

Sanatan QLD Learning Centre

In association with

Shree Sanatan Dharam Hindu Association of Queensland Inc.

INDIAN CLASSICAL DANCE - BEGINNERS

COURSE DETAILS

Title: Indian Classical Dance for Beginners

Details: This course is a basic/introductory course for beginners that will be a pre-requisite for later in higher dance courses.

Duration of Course: This is a 14-week course, including all instructions, assessments and performances. The course will be for one and half (1 ½) hours per week.

Enrolments: Maximum quota to be 15 students that can be handled by the instructor.

PRE-REQUISITES

Nil

ASSUMED BACKGROUND

There are no pre-requisites.

LEARNING OUTCOMES AND COURSE OBJECTIVES

Indian Dance education aims to promote:

1. To gain practical knowledge and basic understanding of different classical dance forms and acquaintance with them through body and mind movements
2. To develop and eye of aesthetics
3. To develop the overall personality through body and mind coordination
4. To understand the cultural and literary heritage in brief

INSTRUCTOR

Mrs Neelam Naidu

CLASS TIME

Sunday – 11.30am -1.00pm (1 ½ hrs per week)

Course commences on: 16th September

RESOURCES

Gupta, R. K. (2000). *The Yoga of Indian Classical Dance : The Yogini's Mirror*. Rochester, VT, United States: Inner Traditions Bear and Company.

Venkataraman, L. (2015). *Indian Classical Dance: The Renaissance and Beyond*. Delhi: Niyogi Books.

COURSE ACTIVITIES

Timeline	Topic/Activities	Reference	Assessment
Week 1	Introduction: Course overview (outline, assessments, dates) Get to know students Characteristics of a Classical Indian Dance		
Week 2	Basic Understandings Warm-up Cool-down 'Everyday' stance / the 'dance' stance Awareness of body parts Placing of the legs and feet	<i>The Yoga of Indian Classical Dance : The Yogini's Mirror</i> - Roxanne Kamayani Gupta (2000)	
Week 3	Body Awareness Warm-up Carriage of the arms, shoulders, neck, head and eyes Mobilisation of the arms, wrists, hands, fingers.	<i>The Yoga of Indian Classical Dance : The Yogini's Mirror</i> - Roxanne Kamayani Gupta (2000)	
Week 4	Body Awareness Continued Warm-up Mobilisation of the shoulders; head and neck; face and eyes Rhythm and Timing Hand clapping, foot beating Variations in the sound of stamping	<i>The Yoga of Indian Classical Dance : The Yogini's Mirror</i> - Roxanne Kamayani Gupta (2000)	
Week 5	Dynamics Warm-up Firm and gentle movement Quick and slow movement Rising and sinking movement Action and stillness	<i>Indian Classical Dance: The Renaissance and Beyond</i> - Leela Venkataraman (2015)	
Week 6	Warm-up Basic dance routine that incorporates all techniques learnt at this point		
Week 7	Expression Warm-up Communication of feelings and emotions Lucidity of mimetic statements	<i>Indian Classical Dance: The Renaissance and Beyond</i> - Leela Venkataraman (2015)	

Week 8	Spatial Awareness Warm-up Direction relating to body Direction relating to space	<i>The Yoga of Indian Classical Dance : The Yogini's Mirror</i> - Roxanne Kamayani Gupta (2000)	
Week 9	Spatial Awareness Warm-up Travelling Turns and spins	<i>The Yoga of Indian Classical Dance : The Yogini's Mirror</i> - Roxanne Kamayani Gupta (2000)	
Week 10	Warm-up Students are taught a classical dance routine that incorporates all techniques learnt.		
Week 11	Warm-up Revision of dance routine learnt in week 10. Performance preparation Students must inform the instructor of the classical dance performance they would like to perform in week 15.		
Week 12	Warm-up Students practice their dance routines and receive feedback by the instructor		Project Students must have selected a dance performance of their choice and document the steps and brief description of how they would prepare for their end of course performance.
Week 13	BREAK – Students are to work on their major project/assessment due in week 15		
Week 14	Warm-up Students are given the opportunity to practice performing their dance routine in front of their peers.		
Week 15	LIVE PERFORMANCE TO CLASS AND PARENTS		Performance

ASSESSMENT DETAILS

PROJECT

Project will include students watching any classical dance performance of their choice documenting the steps and brief description of how they would prepare for their end of course performance to the class, parents and the community.

PERFORMANCE

Students must demonstrate their ability to show:

- Technical accuracy with correct placement of their body.
- Appropriate use of limbs showing an understanding of the purpose or significance of each movement or sequence of movements.
- A sense of line and well-coordinated movements.
- Musicality and rhythmic awareness.

COMPLETION CERTIFICATE

Certificate: Certificate of Competition and level of Competence

Certificate Issuer: Queensland Shree Sanatan Dharam Learning Centre

COURSE COMPLETION

Students are able to:

- Understand the cumulation of movement, music, expression, literature, mythology, philosophy, rhythm
- Practise complete awareness of the body- how to stand, how to breathe, how to hold the spine, how to walk, etc.
- Experience dance in a natural way of expressing human feelings and creating harmony within and without
- Improve concentration, mental alertness, quick reflex action and physical agility
- Create and express personal ideas, feelings and experiences in a manner to memorize the movements of the body and relive stress
- An understanding of the Indian cultural heritage and importance of each step and movement within the dance.

Successfully completing this course will contribute to the recognition of your attainment of the following attributes:

Course Attributes	Learning Objectives			
<i>A IN-DEPTH KNOWLEDGE OF THE FIELD OF STUDY</i>	1	2	3	4
A1. A comprehensive and well-founded knowledge in the field of study.	●	●	●	●
A4. An understanding of how other disciplines relate to the field of study.	●	●	●	●
A5. An international perspective on the field of study.	●	●	●	●
<i>B EFFECTIVE COMMUNICATION</i>				
B1. The ability to collect, analyse and organise information and ideas and to convey those ideas clearly and fluently , in both written and spoken forms .	●	●	●	●
B2. The ability to interact effectively with others in order to work towards a common outcome.				
B3. The ability to select and use the appropriate level, style and means of communication .	●		●	●
B4. The ability to engage effectively and appropriately with information and communication technologies .		●		
<i>C INDEPENDENCE AND CREATIVITY</i>				
C1. The ability to work and learn independently .	●	●	●	●
C3. The ability to generate ideas and adapt innovatively to changing environments.	●	●	●	●
C4. The ability to identify problems, create solutions, innovate and improve current practices .	●	●	●	●
<i>D CRITICAL JUDGEMENT</i>				
D1. The ability to define and analyse problems .	●	●	●	●
D2. The ability to apply critical reasoning to issues through independent thought and informed judgement .	●	●	●	●
D3. The ability to evaluate opinions, make decisions and to reflect critically on the justifications for decisions.	●	●	●	●
<i>E ETHICAL AND SOCIAL UNDERSTANDING</i>				
E1. An understanding of social and civic responsibility .	●	●	●	●
E2. An appreciation of the philosophical and social contexts of a discipline.	●	●	●	●
E4. A knowledge and respect of ethics and ethical standards in relation to a major area of study.	●	●	●	●
E5. A knowledge of other cultures and times and an appreciation of cultural diversity .	●	●	●	●