A B S K M

AKHIL BHARTIYA SANGEET KALA MAHAVIDHYALAY DELHI

FOLK DANCE — 9-LEVEL FULL SYLLABUS

Practical • Viva • Theory • Internship • Performance

EXAMINATION & MARKS STRUCTURE

Year	Level	Practical	Viva	Theory	Internship	Total
1st	1	50	—	—	—	50
2nd	2	100	—	—	—	100
3rd	3	75	35	15	—	125
4th	4	100	35	15	—	150
5th	5	125	50	25	—	200
6th	6	175	50	25	—	250
7th	7	100	35	15	100	250
8th	8	100	35	15	100	250
9th	9	100	35	15	100	250

LEVEL 1 — FOUNDATION

Practical — 50 Marks

- Basic posture, warm-up, balance and coordination.
- Basic footwork: walk, step-touch, stamp, heel/toe and weight transfer.
- Simple hand/arm movements, claps and turns.
- Line, circle and pair formations.
- Ghoomar-inspired basic movement vocabulary.
- Introduction to Garba, Dandiya, Bhangra, Bihu and Koli-inspired steps.
- Two short folk sequences with stage awareness.

LEVEL 2 — ELEMENTARY

Practical — 100 Marks

- Rajasthan: Ghoomar and Kalbelia basics.
- Gujarat: Garba and Dandiya Raas.
- Punjab: Bhangra and Giddha.
- Maharashtra: Koli/Lavani-inspired movement.
- Assam: Bihu.
- Rhythmic combinations, directional changes and formations.
- Short group choreography and stage presentation.

LEVEL 3 — INTERMEDIATE FOUNDATION

Practical — 75 Marks

• Detailed Ghoomar footwork, turns and group patterns.

• Kalbelia-inspired footwork and expression.

• Garba circular patterns and rhythmic variations.

• Bhangra combinations and formations.

• Bihu/Koli movement phrases.

• Two-style combination choreography, spacing, entries and exits.

Viva — 35 Marks

• Identify folk dances and their regions.

• Explain cultural background and purpose of selected folk forms.

• Identify movement vocabulary, formations and rhythms.

• Recognise costumes, instruments and festival associations.

• Oral demonstration/explanation of selected steps.

Theory — 15 Marks

• Meaning and characteristics of folk dance.

• Folk vs classical/contemporary dance.

• Major Indian regional folk traditions.

• Festivals, seasons, occupations and community life.

• Basic costumes, instruments and cultural context.

LEVEL 4 — INTERMEDIATE

Practical — 100 Marks

- Advanced Ghoomar and Kalbelia.
- Advanced Garba and Dandiya combinations.
- Bhangra/Giddha combinations and formations.
- Koli/Lavani-inspired study.
- Charkula/Raslila-inspired vocabulary.
- Introduction to suitable prop work.
- 4–6 minute folk choreography.

Viva — 35 Marks

- Identify style, region, music, costume and instruments.
- Explain cultural context and festival connections.
- Describe formations, rhythm patterns and movement characteristics.
- Explain choreography choices and stage presentation.
- Oral identification from movement/music examples.

Theory — 15 Marks

- Regional classification of Indian folk dances.
- Folk instruments and rhythmic characteristics.
- Costumes, ornaments, props and festivals.
- Folk theatre and dance-drama.
- Basic choreography, preservation and responsible presentation.

LEVEL 5 — UPPER INTERMEDIATE

Practical — 125 Marks

• Advanced Ghoomar/Kalbelia.

• Complex Garba/Dandiya.

• Advanced Bhangra.

• Bihu and Dollu Kunitha-inspired rhythmic movement.

• Chhau-inspired basic character/martial vocabulary using controlled non-contact technique.

• 2–3 style choreography.

• 5–8 minute stage presentation.

Viva — 50 Marks

• Compare selected folk styles and regions.

• Identify instruments, rhythms, costumes and festivals.

• Explain regional history and community context.

• Discuss authenticity, adaptation and responsible fusion.

• Explain choreography and documentation choices.

• Identify styles through movement or music.

Theory — 25 Marks

• Regional histories and cultural development.

• Folk music, instruments and rhythmic structures.

• Costumes, festivals and performance spaces.

• Folk theatre and community traditions.

• Authenticity, adaptation, responsible fusion and documentation.

LEVEL 6 — ADVANCED

Practical — 175 Marks

- Advanced Ghoomar, Kalbelia and selected Rajasthani forms.
- Advanced Garba/Dandiya and Bhangra/Giddha.
- Bihu/North-East repertoire.
- Lavani/Koli and selected western Indian traditions.
- Dollu Kunitha and Chhau-inspired study.
- Advanced props where appropriate.
- 8–12 minute performance and rehearsal direction.

Viva — 50 Marks

- Advanced regional style identification and comparison.
- Explain rhythm, costume, music, instruments and cultural context.
- Discuss development and transmission of folk traditions.
- Explain documentation, preservation and cultural sensitivity.
- Justify choreography, adaptation and fusion decisions.
- Oral demonstration and correction of a short sequence.

Theory — 25 Marks

- Historical and cultural development of selected traditions.
- Regional instruments, rhythms and movement vocabulary.
- Costumes, props and performance spaces.
- Documentation and archival methods.
- Cultural sensitivity, responsible fusion and rehearsal methodology.

LEVEL 7 — ADVANCED PERFORMANCE

Practical — 100 Marks

• Advanced repertoire from multiple Indian regions.

• Professional Ghoomar/Kalbelia, Garba/Dandiya and Bhangra.

• Selected East, North-East, South and Central Indian traditions.

• Complex formations, transitions and ensemble synchronization.

• Prop-based choreography where appropriate.

• Themed 30–45 minute folk production or equivalent portfolio.

• Stage management and rehearsal discipline.

Viva — 35 Marks

• Advanced identification and comparison of regional styles.

• Explain cultural identity, community transmission and performance context.

• Identify folk music, instruments, costumes and conventions.

• Discuss authenticity, preservation and documentation.

• Explain choreography, staging and ensemble decisions.

• Defend artistic choices through oral presentation.

Theory — 15 Marks

• Comparative study of regional traditions.

• Cultural identity and transmission.

• Folk music, instruments and costume.

• Authenticity, preservation and documentation.

• Choreography and stage production.

Internship — 100 Marks

• Observe senior classes and rehearsals.

• Assist supervised teaching and practice sessions.

• Maintain practice/rehearsal diary.

• Participate in academy events and rehearsals.

• Document one folk tradition.

• Submit internship report with supervisor evaluation.

LEVEL 8 — PROFESSIONAL

Practical — 100 Marks

• Professional repertoire covering 5–6 regional traditions.

• Advanced Rajasthani, Gujarati and Punjabi repertoire.

• North-East, Central, Eastern and Southern folk studies.

• Independent themed folk production.

• Advanced formations, transitions and ensemble leadership.

• Music selection/editing awareness and choreography mapping.

• 45–60 minute performance portfolio.

Viva — 35 Marks

• Compare advanced regional traditions and cultural contexts.

• Identify instruments, costumes, rhythms and performance conventions.

• Explain preservation and documentation methods.

• Discuss choreography, adaptation and responsible fusion.

• Explain stage production and teaching methodology.

• Answer analytical questions on assessment and performance.

Theory — 15 Marks

• Comparative regional study and cultural geography.

• Instruments, costumes and performance conventions.

• Preservation and documentation.

• Choreography, adaptation and responsible fusion.

• Stage production, teaching methodology and assessment.

Internship — 100 Marks

• Conduct supervised teaching assistance.

• Prepare lesson plans and choreography notes.

• Assist student assessment and rehearsals.

• Participate in cultural events and stage production.

• Prepare teaching/performance portfolio.

• Submit internship report with supervisor evaluation.

LEVEL 9 — MASTER / PROFESSIONAL

Practical — 100 Marks

• Mastery-level Indian folk repertoire.

• Advanced Ghoomar/Kalbelia or specialist regional repertoire.

• Advanced ensemble choreography with complex formations and transitions.

• Thematic multi-tradition production retaining cultural identity.

• Advanced synchronization, props and stagecraft.

• Professional choreography and rehearsal direction.

• 60–90 minute final production/master performance.

• Teaching demonstration: explain, demonstrate and correct a sequence.

Viva — 35 Marks

• Professional identification and comparison of Indian folk traditions.

• Comprehensive understanding of regional cultural history and community identity.

• Advanced knowledge of folk music, instruments, costumes and conventions.

• Explain authenticity, cultural sensitivity, preservation and documentation.

• Discuss advanced choreography, production planning and leadership.

• Explain folk-dance pedagogy, curriculum and assessment.

• Analyse performance quality, stagecraft and artistic decisions.

Theory — 15 Marks

• Comprehensive Indian folk traditions and regional diversity.

• Cultural history, festivals, community identity and transmission.

• Folk music, instruments, costumes and conventions.

• Authenticity, cultural sensitivity, documentation and preservation.

• Advanced choreography, production planning, pedagogy, assessment and leadership.

Internship — 100 Marks

• Undertake independent supervised teaching.

• Prepare structured lesson plans and choreography modules.

• Mentor junior students under supervision.

• Assist/lead rehearsals and cultural productions.

• Prepare professional teaching and performance portfolio.

• Submit detailed final report and presentation.

GENERAL ACADEMIC GUIDELINES

• From Level3onward, Vivacarries substantiallymoremarks than written Theory.

• Viva may include oral identification, short explanations, movement demonstration and questions based on practical repertoire.

• Theory focuses only on essential concepts; lengthy written answers are not the main emphasis.

• Practical assessment covers technique, rhythm, coordination, expression, formations, choreography and stage presentation.

• Levels 7–9 include supervised internship and professional documentation requirements.

• Teachers should distinguish traditional repertoire from inspired/adapted classroom vocabulary and present cultural forms responsibly.