



INTACH

Folk Dances of India

Saila Dance



The state of Chattisgarh shelters many of the tribal communities of India. These ancient tribal communities have rich and diverse cultures. The unique heritage of the state gets manifested through these Folk dances that are performed in worship to gods or signify the changing season. Saila dance is one of the many folk dances of the state known for its uniqueness.

Saila dance is performed in the month of Aghan, post harvest season with great enthusiasm by the Saila tribe. The dance is most popular in the Baitul districts among the people of Sarguja and Chhindwara. The dance is also performed in Dussehra, just before the advent of the Diwali festival by the Baigas. This unique art is generally performed by the young boys going to each and every home of the adjacent village.



Saila Tribal Dance is performed after the season for the harvests is over. It is also performed just before the advent of the Diwali festival and is called Baigas. The dance is most popular in the Baitul districts among the people of Sarguja and Chhindwara.

Dance Style and features-

The dance is performed in many variations with the help of the sticks. The dancers have small sticks in their hand and they hit the sticks of the other dancer dancing next to him in sync to the beats of the 'Mandar' who gives the

3. Name a dance that celebrates nature and animals.

Reference-

<https://mythicalindia.com/features-page/saila-other-prominent-folk-dances-chhattisgarh/>

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