

DANCE — FULL MIND MAP

Topic-wise · Fully Explained · Hinglish · SSC / BPSC / BSSC / Railway

Questions 1 – 143

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1. Foundations — Natya Shastra, Abhinaya & Dance Aesthetics

- Bharat Muni ne **Natya Shastra** likha — Sanskrit text, 36 chapters, 6000 poetic verses, performance arts (dance/music/drama) ka sabse purana granth. India ke **zyadatar classical dance forms ka origin Natya Shastra hi hai**. Classical dancing ki technique ko **Bharata ne ~5th century B.C.** mein codify kiya tha. [Q6, Q38]
- Indian classical dance ke **do basic aspects**: **Tandava** (movement/rhythm, masculine) aur **Lasya/Laasya** (grace/bhava/rasa, 'soft and female presentation' wala aspect). **Teen main components**: Natya (dramatic element/imitation), Nritya (basic dance movements), Nritya (expressional — mudras/gestures). [Q2, Q34]
- **Abhinaya** (Sanskrit — 'taking towards') = facial/bodily expressions jo mudras, bhavas, eye-motion se ek story sunate hain. **Char types**: Aangika (bodily movements), Vachika (speech/poems/dramas), **Aharya Abhinaya — costumes, jewellery, facial make-up**, Saatvikam (sattvik emotions). [Q20, Q33]
- **Nine Rasas** (as per Natya Shastra): Shringara, Haasya, Karuna, Rudra, Veera, Bhayaanaka, Bheebhatsya, Adbhutha, Shaantha. [Q34]
- **Etymology of dance names**: Bharatanatyam — Natyam (Sanskrit, 'dance'). Kathakali — Katha (story) + Kali (performance). Mohiniyattam — Mohini (Vishnu ka female avatar) + Aattam (motion). **'Kathak' word 'Katha' (story) se aaya hai** — professional storytellers (Kathakars) se origin. [Q36]
- **Ekaharya** — genre jisme **ek hi solo dancer multiple roles** nibhata hai; iska best example **Bharatanatyam** hai. Isi genre ka crucial text — Nandikesvara ki **Abhinaya Darpana**. [Q100, Q106]

2. Bharatanatyam (Tamil Nadu)

- Bharatanatyam **Tamil Nadu** ka classical dance hai, Natyashastra se origin. British colonial govt ne ise **1910 mein ban** kar diya tha. 6 portions: Alarippu (invocation), Jathiswaram (Nritta), Shabdam, Varnam (Nritta+Nritya), Padam (bhajan/keerthanam), Tillana (Hindustani Tarana se origin). [Q3]
- Purana naam — **Sadir Attam / Dasiattam** — kyunki ye **devadasis** dwara Tamil Nadu ke temples mein perform kiya jaata tha. **Rukmini Devi Arundale** (Kalakshetra ki founder) ne Dasi Attam ko devadasi practice se uthakar respectable art-form banaya — unki style '**Kalakshetra style**' kehlati hai. [Q13, Q68, Q83]
- 3 main styles/schools: **Melattur, Pandanallur, Vazhuvoor**. [Q69, Q106]
- **Alarippu** ('a flowering bud') — invocatory opening piece, poore performance se pehle hoti hai. **Abhinaya** — facial expressions; **Mangalam** — dance ka ant; **Thillana** — final part. [Q63, Q106]
- **Carnatic music** ke saath perform hoti hai. Ye **Shaivism** (Lord Shiva worship) ke spiritual ideas express karti hai. **Chidambaram temple (Tamil Nadu, Nataraja/Shiva ko dedicated, 10th century, Chola/Dravidian style)** ke gopurams par Bharatanatyam poses depict hain. [Q15, Q59, Q93]
- Statement-type trap: **Bharatanatyam ka origin Tamil Nadu hai, Odisha NAHI**; lekin Natyashastra ke Rasa/Bhava jaise techniques ka origin Bharat Muni se hai — ye baat sahi hai. [Q2]

EXAM TRAP — Bharatanatyam vs Odissi origin

Bharatanatyam ka origin **Tamil Nadu** hai (Odisha nahi). Confuse mat karo — Odisha ka apna classical dance **Odissi** hai, alag hai.

3. Kathak (Uttar Pradesh)

- Kathak — Uttar Pradesh ka classical dance, '**Katha**' (story) word se derived, professional storytellers (Kathakars) ki parampara se aaya. **Hindustani Classical Music** se associated hai. Mughal emperors ke under bhi perform hota tha. [Q16, Q36, Q47, Q57]
- **3 gharanas (cities): Jaipur** (founder Bhanu Ji Maharaj), **Banaras/Benaras** (founder Janakiprasad), **Lucknow** (founder Ishwari Prasad). **Erstwhile princely state — Avadh** Kathak se primarily associated tha. Exponents: Pandit Birju Maharaj, Shovna Narayan, Shambhu Maharaj, Lachhu Maharaj. **Raigarh Gharana** — Raja Chakradhar Singh ke patronage mein bana. [Q57, Q65, Q70]
- **Thumri music** Kathak se associated hai (semi-classical genre, Purvi UP se origin). **Natwari Nritya** bhi Kathak se associated hai — Krishna ka dance kehlati hai. [Q16, Q23]

4. Kathakali (Kerala)

- Kathakali — Kerala ka classical dance, 'Katha' (story) + 'Kali' (performance). **17th century mein Southern India mein Prince of Karnataka ke patronage mein shape li**. Kelikottu (drum-playing performance) se dance shuru hota hai. Sopana sangeet follow karta hai. [Q79, Q88]
- **Elaborate colourful makeup aur masks** se pehchana jaata hai — ancient martial art ko depict karta hai. Sevakali practice-session (temple precincts mein) is dance se pehle hoti hai. Vazhuvoor NAHI — ye Kathakali ki apni identity hai. [Q19, Q96]
- Stories Hindu epics se: Bhagavata Purana, Mahabharata, Ramayana. '**Nalacharitham**' play (likha 'Unnai Warriar' ne) — Nala-Damayanthi ki love story, iske saath associated hai; **24 basic mudras**. '**Kalasam**' dance-sequence Kathakali mein hota hai. [Q66, Q74]
- Instruments: Chenda, Madhalam, Chengila, Elathalam/Ilathalam, Idakka, Sankhu (conch). Songs' text — **Attakkatha**. [Q66, Q79]
- Kathakali **face par various colours use karta hai characters ko symbolise karne ke liye** — intricate choreography, elaborate makeup/costumes ke liye famous. Characters 3 categories mein bante hain: **Satvika, Rajasika, Tamasika**. Ye **5 forms of fine art ka harmonious combination** hai — Literature (Sahithyam), Music

(Sangeetham), Painting (Chithram), Acting (Natyam), Dance (Nritham). [Q103, Q140]

5. Mohiniyattam (Kerala)

- Mohiniyattam — 'dance of the enchantress', Mohini (Vishnu ka female avatar) + Aattam (motion/dance). Solo recital by women; **Lasya aspect dominant** — Bharatanatyam aur Kathakali dono ke elements iss mein hain. Lord **Vishnu** se associated hai. [Q24, Q109]
- Carnatic music se accompanied. Forms: **Tevitichiyattam, Nangai Natakam, Dasiyattam**. Ancient text '**Vyavaharmala**' (1709, Mazhamagalam Narayanan Namputiri) mein mention hai, aur 'Ghoshayathra' mein bhi. Main percussion instrument — **Edakka** (Mridangam/Madhalam, flute, Veena, Kuzhitalam bhi use hote hain). [Q53, Q104, Q111]

6. Odissi (Odisha)

- Odissi — Odisha ka classical dance, Odissi music se accompanied. **Pakhawaj syllables concluding prayer 'Mangalacharan' ke liye use hote hain. Moksha** Odissi performance ka ek item hai — 5 types ke items hote hain: Mangalacharan, Sthayee/Batu, aur aage. Lord **Jagannath** ki worship se related hai. [Q58, Q76, Q78]
- **Mahari Dance** — Odisha, Puri ke Jagannath temple mein devadasi 'Maharis' द्वारा perform hoti thi. **Gotipua Dance** — young boys perform karte the (women ke vastra pehen kar), Jagannath/Krishna ki praise mein. Dono Odisha se belong karte hain. [Q29]

7. Manipuri (Manipur)

- Manipuri dance — Radha-Krishna ki **Rasleela** themes par based, Vaishnavism se judi hai. **Predominant theme — Devotion**. Introverted/restrained style — artist audience se eye contact nahi karta. Do main divisions: **Jagoi aur Cholom**. [Q9, Q87, Q92, Q101]
- Do traditions: **Sankeertana** (devotional aspect) aur **Raasa**. Masculine aspect — **Choloms** (Sankirtana tradition ka part; male dancers Pung aur Kartal bajate hain). **Pung Cholom** ('roar of drums') — dance movements mein drum prominently use hota hai, Thang Ta/Sarit Sarak/Maibi Jagoi martial arts se elements liye. [Q17, Q22, Q37, Q115]
- **Nat** — Manipuri classical singing style, Pung (drum) instrument use hota hai. Exponents: **Guru Bipin Singh** (father of Manipuri dance), Darshana Jhaveri. Dance styles: Raas, Nata-Sankirtan, Pung Cholan, Dhola Cholan, Kartal Cholan, **Thang Ta** (martial art form). [Q48]
- **Lai Haraoba** — Manipuri dance ka earliest form, Meitei tribe द्वारा perform, Manipur ka hi hai. Types: Kanglei, Chakpa, Moirang, Kakching Haraoba. '**Nupa**' dance bhi Manipur se associated (Nupa Pala/Kartal Cholan — Manipuri style ki ramification). [Q71, Q105]

8. Sattriya (Assam)

- Sattriya — Assam ka **500-year-old classical dance**, Vaishnavite monasteries (Sattras) se develop hua, neo-Vaishnavite movement ka part (started by **Srimanta Sankardev**, 15th century). **Sangeet Natak Akademi ne 2000 mein Classical Dance ka status diya**. Styles: Paurashik Bhangi (male), Stri Bhangi (female). [Q1, Q10, Q100]
- One-act play ko '**Ankiya Nat**' kehte hain (Brajavali language mein likha, 'Bhaona' bhi kehlata hai, Krishna ki stories batata hai). Songs — Shankaradeva/Madhavdeva ke **Borgeet** (15th-16th century). Instruments: khol, manjira, flute. [Q5, Q107]
- **Chali, Jhumura, Nadu Bhangi** — Sattriya se associated (Gayan-Bhayanar Nach, Kharmanar Nach bhi). Neo-Vaishnava movement se pehle Assam mein Ojapali aur Devadasi dance forms the. **Mati-Akhora** ('ground par exercise') Sattriya se associated, sirf Bhokots (male monks) perform karte the pehle. [Q44, Q73]

9. Kuchipudi (Andhra Pradesh)

- Kuchipudi — Andhra Pradesh, **Carnatic music** se accompanied ('Father of Carnatic Music' — Saint Purandara Dasa; 3 essential elements — Shruti, Raga, Tala). General moniker 'Yakshagana' — **17th century mein Siddhendra Yogi** ne develop kiya, groups mein perform hoti hai (dance-play). **Vedantam Lakshminarayana Sastri** ne revive/reconstruct kiya. [Q94, Q96, Q100]

10. Chhau — Semi-Classical Dance of Eastern India

- Chhau — Ministry of Culture ne **classical dance** ki tarah identify kiya hai, semi-classical hai with martial + folk traditions, Eastern India mein prevalent. Origin — **Kalinga (Odisha)**. Fundamental vocabulary — mock combat, birds/animals ki stylised gaits, housewives ke chores se movements — **mostly male dancers**. Mahabharata/Ramayana ke episodes enact karta hai. Chaitra Parva spring festival se related. UNESCO Intangible Cultural Heritage list — 2010. [Q31, Q41, Q67]
- **3 distinct forms: Saraikela (Jharkhand), Mayurbhanj (Odisha), Purulia (West Bengal).** 'Marwahi Chhau of Chattisgarh' **EXIST NAHI** karta — ye ek trap option hai. Famous dancers: Upendra Biswal, Rajendra Pattanayak. [Q31, Q67]

EXAM TRAP — Chhau ke sirf 3 forms hain

Chhau ke sirf **Saraikela, Mayurbhanj, Purulia** — teen hi authentic forms hain. Koi bhi chautha option jaise 'Marwahi Chhau' ek **DISTRACTOR** hota hai — exist nahi karta.

11. Folk Dances — North & North-East India

- **Punjab:** Bhangra, Giddha, Luddi, Julli, Jhumar, Gatka. **Gatka** — Nihang Sikh warriors ki traditional fighting style, self-defence + sport dono ke liye. [Q4, Q14, Q117]
- **Haryana:** Gugga/Baggawala/Zahir Pir/Guru Gugga (**men perform karte hain**), Khorja, Daph, Lohar, Phag, Saang, Chhathi. '**Ratvai**' dance — **Mewati tribes** se associated hai (chaupaia bhi devotional dance hai Haryana ka). [Q52, Q129]
- **Himachal Pradesh:** Jhora, Jhali, Chharhi, Dhaman, Chhapeli, Mahasu, **Nati** (Guinness World Record — largest folk dance in world; upper Garhwal mein 'Tandi' kehlati hai), Dangi. **Ghurehi dance** — Chamba region ki ladies perform karti hain, Shivratri festival, Shiva ko dedicated. [Q18, Q55, Q85]
- **Uttar Pradesh:** Nautanki, Raslika, Kajri, Jhora, Chappeli, Jaita, Charkula (Braj region), Khyal, Ramlila, Dadra. **Biraha** — Ahir ethnic Bhojpuri folk genre (UP/Bihar/Jharkhand), women ki anguish (partner ghar se door) depict karti hai. [Q18, Q90, Q116]
- **Uttarakhand:** Choliya, Pandav Nritya, Bhotia/Bhotiya Dance, Jhora Dance, Jhumela, Jagar. **Ladakh: Balti dance** (apni costume/music/Balti language songs, rare occasions par perform), Kathok Chenmo, Kompa Tsum-Tsag, Koshan, **Shondol ('Royal Dance of Ladakh')**, Takshon. **Kashmir:** Kud, Dumhal, Rouf, Bhand Pather, Bachha Nagma. [Q40, Q143]
- **Bihar:** **Jhijhiya** — Mithila town (women-only dance), Navratri 9-nights festival mein **Lakshmi, Parvati, Saraswati** ki worship. [Q86]
- **Assam:** Bihu, Bagurumba, Deodhani, Bhortal dance, Bichhua, Khel Gopal, Tabal Chongli, Jhumura Hobjanai, Ojapali (2 varieties: Sukananni/Maroi Goa Ojah — Shakti cult, Vyah Goa Ojah — Vaishnava cult). **Jhumur Dance** — Assam's tea-garden 'Kulis' autumn mein perform karte hain. [Q43, Q44, Q114]
- **Tripura:** Garia, Lebang Boomani (Tripuri community ka **harvest dance**), Hozagiri (Reang community), Bizu, **Hai-Hak**, Cheraw, Jhum, **Maimata/Mamita** (Kalo community, harvest festival), **Sangrai** (Mog tribal community, Chaitra maah). [Q14, Q28, Q97, Q120]
- **Sikkim:** **Bhutia dance**, Singhi Chham, Tamang Selo, Sherpa Dance, Ghantu, Gayley-Yang, Sangey Chham, Chu Faat. **Zo-Mal-Lok** — **Lepcha community** se associated, paddy sowing/harvesting depict karta hai. [Q7,

Q99]

- **Nagaland:** Modse, Agurshikukula, **Aaluyattu** (Konyak tribe), Sadal Kekai, **Changai Dance** (Chang tribe, Naknyulum festival), Khamba Lim, Kuki Dance, Leshalaptu, Mayur Dance, Butterfly Dance (Zeliang tribe), Seecha/Kukui Kucho (Angami). [Q62, Q135]
- **Manipur (folk):** **Thabal Chongba**, Rasa lila, Gaura Lila, Pung Cholom. [Q64]
- **Meghalaya:** **Laho** (Jaintia tribe, Behdienkhlam festival), Nongkrem, **Shad Suk Mynsiem**, Wangala, Dorsegata. **'Chad Sukra'** — Meghalaya ka sowing festival hai. [Q50, Q130]
- **Arunachal Pradesh:** **Buiya (Digaru Mishmi tribe, performed in Tazampu/Duiya/Tanuya festivals)**, Chalo (Nocte tribe), Oriah Dance (Wancho tribe), Pasi Kongki/Ponung (Adi tribe), Popir (Galo tribe), Bardo Chham (Sherdukpens community), Aji Lhamu, Roppi, Hurkani, Lion and Peacock dance. **Rikham Pada** — Nishi tribe ki women, husbands ke liye love express karti hain. **Tapu** — Adi tribe perform karti hai. **Sangphao** tribal dance bhi Arunachal se hai. [Q32, Q43, Q89, Q102]
- **Mizoram:** Cheraw Dance (Bamboo dance), Khuallam (**'village guests' exclusive dance**, 'Khuangchawi' ceremony mein), Chailam, Zangtalam, Khanatm. [Q132]
- **Goa:** **Ghode Modni** ('Warrior Dance' — Maratha rulers/warriors ko commemorate karti hai), Tarangamel, Dekhni, Fugdi, Shigmo, Samayi nrutya, Ranmale, Gonph, Tonnya mell, Dhangar (shepherd community, Navratri). [Q8]

12. Folk Dances — West & Central India

- **Maharashtra:** **Lavani**, Powada, Koli, **Dhangari Gaja**, Waghya Murali (Lord Khandoba se associated, pair Waaghya-Murali). **Songi Mukhawate** dance — truth vs falsehood ki jeet celebrate karta hai, do lion masks (Narasimha/Vishnu ko represent karte hain). [Q4, Q18, Q30, Q119]
- **Gujarat:** Dandiya Raas (**Durga-Mahishasura ke mock fight ko represent karta hai**), Tippani, Bhavai, Garba (Navratri ka main dance), Daang, Gheriya, Dangi Nritya, Matukadi, Siddi Dhamal (hunting dance, Siddhi community — East African descendants, 14th-17th century aaye), Padhar Dance, Hudo. **Rathwa dance** — Rathwas tribe, Holi festival, 5 din chalta hai (male — gherriyas, female — gheranis). **Hallisaka** — group dance, young man beech mein khada hota hai. [Q21, Q35, Q77, Q112, Q137]
- **Rajasthan:** Ghoomar (worship — **Goddess Saraswati, developed by Bhil tribe**), Bhavai, Kalbelia (**'Sapera dance' — snake-charmer community**), Terah Taali/Teratali (**Kamad tribe ki women**), Chari dance (Gujjar/Saini community, women sar par jalte diyas ke saath ghade uthati hain). **Chakri dance — Kanjar tribe** ki women. [Q4, Q84, Q98, Q108, Q110, Q127]
- **Madhya Pradesh:** Jawara, Matki, Aada, Khada Nach, Phulpati, Grida, Selalarki, Selabhadoni, Maanch, Chatkora Dance (Korku tribe), Bhagoria Dance (Bhils). **Terah Tali/Terah tali** — **Kamar tribe** ki ritual dance, women baithkar shuru karti hain. [Q75]
- **Chhattisgarh:** **Karma** (autumnal Karma Puja festival, Karam tree ke saamne), Raut Nacha (Yaduvanshis), Panthi, Pandavani, Saila (sirf boys, harvest season ke baad), Suwa, Gendi, Cherchera. **Gaur Maria** — Gaur Madiya (Abujhmad plateau, Bastar), marriage occasion par. **Dandari troupes 'Ghusadi'** perform karte hain (Adilabad, Telangana; Kolam aur Raj Gond tribes). [Q25, Q27, Q49, Q142]

13. Folk Dances — South India

- **Tamil Nadu:** **Karagam** (sar par pot balance, musical accompaniment), Kolattam, Karakattam, Kazhai Kothu, Devaraattam, Mayil Attam, Kummi, Oyilattam. **Kavadi Attam** ('Burden Dance') — Murugan (war ke god) ki ceremonial worship, Thaipusam festival ka part. [Q80, Q91]
- **Kerala:** Theyyam, Thiruvathirakali, Kolkali, Ottam Thullal, Kaikottikali, Tappatikali, Kali Auttam, **Chavittu Kali**, Padayani, Ottamthullal. **Thullal dance** ki 3 versions — Seethankan, Parayan, Ottan Thullal. **Mudiyettu** — 2010 mein UNESCO ne intangible cultural heritage list mein liya, Goddess Kali aur demon Darika ke battle ki ritual dance drama hai. [Q11, Q12, Q51]

- **Karnataka: Kamsale** (Beesu Kamsale — brass instrument bhi, Mahadeshwara devotees, group dance, menfolk perform karte hain), Dollu Kuniitha, **Bolak-aat** (Kodava men, oil lamp ke saamne, chiavari yak-fur + odi-kathi sword), Bhootha Aradhane, Nagamandala Dance, **Veeragase** (Dussehra festival), Yakshagana. **Suggi** — Halakki Vokkaliga tribe, harvest season. **Bhootha Kola** — spirit-worship ritual dance. **'Ummatt-aat'** — Coorg folk dance, saath mein Dollu Kuniitha/Suggi Kuniitha/Gorava Kuniitha/Somana Kuniitha/Komb-aat/Bhootha Aradhane/Yaksha Gana Karnataka mein hote hain. [Q56, Q81, Q82, Q124, Q128, Q136]
- **Andhra Pradesh:** Gobbi, Dandaria, Veeranatyam, Butta bommalu, Bonalu, Dappu, Dhamal, Mathuri, Bathukamma, Vilasini Natyam, Tappeta Gullu. **Lambadi** — **Banjara tribe** (nomadic, 1950s denotify hui, Habitual Offenders Act 1952 ke under thi; other names: Lambani/Karnataka, Gwar-Gwaraiya/Rajasthan; language — Gorboli/Gor mati Boli/Brinjari). **Dhimsa** — **Porja tribe, Araku Valley** se. [Q39, Q45]
- **Telangana:** Perini Sivatandavam, Dappu Dance, Lambadi, Oggu Katha, Chindu Bhagavatam, Gussadi Dance, Tholu Bommalata. **'Mathuri'** folk dance Telangana mein practice hoti hai. [Q131]

14. Folk Dances — East India (Odisha, WB, Jharkhand, Bihar)

- **Odisha:** Gotipua Dance, Dhap, Paika. **Daskathia** — 2 males ki tribal/folk-theatre dance, Lord Shiva ki worship se associated, historic/Puranic events depict karti hai. **Ranapa** — stilts par perform hoti hai, Lord Krishna ke bachpan ki stories. [Q7, Q60, Q133]
- **West Bengal:** Purulia Chhau, Baul, Gambhira (masked dance, Chaitra Sankranti, Sutradhar community masks banate hain, neem/fig trees se). **Brita dance** — smallpox jaisi illness se recover hone par local deity ka dhanyawad karne perform hoti hai. **Alkap** — dance + singing + drama + recital ka confluence. [Q95, Q121, Q134]
- **Jharkhand:** Phagua Nach, Munda Dance, Sohrai Dance, Sarhul Dance (**Oraon tribe ka New Year festival**, Chaitra maah), Jamda dance, Alkap, Karma, Agni, Jhumar, Paika, Phagua. **Mundari dance** — **Munda tribe** (harvest season, instruments Madal/Nagara/Bansi). **Paika dance** bhi Munda tribe hi perform karti hai (honoured guests welcome ke liye). **Jhumur** — Kudmi community, women cultivation season mein perform karti hain (Mardana/Janani Jhumair bhi hain). **Jhika Dashain** — Santhal tribe, Dussehra se pehle. **Kadsa** — women, Kalasha (earthen pot) sar/shoulder par lekar perform karti hain. [Q26, Q42, Q54, Q61, Q113, Q139]

15. Tribal Dances — Community-wise Match

- **Tribe → Dance quick match:** Munda (Jharkhand) → Paika/Mundari | Santhal (WB/Jharkhand/Odisha) → Santhali Dance/Jhika Dashain | Bhil (Rajasthan/MP/Gujarat/Maharashtra/Chhattisgarh/Tripura — largest tribal group, 2011 Census) → Ghoomar | Kalbelia (Rajasthan) → Kalbelia Dance | Bhagoria/Bhils (MP) → Bhagoria Dance | Porja (Andhra Pradesh) → Dhimsa | Banjara (Andhra Pradesh) → Lambadi | Chang tribe (Nagaland) → Changai | Konyak (Nagaland) → Aaluyattu | Zeliang (Nagaland) → Butterfly Dance | Meitei (Manipur) → Lai Haraoba | Nishi (Arunachal) → Rikham Pada | Adi (Arunachal) → Tapu | Digaru Mishmi (Arunachal) → Buiya | Kolam & Raj Gond (Telangana) → Ghusadi | Kamad (Rajasthan) → Teratali | Kanjar (Rajasthan) → Chakri | Gaur Madiya (Chhattisgarh) → Gaur Maria | Oraon (Jharkhand) → Sarhul | Jaintia (Meghalaya) → Laho | Reang (Tripura) → Hozagiri | Tripuri community → Garia/Jhum/Maimita/Masak Sumani/Lebang Boomani | Kaloi community (Tripura) → Maimata/Mamita | Lepcha (Sikkim) → Zo-Mal-Lok | Mog tribal community (Tripura) → Sangrai | Siddhis (Gujarat, East African descendants) → Dhamal/Mashira Nritya | Kudmi community (Jharkhand) → Jhumur | Gaur (Rajasthan-Bhil) → Chakri-type match; Valar → Garasiya, Chakri → Kanjar. [multiple: Q21, Q25, Q26, Q28, Q35, Q39, Q42, Q45, Q49, Q54, Q61, Q62, Q99, Q108, Q110, Q113, Q120]
- **Elelakkaradi** — **Kerala** ki tribal dance hai. Poori list ek saath: Santhali Dance (WB/Jharkhand/Odisha), Bamboo Dance (Mizoram), Kalbelia Dance (Rajasthan), Bhagoria Dance (MP), Chhau Dance (WB/Jharkhand/Odisha), Dhimsa Dance (Andhra Pradesh), Shad Suk Mynsiem (Meghalaya), Elelakkaradi (Kerala). [Q118]
- **Bharatanatyam** — India ka **pehla traditional dance jo theatre-art ki tarah refashion hua** aur ghar-bahar dono jagah widely exhibit hua. Kannada text **'Manasollasa'** (Someshwara III likhit) mein bhi iska brief mention hai. **Manipuri Dance** — **Meitai/Meitei people ki Vaishnavism** se associated hai (Chhau — martial+folk

semi-classical hai; Sattriya — Assam ki Krishna-Vaishnavism monasteries se; Kuchipudi — Natya Shastra se roots). [Q122, Q123]

- **Islands:** Minicoy Island ka popular folk dance — **Lava**. South Malabar ka mask dance — **Kummattikali** (Parichakali — Lakshadweep ka hai; Padayani/Paddeni — Kerala; Kummi/Kolattam/Kargam/Puli Vesham — Tamil Nadu). Lakshadweep island ka popular dance form — **Kolkali (Stick dance)**, jisme **sirf men participate karte hain**. [Q125, Q126, Q141]

- **Birhor dance** — **Jharkhand** ki tribal folk dance hai. [Q138]

16. International Dance Forms

- **Sri Lanka: Kandyan Dance** (developed Kandyan kings ke reign mein, Ramayana ki stories narrate karta hai), PahathaRata Netum, Sabaragamuwa. [Q46, Q72]

- **Bhutan: Joenpa Legso** (welcome dance), Drametse NgaCham, Pa Cham, Zhungdra, Boedra. [Q72]

- **Afghanistan:** Atan, Ishala, Natsa. [Q72]