

# Manipuri



It is manifested from epics, 'Ramayana' and 'Mahabharata', where the native dance experts of Manipur are referred to as 'Gandharvas'.

The Gandharvas were singers, dancers & musicians associated with the devas or the deities.

The origin of the dance form is associated with the dance of Shiva and Parvati in the valleys of Manipur.

## EVOLUTION



In the 20th century, the efforts of Rabindranath Tagore increased the visibility of this dance form when he introduced it in Shantiniketan.

With the arrival of Vaishnavism in the 15th century, themes based on the life of Radha and Krishna were introduced.



## IMPORTANT FEATURES

Both Tandava and Lasya are used but latter is more important.

There is limited use of mudras in the Manipuri dance. Most of the expressions are conveyed entirely through body movements.

During recital, 'Pung', a drum, is used with kartals and dhols etc.

Nagabhanda mudra is an important posture, in which the body of the dancer is connected through curves in the shape of '8'.

The focus on devotion rather than sensuality is its unique feature. Rasleelas, Sankirtana and Thang-Ta are the most popular themes of Manipuri dance.

## FAMOUS PROPONENTS



Guru Bipin



Bimbavati Devi

Jhaveri sisters



Nayana, Ranjana, Suverna and Dharshana