



CHAPTER 15

DANCES OF OUR LAND

Let's start our dance journey! Get ready to put on your dancing bells and dive into the world of dance!

Dances of Our Land: Exploring Local Rhythms and Movements

This chapter is all about discovering the great dance forms that make our country colourful and lively.

Let's take a closer look at the dance forms that are present in your surrounding.

In this activity, you are going to discover the dances that belong to your region. From the rich traditional *loka nrityas* to the energetic beats of local celebrations, these dances are deeply rooted in our society.

Get ready to discover the dance forms that exhibit the spirit of your region, and make the dance floor come alive with rhythm and joy!



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ACTIVITY 1: EXPLORING REGIONAL DANCES

List out the names of different regional dances in your region. Discuss it with your friends, parents and teachers.

Choose any regional dance and conduct a field trip to visit the local artists. You can also watch their videos.

If possible, conduct a small workshop with them, and find out the ideas and purpose behind the local dance form.

Try to learn the postures, gestures and the graceful movements of the same.

In this way, you can have an exciting journey of your own regional dance forms.



Garba dance from Gujarat



Tabla



Dhol



Dandia sticks

Observe the splendid swirls, beautiful twists, magnificent movements, graceful steps, colourful costumes and cathartic emotions of the dance which is a bundle of positive energy.

Examples

The method of recording observations of the dance form during a field trip.

Garba Dance from Gujarat

A. Introduction

This dance form is performed during the festival of *Navaratri* wherein Goddess Durga is worshipped. This dance is a celebration of culture and tradition along with the exhibition of community spirit and togetherness.

B. Characteristics of Dance

- Vibrant and energetic movements.
- Rhythmic clapping.
- Circular patterns created by dancers moving in concentric circles.

C. Accompaniments

- Traditional folk music.
- Instruments like *dhol* (drum), *tabla* and *dandia* sticks.

D. Costumes

- *Chaniya cholis (gagra)* for women.
- *Kediyu-kafni* (a type of dhoti and kurta) for men.

Exploring Other Dance Forms

Here, you are going to explore the local dance forms of other regions of our country.

In this dance journey, instead of learning a single local dance form, you will also be exploring other dance forms.

ACTIVITY 2: EXPLORING OTHER DANCE FORMS

Watch videos of other regional dance forms.

Come on... sit together and have a fruitful discussion regarding dance of other regions.

States	Name of the Dance	Accompainments	Costumes	Occassion of Dance
Kerala	<i>Thiruvathira Kali</i> : performed by women.	Graceful rhythmic dance with claps accompanied by a folk song.	Simple Kerela style costume of <i>Mundu</i> and <i>Vesthi</i> , with traditional Kerela ornaments.	On occasion of <i>Thruvathira</i> , <i>Shivratri</i> , <i>Onam</i> and some other festivals.
Odisha	<i>Saila</i> : performed by tribal community.	<i>Dhol</i> (barrel-shaped drum), <i>nagara</i> (kettle drum) and flute.	Colorful <i>sarees</i> and <i>dhotis</i> , tribal jewellery beads, shells and metal ornaments.	On occasion of <i>Chaitra Parva</i> festival in the beginning of agricultural season.
Kashmir	<i>Rouf</i> : performed by women in a group.	<i>Tumbaknari</i> (a small kettle drum), <i>rabab</i> (a stringed instrument) and harmonium.	Kashmiri attire <i>pheran</i> (loose, long robe) with colourful embroidered dress, jewels: earrings, neckless and bangles.	Performed during <i>Eid</i> , <i>Baisakhi</i> and <i>Navroz</i> , as well as weddings, harvest celebrations and other social gatherings.

List down the states of our country with their respective dance forms. Some of the states have been shown here as an illustration.

You can arrange the information of different dance forms of various regions in a tabular form. Amazing! Well done. Let's move to the next level of our dance journey.

Comparison of Regional Dance Forms

In your dance journey, you may have come across many local dance forms. Going to the higher level, compare and contrast the local dance forms of your region with that of the other regions.

States	Name of the Dance	Accompainments	Costumes	Occassion of Dance

ACTIVITY 3: COMPARISON OF REGIONAL DANCE FORMS

Suppose you belong to Rajasthan and choose the local *Kalbélia* dance form. Now, compare this with another local dance called *Nongkrem* dance of Meghalaya.

Create a Comparative Chart as shown below —

Dance Form	Kalbélia	Nongkrem
		
State	Rajasthan	Meghalaya
Costume	Women wear upper body cloth (<i>angrakhi</i>), head cloth (<i>odhani</i>) and lower body parts (<i>lehenga</i>) embroidered with small mirrors.	Women wear traditional costumes while men are often adorned with vibrant colours holding swords and white yak hair whisk.
Purpose	Associated with rituals, often depicting mythological stories. Special dances are performed during <i>Holi</i> .	Celebrated during autumn to please the powerful Goddess for plentiful harvest and prosperity of people.
Performers	Dance by women and song by men.	Both men and women.
Accompainments	Accompanied by traditional folk music and woodwind instruments <i>pungi</i> , percussion instruments <i>dufli</i> , <i>been</i> and <i>khanjira</i> .	Accompanied by traditional music including the drum and wind instrument <i>tangmuri</i> .

Dance Form		
State		
Costume		
Purpose		
Performers		
Accompainments		

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ACTIVITY 4: PROJECT ON REGIONAL DANCE FORM

Do you remember Activity 1, where a field trip was conducted for studying the local dance forms?

Prepare a project on a local dance form by drawing or pasting related

pictures. Choose a folk song (related to dance) and make a note of it. Paste the handmade craft models of jewels belonging to a particular dance form.

Finally, present your project in front of all teachers and friends.



ACTIVITY 5: NOTES ON RENOWNED DANCERS

Write a brief note on renowned modern Indian dancers of your choice. Write creatively and paste pictures. Along this activity, try to imitate the moves, postures and gestures of the renowned dancer.



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