

Teaching Plan for the Department of Dance, RKMV Shimla (BA Three-Year Course as per HPU Dance Syllabus - Non-Semester System)

Year 1 (BA Part I)

Objective: Introduction to the fundamentals of Indian classical dance, basic theoretical concepts, and foundational practical skills.

Theory (Part I)

1. Introduction to Indian Classical Dance
 - Origin and development of Indian classical dance forms.
 - Overview of important treatises like the Natyashastra.
 - Key dance forms: Bharatanatyam, Kathak, Odissi, etc.
2. Concept of Rasa and Bhava
 - Explanation of the nine rasas (emotional essences).
 - Role of bhava (expressions) in conveying emotions through dance.
3. Folk Dances of India
 - Study of popular folk dance forms, focusing on regional styles from different parts of India, including Himachal Pradesh.

Practical (Part I)

1. Basic Postures and Movements
 - Introduction to fundamental body postures (karanas).
 - Practice of basic adavus (steps) in Bharatanatyam.
2. Hand Gestures (Mudras)
 - Learning the hasta mudras (hand gestures) used in classical dance.
 - Focus on Asamyukta (single-hand) and Samyukta (double-hand) mudras.
3. Rhythmic Patterns (Tala)
 - Introduction to basic tala (rhythmic cycles) like Teentaal and Ektaal.
 - Practical exercises to master rhythm and coordination with movements.

Assessment (Part I)

- Theory: Written examination on the concepts covered.
- Practical: Demonstration of basic dance steps, hand gestures, and rhythms.

Year 2 (BA Part II)

Objective: Intermediate-level learning of dance forms, theoretical aspects of Indian aesthetics, and further development of practical skills.

Theory (Part II)

1. Bharatanatyam and Kathak
 - Detailed study of Bharatanatyam: origins, style, and famous artists.
 - Introduction to Kathak: history, gharanas, and its rhythmic structure.
2. Nritta, Nritya, and Natya

- Understanding the distinction between Nritta (pure dance), Nritya (expressive dance), and Natya (dramatic representation) in Indian classical dance.

3. Role of Dance in Indian Mythology

- Study of dance representations in Indian mythology, focusing on depictions in the epics (Mahabharata, Ramayana).

Practical (Part II)

1. Intermediate Dance Techniques

- Learning Jatiswaram in Bharatanatyam (combining adavus with rhythm and melody).
- Basic footwork (tatkar) in Kathak and chakkars (spins).

2. Abhinaya (Expression)

- Introduction to expressing emotions through facial expressions and body language.
- Practice of simple abhinaya items like Shabdham in Bharatanatyam.

3. Folk Dance Performances

- Learning folk dances from Himachal Pradesh, such as Nati, and other regional folk dances.

Assessment (Part II)

- Theory: Written exam covering dance forms, aesthetics, and mythology.
- Practical: Demonstration of Jatiswaram, Kathak footwork, and abhinaya.

Year 3 (BA Part III)

Objective: Advanced learning and specialization in classical dance forms, focusing on choreography, abhinaya, and stage performance.

Theory (Part III)

1. Choreography and Stagecraft

- Principles of dance choreography: creating a solo or group dance piece.
- Study of stage design, lighting, and costumes for enhancing performances.

2. Advanced Dance Forms

- Detailed study of complex Bharatanatyam and Kathak items.
- Introduction to other dance forms like Odissi and Kuchipudi.

3. Modern Dance Movements and Influence

- Study of how Indian classical dance has evolved with modern influences.
- Examination of contemporary interpretations of traditional dance forms.

Practical (Part III)

1. Advanced Bharatanatyam and Kathak Performances

- Mastery of Varnam in Bharatanatyam and Thumri in Kathak.
- Choreography and performance of a solo or group dance routine.

2. Abhinaya in Advanced Pieces

- Advanced work on abhinaya through compositions like Padams and Ashtapadis in Bharatanatyam.

3. Folk and Fusion Dance

- Choreographing and performing a fusion of classical and folk dance forms.
- Exploration of modern and contemporary dance influences.

Assessment (Part III)

- Theory: Comprehensive examination on advanced topics in choreography, stagecraft, and modern dance.
- Practical: Final performance exam with solo/group choreography, abhinaya, and technical mastery in chosen dance form

General Plan for All Three Years

- Workshops and Masterclasses: Inviting guest dance experts to conduct workshops and give students exposure to various dance forms.
- Field Visits and Performances: Students will be encouraged to attend live performances, visit cultural centers, and participate in dance festivals.
- Annual Dance Recitals: Organized to showcase student talent and their progress throughout the course.

This plan ensures a progressive development of students' dance skills, combining a deep theoretical understanding with practical expertise, preparing them for both academic and professional opportunities in the world of dance.

Yearly, Monthly, and Weekly Teaching Plan

Department of Dance, RKMV Shimla

(BA Three-Year Course as per HPU Dance Syllabus – Non-Semester System)

Yearly Teaching Plan

Objective: Each year focuses on different levels of theoretical understanding and practical skills in Indian classical and folk dance.

- Year 1 (BA Part I): Basics of Indian Classical Dance & Introduction to Folk Dance.
- Year 2 (BA Part II): Intermediate Dance Techniques, Abhinaya, and Folk Dance.
- Year 3 (BA Part III): Advanced Choreography, Stagecraft, and Performance Skills.

Key Focus Areas by Year:

- Year 1: Basic dance steps, theory, folk dance, mudras, and tala.
- Year 2: Intermediate-level technical proficiency in Bharatanatyam/Kathak and abhinaya.
- Year 3: Advanced level dance choreography, stage performances, and theoretical understanding of contemporary dance influences.