

**CERTIFICATE COURSE**  
**Subject: MANIPURI DANCE**

**Marks-100**  
**SYLLABUS**

**PRACTICAL**

**First Year**

Course Objectives and Learning Outcomes:

The important foot works and body exercises of Manipuri dancing are imparted in these courses. Students will gain the basic knowledge of Male and female style of dances

- i. Basic steps,  
Chali Pareng of 8 matras no 1 to 15 with recitation of Bols
- ii. Punglon Jagoi (Dance & Bol), Lai-harouba (Dance & Bol)

Female Dance in different Tals,  
Male Dance in different Tals.

**Second Year**

Course Objectives and Learning Outcomes:

A bit of advanced knowledge of Manipuri dancing with Songs on different rhythms will be expected by the students in this major course.

- i. Goshthalila dance with Manipuri songs: :  
“Jay Dhabali Sowali”.....7 matras or  
“ Nacher Bala Nandadulal”.....8 matras.
- ii. Dance with any Manipuri Song of Rasalila of Tanchep Tals & Bols.
- iii. Dance with Rabindra Sangit.
- iv. Thougal Jagoi of Lai-harouba Dance