setting with artistic works. Intricate carvings on the sand, delicateness of the sculptures and their unique themes make it a place worth visiting.

12. SRIRANGAPATNA

Location: Near Mysuru City

Time: 7 AM to 11 PM

Significance:

- Ø Dariya Daulat Bagh: The summer palace of Tipu Sultan, was built in the year 1784 AD & is built in the Indo-Saracenic style. There are excellent mural paintings depicting the war scenes, the British and the French officers, the Sultan, the Kings and others. The palace has been converted into a museum in which are displayed war weapons, paintings and coins of Tipu's period.
- Ø Gumbaz: The Gumbaz is a large mausoleum in the middle of an expansive garden that houses the cenotaphs of Tipu Sultan, his father Hyder Ali and mother Fakr-Un-Nisa. In fact Tipu Sultan built the Gumbaz as a fitting tribute to his heroic father.
- Ø Sri Ranganathaswamy temple: The Ranganathaswamy temple is dedicated to the Hindu god Ranganatha (a manifestation of the god Vishnu). According to the Archaeological Survey of India (ASI), the temple is one of considerable antiquity. An inscription at the temple reveals it was first consecrated in 984 A.D. by a local chief called Tirumalaiah, a vassal of the Western Ganga dynasty.
- Ø Ranganathittu Bird Sanctuary: Lying beautifully on the banks of River Cauvery, this sanctuary is the home to some of the most exquisite birds. It boasts of a wide variety of avian fauna. You can spot a wide array of migratory birds that have flown from places like Siberia, Australia and North America. Visitors can enjoy guided boat rides and catch glimpses of crocodiles, bats, and otters along with birds.

13. RUSSELL MARKET, ST MARY'S BASILICA, SPICE TOUR

Location: Inside Bengaluru City

Time: 7 AM to 4 PM

Significance:

Russell Market: Built in 1927, Russell Market is one of the oldest markets in Bangalore. It is a spice market with rare spices and has a bakery street with traditional Iranian bakery.

St Mary's Basilica: St. Mary's Basilica is located in the Archdiocese of Bangalore in the Indian state of Karnataka. It is among the oldest churches in Bangalore and the first church in the state that has been elevated to the status of a minor basilica