

FROM THE ACADEMIC SESSION 2026-2027

**DANCE
CLASS XI
THEORY**

40 Marks (70 Periods)

UNIT-WISE DISTRIBUTION OF MARKS		
UNIT	TOPIC	MARKS
I	DANCE	05
II	LAIHARAOBA	15
III	JAGOIRAAS	15
IV	TRIBAL DANCE	05
TOTAL		40 MARKS

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

UNIT-I **DANCE** **5 Marks (10 Periods)**

- a) Origin and Definition of Dance:-Western & Indian Concepts
- b) Indian Folk Dances
- c) Indian Classical Dances

UNIT-II **LAIHARAOBA** **15 Marks (25 Periods)**

- a) Origin and Development of Lai Haraoba
- b) Preparation and Ritual Structure of Lai Haraoba
- c) Sequence of Lai Haraoba (Kanglei)

UNIT-III **JAGOIRAAS** **15 Marks (25 Periods)**

- a) History and Development of Jagoi Raas Tradition
- b) Preparation and Ritual Structure of Jagoi Raas Performance
- c) Performance Structure of Kunja Raas

UNIT-IV **TRIBAL DANCE** **5 Marks (10 Periods)**

- a) Glimpses of Tribal Dance in Manipur
- b) Kabui Culture and its Important Annual Festival
- c) Kabui Dances: Typology,

DESIGN OF QUESTION PAPER

Subject : **DANCE**
Paper : Theory
Class : XI
Full Mark : 40
Time : 2 Hours

WEIGHTAGE TO OBJECTIVES						
	Objectives	Marks	Percentage			
I	Knowledge (K)	08	20%			
	Understanding/Comprehension (U/C)	20	50%			
	Application (A)	10	25%			
	Skill(S)	02	5%			
	Total:	40	100%			
WEIGHTAGE TO FORMS OF QUESTIONS:						
	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage	
II	Essay/Long Answer (E/LA)	2	30	10	25	
	Short Answer (SA-II)	4	36	12	30	
	Short Answer (SA-III)	5	30	10	25	
	Very Short Answer (VSA)	4	12	04	10	
	MCQ	4	12	04	10	
	Total:	19	120	40	100	
	WEIGHTAGE TO CONTENT:					
	UNIT	CONTENTS		Marks		
III	I	DANCE		05		
	II	LAI HARA OBA		15		
	III	JAGOI RAAS		15		
	IV	TRIBAL DANCE		05		
	Total :			40		
IV	SCHEME OF SECTIONS : NIL					
V	SCHEME OF OPTIONS : Internal option may be given in Essay Type Question					
VI	DIFFICULTY LEVEL : Difficult : 30% of total mark Average : 50% of total mark Easy : 20% of total mark					

Special Instruction: 1) Two questions of MCQ will be assertion-reason type question.
2) One question of SA-II will be source based question

Abbreviation : K(Knowledge),U(Understanding),C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

DANCE

PRACTICAL CLASS-XI

60 Marks (100 Periods)

UNIT-WISE DISTRIBUTION OF MARKS		
UNIT	TOPIC	MARKS
I	LAI HARA OBA	25
II	JAGOI RAAS	25
III	TRIBAL DANCE	10
TOTAL		60 MARKS

UNIT-WISE DISTRIBUTION OF COURSE CONTENTS

UNIT-I

LAI HARA OBA

25 Marks (40 Periods)

- Laihou, Chukpharol, Lai-ok Jagoi
- Thougal Jagoi :- Nupi, Neepa & Contemporary
- Laiching:- Contemporary, Sanglen, Nongmai, Phura
- Hakchang Saba, Nungnao Jagoi, Yumsharol
- Seishak:- Leimarel Sheishak, Panthoibi Sheishak, Nongthang Leima Sheishak, Ayangleima Sheishak, Hepli Pabot, Hepli Thangyei, Kalen Sheiding, Shikaplon, Wangang Sheishak

UNIT-II

JAGOI RAAS

25 Marks (40 Periods)

- Challi Pareng
- Krishna Abhishar of Kunja Raas
- Radha Abhishar of Kunja Raas
- Songs of Krishna Abhishar and Radha Abhishar of Kunja Raas
- Taals of Challi Pareng, Krishna Abhishar and Radha Abhishar

UNIT-III

TRIBAL DANCE

10 Marks (20 Periods)

- Dances of Kabui Tribes:- Chapa Laam, Makhom Laam, Souna Toumei (M/F), Kit Laam, Goichei Baanglaam, Galaam, Khoigunalaam, Tajui Bonalaam, Kanning Mei, Baan Baangmei, Bangkhek Pungkhek Mei, Baanglaam (M), Hoi Laam, Dinglien Laam (Group), Ponsa Laam, Bankhekmei.
- Songs of Kabui Dances:- Antai Laama (Chapa Laam), Lem Liliu (Makhom Laam), Anthen Nata (Khangbon Kadimei), Goicheibanglaam (Goichei Baanglaam Sujaojo), Lilu Taso Lemlo (Tajui Bonalaam), Khoigunalaam, He Kailu (Kitlaam), Kilong Leingdi Saangmai (Ponsa Laam)

**DESIGN OF
QUESTION PAPER**

Subject : **DANCE**
Paper : Practical
Class : XI
Full Mark : 60
Time : 3 Hours

MARKING SCHEME:

SECTION – A (Performance, Lecture & Demonstration) 6x3=18

- I. Unit I (a)/ Unit I (b) (6 marks)
- II. Unit II (a)/ Unit II (b) (6 marks)
- III. Unit III (a)/ Unit III (b) (6 marks)

SECTION – B (Performance, Lecture & Demonstration) 10x2=20

- I. Unit I (b)/ Unit I (c)/ Unit I (d) 10 marks)
- II. Unit II (b)/ Unit II (c)/ Unit II (d) (10 marks)

SECTION – C (Written) 4x3=12

- I. Description of performance from Section A (I) (4 marks)
- II. Description of performance from Section A (II) (4 marks)
- III. Description of performance from Section A (III) (4 marks)

SECTION – D (Viva Voce) (10 marks)

INSTRUCTION:-

Note (A): Every student will perform 5 activities from Section A and Section B. The activities will be in the form of performance, lecture and demonstration. The evaluation in the examination will be based on the Body movement, Songs, Taals, Discipline, Dress code etc.

Note (B): In Section C, every student will describe each performance from Section A (I), (II) and (III).

Note (C): Viva Voce of Section D will be based on the activities performed by the student.

Note (D): Evaluation scheme of practical examination:

3 activities from Section A – 6x3=18 marks
2 activities from Section B – 10x2=20 marks
Written (Section C) – 4x3=12 marks
Viva Voce (Section D) – 10 marks

FOR THE ACADEMIC SESSION 2026-2027

DANCE
CLASS XII
THEORY

One Paper

3 Hours

40 Marks

- 1. Laiharaoba 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-Rag-Alap
Brindavan Varnam
Vaishnava Vandana

- (ii) Krishna-Abhisar
- (iii) Radha-Abhisar
- (iv) Mapop Jagoi
- (v) Aber-Khel
- (v) Chali-Jagoi (Jugol-Roop prarthana, Arati, Greehagaman)

II. Rasa for Ras..

4. Nata-Sankirtan:

10 marks

I. Brief Notes on its usage of each 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.

DANCE
CLASS XII
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-Alap
Brindavan Varnam
 - (ii) Krishna-Abhisar
 - (iii) Radha-Abhisar
 - (iv) Mapop Jagoi
 - (v) Aber-Khel
 - (v) 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 + Konnaba
- vi) Menkup - Pung + Esei + Konnaba
- vii) Nityai-pada

PRESCRIBED TEXTBOOKS FOR CLASSES XI & XII:

1. Chili by Guru Amubi Singh
2. Bhangi Pareng Achouba Gostha Bhangi by Guru Amubi Singh.
3. Lai Haraoba by pandit Ng. Kulachandrda Singh
4. Meitei Jagoi Part-II by G. Surchand Shrama
5. Ras Sheireng (Nitya Ras and Vasanta Ras) by Guru N. Atomba Singh
6. Meitei Jagoi Khuthek by H. Thambal Sharma
7. Manipurda Kabui Jagoi by Abungba Kabui
8. Lai Haraobagi Wakhallol Paring by Elam Indira.

**DESIGN OF
QUESTION PAPER**

Subject : **DANCE**
Paper : Theory
Class : XII
Full Mark : 40
Time : 2 Hours

WEIGHTAGE TO OBJECTIVES					
I	Objectives			Marks	Percentage
	Knowledge (K)			08	20%
	Understanding/Comprehension (U/C)			20	50%
	Application (A)			10	25%
	Skill(S)			02	5%
Total:			40	100%	
WEIGHTAGE TO FORMS OF QUESTIONS:					
II	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
	Essay/Long Answer (E/LA)	2	30	10	25
	Short Answer (SA-II)	4	36	12	30
	Short Answer (SA-III)	5	30	10	25
	Very Short Answer (VSA)	4	12	04	10
	MCQ	4	12	04	10
	Total:		19	120	40
WEIGHTAGE TO CONTENT:					
III	UNIT	CONTENTS			Marks
	I	DANCE			05
	II	LAI HARA OBA			15
	III	JAGOI RAAS			15
	IV	TRIBAL DANCE			05
Total :				40	
IV	SCHEME OF SECTIONS : NIL				
V	SCHEME OF OPTIONS : Internal option may be given in Essay Type Question				
VI	DIFFICULTY LEVEL : Difficult : 30% of total mark Average : 50% of total mark Easy : 20% of total mark				

Special Instruction: 1) Two questions of MCQ will be assertion-reason type question.
2) One question of SA-II will be source based question

Abbreviation : K(Knowledge),U(Understanding),C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

**DESIGN OF
QUESTION PAPER**

Subject : **DANCE**

Paper : Practical

Class : XII

Full Mark : 60

Time : 3 Hours

MARKING SCHEME:

SECTION – A (Performance, Lecture & Demonstration) **6x3=18**

- | | | |
|------|----------------------------|-----------|
| I. | Unit I (a)/ Unit I (b) | (6 marks) |
| II. | Unit II (a)/ Unit II (b) | (6 marks) |
| III. | Unit III (a)/ Unit III (b) | (6 marks) |

SECTION – B (Performance, Lecture & Demonstration) **10x2=20**

- | | | |
|-----|---------------------------------------|------------|
| I. | Unit I (b)/ Unit I (c)/ Unit I (d) | 10 marks) |
| II. | Unit II (b)/ Unit II (c)/ Unit II (d) | (10 marks) |

SECTION – C (Written) **4x3=12**

- | | | |
|------|---|-----------|
| I. | Description of performance from Section A (I) | (4 marks) |
| II. | Description of performance from Section A (II) | (4 marks) |
| III. | Description of performance from Section A (III) | (4 marks) |

SECTION – D (Viva Voce) **(10 marks)**

INSTRUCTION:-

Note (A): Every student will perform 5 activities from Section A and Section B. The activities will be in the form of performance, lecture and demonstration. The evaluation in the examination will be based on the Body movement, Songs, Taals, Discipline, Dress code etc.

Note (B): In Section C, every student will describe each performance from Section A (I), (II) and (III).

Note (C): Viva Voce of Section D will be based on the activities performed by the student.

Note (D): Evaluation scheme of practical examination:

3 activities from Section A –	6x3=18 marks
2 activities from Section B –	10x2=20 marks
Written (Section C) –	4x3=12 marks
Viva Voce (Section D) –	10 marks
