

Skill Enhancement Course (SEC) for 4 Years UG Program

COOCH BEHAR PANCHANAN BARMA UNIVERSITY

Subject: FOLK & CREATIVE DANCE

Objectives

- **To transform students into versatile, self-directed performing artists in folk and creative dance forms**
- **This program challenges students to develop the knowledge and skills as well as the conceptual, critical and creative perspectives necessary for a professional life in the performing arts.**

SEC-1 (1st Semester)

CREDIT-3

Dance: Definition; different forms of Indian Dance; difference between Indian and Western dance; importance of dance in daily and social life.

Importance of dance literature: Knowledge about different literatures in Indian dance and its importance.

Mudra: Importance of Mudra in dancing; different types of mudra; Dasavatar mudra.

Basic concept: Taal, Laya, Bhava, Gaati, Tihai, Bhamari

Folk dance. Definition; general features of folk dance; different folk dances of Bengal.

Folk dances of North Bengal: cultural importance; dancing style and its presentation

Creative dance: Definition, vital aspects of creative dance presentations; useful instruments for Folk dance and creative dance.

Assessment Tasks:

Demonstration of exercises related to dance

Demonstration of Mudra: samyukta and asamyukta

Demonstration of Taala: Dadra, Kaharba, Tintal, Khemta in 1st, 2nd and 4th speed of laya.

Demonstration of different easy and useful movements of dance in various taala and laya.

Demonstration of any one Folk dance of North Bengal

Demonstration of creative dance on any theme

Self-Choreography on topic or song given on spot

Demonstration of folk/creative dance group performance on any theme (e.g. Mother Earth)

SEC-2 (2nd Semester)

CREDIT-3

History of Indian Dance: Ancient dance forms of India and its importance in history of Indian dance.

Dance Literatures & Instruments: Natyashastra, Abhinayadarpan; instruments used in folk and creative dance

Various folk forms: folk forms of different states of India; importance of folk dance in Indian culture; role of Gurusaday Dutta in the field of folk study of Bengal.

Basic understanding: Festive folk, War folk, Choir, Ballet.

Past, Present & future of creative dance in India: Pioneers and influencers of creative dance form and their role in the flourishing of this dance form; role of Uday Shankar in popularizing creative dance form in India; Shankar style of Dance

Basic concept: Choir; prevalence of choir culture in Bengal during 80's.

Musical ballet: Definition, construction a musical ballet, different forms of ballet.

Court-Ballet: Study about any two famous Ballerinas, description of a traditional Ballet

Assessment Tasks:

Demonstration of Hand gestures: Mudra and its application (any 10)

Demonstration of eye movement: Drishti veda, Neck movement: Griba veda,

Demonstration of head movement: Shira veda, Leg positions: Pada veda

Performing folk dances of other states of India: Punjab, Tamil Nadu, Orissa, Kashmir

Demonstration of any one folk dance of Bengal

Group performance using different props and folk instruments

Demonstration of Ballet (Group work)

Self-choreography on any folk song, or a topic or a situation given on spot

Performance on Uday Shankar style of Dance

SEC-3 (3rd Semester)

CREDIT-3

Understanding the concept of rhythmic variations in folk dance

Study the importance of societal and cultural aspects of community and its geographical location, influencing the regional folk dance.

Importance of Folk dance in Regional and National films

Brief concept: Dandiya dance, Taala, Ramleela, Dappunritya

Understanding the concept of choreography in dance drama

Brief idea about Stage, light and make up

Importance of dressing and grooming in becoming a successful dancer.

Importance of mudra, avinaya, body movements in dance

Biography of Manjushree Chaki Sarkar, Birju Maharaj, Panu Pal, Bulbul Chowdhury

Assessment Tasks:

Preparations for a beginner with regard to his/her mind and body in becoming a professional performer.

Demonstration of movements in different taala and laya

Demonstration of a Chau dance

Demonstration of a Baul and a Jhumur dance

Demonstration of a Tagore Dance based on Saari, Ramprasadi or kirtan

Demonstration of a Nazrul nritya based on Jhumur

Demonstration of Nayak-nayika veda

Demonstration of Bengal folk such as Dhamail and Brotochari

Demonstration of any concept or short story regarding bird or insect to be shown through creative dance style

Performing dance on the following songs and concepts:

1. O alor pothojatri
2. Shonkhochil
3. Dol dol dol
4. Agun nritya
5. Jypsy dance
6. Rythmic movements in 4/4 and 3/3 beats