

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 beat to the performers. They move in circles in clockwise they direction, and then turn around and move anti-clockwise. They try to match their steps with the tempo of the beat, thus exhilarating the pace and ambiance on a whole. The dancers form a circle while dancing and the way they are in harmony with the other dancer is worth watching. At the end of the dance performance the dancers are given paddy by the villagers which they eat and drink together.

dance is well-known in many other districts of This Chhattisgarh and is based on different themes having distinct identities. The atmosphere exhibited during the dance performance is completely ecstatic and joyful that engrosses the ones who witness this art performance.

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| 1. | Name the famous dances of Chattisgarh. | |
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| 2. | Pick a dance from your state and write in short about it history and style of performance. Draw the custom of the dance too. | |
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| 3. Name a dance th | nat celebrates nature | e and animals. | |
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Reference-

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