



Name of Course: DANCE BEGINNER

Duration: 30 Hrs.

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

Eligibility: 10 + 2 Passed & RKSMVV Students

Course Fee: Nil

Course Overview:

This course explores Dance as a performing art that will teach students the fundamental techniques and vocabulary of various dance styles. The course 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, as well as on fitness and health- physical, mental, emotional and social. The course 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 dance forms.
- To demonstrate knowledge of dance Terminology and postures.
- To understand and incorporate elements of actions such as Gesture, Jump, Turn, Travel, and Stillness, in dance compositions.
- To learn several basic Taals (beats) and Mudras.

Syllabus:

Dance Beginner		
Module	Content	Duration(Hrs.)
1	Nava Ras; Sringer Ras, Veer Ras based on any music or RabindraSangeet.	4
2	Tandaav and Lasya Level 1, based on any song or music	3
3	Folk dance - Santhaal	3
4	Patriotic Dance	3
5	Theory <ul style="list-style-type: none">• History of Indian Dance• Types of Indian Classical dance	4
6	Exam	1
7	Students' performance	5
8	Special training of performance	7
Total duration		30

Resource Person:

Ellora Mallick

Director, NrityanganSangeet Academy, Academic Faculty in Ramakrishna Sarada Mission Nivedita Girls' School.

Learning Outcomes:

The students will be able:

- To understand beginner level dance techniques.
- To incorporate proper dance class etiquettes.
- To gain proficiency in dance as a holistic exercise that enriches the mind and body.
- To be able to appreciate the rich cultural traditions of their country.

Assessment Procedure:

Three Formative Assessments' scores are provided as percentages. The Total Grade is determined based on the overall performance across all assessments. The Continuous Assessment column provides a general evaluation of the students' participation, engagement and adherence to deadlines throughout the course.

Grading criteria along with the corresponding percentage ranges:

A: 90%-100%

B: 80%-89%

C: 70%-79%

D: 60% - 69%

F : Below 60%