



Name of Course: Dance

Level: Intermediate Level

Provided by: Ramakrishna Sarada Mission Vivekananda Vidyabhavan

Duration: 1 year

Who can join the course: Students of Semester 3 & Semester 4 of RKSMVV.

The course is for FEMALE Students only.

Course Fee: Nil.

Course Overview:

At intermediate level of Dance course, classes are devoted to stretching and conditioning, emphasizing proper placement and technique. In this level, relatively little class time is spent on combinations. As the class progresses and the students become more familiar with the basic stretches, isolation, and walks, more focus and time can be shifted to combinations. Initially combinations will be kept simple, with the stress on clean technique and repetitions. Students will start slowly and then progress to faster and varied tempos.

Course Objectives:

- To demonstrate increased movement skills, concentration and physical control in performing movement for artistic expression.
- To understand the importance of warm-up to improve technique and avoid injury.
- To learn to memorize and reproduce long movement sequences.
- To learn to use choreographic principles and processes to express perceptions, feelings, images, and thoughts through dance, working alone, with a partner, or in small groups.
- To develop the ability of performing in front of small group of audience.

Learning Outcomes:

- To understand intermediate level dance technique.
- To understand the concert of spotting and its importance in performing multiple turns.
- To gain proficiency in skills specific to the dance style.
- To be familiar with the history and cultural significance of the dance style.
- To demonstrate the ability to apply and identify overarching themes in the study of dance.
- To understand and demonstrate proficiency in choreographic principles, processes, and structures.
- To understand dance as a means of creating and communicating meaning.
- To demonstrate competency in self-assessment skills in dance, as well as skills in offering feedback to other dancers.

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.