

# JYOTI NIVAS COLLEGE AUTONOMOUS

Programme: B.Voc VP.

Semester: III

## Movement & Dance – understanding and application

Course Code: 18BVV306

60 hours; 4 Credits

### Objectives:

1. Deeper understanding of Indian dance
2. Exploring the communicative value of dance
3. Learning how to stay injury-proof

#### Unit 1: [4hrs]

Natyashastra

#### Unit2: [6hrs]

Studying Works of Pioneers in Indian  
Dance

#### Unit 3: [4hrs]

Dance as language

#### Unit 4: [6hrs]

Injury prevention

Contemporary

#### Unit 4: [8hrs]

Body Conditioning and Aerobics

#### Unit 5: [8hrs]

Choreography

### Practical [40hrs]

#### Unit 1: [8hrs]

Intermediate Bharatanatyam

#### Unit 2: [6hrs]

Kalarippayattu

#### Unit 3: [10hrs]

**Reference Material:**

Doris Humphrey: The Art of making Dance

Justin Howse: Dance Technique and Injury Prevention

Sunil Kothari: BharataNatyam