

## GOA-ART & CULTURE GAME PREPARATION SHEET

### **1. Performing Art-Dance**

- Dhalo - Women perform Dhalo dance to ask God to protect their family and household.
- Dekhni - Popular dance of Goa which represents a blend of Indian melody with the tangy Western rhythm.
- Fugdi - Konkani folk dance where only women participate. This dance also represents women's break from their daily work
- Shigmo - Shigmo is a traditional dance of Goa and is performed during the start of spring season. For farmers it represents regeneration of natural resources. This dance is also performed when soldiers return from the battlefield victorious in their mission.
- Kunbi - One of the earliest folk dances of Goa.
- Ghode Modni - This folk dance is named Ghode Modini because it involves movements like a horse. It is a dance of warriors with swords.
- Lamp dance – In this dance, the dancers must dance very slowly balancing heavy brass lamps on their heads

### **2. Performing Art- Music**

- Ghumat - The ghumat is an ancient percussion instrument. It is an earthen pot with two mouths.
- Shamel – The shamel is vase shaped and covered with goat skin
- Violin – The violin, sometimes known as a fiddle, is a wooden chordophone with 4 strings.
- Cymbals – Often used in pairs, cymbals consist of thin, normally round plates of various alloys.
- Shehnai – This tubular instrument gradually broadens towards the lower end.

#### Traditional Music Patterns of Goa

- Mando - A love song sung by Goan Catholics
- Kunbi-Geet – Folk song prevalent among the hardy labourers called Kunbis.
- Pannem Halounk - Cradle song
- Dantear Ovio - Sung while grinding wheat and rice.
- Goan Trance -- A form of electronic music, popular since 1970.

### **3. Food**

- Feni – Drink made with Fermented Cashews
- Cashews – Locally grown produce that makes Goa popular for its farming and its products.
- Fish & Curry – Combination staple food of Goa.
- Bebinca – It is a traditional Goan Multi layered sweet dish.
- Khatkhate – Goan Mixed Vegetable Stew
- Serradura - It is a combination of whipped cream and tea biscuits.
- Dodol – It is a Goan dish, and it is made up of coconut milk and coconut jaggery. is jelly-like firm like a halwa.

#### **4. Traditional Goan Attire**

- Valkal - A string of beads and leafy loincloths, which is still prevalent in the tribal life.
- Kashti - A traditional attire worn by the Dhangar, Gauda, Kunbi, Velip and Zalmi tribes
- Kunbi palloo -The tied knot and saree.

#### **5. Historic sites and neighbourhoods**

- Bom Jesus Cathedral- It is almost 400 years old Church which is home to the body of St, Francis Xavier, which even after his death continued to remain preserved and intact. Recognized by UNESCO as a World Heritage Site.
- Fort Aguada- It is situated in Sinquerim, North Goa, is a beautifully preserved Portuguese Fort dating back the 17th Century.
- Fontainhas- Located in Panaji has been declared a cultural quarter, highlighting the life, architecture, and culture of Goa.
- Shanta Durga Temple-Situated 33 kms from Panjim, Shree Shantadurga temple has an impressive idol of Goddess Shree Durga.
- Mangueshi Temple- Manguesh Devasthan or the Shri Mangueshi Temple is one of the most famous temples in Goa. Located in Priol, in the Ponda Taluka, this famous heritage site can be found about 21 km from Panaji city.
- Reis Magos-The Reis Magos Fort, now restored as a cultural and heritage centre, is the oldest fort in Goa. The Fort boasts an arsenal of 33 canons and steep slopes built of laterite rock.
- Chapora Fort- Erected by Adil Shah of Bijapur in the 16th Century, the Fort was converted into a border outpost by the Portuguese in 1717. Located on a hill just above the beaches of Vagator and Chapora.