



LAST MINUTE PRELIMS RECKONER 2025

ART & CULTURE

FOLK ARTS OF INDIA

FOLK ARTS OF INDIA

I. Folk Music

FOLK MUSIC	STATE/REGION	BASIC FEATURES
NORTH INDIA		
Wanawan	Jammu and Kashmir	✓ It is specially sung during wedding ceremonies and is considered very auspicious.
Panihari	Rajasthan	✓ Developed by woman of Rajasthan. ✓ Most songs often had water and rains as their theme
Maand	Rajasthan	✓ It is the Rajasthan's most sophisticated style of folk music and is most exclusive contribution to the classical music of India. ✓ Maand is neither accepted as a full-fledged Raga nor is it reckoned among the freely rendered folk songs. It is quite similar to the Thumri or the Ghazal .
Sohar	Bihar	✓ Sung during childbirth
EAST AND NORTHEAST INDIA		
Baul	Bengal region	✓ The Baul or Bauls are a group of mystic minstrels of mixed elements of Tantra, Sufism, Vaishnavism and Buddhism ✓ Best known for their songs and poems to the god who dwells within. ✓ The term "Baul" is usually understood to mean " madman " or religious ecstatic, and Bauls often describe themselves as crazy for God.
Khongjom Parva	Manipur	✓ The art form depicts stories of the heroic battle of Khonjom, fought by the people of Manipur against the British empire in April 1891. ✓ Now, even great epics such as the Ramayana and Mahabharata are sung in this manner, along with the traditional Manipuri stories of Khamba and Thoibi as well as those about the exploits of Manipurs great rulers.
CENTRAL INDIA		
Alha	Bundelkhand region of Madhya Pradesh	✓ A heroic ballad song

Pai Song	Madhya Pradesh	<ul style="list-style-type: none"> ✓ Pai songs are sung, accompanied by the saira dance, during the rainy season. ✓ These songs generally plead for a good monsoon and good harvest season as these are songs of farmer community
Pandavani	Chhattisgarh	<ul style="list-style-type: none"> ✓ Is a folk singing style of musical narration of tales from ancient epic Mahabharata with musical accompaniment and Bhima as hero. ✓ This form of folk theatre is popular in Chhattisgarh and the neighbouring tribal areas of Orissa and Andhra Pradesh.
Lavani	Maharashtra	<ul style="list-style-type: none"> ✓ Traditionally, the songs are sung by female artists, but male artists may occasionally sing Lavanis. ✓ The dance format associated with Lavanis known as Tamasha.
Powada	Maharashtra	<ul style="list-style-type: none"> ✓ The word Powada itself means “the narration of a story in glorious terms”. ✓ The narratives are always odes in praise of an individual hero or an incident or place.
Mando	Goa	<ul style="list-style-type: none"> ✓ a musical form that evolved during the 19th and 20th centuries among the Goan Catholics. ✓ The major theme of mandos is love, the minor ones being historical narratives, grievance against exploitation and social injustice, and political resistance during the Portuguese presence in Goa.
SOUTH INDIA		
Kolattam/Kolannalu	Andhra Pradesh	<ul style="list-style-type: none"> ✓ Kolannalu or kolattam, also called 'stick dance', is one of the most popular dance narratives ✓ It is a rural art usually performed during village festivals.
Bhavageete	Karnataka	<ul style="list-style-type: none"> ✓ Is a form of expressionist poetry and light music. ✓ Emotional songs close to Ghazals sung in slower pitch ✓ Nature, love, and philosophy are themes

II. Folk Dance

FOLK DANCE	STATE/REGION	FEATURES
NORTH INDIA		
Dumhal	Jammu & Kashmir	<ul style="list-style-type: none"> ✓ Dumhal is a form of Dance performed by the Rauf tribe ✓ It is performed by men who wear long and colourful robes, accompanied by tall conical caps
Rouff	Jammu & Kashmir	<ul style="list-style-type: none"> ✓ Primarily performed by women during the harvest season. ✓ The women dance in two rows. A form of a chain is placed on their arms across one another's back. ✓ Bright skirts and draperies with silver ornaments are the costumes.
Bhangra	Punjab	<ul style="list-style-type: none"> ✓ Bhangra is a folk dance conducted by Punjab Sikh farmers to celebrate the coming of the harvest season.
Jhoomar	Punjab	<ul style="list-style-type: none"> ✓ Jhoomar is a folk dance performed during the harvest season ✓ It is slower and more rhythmic form of bhangara. ✓ Though the content of these songs is varied they are usually love with emotional songs too.
Ghoomar	Rajasthan	<ul style="list-style-type: none"> ✓ It is mainly performed by veiled women wearing a flowing dress called 'Ghaghara' and accompanied by all songs of love, glory, or defeat. ✓ It is performed in all seasons. ✓ Men also perform Ghoomar.
Kalbelia	Rajasthan	<ul style="list-style-type: none"> ✓ Performed by Kalbeli women of Rajasthan. ✓ The dance movements and costumes are similar to Serpents. ✓ The most popular musical instrument of this dance form is 'Been' (Wind instrument played by snake chain). ✓ In 2011 it was added to UNESCO list of intangible heritage items.
Garba	Gujarat	<ul style="list-style-type: none"> ✓ Traditionally it is performed during the nine-day Hindu festival Navaratri. ✓ Either the lamp (the Garba Deep) or an image of the Goddess Durga is placed in the middle of concentric rings and the people dance around the centre.
Raas	Gujarat	<ul style="list-style-type: none"> ✓ Raas or Dandiya Raas is the traditional dance form of Gujarat, India where it is performed depicting scenes of Holi and lila of Krishna and Radha. It is performed during Navaratri evenings. ✓ The dance is performed in the Marwar region of the Rajasthan too.

Raslila	Originated in the Mathura and Vrindavan region in Uttar Pradesh.	<ul style="list-style-type: none"> ✓ The dance is based on the love stories of Radha and Krishna. ✓ Some of the movements of the dance are common to that of Kathak. ✓ The expression of dance is full of charm and freshness
Jat- Jatin	In Mithila and Koshi region of North Bihar	<ul style="list-style-type: none"> ✓ It is performed by a pair of man and woman. ✓ Jat-Jatin is a folk dance of the emigrant husband (who went to far-off place to earn livelihood) accompanied by his spouse. ✓ Apart from poverty and sorrow, this dance reflects a rainbow of the sweet and tender quarrel as well as some complaints between husband and wife.
CENTRAL INDIA		
Gaur Maria	In plateau of Bastar in Chhattisgarh	<ul style="list-style-type: none"> ✓ Important ritualistic dance form of Bison horn maria tribes. ✓ It is performed on the occasion of marriage and is believed that it is performed with more joy than other dances ✓ Gaur dance is also popular in Madhya Pradesh.
Chhau	States of West Bengal, Jharkhand, and Odisha.	<ul style="list-style-type: none"> ✓ Chhau is a tribal martial art ✓ Chhau originates from 'Chhaya' means shadow. ✓ It is a form of mask dance in which martial movements are used to narrate mythological stories. ✓ Saraikela Chhau in Jharkhand, Mayurbhanj (the mask is not used in this) in Odisha and Purulia Chhau in West Bengal are the three main styles of Chhau dance. ✓ Chhau was inscribed on the Representative List of Intangible Cultural Heritage of Humanity by UNESCO in 2011.
Jawara	Bundelkhand region of Madhya Pradesh	<ul style="list-style-type: none"> ✓ Harvest dance ✓ The women carry a basket full of Jawara crop on their heads while performing the dance.
EAST INDIA		
Alkap	West Bengal	<ul style="list-style-type: none"> ✓ An amalgamation of music, dance and theatrical presentation. ✓ The program is a reflection of rural society and puts the focus on the prevailing socio-economic condition of the rural masses.
Paika	Orissa	<ul style="list-style-type: none"> ✓ Paika dance is a famous dance form practiced by the paikas of Oriya army. ✓ The main target of this dance is to enhance the physical excitement and to develop the inner courage. ✓ The tradition of this dance is carried throughout the huge area of tribal belt of Mayurbhanj district.

Jhumar	North Odisha	✓ Jhumar dance has its base on the playful period of Lord Krishna .
NORTH EAST INDIA		
Singhi Chham	Sikkim	<ul style="list-style-type: none"> ✓ The dancers perform in a lion costume that represents the snow lion. ✓ This dance was introduced in the 18th century by Chakdor Namgyal, the third Chogyal of Sikkim. ✓ It is usually performed during the Panglapsool festival
Maruni	Sikkim	<ul style="list-style-type: none"> ✓ Performed by both men and women wearing colourful clothes. ✓ Maruni is the main attraction of Sikkim weddings. ✓ Nine different musical instruments, collectively called 'Naumati Baja,' are used in the performance.
Bihu	Assam	<ul style="list-style-type: none"> ✓ Bihu is a popular dance form of Assam. It is performed in a group by both men and women. ✓ Rapid hand movement, group formation, and brisk footstep are the peculiar features of Bihu dance.
Cheraw	Mizoram	<ul style="list-style-type: none"> ✓ The dance is a set of skilfully formulated moves which involves movement of bamboo staves. ✓ While the men move horizontally and vertically held bamboo staves, women dance in between them and the challenge is not to get caught between the staves.
Nongkram Dance	Meghalaya	<ul style="list-style-type: none"> ✓ The Nongkram dance is performed by the inhabitants of the Khasi hills. ✓ Performed by boys and girls of the region, this particular dance form requires tremendous skills and energy. ✓ The dance is a form of paying respects to the deity worshipped by the tribe.
Chang Lo	Nagaland	<ul style="list-style-type: none"> ✓ Performed to celebrate victory over an enemy. ✓ Since it is a war dance, dancers don costumes worn by warriors and display war tactics. ✓ Women on the other hand drool over their heroes and the same is performed in the dance.
Rangma/Bamboo dance	Nagaland	✓ War dance of Nagas
Dhol Cholom	Manipur	<ul style="list-style-type: none"> ✓ Dhol Cholom, a drum dance is one of the dances performed during Holi festival. ✓ The dance is performed by men who display acrobatic moves while playing the dhol. ✓ The dance usually begins with a slow tempo and gradually gathers pace.

Hojagiri	Tripura	<ul style="list-style-type: none"> ✓ The dance is performed during festivals, such as 'Laxmi Puja', 'Durga Puja' and the third day of 'Dusshera'. ✓ While women dance gracefully by balancing bottles or earthen lamps on their head, men take care of the musical part.
Wancho Dance	Arunachal Pradesh	<ul style="list-style-type: none"> ✓ This dance is performed by the Wancho tribe during festivals or important cultural events. ✓ The dancers wear traditional attire with the men folk wielding a sword in their right hand. ✓ The performance usually begins when the men start singing and dancing. ✓ Once they finish, the women start dancing and their song is usually a reply to the song sung by ✓ the men folk.
WEST INDIA		
Tarangamel	Goa	<ul style="list-style-type: none"> ✓ Usually performed on the occasions of Dushehra and Holi by young boys and girls.
Fugdi	Maharashtra and Goa	<ul style="list-style-type: none"> ✓ Performed by the women in the Konkan region during Hindu religious festivals like Ganesh Chaturthi and Vrata or towards the end of other dances like Dhalo.
SOUTH INDIA		
Padayani	Kerala	<ul style="list-style-type: none"> ✓ Padayani is a martial folk dance performance ✓ The name Padayani means a row of infantry. It is a very rich and colourful affair. ✓ Huge masks called 'Kolams' are wore by the dancers. ✓ The dance present interpretation of divine and semi-divine narratives.
Bhootha Aradhane	Karnataka	<ul style="list-style-type: none"> ✓ Bhootha Aradhane or Bhuta Kola is a ritualistic folk dance ✓ A procession is an important part of this dance form
Pata Kunnita	Karnataka, especially in the Mysore region.	<ul style="list-style-type: none"> ✓ It is a religious dance performed by men. ✓ The dancers use long bamboo poles decorated with colourful ribbons known as Pata. ✓ Another variant of Pata Kunitha is Puja Kunitha which is popular in Bengaluru and Mandya region.
Therukoothu	Tamil Nadu	<ul style="list-style-type: none"> ✓ Therukoothu commonly occur during the village festivities and become the centre of all fun, frolic and attention of the folk people. ✓ Therukoothu is performed in junctions of the villages. ✓ Only men take part in Therukoothu even female roles are played by the men folk.

III. Martial Arts

MARTIAL ARTS	STATE/REGION	BASIC FEATURES
Kalarippayattu	Kerala	<ul style="list-style-type: none"> ✓ Weapon based type ✓ “Kalari” means arena and “Payattu” means combat/fighting ✓ Involves strikes, kicks, grappling, preset forms, weaponry and healing methods, the footwork movement ✓ Associated legend: <ul style="list-style-type: none"> ○ This art form was taught to its early masters by Parashurama (an incarnation of Lord Vishnu) to protect the land he created.
Silambam	Tamil Nadu	<ul style="list-style-type: none"> ✓ Weapon based type. ✓ Majorly used “Silambam staff” as a weapon. (staff – a traditional pole weapon. It has many variants from just a stick to having knife at one end) ✓ Movements of animals like snake, tiger, elephant and eagle used ✓ “Kuttu varisai”: a variant of silambam & uses no weapon ✓ Associated legend: <ul style="list-style-type: none"> ○ Developed by Lord Muruga (son of Lord Shiva, other name: Kartekeya) & sage Agasthya
Gatka	Punjab	<ul style="list-style-type: none"> ✓ Weapon based. ✓ Used by Sikhs mainly ✓ Stick, Sword, kirpan or kataar used as weapon
Thang Ta	Manipur	<ul style="list-style-type: none"> ✓ Weapon Based. ✓ “Thang” means sword. “Ta” means spear. ✓ Used in three different ways <ul style="list-style-type: none"> ○ As absolutely ritual in nature ○ As spectacular performance ○ As actual Fighting technique
Thoda	Himachal Pradesh	<ul style="list-style-type: none"> ✓ Weapon Based ✓ Originated from the times of Mahabharata ✓ Generally based on archery skills ✓ “Thoda” is the round piece of wood fixed to the head of the arrow