



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्

YOGA

Teacher - Savita Harish

Venue - Yoga room

Day of the week	Timing and level
Monday	Yog therapy - 12:00-13:00, Meditation and breathing practice - 13:30-14:30 Beginners - 10:30-12:00, 14:30-15:30, 16:30-17:30 Intermediate - 15:30-16:30 Advanced - 17:30-19:00
Tuesday	Beginners - 10:30-12:00, 16:30-17:30 Intermediate - 12:00-13:00 Meditation and breathing practice - 13:30-14:30 Intermediate - 15:30-16:30 Advanced - 17:30-19:00
Wednesday	Beginners - 10:30-12:00, 16:30-17:30 Meditation and breathing practice - 13:30-14:30 Intermediate - 15:30-16:30 Advanced - 17:30-19:00
Thursday	Beginners - 10:30-11:30, 15:30-16:30 Yog therapy - 12:00-13:00 Meditation and breathing practice - 13:30-14:30 Intermediate - 16:30-17:30 Advanced - 17:30-19:00
Friday	Beginners - 10:30-12:00 Yog therapy - 12:00-13:00 Meditation and breathing practice - 13:30-14:30 Intermediate - 15:30-16:30 Advanced - 17:30-19:00



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KATHAK

Teacher - Ashish Kathak

Venue - Kathak room

Day of the week	Timing and level
Monday	Beginners - 11:00–12:00, 12:00–13:00, 13:30–14:30, Intermediate - 14:30–15:55 Advanced - 16:00–16:55, 17:00–17:55
Tuesday	Beginners - 11:00–12:00, 12:00–13:00, 13:30–14:30 Intermediate - 14:30–15:55 Advanced - 16:00–16:55, 17:00–17:55
Wednesday	Beginners - 11:00–12:00, 12:00–13:00, 13:30–14:30 Intermediate - 14:30–15:55 Advanced - 16:00–16:55, 17:00–17:55
Thursday	Beginners - 11:00–12:00, 12:00–13:00, 13:30–14:30 Intermediate - 14:30–15:55 Advanced - 16:00–16:55, 17:00–17:55
Friday	Beginners - 11:00–12:00, 12:00–13:00, 13:30–14:30 Intermediate - 14:30–15:55 Advanced - 16:00–16:55, 17:00–17:55



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BOLLYWOOD / FOLKDANCE

Day of the week	Teacher	Timing	Venue
Monday	Ashish Kathak	18:00-19:30 (Bollywood/ Folk)	Kathak room
	Sofiko Shonia	19:30-21:30 (Folk)	Yoga room
Tuesday	Ashish Kathak	18:00-19:30 (Classical / Semi Classical)	Kathak room
	Anjali Ross	19:30-21:30 (Bollywood)	Music room
Wednesday	Ashish Kathak	18:00-19:30 (Bollywood/ Folk)	Kathak room
Thursday	Ashish Kathak	18:00-19:30 (Classical / Semi Classical)	Kathak room
	Natalia Odegova	19:00-21:00 (Bollywood)	Music room
Friday	Ashish Kathak	18:00-19:30 (Rehearsals)	Kathak room
	Sofiko Shonia	19:30-21:30 (Folk)	Yoga room
	Natalia Odegova	19:00-21:00 (Folk)	Music room
Saturday	Anjali Ross	13:00-14:00 (Bollywood)	Music room
	Sofiko Shonia	16:00-18:00	
Sunday	Natalia Odegova	13:00- 15:00 (Folk)	Music room
		15:00-17:00 (Folk)	Yoga room



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KUCHIPUDI

Day of the week	Teacher	Timing	Venue
Monday	Vera Krishnaraj	19:00-21:00	Music room
Tuesday	Vera Krishnaraj	19:30-21:30	Kathak room
Thursday	Vera Krishnaraj	10:00-11:30 19:30-21:30	Yoga room Music room
Saturday	Vera Krishnaraj	12:00-15:00	Yoga room



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TABLA

Teacher - Ashish Mishra
Venue - Music room

Day of the week	Timing and level
Monday	Beginners - 12:00–13:30; 14:00-16:45 Intermediate - 17:00-18:00 Advanced - 18:00-19:00
Tuesday	Beginners - 11:00-13:00; 14:00-16:00 Intermediate - 17:00-18:00 Advanced - 18:00-19:00
Wednesday	Beginners - 11:00-12:00; 12:00-13:30; 14:00-16:00 Intermediate - 17:00-18:00 Advanced - 18:00-19:00
Thursday	Beginners - 11:00-13:00; 14:00-16:00 Intermediate - 17:00-18:00 Advanced - 18:00-19:00
Friday	Beginners - 11:00-12:00; 12:00-13:30; 14:00-16:00 Intermediate - 17:00-18:00 Advanced - 18:00-19:00



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ODISSI

Day of the week	Teacher	Timing	Venue
Wednesday	Irina Komissarova	19:30-21:30	Music room
Thursday	Irina Komissarova	10:00-13:00	Kathak room
Saturday	Vitalina Lobach Nadezhda Frolova	10:00-13:00 19:00-21:00	Kathak room
Sunday	Vitalina Lobach	10:00-13:00	Kathak room
	Daria Larina	13:00-16:00	Kathak room
	Irina Komissarova	15:00-17:00	Music room
	Irina Komissarova	17:00-19:00	Kathak room

BHARATANATYAM

Day of the week	Teacher	Timing	Venue
Monday	Irina Iskorostenskaya	19:30-21:30	Kathak room
Tuesday	Dmitry Zmeev	19:00-21:00	Yoga room
Wednesday	Irina Iskorostenskaya Dmitry Zmeev	19:30-21:30 19:30-21:30	Kathak room Yoga room
Thursday	Irina Iskorostenskaya	19:00-21:00	Yoga room
Friday	Nadezhda Kovriga	19:30-21:30	Kathak room
Saturday	Irina Iskorostenskaya	13:00-15:00	Kathak room
	Irina Iskorostenskaya	15:00-16:00	Music room
	Dmitry Zmeev	15:00-20:00	Yoga room
Sunday	Nadezhda Kovriga	11:00-15:00	Kathak room
	Dmitry Zmeev	13:00-16:00	



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ВОКАЛ МУЗЫКА / Vocal Music

Teacher - Ashish Mishra

Venue - Music room

Day of the week	Timing
Monday	16:00-17:00
Tuesday	16:00-17:00
Wednesday	16:00-17:00
Thursday	16:00-17:00
Friday	16:00-17:00



**JNCC, EMBASSY OF INDIA
MOSCOW**

HINDI CLASS TIME TABLE (2019)

Day of the Week	Timings & Level
MONDAY	BEGINNERS :- 12:00 – 13:30, 14:00 – 15:00, 19:00 – 20:00 INTERMEDIATE :- 15:00 16:00, 17:00 – 18:00 ADVANCED : - 16:00 – 17:00 EXPRESS COURSE :- 18:00 – 19:00
TUESDAY	BEGINNERS :- 12:00 – 13:30, 14:00 – 15:00, 17:00 – 18:00 INTERMEDIATE :- 15:00 16:00, 19:00 – 20:00 ADVANCED : - 16:00 – 17:00 EXPRESS COURSE :- 18:00 – 19:00
WEDNESDAY	BEGINNERS :- 12:00 – 13:30, 14:00 – 15:00, 17:00 – 18:00 INTERMEDIATE :- 15:00 – 16:30 ADVANCED : - 19:00 – 20:00 EXPRESS COURSE :- 18:00 – 19:00
THURSDAY	BEGINNERS :- 12:00 – 13:30, 14:00 – 15:00, 17:00 – 18:00 INTERMEDIATE :- 15:00 – 16:30 ADVANCED : - 18:00 – 19:00 EXPRESS COURSE :- 19:00 – 20:00
FRIDAY	BEGINNERS :- 12:00 – 13:30, 14:00 – 15:00 INTERMEDIATE :- 15:00 16:00, 17:00 – 18:00 ADVANCED : - 16:00 – 17:00 EXPRESS COURSE :- 18:00 – 19:00