



# Heritage Tribune

## Indian Folk Dances



The folk dances of Indian states serve as a vibrant platform showcasing the creative essence of various regions across the country. Integral to the mass culture, folk dances of India are a vital component of rural life. They form an integral part of local rituals, customs, and festivities, including religious, social, cultural, and seasonal celebrations.

**2024**

**Garba of Gujarat**

on UNESCO the Representative List of the Intangible Cultural Heritage of Humanity.

**2010**

**Kalbelia folk songs and dances of Rajasthan**

on UNESCO the Representative List of the Intangible Cultural Heritage of Humanity.

**2009**

**Ramman, religious festival and ritual theatre of the Garhwal Himalayas**

on UNESCO the Representative List of the Intangible Cultural Heritage of Humanity.

Each state boasts its own distinct culture and traditions, which are beautifully expressed through its folk dances during various occasions.

Garba Dance of Gujarat is based on a circular pattern and it celebrates womenhood. Garba is performed during Navratri where both men and women dance on the beats of dhol.







# THE ART OF DANCING FREELY



## WORLD DOMINATION OF BHANGRA

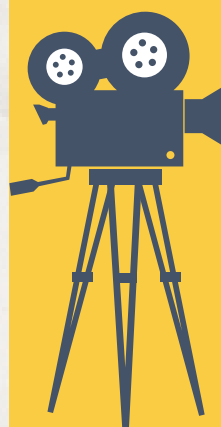
Bhangra dance has gained global recognition and popularity worldwide. Originating from the vibrant land of Punjab. Often performed during festivals, weddings, and harvest celebrations. From being performed at weddings and cultural festivals in Punjab, Bhangra has evolved into a global dance form embraced by communities worldwide.

## LAVANI: DANCE OF PESHWAS



Lavani dance served as a mode of entertainment and morale booster for the soldiers during the 18th- 19th century. The dance reached peak popularity during the Peshwa rule, when it was granted royal patronage by the ruling elite.

The word Lavani did originate from the term Lavanya which means beauty. There are two form of lavani Phadachi Lavani and Baithakichi Lavani.



Dance on the beats of Dhol and make a video.



## FUGDI, A GOAN DANCE PERFORMED ON GANESH CHATURTHI

Fugdi is an art form that can be traced to the primeval cultural traditions of Maharashtra and Goa. It is performed by the womenfolk of some communities of Konkannies during Hindu festival of Ganesh Chaturthi and the kalashi fugdi is performed before goddess Mahalaxkshmi

The women sing and dance while enacting varied formations - in a circle or in rows.







# KALBELIYA

## The Sapera dancers of the desert

The dance involves women in black skirts in swirling, graceful movements that replicate the movements of a serpent. The Kalbeliyas were snake handlers once, and this connection is reflected in various ways in the dance—via the costumes, the way the women move, and in the alternative, popular name given to the dance form—the "sapera dance."



 **Make list of as many folk dances of India as you can and challenge other to compete with you!!** 





## Assam's Bihu dance creates history, enters Guinness Book of World Records

The largest Bihu dance has 11,298 participants and was achieved by State of Assam (India) in Guwahati, Assam, India on 14 April 2023.



Bihu is an ancient harvesting festival celebrated in the state of Assam, India. It is celebrated with food, gatherings, dance, and music. People adorn traditional attires like Dhoti, Gamocha and Chadar, Mekhala. According to Assamese history, the first ever Bihu dance performance was done in 1694 when the Ahom king Rudra Singha (1696-1714) invited Bihu dancers on the special occasion of Rongali Bihu.



# Mask Dance

## Cham Dance



Cham Dance is an elaborate masked and costumed dance performed on special occasions throughout Ladakh. Performed at the monastic courtyard around the central flagpole, the performers hold ritual instruments in their hands and dance to the tunes of the monastic orchestra



## Snow Lion Dance

It is a form of mask dance performed in the Tibetan areas of Arunachal Pradesh and Sikkim. The snow lion dance may be performed as a secular dance, or as a ritual dance performed by Bon- po monks. The lion costume for the dancers to wear in this dance is made entirely by hand using threads.



In Tawang Festival, Yak dance is performed to honour the yak. This festival is organized every year by the tourism department of Arunachal Pradesh.



## Theyyam

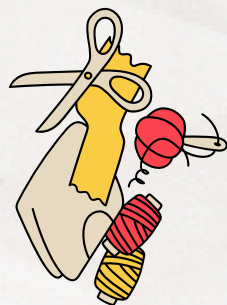
Theyyam acted as ancestor worship ritual was later evolved into the elaborate dance ritual dance incorporating many other local beliefs. There are about 456 types of Theyyam.



Theyyam consists of traditions and rituals associated with temples. Theyyam is a channel to a god and they seek blessings from Theyyam.



Make a mask of your own!!



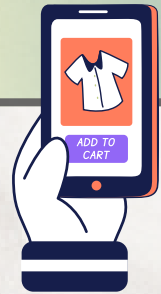


# VANISHING INDIAN DANCE FORMS

**“To touch, to move, to inspire. This is the true gift of dance.”- Aubrey lynch**  
**Some dance forms are slowly dancing towards extinction!**



**Design an advertisement to make people aware of endangered Intangible heritage!**



## MARUNI DANCE

Maruni dance is performed by Nepalese community of Sikkim originally was part of Tihar festival. It was part of Magar community and later became popular in the region. Some are trying to revive the art and make it popular among young people.



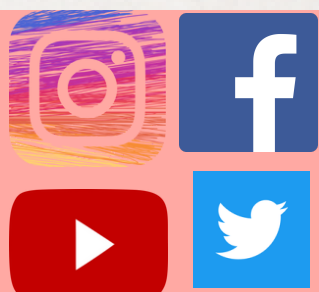
## RAUT NACHA



Raut Nacha is a dance performed by people of Raut community, For them it is as a symbol of worship to Krishna. They perform the dance at the time of 'dev udhni ekadashi'. It is believed that it is time of awakening of Gods after brief rest according to Hindu panchang.

## CHOLAMBA DANCE

This dance is performed During their local festivals like Chaitol and Bishu, Men and women hold hands and dance together. Cholamba is generally performed when a tiger is killed in Ropa valley.



**Explore the power of social media and create a trending hashtag to support endangered dance forms.** #



# Activity Corner

**W  
O  
R  
D  
S  
E  
A  
R  
C  
H**

BATHUKAMMA  
BHAVAI  
DANDIYA  
GHOOMAR  
GIDDA  
HUTTARI  
JHORA  
JHUMAR  
KAJARI  
KARMA MUNDA

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | U | I | R | H | W | N | S | M | V | R | A | J | Z | Q |
| W | I | N | A | K | A | R | M | A | A | J | N | M | Z | J |
| X | L | D | D | V | I | R | R | M | A | Z | S | M | X | Q |
| J | T | D | D | A | A | O | U | R | Y | E | Q | R | Q | X |
| G | R | K | W | A | H | H | I | Y | G | I | J | D | O | K |
| H | Z | X | Z | J | J | T | B | I | F | I | G | U | S | P |
| O | I | I | W | K | H | N | F | G | S | U | M | F | S | E |
| O | R | D | L | K | A | T | J | F | R | C | R | D | N | W |
| M | A | Z | G | V | B | L | D | C | A | R | W | N | C | A |
| A | T | Q | J | D | A | N | D | I | Y | A | F | N | I | Z |
| R | T | Y | N | S | Q | G | N | R | T | N | I | T | U | B |
| J | U | O | L | K | F | N | T | N | N | E | V | A | H | C |
| M | H | J | H | V | O | J | W | C | T | T | R | Y | W | Z |
| E | B | K | G | X | R | P | C | K | O | H | L | L | W | F |



DHAMIYAL DANCE (HARYANA)



PANGI DANCE (H.P.)



CHHAPELI DANCE (UTTARAKHAND)



BHANGRA DANCE (PUNJAB)



BHOJALI STILT DANCE (M.P.)



KARMA DANCE (M.P.)



DHUNUCHI DANCE (BENGAL)



CHERAW DANCE (MIZORAM)



SINGHI CHHAM DANCE (SIKKIM)



BAMBOO DANCE (NAGA LAND)



DANDIYA RAAS (GUJARAT)



GARABA DANCE (GUJARAT)



DANCE OF FISHERMEN (GOA)



YAKSHAGANA DANCE (KARNATAKA)

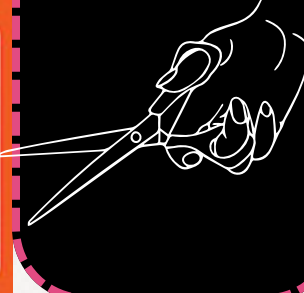


OTTAMTULLAL DANCE (KERALA)



POIKALKUTHIRAI DANCE (T.N.)

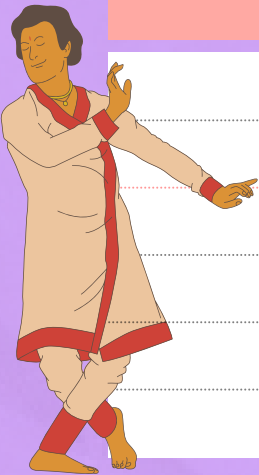
**Cut out different folk dance forms and make a list of instrument costume and props required of each dance**



# MY PERSONAL EDITORIAL

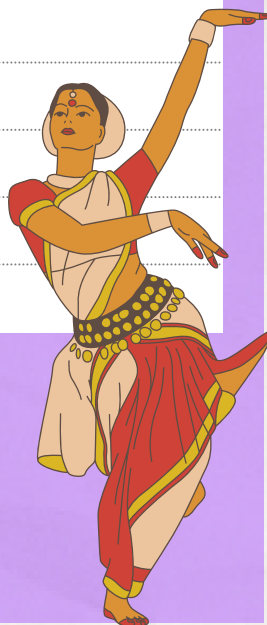
Write your own editorial and fill out the details.

## My Favorite Folk Dance



## My Favorite Performer

## Awareness Campaign



Name:

Personal info:



Start a campaign to protect and promote your favorite folk dance.



Find out the challenges faced by the artists and performers.

- With the help of print and social media, make people aware about the folk dance.
- Visit a folk festival and document dance and musical performances.
- Host a festival and invite the artist.

Thank you for reading!



[www.nrityashiksha.com](http://www.nrityashiksha.com)

m

[www.heraldgoa.in](http://www.heraldgoa.in)

[thecsrjournal.in](http://thecsrjournal.in)

[www.indianetzone.com](http://www.indianetzone.com)