

## Folk Dances of India

### Arunachal Pradesh

- **Pasi Kongki** is a folk dance of Adi tribe of Arunachal Pradesh that depicts the social work of Pasi. It is performed to the tune of a song sung by the locals, called Aabang.
- **Yak dance** (Yak Chham or Tibetan Yak Dance) is performed in the Indian states Arunachal Pradesh, Sikkim, and Assam and in union territory Ladakh. It is performed to honor the Yak, during the Losar festival, the Tibetan New Year.
- **Aji Lhamo** is a folk dance form practiced by the Monpa Tribe of Tawang district of Arunachal Pradesh. This dance form is performed during the Losar Festival.
- **Ponung** is the harvest dance performed by the Adi tribal community of Arunachal Pradesh.
- **Buiya** is a folk dance of Arunachal Pradesh performed by the Digaru Mishmi tribe. This dance is performed in multiple festivals like Tazampu, Duiya, and Tanuya.
- **Wancho** dance is performed by the Wancho tribe of Arunachal Pradesh. The Wancho tribe's most important festival is known as Oriah. The celebrations take place in the spring months of March and April.
- **Daminda** dance belongs to the Apatani Tribes. It is performed during the Dree festival to celebrate the beginning of rice planting season when the people pray for a good harvest and protection from natural calamities.
- **Khampti** dance is performed during the religious festivals of Potwah, Sankian or Khamsang. This dance is practiced by the Khampti community of Arunachal Pradesh.
- **Popir** dance, performed by the Galo tribe of Arunachal Pradesh during Mopi festival.
- **Rikhampada** is a dance of Nishi tribe of lower Subansiri District of Arunachal Pradesh.
- **Chalo** dance is a significant part of the Chalo Loku festival, celebrated by the Nocte tribe in Arunachal Pradesh every year in October and November.
- **Bardo Chham** means "Dance of the Zodiacs" in English. The residents of the Sherdukpens community hold the belief that there are twelve evils, one for each month of the year, just as there are twelve zodiac signs.
- **Idu Mishmi** people of Arunachal Pradesh engage in both fertility and ritual dances.
- **Khampti** dance is generally practiced by the Khampti community of the state. The Khamptis are famous for their 'cockfight dance'.
- **Lion and Peacock Dance** (Monpa Tribe).

- **Tapu dance** (war dance) performed by the Adi tribe of Arunachal Pradesh. It takes place during the festival of Unying Aran.

### Assam

- **Bagurumba** is a folk dance of the Bodo community in Assam. It is also called "butterfly dance" because it personifies the movements of butterflies and birds.
- **Bhaona** is a theatre form prevalent in Assam, India. The plays of bhaona are popularly known as Ankiya Nats and their staging is known as bhaona. It is a creation of Mahapurusha Srimanta Sankardeva, written in the early sixteenth century.
- **Bihu** (Rongali bihu, Bohang bihu) dance is an indigenous folk dance from the Indian state of Assam related to the Bihu festival and an important part of Assamese culture.
- **Jhumur** is a traditional dance of the tea tribal communities of Assam and also in some parts of West Bengal. It is usually performed in the harvest season and festivals. It is mainly performed at festivals like Karam puja and Tushu puja.
- **Maruni** is a group dance of Sikkim, Darjeeling and Assam, Performed during weddings. It is a Nepalese folk dance of the Magar community. Gurung, Kirat, and Khas communities are also associated with this dance. Originally danced as part of Dashain and Tihar festival.
- **Bhortal** dance is the dance performed by the Barpeta tribe. It is performed to a very fast beat, known as 'Zhiya Nom'.
- **Deodhani** is typically performed by one person or a group of three to four women to honor Manasa, the snake goddess. It's a Shaman folk dance.
- **Ali-Ali Ligang** folk dance is famous with the people of the Mishing tribe. It's usually associated with agriculture because of the reflection of its meaning.

### Andhra Pradesh

- **Veeranatyam** (dance of bravery) is a folk dance of Andhra Pradesh, performed to honor Lord Shiva.
- **Burra Katha** (Burrakatha), is an oral storytelling technique in the Jangam Katha tradition, performed in villages of Andhra Pradesh and Telangana. It is seen during Dussehra or Sankranti festival seasons to describe events in epics like Ramayana and Mahabharat.

- **Dappu Nrityam** is one of the popular dance forms in Andhra Pradesh and Telangana. This dance form earned its name from the sound produced by a simple percussion instrument, a tambourine-like drum which is called 'Dappu'.
- **Bhamakalapam** is both a dance and a drama. Siddhendra Yogi created this devotional dance form in the 17th century.
- **Butta Bommalu** is popular in the Tanuku region of West Godavari District in Andhra Pradesh.
- **Tappeta Gullu** is a dance that has vigor, rhythm and tempo and is performed to invoke the Rain God.
- **Bonalu** is a special dance wherein the female dancers step to the rhythmic beats and balance pots on their heads.
- **Dhimsa** is a tribal dance performed primarily by Porja caste women in Andhra Pradesh.
- **Kolannalu** (stick dance) is one of the popular folk dances practiced in Andhra Pradesh. The Kolannalu folk dance is also known as kolkolannalu and commonly known as Kolattam in Telugu (the official language of the state) amongst the people in Andhra Pradesh.
- **Vilasini Natyam** is the dance form of Devadasis of Telugu hence it is also called Devadasi dance.
- **Lambadi** dance is a folk dance of the Banjara community of Andhra Pradesh. It is done to impress gods for a good harvest.
- **Kalapam** is a dance-drama with a moral for the audience. It is a mono-play in which there is a main person and another comparatively less significant person.
- **Gobbi** dance is popular in coastal regions of Andhra Pradesh. It is performed during Sankranti festival when houses are cleaned and court yards decorated with 'rangavalli'.
- **Bathukamma** dance is performed during Bathukamma festivities in Andhra Pradesh.
- **Dandaria** dance is a stick dance which is performed by the Gond tribe in the Northern region of Hyderabad district.
- **Mathuri** dance is a tribal dance performed by the Mathuri tribe. They perform this dance during the rainy month (Shravana) and men and women both participate in this dance.

## Bihar

- **Chaiti** dance is performed by men with their body smeared with 'ramras'.
- **Jhijhiya** is a cultural folk dance of Mithila and Bhojpura regions of Bihar and Madhesh province of Nepal. It is usually performed by a group of young women dancers. Portrays offering of prayers to Lord Indra for a good monsoon and a rich harvest.
- **Bidesiya** in Bhojpuri, meaning 'from the foreign land', is a folk theatrical performance of western Bihar. It is based on a drama named Bidesiya written by Bhikhari Thakur.
- **Jat-Jatin** is a folk dance of Bihar, most famous in Mithila and Koshi regions. It is performed on moonlit nights during the monsoon season.
- **Jadur** is the dance form of the oraons tribe of Bihar. It is mainly performed during the occasion of Sarhul festival. It is mainly symbolized for fertility, vitality and shows the tribute to the motherland with the devotion of sun god.
- **Biraha** dance, a folk dance of Bihar depicts the anguish of women whose partners are gone from home. This dance is also performed in Jharkhand and Uttar Pradesh. Bidesiya is a derivative of Biraha dance.
- **Kajari** dance welcomes the season of Monsoon and is usually performed in the months of Shravan and Bhandrapad.
- **Jhumar** dance is performed by rural women where men usually provide the musical accompaniment.
- **Bhojpuri Jhumar** dance is popular in Magadh region. It is performed to welcome the spring season.
- **Magahi Jhumar** dance is usually presented in the form of a duet.
- **Jharni** dance is a ritualistic dance performed by the Julaha community during Muharram.
- **Sohar Khelwana** is a dance performed by women to celebrate the birth of a child.
- **Kishan Nritya** is an expression of pride of the farmers of Bihar.
- **Natua** dance begins with an item called the Natua Kachal.
- **Karma** Dance gets its name from the Karma tree which stands for fortune and good luck.
- **Rajgir** Dance Mahotsav is an annual three-day event in Rajgir, Bihar, that was first held in 1986.
- **Domkach** dance is performed in Mithila and Bhojpur regions while in Jharkhand, it is Nagpuri folk dance.

## Chhattisgarh

- **Suwa** dance (Parrot dance) is a tribal dance, mainly performed by the Gonds tribe of Chhattisgarh. It is performed exclusively by women on the occasion of Goura's marriage. Dancers keep a parrot in a pot made of bamboo and form a circular shape around it.
- **Thapati** dance is a tribal dance performed by the Korku tribes of Chhattisgarh, Madhya Pradesh, Maharashtra. It is performed in the month of Vaishakh. The main instruments of this dance are Dholak and flute.
- **Raut Nacha** is a ceremonial dance performed mainly by the tribal community of Chhattisgarh. It is performed during the "dev udhni ekadashi", after the Diwali festival. It is a dance performed by Yadavas, a caste which are descendants of Krishna.
- **Panthi** dance is a prominent ritual of the Satnami community of Chhattisgarh. It is mainly danced to depict the importance of Durg district to the people. Performed on Maghi Purnima (the birth anniversary of Guru Baba Ghasidas).
- **Gaur Maria** dance is performed in the plateau of Bastar in Chhattisgarh. It is performed on the occasion of marriage.
- **Saila** dance is performed only by boys after the harvest season in the Hindu month of Aghan (November- December).
- **Pandavani** dance ballad portrays the account of Pandavas. Recital of tales of Mahabharata is one of its prominent characteristics. The two main styles of the narrations are Vedamati and Kapalik.
- **Jhirliti** dance is performed in a Halloween like ritual. It is played by the kids in the Bastar region of central India.
- **Gendi** dance: Dancers are mounted on two long bamboo. This is a special dance of the Muria tribe of Bastar. It is completely a dance of balance.
- **Rahas** is a modern folk dance of Chhattisgarh and is mainly performed in Dhamtari district. The theme focuses on the immortal love story of Lord Krishna and Radha.
- **Chaitra festival** dance is a famous dance of the Gonds of Bastar district. It is performed after the harvest to thank goddess Annapurna for the harvested crop and to seek her blessings for the next crop.
- **Sarhul** is a traditional dance of the Oraon tribe.

## Goa

- **Fugdi** dance is mainly the dance of Konkani women of Goa. It is performed during festivals like Ganesh Chaturthi, Dhalo festival and Vrata of Goddess Mahalakshmi.
- **Kunbi** dance is a tribal folk dance of the Kunbi community of Goa. Women holding lamps on their heads perform the lamp dance during the Shigmo festival.
- **Morulem** is another traditional folk dance presented by the backward community during Shigmo.
- **Ranmale** is a ritualistic and folk theatre form based on mythological stories from the popular Indian epics, the Ramayana, and the Mahabharata. It is performed during the Holi festival which is celebrated as Shigmo (spring festival) in Goa and the Konkani region. It is also practiced in some parts of Maharashtra and Karnataka.
- **Zemmado** is a folk dance of Goa, in which women folk belonging to the Dhanger community imitate the actions of goats.
- **Tarangamel** is the folk dance performed during Dussehra and Holi in the state of Goa.
- **Dhalo** dance is associated with the fertility of the earth and is a women-only dance.
- **Goff** is a celebration of a bountiful harvest. The songs accompanying the dance are dedicated to Hindu God Lord Krishna.
- **Romta Mel** is a way for Goans to express their thanks to their Gods, accompanied with a serpentine procession of people marching their way to a temple.
- **Ghode (horse) Modni (dance-like movements)** is a warrior dance commemorating the victory of the Ranes, the Maratha rulers of the Sattari taluka in Goa over the Portuguese.
- **Dashavatar** is the most developed theatre form of the Konkani and Goa regions. The performers personify the ten incarnations of Lord Vishnu-the god of preservation and creativity. The ten incarnations are Matsya (fish), Kurma (tortoise), Varaha (boar), Narsimha (lion-man), Vaman (dwarf), Parashuram, Rama, Krishna (or Balram), Buddha and Kalki.
- **Dekhni** is a semi-classical dance form of Goa.
- **Corridinho** is a form of Portuguese dance performed in Goa. It is always a couple dance.
- **Lamp** dance is usually performed during the Shigmo Festival (Goa).
- **Shigmo** is also one of the significant folk dances of Goa. The objective of performing the dance is to celebrate the new crops in the spring season.

- **Romat** dance is a Goan folk dance and procession that is performed in the month of March (at the Singma festival).
- **Musal** is a pounding stick and the dance is performed during harvest time by the people of Chandor, the ancient capital of Goa.

## Gujarat

- **Garba (Sanskrit term)** dance is performed by women around a centrally lit lamp or a picture or statue of the Goddess Shakti. It is performed during the nine-day festival Navaratri. It is also performed at the Holi spring festival.
- **Dandiya Raas** is the socio-religious featured dances of Navratri evenings in Gujarat. It is also performed in the Marwar region of Rajasthan. It is believed to be performed in memory of Goddess Durga's victory over Mahishasura.
- **Modhera** dance festival of Gujarat is also known as Uttarardh Mahotsav or Modhera Utsav. It takes place every year after Uttarayan, at the Modhera temple dedicated to the Sun God venerates the rotational cycle of the earth around the Sun.
- **Vinchhudo** is a folk dance of Gujarat. This dance shows strong belief in superstition.
- **Gheria** dance belongs to the state of Gujarat. The tribal people of Gujarat perform the 'Gheria' folk dance dressed in brightly colored clothes, garlands of marigold flowers and traditional ornaments. It is performed to worship 'Mataji' (Goddess Amba) during Diwali festival.
- **Tippani** dance form came into existence in Chorwad region of Saurashtra in Gujarat. This dance form is performed in festivals and marriages.
- **Padhar** dance is introduced by the people of the Padhar community. The people of the Padhar community are mainly fishermen who live along the banks of Nal Sarovar in the Bhal region.
- **Hoodo** is a dance form of the Bharwad tribe, a shepherd community in Gujarat. It is performed especially at the Tarnetar Fair in Surendranagar. It is popular among the Panchal region of Gujarat.
- **Hallisaka**, a group dance, in the Harivamsa Purana is very significant. It was pioneered by Lord Krishna.
- **Dangi Nritya** is a tribal dance form native to the Dangs District of Gujarat.
- **Matukadi** dance form is mostly performed by the Rabari and Bharvad communities.
- **Siddi Dhamal** dance form is performed by the men of the Siddi communities in Jafrabad and Jambur and came with them from East Africa.

- **Rathwa ni gher** dance is a tribal dance performed by the rathwa tribe of Gujarat on the occasion of Holi festival also known as Kavant festival, named after the place where the Holi carnival takes place.

## **Haryana**

- **Phag** dance is performed in the Hindu month of Phalguna (February–March) to celebrate the colorful festival of Holi in the harvesting season.
- **Jhumar** is a folk dance specially performed by young married women of Haryana. In some parts of the state, it is also known as the 'Hariyanvi Gidda'. Types of Jhumar: Satluj Jhumar, Beas Jhumar, Chenab Jhumar, Multani Jhumar, and Jhoomar Taari.
- **Ratvai** dance is a folk dance of Mewati tribes of Mewat region. It is performed during the monsoons to the accompaniment of large drums.
- **Chhathi** dance is performed on the birth of a male child. Women perform this dance on the sixth day of the birth of the child.
- **Khoria** dance is a collective form of the variety of the Jhumar dance style & steps, exclusively performed by women.
- **Gugga** dance is performed exclusively by men. It is performed in the procession taken out in the memory of saint Gugga.
- **Loor** dance is performed around the Holi festival and is very popular in the Bangar and Bagar parts of the region during the month of 'Phalguna' (February/March). It marks the arrival of the pleasant spring season and with it the sowing of the Rabi crops in the farms.
- **Dhamal** dance is famous in the Gurgaon area, which is inhabited by Ahirs. The origin of the dance dates back during the time of the Mahabharata.
- **Chaupaiyan**, which is a devotional dance and is performed by men and women carrying 'manjiras'.
- **Deepak** dance, men and women carrying earthen lamps, express their devotion through dance, which often lasts the whole night.
- **Been-bansuri** dance goes on with the accompaniment of 'been', which is a wind instrument and 'bansuri' also known as a flute.
- **Ghoora** dance is organized on the occasion of Birth of a baby boy.

## Himachal Pradesh

- **Cholamba** dance is performed in Ropa Valley. This dance is performed while coiling a snake.
- **Dhure** dance is also very popular in Lahaul, dances are performed on epics like Ramayana and Mahabharata.
- **Shan and Shabu** are popular dances of Lahaul Valley. These dances are performed in the Gompa in the memory of Buddha.
- **Laaldi** is a popular female folk dance of Himachal Pradesh.
- **Swaangtegi** dance are performed by wearing lion and garden wooden masks on Diwali.
- **Namgen** dance is performed in Himachal Pradesh in the month of September to celebrate the autumn.
- **Nati** dance is traditionally performed in the states of Himachal Pradesh and Uttarakhand. Several varieties of Nati performed are Kullvi Nati, Mahasuvi Nati, Sirmauri Nati, Kinnauri Nati, Jaunpuri Nati, Seraji Nati, Karsogi Nati, Chuhari Nati, Barada Nati, Bangani Nati.
- **Chham** dance is known for the elaborate mask, headgear and costume of the performers and is very popular in Tibetan settlement areas of Himachal Pradesh, such as Lahaul & Spiti, Ladakh and Kinnaur. It is a dance performed by the Buddhist monks, known as Lamas, in the courtyard of monasteries during religious and other festivals.
- **Dhaman** is a folk dance of Himachal Pradesh.
- **Thoda** is a Warrior dance performed by the Rajputs in Himachal Pradesh. It is performed during the Vishu Fair in the month of Chaitra and Vaisakh (April-May). It traces its origin from Mahabharata and it manifests subtle confluence of dance, sports and folk theatre.
- **Dangi** dance performed by Dangis is called Dangi Nrutya. It is mainly associated with the Chamba area of Himachal Pradesh. It is performed during the harvest season.
- The most popular dances of the state are Rakshasa (demon), Kayang, Bakayang, the Bnayangchu, the Jataru Kayang, Chohara, Lang - dar - ma, Nati, Jhanjhar, Jhoor, Gi, and Rasa.

## **Jharkhand**

- **Santhal** dance is a popular folk dance practiced by Santhal tribes in Jharkhand and West Bengal. It is performed in groups. It is very similar to the bamboo folk dance of Assam and Mizoram.
- **Borao** dance is a celebration of the Oraon community thriving in the state of Jharkhand. It is one of the largest groups dwelling in the hilly region of Hazaribagh Goomla. The Oraon community is also known as Kurukh.
- **Mundari** dance is a famous folk dance of the Munda community of Orissa and Jharkhand. It is a women centric dance.
- **Phagua** is a dance form popular among the tribes residing in Jharkhand and the adjoining state Bihar. It is performed during Holi – the spring festival.
- **Birhor** dance is a tribal folk dance from Jharkhand. The Bihors are a tribal /Adivasi forest people, traditionally nomadic living in states of Jharkhand, Orissa, Chhattisgarh and West Bengal.
- **Hunta** dance is the hunting dance of the Santhals who live in the hilly plateaus of the Chota Nagpur region of the Santhal Parganas of Jharkhand.
- **Jenana (Janani) Jhumur** is a traditional dance of the women performed mainly during the period of cultivation in the rainy season.
- **Mardani Jhumur** is performed by the men of the Nagpuri community and Southern cultures dance after the harvest.
- **Jhitka and Danga** dances are performed by both men and women to celebrate different feudal traditions.
- **Lahasuya** is a Nagpuri folk dance of the Chota Nagpur Plateau region of Jharkhand.
- **Karma** dance is derived from a sacred tree named Kadamba which is believed to bring prosperity and good luck to the people and depicts the celebration of the planting of the tree.
- **Ghoda Naach** dance performed only by men. The wooden puppet is the main prop used.
- **Jhika-Dashain** is a form of worship dance practiced by the Santhal tribe to train young men of the community in the art of acquiring spiritual powers to dispel the influence of the evil spirits.
- **Kadsa** dance is a dance style performed carrying a 'Kalasha' (earthen pot). This is a female dominated dance.

- **Jamda** folk dance is associated with Jharkhand.

## **Karnataka**

- **Huttari dance (Kodagu dance)** is one of the most spirited dances of Karnataka. Different forms of this dance are Bolak-aat, Ummatt-aat, and Komb - aat.
- **Bolak-aat** is performed by Kodava men dressed in all black with an oil lamp in the open field.
- **'Ummatt-aat'** is a folk dance form performed in Coorg. This dance is performed by the Kodava women.
- **Komb-aat**, is a devotional dance which is carried out in a temple by the Kodava men.
- **Veeragase/Veerabhadrana kunitha** is one of the dances demonstrated in the Dasara procession held in Mysore, during the hindu months of Shravana (July - August) and Karthika (October - November).
- **Bhootada Kola** dance is highly stylized and held in honor of the local deities worshiped by the Tulu speaking population. It has influenced Yakshagana folk theatre.
- **Yakshagana** is a traditional folk dance form popular in coastal Karnataka districts. It has originated as a product of the Vaishnava bhakti movement. Yakshagana means "song" of the yaksha (demi-gods/spirits). It is usually performed in paddy fields after the winter crop has been harvested.
- **Bayalata** is an open air theatre form. It features stories from Indian epic poetry and the Puranas rendered as dance and drama.
- **Goravara Kunitha** is often a tradition of a dance of Kuruba Gowda's who are the worshippers of Lord Mailana Longa. Bhootha Aradhane represents the worship of the Devil.
- **Gaarudi Gombe** signifies magical puppet in Karnataka. It is especially performed during festivals and processions to ward off evils.
- **Pata Kunitha** is a group dance performed by 10 to 15 persons together.
- **Dollu Kunitha** dance performed primarily by men of the shepherd community called the Kuruba.
- **Naga mandala** dance is usually performed by male dancers, called Vaidyas. Within the dance, they dress up as Nagakannikas or as female snakes.
- **Kamsale** is a group dance form performed by the menfolk in Karnataka. Kamsale (Beesu Kamsale) is a unique folk art performed by the devotees of God Mahadeshwara. Kamsale also refers to a brass made musical instrument.

- **Suggi** is a dance performed at the time of harvesting by the Halakki Vokkaliga tribe.
- **Aati Kalanja** is a ritualistic folk dance performed by the 'Nalke' Community. The dances like 'Nandi Dhwaja', 'Lingada Berana', Gorava dance, Veeragase, Beesu Kamsale and Puravanthike are dedicated to the worship of Lord Shiva.
- Bhagawanthike, Pata Kunita and Bana Devara Kunita are dances performed to worship Lord Vishnu.
- Mariammana Kunita, Urimarammana Kunita, Puja, Karaga, Dollu, Soman Kunita, Harige, Sedere, Bhoota Nrutya, Naga Nrutya, Vatte Kola, Kombat and Billat are being performed to worship all incarnations of 'Shakti', the deity of power.

## Kerala

- **Mudiyettu**, a dance drama is a village ritual performed by members of the Marar and Kuruppu communities in Thrissur, Ernakulam, Kottayam and Idukki districts of Kerala. In 2010 it was inscribed in the UNESCO's Representative List of the Intangible Cultural Heritage of Humanity.
- **Thiruvathirakali (Kaikottikaliis)** is a unique dance performed in Kerala on the auspicious day of Thiruvathira, the birthday of Lord Shiva. It falls in the Malayalam month of Dhanu (December - January).
- **Kolkali** is a folk art performed in Malabar region of Kerala.
- **Oppana** is a song and dance performance popular among the Muslims of Malabar.
- **Kummattikali**, prevalent in the districts of Palakkad, Trichur and Wayanad, is a folk art form performed during the Malayalam months of Makaram and Kumbham.
- **Chavittu Natakam**, is believed that the art form flourished at Kodungalloor in Kerala with the spread of Christianity.
- **Kakkarissi Natakam** is a folk art form popular in Central Travancore.
- **Kanyarkali** is a folk dance ritual performed in Bhagavati temples and Vettakorumakan Temple of Palakkad district.
- **Arjuna Nritham** (Mayilpeeli Thookam), is a ritual art of Kerala performed in the Bhagavati temples of south Kerala, mainly at Kollam, Alappuzha and Kottayam.
- **Ezhamathukali**, a folk art form closely related with the ancient Sanghakali, is also known as Ezhamadukali, Ezhamuthipurappad etc.
- **Alamikali** was a popular regional art form in Kasaragod, performed by 'Alamis', soldiers of Tipu's army.

- **Vedanpaattu** is a traditional folk art form performed in the Malayalam month of Karkidakam (June/July) in remote parts of Kerala.
- **Elelakkaradi** is a well-known dance form of the tribal group called Irulas of Attappady in Palakkad District.
- **Onathaar** is a traditional folk art form performed during Onam season in Kannur and adjoining areas.
- **Ivarkali** (Aivarnatakam, Thattinmelkali, Kannilkuthikali, Pandavarkali ) is played by Ikkudikammalar people belonging to the Vishwakarma community.
- **Kathaprasangam** or the art of storytelling performance is a popular art form which blends the tradition of music and speech together.
- **Koothambalam** is a combination of ancient Sanskrit theatre with elements of Koothu, an ancient performing art from the Sangam era. It is officially recognised by UNESCO as a Masterpiece of the Oral and Intangible Heritage of Humanity
- **Kothamooriyattam** is a traditional folk art form popular in Kannur and Kasaragod districts of Kerala.
- **Adichuthura** is a function lasting for 4 days held as part of the wedding of Knanaya Catholic Community in Kerala and songs sung during Adichuthura function are known as Adichuthurapattu.
- **Mangalam Kali** is a folk dance performed as entertainment mainly performed during marriage functions.
- **Seethankan Thullal** is a dance and poetic performance form in Kerala, India. This one of the three major thullal forms prevailing in Kerala.
- **Koodiyattam (Kutiyattam)** is a traditional performing art form in the state of Kerala. It is traditionally performed in temple theatres known as Koothambalam. It is India's oldest living theatrical tradition.
- **Margamkali** is a ritual folk art dance of the Syrian Christians of Kottayam and Thrissur districts.
- **Ottamthullal** is an art form performed only in Kerala. The meaning of Ottamthullal is 'poor man's Kathakali'.

## Madhya Pradesh

- **Lehangi** is a popular folk dance of the Banjara and Kanjar tribe of the Bhopal commissary of Madhya Pradesh and is performed during the blossoming monsoon period.
- **Ahiri** dance is a trademark of the cattle herders of Gwalior.
- **Baredi** is an important folk dance of the Gwalior district. Starting from Diwali, the dance is performed till the day of 'Karthik Purnima'. The Diwari in Baderi dance is the poetry before the performance.
- **Bilma** dance is performed by the Gond and Baiga tribes during the festival of Dussehra.
- **Chatkora** dance is done by the Korku tribe. It is in the chinndwara and Betul districts.
- **Kangra** dance is performed by the Dhobi caste in Bundelkhand.
- **Gocho** dance is performed by the Gond tribals.
- **Reena** dance is performed by the Baiga and Gond tribal women during the festival of Diwali.
- **Atari** dance is the dance of the Bhumiya and Baiga tribes of Baghelkhand region.
- **Muria** dance is performed near the Ghotul.
- **Bhadam (Bhangam dance)** is mainly performed by the Bharia tribe of Madhya Pradesh on the occasion of marriage.
- **Sahariya** dance is a famous dance performed by the Saharia community of Rajasthan and Madhya Pradesh. It is performed during the month of Holi to the beats of the dhol, nagari and matki.
- **Ahirai** is a popular dance form of the Bharia tribe of Madhya Pradesh.
- **Bhagoriya** is a well known dance of the Bhils, a large tribe of the Jhabua district in Madhya Pradesh. It is associated with a festival known as Bhagoria and a fair called Bhagoriya Haat.
- **Maach** is a form of folk theatre from the Malwa region of the Indian state of Madhya Pradesh. It is performed around the Indian festival of Holi.
- **Grida** dance is performed to celebrate the "harvesting of crops".
- **Matki** dance is mostly performed in the Malwa region by nomadic tribes.
- **Phulpati** dance is performed in Malwa region of India (western Madhya Pradesh and south eastern Rajasthan) by unmarried girls.
- **Jawara** dance is a popular folk dance of Madhya Pradesh. It is mainly famous in the Bundelkhand region among the peasant community.

- **Kaksar** dance is a festival dance of Madhya Pradesh and Chhattisgarh. It is a festival dance which is performed by the Abhujmaria tribe residing in Bastar. Before the onset of the monsoon, the Maria cultivators worship the god for reaping a good harvest.
- **Naurata** is the dance performed by unmarried girls in the Bundelkhand region of Madhya Pradesh.

### **Maharashtra**

- **Lezim** is a folk dance of Maharashtra where the dancers carry a small musical instrument with jingling cymbals called the 'Lezim'. The first Lezim performance to an international audience was presented at the 9th Asian Games in the year 1982 at Delhi.
- **Lavani** dance is generally performed by Dhangars or shepherds living in the Solapur district of Maharashtra.
- **Dhangari Gaja dance (Dhangar dance)** is performed by the shepherd community known as Dhangars during the Navratri festival.
- **Waghya Murali** dance is a dance of Maharashtra, associated with Lord Khandoba.
- **Tamasha** dance form has been believed to be derived from the ancient form of Sanskrit drama - the 'Prahmana' and the 'Bhana'. Kolhati and Mahar groups are associated with the performance of Tamasha.
- **'Povadas'** folk dance is presented in the Marathi ballad form. This dance form describes the events in the life of the founder of the Maratha Empire, Shri Chhatrapati Shivaji Maharaj.
- **Dindi** dance is performed on Ekadashi in Kartik month of the Hindu calendar.
- **Koli** dance is a popular folk dance of the Maharashtra and Goa states of India. It was created by the Kolis tribe of Mumbai.
- **Nakata** dance is performed by the fisher community of Maharashtra.
- **Gafa** dance is performed by a group of boys.
- **Kala** dance is a form of folk dance that describes the mood of Lord Krishna. It is a symbol of fertility.

### **Manipur**

- **Nupa** dance is a variation of Pung Cholom. It is also known as Cymbal dance or Kartal Cholom. It is performed by only male dancers.
- **Thabal chongba** is a Manipuri folk dance traditionally performed during the festival of Yaoshang in India.

- **Luivat Pheizak** is one of the most popular dances of the Tangkhul Naga community of Manipur.
- **Lai Haraoba** dance enacts the 'Creation of the Universe', which was initially a part of the Lai Haraoba festival.
- **Shim Lam** dance (Fly dance) of Manipur is the traditional folk dance of the Rongmei community.
- **Rakhal Nritta** is a part of Raas Leela. Manipuri boys are performing a dance at Under the Kadam tree.
- **Katabenlu Laam (Bangle Dance)** is known for its intricate footwork and rhythmic movements.
- **Mao Naga** dance is performed by the Mao Naga community during the annual harvesting and seed-sowing festivals (Chikhuni).
- **Pao-Sa Jagoi** dance is part of the traditional Kanglei Haraoba.
- **Kabui** dance is performed by the Kabui community during the Gang - Ngai festival.
- **Raas** is a highly developed dance drama depicting Lord Krishna's union with his female followers, the gopis, and especially his consort-devotee Radha.
- **Thang-Ta** art symbolises an old and outstanding Manipur culture. It demonstrates the remarkable combat style of the Thang (sword) and the Ta (spear).
- **Lhou Sha** is a battle dance that is performed at every clash between two villages.

## Meghalaya

- **Laho** dance is performed by the Jaintia tribe of Meghalaya. It is performed during the Behdienkhlam festival. It is also known as the Chipiah Dance. When the Harp tribe of Meghalaya performs this dance, it is known as Wangla dance.
- **Nongkrem** dance festival is celebrated during Autumn at Smit, the cultural centre of the Khasi Hills. A five day long religious festival of the Khasis, Ka Pomblang Nongkrem dance is popularly known as Nongkrem dance.
- **Chad Sukra**, a popular traditional dance festival of Meghalaya, is celebrated as a Sowing festival. It is celebrated every year by the Pnar people of Jaintia Hills.
- **Shad Suk Mynsiem** is an annual spring dance that celebrates the harvest and planting season.
- **Dorsegata** dance festival is also a dance in which the women try to take the turbans off their male partners during the dance.

- **Behdienkhlam** is the main dance of the “Jaintias” festival held every July in Jowai, Jaintia Hills.
- **Wangala** dance is essentially a part of the Wangala festival. It is a major festival of the Garos held in the fall, after the harvest season.

### Mizoram

- **Cheraw** is a Mizoram folk dance performed with bamboo sticks. On the occasion of 'Buza Aih,' or bumper harvest, an individual family performs Cheraw dance.
- **Chailam** dance is mainly practiced during the festival of Chapchar kut and is regarded as one of the most significant festivals of Mizo people.
- **Zangtalam** dance is mainly performed by the 'Paihte' tribe.
- **Solakia** dance is prevalent in Mizoram. 'So' means the severed head of an enemy, 'La' means dance and 'Kia' refers to that which has been done with better understanding and knowledge.
- **Khuallam** dance is usually performed during the ceremony of 'Khuangchawi'. Literally, the terms 'Khual' and 'lam' mean guest and dance respectively.
- **Chawnglaizawn** is a popular folk dance of one of the Mizo communities known as Pawi.
- **Tlanglam** is performed throughout the state using music of Puma Zai. Zangtalam is a popular Paihte dance performed by men and women.

### Nagaland

- **Changai** Dance is performed by the Chang tribe during the Naknyulum festival, which lasts for three days.
- **Changsang** dance is a traditional folk dance performed by the Chang Naga Tribe during Naknyulum festival in the month of July.
- **Monyu Asho** dance is performed by the Phom Nagas during the Phom Monyu festival which is the biggest festival of the Phom Naga tribe. It is celebrated in the month of April.
- **Khupielilie** dance is a traditional folk dance performed by womenfolk of the Pochury Naga Tribe of Nagaland.
- **Kukui Pheto** dance is a traditional folk dance performed by Chakesang Nagas.
- **Kulu-Tsen** is the name of a traditional Naga folk dance of the Yimkhiung tribe.
- **Nokinteker Tsungsang** dance is a Naga traditional dance form of the Ao Naga tribe.

- **Butterfly** dance is associated with the Zeliangrong tribe.
- **Melo Phita** dance is performed by the Angami Nagas during the Sekrenyi festival in the month of February. Angushu Kighilhe dance is a traditional war dance performed by the menfolk of the Sumi tribe.
- **Chang Lo dance (Sua la)** is performed by the Chang tribe of Nagaland. It is performed in a three day festival known to be 'Poanglem', marking the beginning of the harvest season in the state.
- **Rukhyo Sharu** dance is performed by the Lotha Naga tribe.
- **Langnyu-Khiamtsangshe** dance is a traditional folk dance performed by the Khiamniungan Naga tribe of Nagaland during two of their most important festivals i.e. Miu and Tsokum, which are co-related to each other.
- **Akok-Khi** is a dance form performed by the Sangtam tribe during the Mongmong festival.
- **Zeliang** dance is performed by the Zeliangrong Naga tribe found in the hilly terrain of Mount Barail in Nagaland.
- **Aaluyattu** is a folk dance form from the state of Nagaland. It is performed by the Konyak tribe.
- **Udoho** dance is a traditional war dance of the Angami Naga tribe.
- **Rangma** is a folk dance of Nagaland performed by the Naga people. It is usually a part of the Ngada festival. It depicts war culture and men dressed up like warriors.
- **Sadal Kekai** is a folk dance of Nagaland performed by the Kuki tribe.
- **Leshalaptu** is a folk dance performed by the women of Nagaland.
- **Shankai and Moyashai** are the victory dances performed by the Lotha tribe of Nagaland.

## Odisha

- **Ranapa** is performed on the stilt and accompanied by drum music, along with songs related to Lord Krishna childhood stories.
- **Dhanu Jatra (Dhanu Yatra)** is an annual drama-based open-air theatrical performance celebrated in Bargarh, Odisha.
- **Daskathia** of Odisha is the tribal dance performed by two males depicting the historic and Puranic events.
- **Gotipua (Bandha Nritya)** is the precursor of Odissi classical dance. In this dance young boys dress as women to praise lord Jagannath and Krishna.

- **Dalkhai** is a popular folk dance of the Adivasis of Odisha. It originates in the Sambalpur district in Odisha.
- **Danda Nata (Danda Jatra)** is one of the most important traditional dance festivals organized in different parts of South Odisha and particularly in the Ganjam District (ancient Kalinga Empire). The Danda Naata festival is held in the month of Chaitra (March/April) every year.
- **Dhemsā** is a traditional folk dance of tribal people of central India-Southern Odisha and adjacent areas of Chhattisgarh and Andhra Pradesh.
- **Rangabati** dance is popular in Odisha and most parts of West Bengal, Bihar, Jharkhand, Andhra Pradesh, and Chhattisgarh.
- **Sakhi Kandhei** is a string puppetry show popular in the Indian state of Odisha, especially in the Kendrapara district of Odisha.
- **Baagha Naacha or Tiger Dance** is performed in Binka, Sonapur of Subarnapur district and Brahmapur and in some parts of Ganjam district in Odisha.
- **Chaiti Ghoda** dance is mainly performed by Kaibarta Caste during the festivities related to the fishing communities of Odisha.
- **Medha Nacha** is a type of mask dance performed mainly in the coastal districts of Odisha.
- **Changu** dance is performed by almost all the regional tribes of Odisha.
- **Sambalpuri** folk dance is another form of Dalkhai Dance. It is the most popular dance form in the Western part of Orissa. The theme of this dance form is the eternal love story of Radha and Lord Krishna.
- **Kela Keluni:** The Kela are a wandering group of people who make their living by catching snakes. It is a very interesting folk dance which is full of humour.
- **Ghumra** is a folk dance of the Kalahandi district of Odisha.
- **Paika** dance is mainly performed by a Munda tribal community of Jharkhand. It is also the folk dance of Odisha which is practiced by the Paikas of Oriya army.

### **Punjab**

- **Bagga** is the martial dance form of Punjab. It is also known as Bhangra. It is performed during the “harvest festival” i.e. Vaishakhi.
- **Gatka (Dankara dance)** is a form of martial art associated primarily with the Sikhs of the Punjab and other related ethnic groups, such as Hindkowans.

- **Viyahula Giddha** is a popular folk dance performed during marriages in the Indian state of Punjab and also in Pakistan.
- **Kikli** is a sport cum dance form which is usually performed by young girls.
- **Malwai Giddha** is the folk dance of males of Malwa region of Punjab.
- **Giddha** is a folk dance of Punjab, known for being high-spirited. It is a celebration of the reaping and harvest period in the spring season.
- **Julli** dance is done by Muslim holy men Juli, called pirs.
- **Jaago** is a beautiful Punjabi cultural celebration by the maternal families of both the Bride and the Groom.
- **Luddi** dance, movement of the body is sinuous and like a snake.

## Rajasthan

- **Terah Taali** is a folk dance. It is performed by the Kamada tribes who are traditional snake charmers.
- **Chari** dance is a female group dance. It is prominent in the Gujjar and Saini community of Kishangarh and Ajmer. In the chari dance, women hold chari or pots on their heads, and a lighted lamp is then placed in the pot.
- **Bhavai** is a folk dance of Rajasthan. Women dancers balance up to seven to nine brass pots on their heads.
- **Kachchhi Ghodi** dance is an Indian folk dance that originated in the Shekhawati region of Rajasthan. It is performed by men on dummy horses.
- **Gair** Dance is one of the popular folk dances practiced by the Bhil community in the Rajasthan state of India.
- **Chakri** is a folk dance of the Kanjar tribe. It is performed exclusively by womenfolk in marriages and festivals. Kanjar tribe inhabited some parts of the Kota and Baran districts of Rajasthan.
- **Kathputli** is a string puppet theatre, native to Rajasthan and is the most popular form of Indian puppetry.
- **Khayal** dance is performed by the Bhawai tribe of Rajasthan. It is full of mockery, humour and irony.
- **Kalbelia** dance is a folk dance of Rajasthan. It is well known by other names like 'Sapera Dance' or 'Snake Charmer Dance'. It was added to UNESCO's representative list of the Intangible Cultural Heritage of Humanity in 2010.
- **Jhulan** is a folk dance form of Rajasthan. It is performed by both men and women.

- **Chakri** dance form was first introduced by the Kanjar tribe who reside in the Kota and Baran areas of Rajasthan.
- **Fire dance** mostly performed by the Banjara tribe who belong to the Churu and Bikaner districts of Rajasthan.
- **Drum** dance has its origin from the Jhalore regions. Gavari is a tribal dance drama performed by the Bhil tribe.
- **Walar** dance is performed by the Garasia Rajasthani tribe.
- **Ghoomar** is a dance performed by girls of border areas of Haryana and Rajasthan at various festivals like Holi, Gangaur Puja and Teej. It was basically developed by the Bhil tribe and was adopted by other Rajasthani communities.
- **Saang**, also known as Swang (meaning "initiation") or Svang, is a popular folk dance-theatre form in Haryana, Rajasthan, Uttar Pradesh and Malwa region of Madhya Pradesh. Swang incorporates suitable theatrics and mimicry (or naqal) accompanied by song and dialogue.

### **Sikkim**

- **Chu Faat** dance is a beautiful folk dance of Sikkim. The Lepcha tribe performs this dance during the Pang Lhabso festival. It is performed on the fifteenth day of the seventh month in the Buddhist Calendar. It is a folk dance of Sikkim performed in honour of Mount Khangchendzonga.
- **Tendong Lho Rum Faat** is celebrated by the Lepcha people in Sikkim. This group dance is performed to save people from the onslaught of mighty, mountainous rivers.
- **Denong-Neh-Nah** is performed by the Bhutia community. This group dance is performed to pay homage to the past saints such as Guru Rimpoche.
- **Kayged** dance is held every year in various Sikkimese Monastery. It is a time of celebration for the Bhutias as they welcome the New Year.
- **Naumati** is a group dance of Damai community.
- **Ta-Shi-Yang-Ku** is performed by the Bhutia community during the consecration of a new house and to bless a newly married couple.
- **Zo-Mal-Lok** is the most popular folk dance of the Lepcha community.
- **The Lama dances or Chham** is a masked dance performed by Buddhist lamas (monks) during special occasions like the Pang Lhabso festival.

## Tamil Nadu

- **Karagattam** is a traditional dance of Tamil Nadu which involves balancing pots made of metal or a lump of clay on the dancer's head. This dance is performed to worship Goddess Amman.
- **Karagam** is performed by balancing a brass pot on the head. This dance is performed on the song called temmanguppau.
- **Therukoothu** is a Tamil street theatre form practiced in Tamil Nadu state of India and Tamil-speaking regions of Sri Lanka.
- **Mamallapuram** Dance Festival is organized by the Department of Tourism, Tamil Nadu, and is a 30-day festival held annually between December and January.
- **Kummi** is a folk dance, popular in Tamil Nadu and Kerala in India, danced mostly by Tamil women in a circle. It is also danced by Tamils of Sri Lanka.
- **Bamber** Dance is performed inside a temple to worship Lord Krishna. It is mainly performed around a lamp during Ram Navami and Gokulashtami.
- **Devaraattam** dance was presented to the Tamil kings and their army after their victorious return from the battle.
- **Puliyattam (Puli Aattam or Tiger Dance)** the bodies of the dancers are painted by yellow and black paint to create a replica of Tiger.
- **Shattam** Dance is devoted to Lord Vishnu, performed in groups with the instrument named "Urumi".
- **Kavadi Aattam** is a dance form performed by men. This dance involves carrying Kavadi (burdens) through the pilgrimage. This dance form is performed in worship of Lord Murugan.
- **Kolattam or Kazhi Aattam** is performed in a group during festivals and weddings.
- **Kazhai Kothu** is similar to a modern-day circus, which includes gymnastics steps.
- **Mayil Aattam or Peacock Dance** is usually performed by women. It is performed in the Hindu temples and offered to Lord Murugan.
- **Ottan Koothu** dance form is presented by tribal people to depict ancient stories during festivals.
- **Paampu Attam or Snake dance** form is done by young girls wearing tight-fitted costumes resembling a snake.
- **Poikkal Kuthirai Aattam or Artificial Horse Dance** is a dance form in which dancers wear a dummy horse which is hollow in between so that a person can fit in it.

- **Koothu** is a street party in which music and dance are performed by people during festivals and weddings.

### Telangana

- **Mathuri** dances are special tribal dances by the Mathuri tribes of the Adilabad district of Telangana, performed during the rainy month of Shravana.
- **Lambadi** is performed by the semi-nomadic tribes called 'Lambadis' or 'Banjaras' or 'Sengalis'.
- **Perini Sivatandavam (Perini Thandavam)** is a typical war dance which owes its origins to the 11th century rulers of Kakatiya dynasty. It is dedicated to Lord Shiva (Lord Rudra).
- **Gusadi** is a folk dance performed by 'Raj Gonds' or the Gondulu tribes in the Adilabad district of Telangana.
- **Mayuri** is performed in the tribal areas of Khammam district.
- **Dappu Nrityam or Dappu Dance** is a dance form in Telangana. Dappu is known by different names in various parts of the state such as Tapetta and Palaka.

### Tripura

- **Hoza Giri** dance is celebrated to pray for the blessings of Mainuma (Goddess of wealth) by the Bru Reang community of Tripura.
- **Hai Hak** dance is another dance connected with Jhum cultivation and performed by the Halam community.
- **Garia** dance is performed during Gorja puja, the festival to celebrate the sowing of new crops and prayer for a good harvest during the month of Baisakh.
- **Mamita** dance is popular among the Kaloi community. It is performed at the Mamita Festival, the harvest festival of the Tripuri people.
- **Jhum** dance displays the lifestyle, mode of cultivation, culture and tradition of the people.
- **Bizu** dance is performed by the Chakma community. Bizu marks the end of the Bengali calendar.
- **Welcome** dance is performed by Lusai girls performed whenever any visitor pays visits to their house.
- **Sangrai** dance is performed by the Mog community people on the occasion of Sangrai festival falling in the month of Chaitra of Bengali calendar year.

- **Galamuchamo** dance is celebrated at the end of the harvesting season. It is performed to express their gratitude to the gods for a good harvest.
- **Lebang Boomani** dance is a harvest dance performed by the Tripuri people of Tripura.

## Uttarakhand

- **Bhotiya** dance is a ritual of Uttarakhand conducted by the Bhotiya or the Bhot ethnic group.
- **Chholiya (Hudkeli)** is a folk dance form that originated in the Kumaon division in the state of Uttarakhand (India) and in some parts of Sudur Paschim province of Nepal.
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- **Pandav Nritya/Pandava Lila** dance is dedicated to the Pandavas which is based on the events of Mahabharata.
- **Langvir Nritya** is an acrobatic dance and is performed by the men folk only. It is mainly performed in the Tehri Garhwal region.
- **Chanchari** is the dance style of Danpur region in Kumaon.
- **Chhapeli**, also known as 'Chhabili' is a dance of Kumaon which is considered as the dance of two lovers.
- **Tandi** is a popular dance of Uttarakhand. In this dance, all the people dance in a series holding each other's hands.
- **Chaunfula** is the dance of joy and gaiety. It holds a special place in the minds of all the people of Uttarakhand.
- **Jhoda** dance by its name is popular for couples.
- **Mukhota** dance is usually performed to worship God Bhumitayal in Uttarakhand.
- **Thadiya**: The word "Thad" means "courtyard", that is, the music and dance festival held in the courtyard of the house is called Thadiya.
- **Hurka Baul** dance is a famous dance of Uttarakhand. It is performed during the cultivation of paddy and maize in the Kumaon region.

## Uttar Pradesh

- **Mayur** dance is performed by girls dressed as peacocks in the Braj region of Uttar Pradesh. It is carried out as a kind of adoration for Lord Krishna. Peacock dance in other states: Arunachal Pradesh (Monpa tribe), Andhra Pradesh and Tamil Nadu (known as Mayilattam dance).
- **Rasalila** is a popular form of folk theater in the regions of Mathura, Vrindavan in Uttar Pradesh, Nathdwara in Rajasthan (amongst various followers of pushtimarg or the vallabh sect). It is also seen in gaudiya vaishnavism in Nadia (West Bengal) which is also known for Raas Utsava.
- **Nautanki** is a famous folk theatre of Uttar Pradesh.
- **Charkula** dance is typically performed on the third day of the famous Hindu festival of Holi.

## West Bengal

- **Gaudiya Nritya** is a classical dance form of Bengal as well as of other Eastern parts of the country like Assam, Odisha and Manipur. It has its origins in the Natyashastra. It was widely performed in the Vaishnav communities.
- **Gomira** dance is a rural dance form mainly practiced in the Dinajpur district of West Bengal.
- **Alkap** is a Bengali folk dance popular in the districts of Murshidabad, Malda and Birbhum in West Bengal and Chapai Nawabganj, Randajshahi in Bangladesh. It is also popular in Jharkhand.
- **Gambhira** dance is performed in West Bengal during the festival of Chaitra Sankranti. The masks are made out of neem and fig trees by the local Sutradhar community.
- **Dhali** dances portray the shieldmen in the troops. This dance form is widely popular in the aboriginal community of Bengal.
- **Jatra** is a form of folk drama combining acting, songs, music, dance, characterised by stylised delivery and exaggerated gestures and orations.
- **Brita** dance (Vrita Dance) is especially performed by people after their recovery from certain diseases.
- **Tusu** dance is performed during the month of Pausa, found in the month of December and January.
- **Lathi** dance is performed during the primary ten days of Muharram. It's the dance to show off the powers of the body.

- **Baul** dance forms part of the religious rites of bauls.
- **Marisia** dance is a tribal dance of West Bengal performed by a group of men.
- **Dhanuchi naach** is a devotional dance and tradition in West Bengal, performed during Durga puja.
- **Brita** Dance is a form of group dance performed by men and women during Durga Puja.

## **Ladakh**

- **Shondol** dance is also known as the 'Royal Dance of Ladakh'. It is performed by Takshoma or women dancers to praise the King of Ladakh on special occasions.
- **Cha-rtse (Pigeon dance)** is a dance form of Ladakh.
- **Jabro** dance is performed by the nomadic people of the Tibetan region living in the hillsides of the Chang Thang and Rong areas of Ladakh.
- **Koshan** dance of Ladakh is presented during horse riding and the person who is riding the horse is known as Landak.
- **Spawo** dance is an integral part of the Ladakhi culture and is highly appreciated as a folk dance form.
- **Shone** dance is of the Mons and people perform this dance only in Ladakh's rural parts.
- **Drugpa-Rches** dance form is presented by the Dards, people who belong from the Aryan origin. Dards are situated in the Gorkhan and Drass areas of the Ladakh region.
- **Jabro** dance is the nomadic community dance form, which has its origin in Tibet, they live in the Changthang area's high hills, and it is located in Ladakh.
- **The Bagstanarches** dance is performed for several weeks in Ladakhi wedding ceremonies.
- **Koshan** dance form is very famous in Kashmir's Leh area.
- **Yak** dance's theme is very interesting and unique, in this dance two people wear the skin of the animal Yak and they dance by using elegant and nice movements.
- **Tukhstanmo** is a seasonal dance form, which is performed in the Bakhamul and Zaskar area.
- **Surahi** dance is also called as Chang Rches. In Surahi dance, performers carry the Chang's pot over their head and with that pot, they do the performance.

## Jammu and Kashmir

- **Dumhal** is a folk dance performed by the Watal tribe in the union territory of Jammu and Kashmir.
- **Bhand Jashan** is a very soothing dance with very light music and performed in traditional style by ten to fifteen dancers.
- **Bacha Nagma** is performed by Young boys, particularly during the harvest season.
- **Wuegi-Nachun** is performed after the marriage ceremony, when the bride has left for her new home.
- **Rouf Dance:** The English name for the Rouf Dance in Kashmir is Danza de Fila. It is celebrated in festivals like Ramzan and Eid in particular.
- **Bhaand Pather** is a popular theatre in Kashmir.
- **Kud** is one of the art forms which is performed in order to highlight the aficionados of the princely states.
- **Hikat** dance of Kashmir is one of the most popular folk dances of the state of Kashmir and is usually performed by the young girls of the Kashmir valley.
- **Hafiza** Dance is widely performed by kashmiris at home weddings or when the wedding processions would be taken out on boats on the Jhelum River.
- **Ladishah** dance form of Kashmir is very popular and Ladishah has a very essential position in the tradition of Kashmir music. Ladishah dance is a malicious form of singing.

## Some More Dances of India

- **Sarhul** is a traditional dance which is performed by the Oraon tribe in Jharkhand, Chhattisgarh and west bengal.
- **Tarpa** dance is a tribal dance performed by the Warli, Kokna and Koli tribes of Dadra and Nagar Haveli.
- **Verdigao** dance is the traditional dance form of Daman and Diu. Other famous folk dances of Daman and Diu are Mando Dance and Vira Dance, which are performed on special occasions.
- **Lava** is a popular folk dance of Minicoy Island of Lakshadweep. The word 'Lava' means beautiful dance or rhythmic movement. It is usually performed on festive occasions or religious ceremonies. The look of dancers is locally known as 'Bolufeyle'.

- **Parichakali** is a traditional folk dance form of Lakshadweep. The term Parichakali is derived from the word 'Paricha'. It means 'shield' in the local native language, therefore this dance is also known as Shield dance.
- **Nicobari** dance is the traditional dance of Andaman and Nicobar. It can be seen during the Ossuary Feast, commonly known as the Pig Festival. It is performed by the local tribesmen of the Car Island.
- Martial dances of India are Kharaiti, Ujagjama and Thoda (Himachal Pradesh), Kalaripayattu (Kerala), Silambam, Kuttu Varisai (Tamil Nadu), Thang-ta (Manipur), Gatka (Punjab), Lathi (Punjab and Bengal), Inbuan Wrestling (Mizoram), Musti Yuddha (Varanasi), and Pari-Khanda (Bihar).

### Types of Puppets Used in India

- **Glove Puppets** {PavaKoothu (Kerala), Sakhi Kundhei Nata (Orissa), and Beni Putul (Bengal)}.
- **Rod Puppets** {Putul Nach (West Bengal), Kathi Kandhe (Orissa), and Yampuri (Bihar)}.
- **Shadow Puppets** {Tholu Bommalata (Andhra Pradesh), Togalu Gombeyata (Karnataka), Tholpavakoothu (Kerala), Chamadyache Bahulya (Maharashtra), Ravana Chhaya (Orissa), and Thol Bommalattam (Tamil Nadu)}.
- **String Puppets** {Putal Nach (Assam), Togalu Gombeyatta (Karnataka), Kalasutri Bahulya (Maharashtra), Gopalila Kundhei (Orissa), Kathputli (Rajasthan), and Bommalattam (Tamil Nadu)}.