



“UTSARANA”
(Moving Towards, in Search of Excellence)

SYLLABUS

Course Structure:

Paper	Course Name	Teaching Hrs.	Full Marks
1.	Dance Practicum	32 hrs.	100
2.	Yoga	8 hrs.	100
3.	Dance Theory	8 hrs.	100
Total		48 hrs.	300

Paper-1: Dance Practicum

Course Outcome:

After completion of this course, the student shall be able to

- Understand and analyze the various nuances of Odissi dance.
- Practice the prescribed dance items and demonstrate the various theoretical aspects of the prescribed dance items
- Understand the basic concepts like Laya (tempo), Tala (rhythmic cycle), which are the foundations of music and dance.

Course Content:

Unit-I

One Pallavi (Raga: Mangalhwani)

Unit-II

One Ashtapadi (Radhavadana)

Paper-2: Yoga

Course Outcome:

After completion of this course, the student shall be able to

- Demonstrate various yoga asanas.
- Understand the necessity of yoga for strength and flexibility.
- Perform proper breathing techniques.

Unit: 1

Introduction to Yogasana

General principles of the Yogasana practice

Pawanamuktasana

Standing & Balancing group

Surya Namaskara

Backward bending group

Forward bending group

Spinal Twisting

Unit: 2

Introduction to Pranayama

General Guidelines for the practice of Pranayama

Nadi Shodhana

Sheetali and Sheetkari Pranayama

Bhramari Pranayama

Bhastrika Pranayama

Kapalbhati Pranayama

Paper-3: Dance Theory

Course Outcomes:

After completion of this course, the student shall be able to

- Have in-depth knowledge of applied theory to dance.
- Have a deeper understanding of the worship of the divine feminine of Odisha.

Course Content:

Unit-I

Applied Theory: Theoretical study of the aforementioned Unit-II of Paper-I along with its descriptive analysis.

Unit-II

Tantric Practices in Odisha