

Course Name : Bachelor of Physical Education

Year : IInd(Part-3)

Paper Name : Skill and Prowess

Paper No. B

Topic no. : Part-III(D)

Lecture No. 28

Lecture Title : Indian Folk Dance

F.A.Q.

Q1. What do you know about Indian Dance ?

A1. Indian folk and tribal dances are simple dances, and are performed to express joy and happiness among themselves. Folk and tribal dances are performed for every possible occasion, to celebrate the arrival of seasons, birth of a child, a wedding and festivals.

Q2. Name some folk dances of Gujrat ?

A2. The most popular and known folk dances of Gujarat are Garba, Garbi, Rasa, Rasada, Tippani, Padhar-Nritya, Dangi-Nritya etc.. Most of these dances have a circle or Mandala as the basic Choreographic pattern.

Q3. What is Bhagra ?

A3. Bhangra, the most popular and virile of the community dance of the villages of Punjab is closely linked with the ritual importance which is given to wheat. After the wheat crop is sown, the young men gather together in some open field under the light of the full moon in answer to the beat of the drum. The leader,

with a large drum hung in front stands in the centre and plays the dholak (the drum) with sticks.

Q4. What is Gidda ?

A4. The Gidda is an exclusively women's dance, a counterpart of the men's Bhangra. Dressed gorgeously, the women gather together in the open courtyard to perform the Gidda. The Gidda is an ancient ring dance with simple graceful movements without crisp jerks and abrupt turns and twists so characteristic of the Bhangra. The dance begins in a circle, which is then broken up into two semi-circles and sometimes into groups of four or six. As in the Bhangra, the pairs emerge from the circle to perform different variations on a theme.

Q5. What is Grida Dance ?

A5. Grida Dance; When rabi crops sway in the fields in full bloom, the parties from different villages join together and perform the Grida dance. It continues from morning till evening. The host village returns the visit next year by going to the village of their guests of the preceding year.