

SIMRAN GOTLA

Contemporary, Hip-Hop, Jazz, Partner Work, Creative Movement, Zumba Certified Instructor

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About Me

I am an experienced dancer with a strong passion for teaching. I am a committed and approachable Dance Teacher who is adept in preparing classes that are tailor made for my student's level and abilities. My aim is to create a challenging, friendly, and stimulating learning environment, which encourages my students to follow their passion in dance.

Professional Experience

Dance Teacher

Sharanya Narayani International School

July 2021 to present

- Sessions are conducted 2 days a week for Kindergarten and 1 day a week for middle and senior school.
- Program includes:
 - Transdisciplinary learning
 - Standalone learning
 - CAS mentor
 - ESL Camp (English as Second Language for students from Thailand)
 - Inter-school competitions
 - Assemblies
 - Action Day
 - Graduation Day
 - Sports Day
 - Run For Care
 - Dance/ Zumba Clubs
 - Opening dances for various events (MUN, TEDx ,ESL Camp)

Dance Instructor kid's batch 1 (small kids)

Brigade Golden Triangle Apartments

November 2023 to Present

- Sessions are conducted 2 days a week for kids age 2 to 5
- Program includes: warmup, learning dance movement/choreography, small activities to improve motor skills, music memory, confidence etc., and end of class takeaway session on what they have learnt in class.

Zumba Instructor

Fit & Active Gym

March 2021 to July 2021

- Sessions are conducted 1 day a week for adults
- Program includes warmup, Dance cardio workout, toning exercises (gym ball, steppers, and floor work etc., cool down.

Zumba Instructor

Brigade Golden Triangle Apartments

December 2020 to July 2021

- Sessions are conducted 3 days a week for adults
- Program includes: warmup, dance cardio workout, body strengthening exercises, cool down, meditation for mind and body.

Dance Instructor kid's batch 1 (small kids)

Brigade Golden Triangle Apartments

December 2020 to July 2021

- Sessions are conducted 2 days a week for kids age 2 to 6
- Program includes: warmup, learning dance movement/choreography, small activities to improve motor skills, muscle memory, confidence etc., and discussion session on what they have learnt in class.

Dance Instructor kid's batch 2 (big kids)

Brigade Golden Triangle Apartments

December 2020 to July 2021

- Sessions are conducted 2 days a week for kids age 7 to 13
- Program includes: warmup, learning dance movement/choreography, small activities to improve peripheral vision, self-confidence, observation skills, muscle memory creativity etc., and cool down.

Dance Instructor for Kids

Dance Bollywood International

Feb 2018 to June 2019

- Sessions are conducted 1 days a week for kids age 2 to 6
- Program includes: warmup, learning dance movement/choreography, cool down and class take away on their personal learning.

Dance Instructor for Adults

Dance Bollywood International

Feb 2018 to June 2019

- Sessions are conducted 1 days a week.
- Program includes: warmup, revision of difficult steps, learning dance movement/choreography, cool down.

Zumba Instructor

Brookfield's Apartment

June 2016 to July 2016

- Sessions are conducted 1 day a week for adults

Program includes: warmup, Dance cardio workout, toning and body strengthening exercises cool down.

Professional Certifications

PYP Local and global inquirers Cat 2
(Sharanya Narayani International School)

July 20, 2022 to July 21, 2022

Diploma in Dance
(LASALLE College of the Arts Singapore)

August 30, 2019

Essential Learning Module for Teaching of Dance
(LASALLE College of the Arts Singapore)

April 8, 2019 to April 24, 2019

Zumba Instructor Level 1

May 28, 2016

Bokwa Instructor Level 1

April 24, 2016

Student Accomplishments

XANDU Bangalore International School

Stardust

October 2023

Solo Dance:

- 1st position

Helios Gopalan International School

HERA

September 2023

Group Dance:

- 1st position

Viva VIBGYOR

Swing N Swirl

November 2022

Solo Dance:

- 2nd Round Qualification

Sri Krishna Janmashtami ISKCON Kannamangala

August 2022

Nanda Kishore Category (12+ to 17 years)

Solo Dance:

- 1st position
- 3rd position

Group Dance:

- 2nd position (SNIS Students)

Pro Bono

Judge

BGT OASIS -2023 ABCD (Any Body Can Dance)

June 2023

Judged a dance competition for Brigade Golden Triangle Residence

Judge

Triton fest EITPL

Jan 2021

Judged a virtual dance competition for Ekya ITPL

Speaker

Career Camp - Alumni Talk

November 2020

Topics spoken:

- Why I chose dance
- My Dance journey
- Subjects taught in LASALLE College of the Arts

- Education Requirements
- Importance of Progressive learning
- Careers in Dance
- Working in a dance field
- Advantages & Disadvantages as a Dancer
- Tuition Grants

Facilitator

Virtual workshop with Dance Club Students of CMR National PU College

August 2020

Topics spoken:

- What Dance means to you?
- Being Professional
- Subjects Taught and what it Includes
- Applications of theory in dance
- Colleges that Offer dance courses

Project Based:

Collaboration between diploma in dance students and SAMH Creative SAY

- As a group we worked together to pitch an idea of how we would like to work with those kids who are having mental health issues.
- We did budget analysis, location recon, class planning, event planning, sponsorship for t-shirts food banners.
- After the idea was pitched we got the plan in action
- We implemented a month-long program during which we each took a weekly turn to engage with the students. Our sessions typically began with a brief discussion about our feelings and something that brought us joy. Following that, we initiated a warm-up session, proceeded to a short dance routine that we taught the students, and concluded with a cool-down. To wrap up, we facilitated a learning circle where the students shared what they had gained from the experience.
- At the end we had a block party where we called a DJ and guest dancers where we played group games