



Discuss – This is an all-encompassing directive – you have to debate on paper by going through the details of the issues concerned by examining each one of them. You have to give reasons for both for and against arguments.

Structure of the answer:

Introduction:

Start by explaining how dance and festivals are manifestation of creativity and are among the oldest art forms practised in India.

Body:

The seven sister states of India are known for their cultural extensity. These multilingual states are very much intricate in exhibiting their culture through their folk dance, the key features range from thanking nature, harvest festivals, animal representations etc. Explain with examples that the folk dances capture the movements of everyday life as well as animals and birds.

One can draw a map and show different forms of folk dance of all sister states.

Conclusion:

Conclude with their significance.

Introduction:

Northeast India comprises of eight states, which includes the state of Sikkim and the seven sister states – Arunachal Pradesh, Assam, Meghalaya, Mizoram, Manipur, Nagaland and Tripura. Folk dances in these states are often performed during festivals or to celebrate life. Dance is an important aspect in the lives of people living in this part of the country and hence many age-old dance forms are still practiced and kept alive.

Body:

Features of folk dance of North Eastern India:

1. **Depiction of good over evil:**

1. Ex: Bardo Chham is performed by the Sherdukpen tribe of Arunachal Pradesh. The dancers wear masks of 12 different animals and perform to the beats of many percussion instruments. Sherdukpen tribe believes that there are 12 different evil forces and they all appear in different months to mar the happiness of the community. The masks represent evil forces and the main objective of this art form is to ward off these evil forces.

2. **Performed before harvesting crops:**

- 0. Ponung is one of the most important folk dances of Arunachal Pradesh. Performed before the harvest of staple crops, it has women dancers.
- 1. Shad Suk Mynsiem of Meghalaya is a dance festival which is celebrated after every successful harvest.

3. **Performed during various festivals:**

- 0. Ex: Bihu forms the most important part of the Bihu festival celebration. The dance is performed by young men and women, accompanied by the playing of pipes & drums.
- 1. Buiya dance performed by the Digaru Mishmis of Arunachal Pradesh, is the main attraction of many tribal festivals.