

DAY 1: 03 JUNE 2013, MONDAY - "INDIAN CULTURE"

- 09.30 HRS Session 1 – Orientation by Prof. Choodamani Nanadagopal
- 12.00 HRS Session 2 – Indian Culture & its contribution to the World by Dr. Nalini Rao
- 14.30 HRS Session 3 Indian Art & Architecture, Philosophy & Literature, India & Globalization
by Dr. Choodamani Nanadagopal
- 17.30 HRS Sports

DAY 2: 04 JUNE 2013, TUESDAY - "INDIAN PSYCHOLOGY"

- 09.30 HRS Session 4 – Indian Psychology by Dr. Vinayaka Chandra & Dr. Anuradha
- 12.00 HRS Session 5 – Native Aspects of Indian Food & Nutrition by Mrs. Jayalakshmi
- 16.40 HRS Session 6 – Vruksha Ayurveda – Indian Plants, Environment – Forest
Conversation by Dr. Sundarajan

DAY 3: 05 JUNE 2013, WEDNESDAY - "OM SHANTHIDHAMA – A VEDIC WORLD" & "JANAPADA LOKA"

- 09.30 HRS Departure to Om Shanthidham – A Vedic World

(**OM SHANTHIDHAM** - Our revered Rishis have given to the mankind a very precious legacy in the form of The Vedas. The Vedas, till date, continue to be the principal source of our knowledge and wisdom. The study of the Vedas forms the most important aspect of the four stages of life (Chaturashrama). The stage in which the Vedas are studied under the guidance of acharyas (teachers) is known as Brahmacharyashrama, and the place where the Vedas are taught is called the Gurukula. It is important to note that the Vedas were taught in a particular method. The same method continues even today wherever there are gurukulas of the ancient order. It is not just the learning of the vedic hymns. The acharyas lay the foundation of life itself during this stage. This foundation is based on the principles and philosophy of life as conceived by the ancient seers. And Om shanthidhama provides such ideal atmosphere for Gurukula as conceived by our seers.)

- 12.00 HRS Session 7 – Gurukula System by Mr. Arun Bharadwaj
- 14.30 HRS Session 8 – Village Tour to know the Rural Society

DAY 4: 06 JUNE 2013, THURSDAY - "INDIGENOUS GAMES"

09.30 HRS	Session 9 – Indigenous Games of India by Kavitha D K
12.00 HRS	Session 10 – Mask Workshop by Mr. Mahesh & Mr. Paramesh
16.45 HRS	Sports
17.45 HRS	Spiritual Journey – Sri Dutta Sai Spiritual Centre

DAY 5: 07 JUNE 2013, FRIDAY - "INDIAN CINEMA"

09.30 HRS	Session 11 – Cinema in India –Presentation & clippings of Cinema by Dr. Soumya Manjunath Chavan
12.00 HRS	Session 12 – By Mr. Prakash Belwadi
16.10 HRS	Movie Show at JIRS

DAY 6: 08 JUNE 2013, SATURDAY - "MYSORE"

08.00 HRS	Departure to Janapada Loka – Folklore Museum
09.00 HRS	Explore Janapada Loka & then proceed to Mysore
12.30 HRS	Arrival at Mysore
12.30 HRS	Visit Chamundi Hills and Temple
14.30 HRS	Visit Mysore Palace & Art Gallery
18.00 HRS	Visit to Toy Factory at Channapatna

DAY 7: 09 JUNE 2013, SUNDAY - "BRITISH LEGACY IN BANGALORE"

10.30 HRS	Session 13 – British Legacy in Bangalore by Dr. Choodamani Nanadagopal
12.30 HRS	Visit to Iskon Temple
15.00 HRS	Visit Chitra Kala Parishat Art Gallery and Pottery Town
16.30 HRS	Tour of Lalbagh Garden, Cubbon Park, Bowring Institute and Queen's Statue

DAY 8: 10 JUNE 2013, MONDAY - "RECREATION/SHOPPING"

1100 HRS Visit to Bull Temple, K R Market & Government Museum

1800 HRS Departure to Airport for boarding to London