



Name of Course: Dance

Level: Advanced Level

Provided by: Ramakrishna Sarada Mission Vivekananda Vidyabhavan

Duration: 1 year

Who can join the course: Students of Semester 5 & Semester 6 of RKSMVV.

The course is for FEMALE Students only.

Course Fee: Nil.

Course Overview:

At advanced level of Dance course, students focus on dance styles that characterize our dance world. Students will excel in all traditional dance forms that have developed through the centuries. Each dancer will discover her own reputation in proportion to the richness of personal creations. Students continue to take a more mature and disciplined attitude toward their dance.

Course Objectives:

- To gain understanding and develop appreciation of dance through reflection on dances of various styles experience as participation of dance and audience.
- To demonstrate and incorporate an understanding of proper stretching techniques.
- To provide enjoyment and understanding of health-related fitness.
- To create dances in order to express personal ideas and feelings.
- To develop the ability of performing in front of large group of audience.

### Learning Outcomes:

- To understand advanced level dance technique.
- To master various steps and connect movement into lengthier combinations.
- To improve overall fitness, endurance, muscle toning and strengthening.
- To increase self-esteem through creative dance.
- To create choreography for public presentation.

### Key Benefits:

- Useful for becoming a professional dancer.
- Useful for working in Schools and Colleges.
- Improves cardiovascular health.
- Improves balance and strength.
- Boosts cognitive performance.

### Faculty Details:



Ellora Mallick is a renowned dancer and choreographer. She is the Director of Nriyangan Sangeet Academy. She is a student of Shanti Bose, (Disciple of Uday Shankar). Ellora performed as a dancer in Kolkata Doordarshan. She choreographed in different TV channel. She performed in Uday Sankar Dance Festival (Kolkata), Banga Sanskriti Sammelan (Delhi), Taj Festival (Agra), Beach Festival (Odissa), Konarak Festival (Odissa), Taal Festival (Kerala) with Guru Ashimbandhu Bhattacharya. Ellora is an examiner of Bangiya Sangeet Parishad , examiner of Classical Dance ( scholarship) organised by Nehru Children's Museum. She is a Member of West Bengal Dance Group Federation. Presently she is Academic Faculty in Ramakrishna Sarada Mission and Nivedita Girls' School. Ellora is also Dance Teacher in Ramakrishna Sarada Mission Vivekananda Vidyabhavan.