



Chapter 17

DANCES OF MY NATION



0537CH17

India has many dance forms across the country. Every region has more than one dance form. Some of them are traditional, some folk, some ritualistic. You have also learnt this in your textbook *The World Around Us*. Let us get a visual exposure of dance forms of India through pictures, calendars, videos and whatever other forms you can bring in to show the class.

ACTIVITY 17.1 **MY DANCE COLLAGE** ★

- ◆ Collect pictures of dances and paste it or draw on this page.
- ◆ Imitate the postures of the dances in the pictures you have shared and seen above.

ACTIVITY 17.2 RHYTHMIC DIVERSITY OF MY DANCE

Connect dances with the geographical location and fill in the blanks in the India map according to the states.



ACTIVITY 17.3

MATCH THE DANCES WITH THEIR STATES

Prepare a spinning wheel with an arrow, and write the names of dances from different regions on the wheel.

Spin the wheel, and when it stops, identify the region corresponding to the dance under the arrow.



ACTIVITY 17.4

UNITING WITH MY DANCE

Watch the video of *Mile Sur Mera Tumhara* from the Prasar Bharati Archives online.

Identify the various arm movements and dance steps that you have learnt earlier? Now, create or compose your dance to the song with your choice of dance styles adding all the elements learnt earlier. See, if you can include one step and one arm movement of your choice from the dances that you have watched in the video.



I CELEBRATE MY DANCE

Celebrations make everyone feel happy and excited. There are many ways to celebrate different situations and events. Have you ever celebrated occasions with special dances for national festivals? It is likely that you have celebrated these occasions with your family, relatives, or friends.

Have you observed that these celebrations are incomplete without dance? Dance brings life to each and every movement or situation. It has the power to bring people together, regardless of age.



ACTIVITY 17.5 PATRIOTIC DANCE

Let us get back to another celebratory dance. In this activity, you are celebrating our national festivals by expressing salutation and love for the country. Through the art of dance, you can beautifully convey your emotions.

Divide the class into three or four groups. Let each group select one stanza from the song. Now, come together as a group and identify appropriate hand gestures and movements for the song. Finally, add different steps to match the beats of the song.

Play the song, and each group will present their chosen stanza, coming together to perform the entire dance.

For example, *Vande Mataram*, or C. Subramania Bharati's *Parukulle Nalla Naadu* or a patriotic song in your regional language.

Formative Assessment

CHAPTER 17 – DANCES OF MY NATION				
CG	C	Learning Outcomes	Teacher	Self
1	1.2	Initiative and effort given to know and learn various dance forms.		
1	1.2	Collaboratively, put together and perform a patriotic dance.		
2	2.2	Enthusiastically learns the dances from various regions.		



Teacher's observations: _____

Other comments: _____
