



Name of Course: Dance

Level: Beginner Level

Provided by: Ramakrishna Sarada Mission Vivekananda Vidyabhavan

Duration: 1 year

Who can join the course: Students of Semester 1 & Semester 2 of RKSMVV.

The course is for FEMALE Students only.

Course Fee: Nil.

Course Overview:

Dance is a performing art that will teach students the fundamental techniques and vocabulary in many styles of dance. The students will also cover Dance history, Taals, Mudras and explore basic choreography. Emphasis will be placed on technique, movement skill, knowledge, history and aesthetics of each dance style, while also learning components of health-related fitness. The dance class strives to promote a lifelong interest in both dance and physical fitness.

Course Objectives:

- To develop and maintain a positive self-image.
- To learn different origins and history of dances.
- To demonstrate knowledge of Dance Terminology and Positions.
- To understand and incorporate dance composition elements of Actions: Gesture, Jump, Turn, Travel, and Stillness.
- To learn many Taals (beats) and Mudras.

Learning Outcomes:

- To understand beginner level dance technique.
- To incorporate proper dance class etiquette.
- To gain proficiency in dance as a holistic exercise that builds students' mind and body.
- To learn that dance is a physical interpretation of what the music says.
- To release Feel Good Endorphins that makes students happy.

Faculty Details:



Ellora Mallick is a renowned dancer and choreographer. She is the Director of Nrityangan 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.