



# Hindusthan Art & Music Society

(ISO 9001 Certified Examination Board of Indian Art & Culture)  
Estd- 2010

## FOLK DANCE

### PRE-PRIMARY LEVEL

Total Marks: 100 (Practical 100)

#### Practical

1. Demonstration of basic **body movements** and **physical exercises**.
2. Performance of **Luri Dance** and **Gypsy Dance**.
3. Demonstration of **Dadra** and **Kaharba** talas.
4. General knowledge of **Folk Dance**.
5. Footwork practice in **Dadra** and **Kaharba** talas.
6. Oral questions on practical topics.

### PRIMARY LEVEL

Total Marks: 100 (Theory 25, Practical 75)

#### Theory (Oral)

1. Terminology: *Nritya, Tali, Khali, Sam, Phank, Avartan*.
2. Full introduction to **Dadra** and **Kaharba** talas and practice of writing their *thekas*.
3. Write short notes on any **three folk dances**.

#### Practical

1. Body and foot movements according to the prescribed talas.
2. Demonstration of essential physical exercises for dance.
3. Performance of **any four folk dances**.
4. Recitation of *thekas* of **Dadra** and **Kaharba** with *tali-khali*.
- 5.

### JUNIOR DIPLOMA – 1st YEAR

Total Marks: 150 (Theory 50, Practical 100)

#### Theory

1. Terminology: *Natya, Mudra, Laya, Chhanda, Vibhag, Theka*.
2. Full introduction to **Teentaal, Dadra**, and **Kaharba** talas; writing *theka, thay*, and *dugun laya*.
3. Discussion on **costume and adornment** used in the prescribed folk dances.
4. Detailed knowledge of **musical instruments** used in folk dance traditions.
5. Biography: **Mani Bardhan**.

#### Practical

1. Body and foot movements according to the prescribed talas.
2. Performance of **Santhali, Tusu, Jhumur**, and **Dhamail** dances.
3. Performance of **one Rabindra Nritya** and **one Nazrul Nritya**.
4. Recitation of *thekas* of **Teentaal, Dadra**, and **Kaharba** in *thay* and *dugun* with *tali-khali*.



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## SENIOR DIPLOMA – PART I (2nd YEAR)

Total Marks: 150 (Theory 50, Practical 100)

### Theory

1. Terminology: *Jati, Mushti, Nritta, Natya, Mudra*.
2. Detailed description of the folk dance tradition of **any one Indian state**.
3. Detailed description of **folk dances of West Bengal**.
4. Definition of **Folk Dance** and comparison with **Classical Dance**.
5. Detailed notes on **Gypsy Dance** and **Garba Dance**.
6. Full introduction to **Jhaptal, Teora, and Khemta** talas; writing *theka, thay, and dugun*.

### Practical

1. Performance of **one dance** based on each prescribed tala.
2. Performance of **Harba, Bihu, Garba, Dhankata, and Bounach** dances.
3. Performance of **two Rabindra Nritya** and **two Nazrul Nritya**.
4. Recitation of *thekas* of **Jhaptal, Teora, and Khemta** in *thay* and *dugun* with *tali-khali*.

## SENIOR DIPLOMA – FINAL (3rd YEAR)

Total Marks: 150 (Theory 50, Practical 100)

### Theory

1. Notes on **Mandira Dance, Shikari (Hunter's) Dance**, and their classifications.
2. Discussion on the **past, present, and future** of folk dance.
3. The place of **spirituality** in folk music and dance.
4. Biography: **Uday Shankar**.
5. Discussion on **Hori Dance of Uttar Pradesh** and **Jele Dance of Maharashtra**.
6. Full introduction to **Ektal, Dashkushi, and Tanchap** talas; writing *theka, thay, dugun, chaugun*.

### Practical

1. Performance of **one dance** based on each prescribed tala.
2. Performance of **Chapeli, Bhangra, Bihu, and all dances** from previous years.
3. Performance of **two Rabindra Nritya** and **two Nazrul Nritya**.
4. Recitation of *thekas* of **Ektal, Dashkushi, Tanchap** in *thay, dugun, chaugun*.



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## NRITYA VISARAD – PART I (4th YEAR)

Total Marks: 150 (Theory 50, Practical 100)

### Theory

1. Notes on **Bhangra, Garba–Garbi**.
2. Knowledge of **mudras** and their application in folk dance.
3. The place of folk dance in **Indian culture**.
4. Biographies: **Sitara Devi, Lalon Fakir**.
5. Classification of **Indian folk dances**.
6. Full introduction to **Chautal** and **Menkup** talas; writing *theka, thay, dugun, tigung, chaugun*.
7. Terminology: *Jati, Pataka, Tripataka, Samyukta & Asamyukta Mudras, Pranam, Anjali*.

### Practical

1. Performance of **one dance** based on each prescribed tala.
2. Performance of **Ojha, Gajan, Holi**, and **Goanese (Maharashtra)** dances.
3. Performance of **four Rabindra Nritya** and **four Nazrul Nritya**.
4. Recitation of *thekas* of **Chautal** and **Menkup** in all layas.
5. Demonstration of **Samyukta** and **Asamyukta Mudras**.
6. Oral recitation of all prescribed folk dances.

## NRITYA VISARAD – FINAL (5th YEAR)

Total Marks: 400 (Theory 200, Practical 200)

### Theory

#### First & Second Papers

1. Notes on **Mask Dance, Occupational Dance**, and **Ballet Dance**.
2. Discussion on the **freedom of expression** and **emotional application** in folk dance.
3. Definition and characteristics of **Navarasa**.
4. Discussion on the **10 Pranas of Tala**.
5. Influence of **folk culture** on Indian politics and economy.
6. Full introduction to **Surphank, Dhamar, Chanchal, Nabatal** talas; writing *theka, thay, dugun, tigung, chaugun*.
7. Terminology: *Vishnumal, Jivamal, Tatamal, Rutumal, Daat, Hela, Opera*.
8. Discussion on **Nayak–Nayika Bheda, Rasa Bheda, Hasta Bheda**.
9. Biographies: **Birju Maharaj, Gurusaday Dutt**.
10. The place of folk dance in **modern choreography**.
11. Description of any **one Indian classical dance form**.
12. Qualities and limitations of a **professional folk dancer**.



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## Practical

1. Performance of **one dance** based on each prescribed tala.
2. Performance of **Pujarini, Kirtan, Dhamail, Naga Dance, Grass-cutting Dance.**
3. Performance of **six Nazrul Nritya.**
4. Recitation of *thekas* of **Surphank, Dhamar, Chanchal, Nabatal** in all layas.
5. Basic knowledge of any **one classical dance form.**
6. Presentation of **self-choreographed folk dance** in regional style.
7. One dance from each category of **Rabindra Sangeet.**
8. Performance of various **tribal dances of India.**
9. Performance of folk dances demonstrating **tala and rhythmic variations.**