



Dance Advance

Name of Course: DANCE ADVANCE

Duration: 30 Hrs.

Offered by: Ramakrishna Sarada Mission Vivekananda Vidyabhavan & Nrityangan Sangeet Academy

Eligibility: 10 + 2 Passed & RKSMVV Students

Fee Structure: Nil

Course Overview:

Whether for professional purposes, fitness, or recreation, dance is a versatile and beneficial activity that can enhance many aspects of life, including cultural, social, physical and emotional. The Advanced Level Dance Course focuses on dance styles and traditional dance forms that have developed through the centuries, and characterize Indian dance.

Course Objectives:

Dance offers a wide range of benefits, including physical, mental, emotional, and social:

1. Physical Benefits include cardiovascular health, muscle tone and strength, flexibility and balance, weight management, and endurance and stamina
2. Mental Benefits of Dance include cognitive function, stress relief and mood enhancement.
3. Emotional Benefits: Dance provides an excellent outlet for self-expression, creativity, confidence and self-esteem.
4. Social Benefits of Dance include Cultural Awareness and appreciation, teamwork and cooperation, non verbal communication skills.

Syllabus:

Dance Advance		
Module	Content	Duration (Hrs.)
1	How to express 'Alphabets' by body movements	3
2	Describe a story on different beats or Taal	3
3	Dance on poem written by Rabindranath Tagore	3
4	Folk dances of India – Bihu, Dandiya	4
5	Theory <ul style="list-style-type: none">• Contribution of Rabindranath Tagore to Dance• Contribution of Uday Shankar to Modern Dance	4
6	Exam	1
7	Students' performance	5

8	Special training of performance	7
Total duration		30

Resource Person:

Ellora Mallick

Director, Nrityangan Sangeet Academy, stage performer. Faculty at RKSM Nivedita Girls' School

Learning Outcomes:

The students will be able:

- To understand advanced level dance technique.
- To master various steps and connect movement into varied combinations.
- To take up Dance as a career option, namely that of a choreographer, stage performer, and/or instructor.
- To improve overall fitness, endurance, muscle toning and strengthening.
- To increase self-esteem through creative dance.
- To create choreography for public presentations.