

MANIPURI DANCE
CLASS-XI
THEORY

One Paper **3 Hours** **40 Marks**

1. Laiharaoba (Kanglei Haraoba) **15 marks**

- (i) Brief notes on the usage of each of the following:
- (a) Laiharaoba : iikouba, iikum, iitaba, iikarakpa, Laiokpa Jagoi - (Laibungthou, Lainura, Leikanglai).
 - (b) Lai Thawai Happa
 - (c) Phammang Thougai by Pena
 - (d) Sharoi Khangba
- (ii) Daily Rites:
- A. Morning:
Lai yakaiba heiyi, heiya, heiyum, malem leisem leiroisei, Laimang Phamba, Laipao chenba, Lukchanba.
 - B. Evening:
Maibi Laiokpa Jagoi, Lei-langba, thougai jagoi, Hoi-laoba (hoi-lon)
 - C. Laibou la thaba.
 - D. Laibou Jagoi, Lai chingthokpa jagoi (hakchang saba, Anoirol sakpa).
 - E. Yumsarol jagoi.
 - F. Panthoibi Jagoi (Pausa Esei)
 - G. Pamyanglon, Phisarol Jagoi
 - H. Longkhonba Jagoi
- (iii) Study of various kinds of Lai-pot (materials used in Lai Haraoba).

2 Tribal Dance: **5 marks**

Any one of the following Tribal Dances:

1. Kabui Dance

(i) Brief notes on the usage of each of the following:

- (a) Chappa lam (Male and Female)
- (b) Makhom Lam (Male and Female)

(ii) Study on various kinds of jagoi-phijet (costume).

Note: For Tangkhul, Mao-Maram and other Tribal Dances, detailed syllabi will be given in due course.

3 Ras Lila: **10 marks.**

I. Brief Notes on its usage of each of the following:

- (a) Revision on the fundamental movements of the body, hand gestures (Jagoi-khut-theke), foot works, steps and head movements.
- (b) A condensed course of Nitya-Ras:
 - (i) Sutra : Pung-Rag macha
Sutradhari- Rag-Alap
Brindavan varnam
Vaishnava vandana
 - (ii) Krishna-Abhisar
 - (iii) Radha-Abhisar
 - (iv) Mapop jagoi
 - (v) Chali-Jagoi (Jugol-Roop prarthana, Arati, Greehagaman)

II. Study of costumes of Ras-Lila or Jagoi.

4 Nata-Sankirtan: **10 marks.**

I. Brief notes on its usage of the following:

1. Basic knowledge and technique of Pung, Eshei, Chollom.
2. Naam-taaka (Pung + Esei + Jhaal).
3. Naam-Sankirtan macha.
4. Arati-Gourchandra, Radha-govinda, Jagannath, Laikoiba (Esei + Pung)

II. Costumes of Sankirtan for male.

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PRACTICAL PAPER**One Paper****60 Marks****1. Laiharaoba****20 marks**

(a) Laiharaoba (iikarakpa), Laiokpa Jagoi (Lainingthou lairembe, Leikangbi).

(b) Lai Thawai happa

(c) Phammang Thougai by Pena

(d) Sharoi Khangba

Daily Rites:

A. Morning:

Lai yakaiba heiyi, heiya, heiyum, malem leisem leiroisei, Laimang Phamba, Laipao chenba, Lukchanba.

B. Evening:

Maibi Laiokpa Jagoi, Lei-langba, thougai jagoi, Hoi-laoba (hoi-lon)

C. Laibou la thaba.

D. Laibou Jagoi, Lai chingthokpa jagoi (hakchang saba, Anoirol sakpa).

E. Yumsarol jagoi.

F. Panthoibi Jagoi (Pausa Esei)

G. Pamyanglon, Phisarol Jagoi

H. Longkhonba Jagoi

2. Tribal Dance:**10 marks**

Any one of the following Tribal Dances:

A. Kabui Dance

(i) Chappa lam (Male and Female)

(ii) Makhom Lam (Male and Female)

Note: For Tangkhul, Mao-Maram and other Tribal Dances, detailed syllabi will be given in due course.

3. Ras Lila:**15 marks.**

(a) Revision on the fundamental movements of the body, hand gestures (jagoi-khut-thek), foot works, steps and head movements.

(b) A condensed course of Nitya-Ras:

(i) Sutra : Pung-Rag macha

Sutradhari- Raga-Alap

Brindavan varnam

Vaishnava vandana

(ii) Krishna-Abhisar

(iii) Radha-Abhisar

(iv) Mapop jagoi

(v) Chali-Jagoi (Jugol-Roop prarthana, Arati, Greehagaman)

II. Study of costumes of Ra-Lila or Jagoi.

4. Nata-Sankirtan:**15 marks.**

1. Basic knowledge and techniques of Pung, Esei, Chollom.

2. Naam-taaka (Pung + Esei + Jhaal).

3. Naam-Sankirtan macha.

4. Arati-Gourachandra, Radha-govinda, Jagannath, Laikiba (Esei + Pung)

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MANIPURI DANCE
CLASS-XII
THEORY

One Paper **3 Hours** **40 Marks**

1. Lai Haraoba Dance(Ritual Dance) : 15 marks

- (i) Brief notes on the usage of each of the following:
Phibul habi, chong-khong yetpa pa -chunaba, Chongkhong litpa, Lairen Mathek (Yumjao paphal), Wakollo Shakpa.
- (ii) Kanglei Thokpa (Lai-Nupi-Thiba)
- (iii) Lai Loi (Lai-roi)
 - (a) Lai Nakka thengba, Fungarol Jagoi.
 - (b) Padon jagoi (Thang-jagoi, Mei-Houba)
- (iv) Study on the costumes of Lai-haraoba with reference to Maiba-Maibi, Pena Khongba and Male and Female performance.

2 Tribal Dance: 5 marks

Any one of the following Tribal Dances:

1. Kabui Dance

- (i) Brief notes on the usage of each of the following:
 - (a) Ga-lam (Male and Female)
 - (b) Kit-lam (Male and Female)
 - (c) Hoi-lam (Male only)

Note: For Tangkhul, Mao-Maram and other Tribal Dances, detailed syllabi will be given in due course.

3 Ras Lila: 10 marks.

I. Brief Notes on its usage of each of the following given below at (a) subject and to find out the hints on the differentiation of each of the four Ras (Kunja Ras, Maha Ras, Vasanta Ras and Nitya Ras).

- (a) A condensed course on Vasanta-Ras:
 - (i) Sutra : Pung-Rag macha
Sutradhari- Raga-macha
Brindavan varnam
Vaishnava vandana
 - (ii) Krishna-Abhisar
 - (iii) Radha-Abhisar
 - (iv) Mapop jagoi

- (v) Aber-Khel
- (vi) Chali-Jagoi (Jugol-Roop prarthana, Arati, Greehagaman)

II. Rasa for Ras.

4 Nata-Sankirtan: 10 marks.

I. Brief notes on its usage of the following:

- i. Pung - Raga - Macha with Kartik-sanchar
- ii. Esei - Any one of Raga Purush with vahan
- iii. Tintal-macha-Pung + Esei + Kortal
- iv. Rajmel - Pung + Esei + Chollom
- v. Tanchap - Pung + Esei + Konnaba
- vi. Menkup - Pung + Esei + Konnaba
- vii. Nityai-pada

II. Study of costumes of Sankirtan for male.

PRACTICAL PAPER

One Paper **60 Marks**

1. Lai Haraoba Dance(Ritual Dance) 20 marks

- (i) Phibul habi, chong-khong yetpa Pa -chunaba, Chongkhong litpa, Lairen Mathek (Yumjao paphal), Wakollo Shakpa.
- (ii) Kanglei Thokpa (Lai-Nupi-Thiba)
- (iii) Lai Loi (Lai-roi)
 - (a) Lai Nakka thengba, Fungarol Jagoi.
 - (b) Padon jagoi (Thang-jagoi, Mei-Houba)

Note: Remaining parts of the Laiharaoba are left for higher studies.

2 Tribal Dance: 10 marks

Any one of the following Tribal Dances:

1. Kabui Dance:

- (a) Ga-lam (Male and Female)
- (b) Kit-lam (Male and Female)
- (c) Hoi-lam (Male only)

Note: For Tangkhul, Mao-Maram and other Tribal Dances, detailed syllabi will be given in due course.

3 Ras Lila: 15 marks.

- (a) A condensed course on Vasanta-Ras:

- (i) Sutra : Pung-Rag macha
Sutradhari- Rag
Brindavan varnam
- (ii) Krishna-Abhisar
- (iii) Radha-Abhisar
- (iv) Mapop jagoi
- (v) Aber-Khel
- (vi) Chali-Jagoi (Jugol-Roop prarthana, Arati, Greehagaman)

4 Nata-Sankirtan: 15 marks.

- i. Pung - Raga - Macha with Kartik-sanchar
- ii. Esei - Any one of Raga Purush with vahan
- iii. Tintal-macha-Pung + Esei + Kortal
- iv. Rajmel - Pung + Esei + Chollom
- v. Tanchap - Pung +Esei + Chollom
- vi. Menkup - Pung + Esei + Chollom
- vii. Nityai - pada.

PRESCRIBED TEXTBOOKS FOR CLASSES XI & XII :

1. Chali by Guru Amubi Singh
2. Bhangi Pareng Achouba Gostha Bhangi by Guru Amubi Singh
3. Lai haraoba by Pandit Ng. Kulachandra Singh
4. Meitei jagoi Part-II by G. Surchand Sharma
5. Ras Sheireng (Nitya Ras and Vasanta Ras) by Guru N. Atomba Singh
6. Meitei Jagoi Khutthek by H. Thambal Sharma.
7. Manipurda Kabui Jagoi by Abungba Kabui.
8. Lai haraobagi Wakhallol Paring by Elam Indira.