



## *Folk Dances of India*

### *Lezim Dance*



*Lezim is a folk dance from the state of Maharashtra. It is also called as lazium or lezium. It gets its name after a musical instrument- a unique wooden stick, with jingling cymbals attached to it that the dancers carry while performing the dance.*

*This folk dance originated in the year 1986. It is said that during the rule of Chhatrapati Shivaji, Lezim was a sport played by men to build their muscles. Eventually some of the community preserved this sport and started performing it as a dance performance.*

*Initially the dance had two variations. The dance was performed in the villages of Maharashtra and Gujarat. The two different states added their own tradition and culture to it. In Maharashtra Lezium is mainly performed during the Ganesha festival and Ganpathi dance.*



### ***Musical Instruments-***

*Lizem is a kind of musical instrument which was earlier traditionally used as an instrument in all folk dances but today it is primarily used in Ganesha procession. The dancers carry a wooden stick fixed with jingling cymbals. These jingling cymbals are called Lezim. Dholki, a drum instrument is used as the main percussion music in the performance.*

### ***Performance-***

*This folk dance is a mammoth display of the artistic spirit of the people. Lezim is more of a vigorous physical exercise and drill dance. This dance is frequently used as a fitness drill by schools in Maharashtra. The dance has a special sequence in which the dancers form a human pyramid and take the dance forward. The group has about 12 dancers. The dancers produce jingling sounds while playing cymbals. The performers are dressed in colourful costumes.*



*The dance requires muscle movements and needs strength. There are various types of movements like stepping, hopping, squatting and bending. Every*

*movement of the dance is executed in perfect time with the proper strikes which are swung in four or eight counts. This provides a rhythmic accompaniment to the dance. The Lezim dances and their specific gestures, movements have been adapted by the physical culturists in their exercises in the drive for a beautiful body. Thus, a 5-minute Lezim performance consists of 25 different steps danced in harmony. The best and the most intriguing part about the dance is the synchronization.*

***Costume-***

*The dancers wear a traditional costume which consists of a white kurta, pajama and a colourful belt with a colourful turban. The clothes are colour coordinated to produce a more majestic view to the audience.*

***Activity-***

- 1. Identify these musical instruments*





---

2. Which is your favourite musical instrument? Write in short about it and also support it with a drawing.

---

---

---

---

---

---

---

---

**Reference-**

<https://mumbaimirror.indiatimes.com/living-the-lezim/articleshow/15895835.cms>  
<https://www.auchitya.com/lezim-dance-the-ganapathi-dance-of-maharashtra/>  
[https://www.indianetzone.com/54/lezim\\_phungadi\\_dance.htm](https://www.indianetzone.com/54/lezim_phungadi_dance.htm)