

**Andhra Pradesh**

- **Kuchipudi** is one of the eight major Indian classical dances. It originated in a village named Kuchipudi in the Indian state of Andhra Pradesh.
- **Vilasini Natyam** or Chinna Melam is an Indian classical dance form originating in Andhra Pradesh.
- **Andhra Natyam** is a classical dance form originating from the Indian state of Andhra Pradesh. This traditional dance form, having a history of 2000 years, was lost in the Mughal and British era.
- **Burra Katha** also spelled Burrakatha, is an oral storytelling technique in the Katha tradition, performed in villages of Andhra Pradesh and Telangana.
- **Veeranatyam** or Dance of the brave is an ancient form of dance from the state of Andhra Pradesh, with associated religious significance. Veeranatyam started as a ritual that was performed in Shiva temples in honour of Lord Shiva.
- **Butta bommalu** is one of the most famous and popular dance forms of Andhra Pradesh. It is a mask dance that originated in Tanaku in the West Godavari district of the state.
- **Tholu Bommalata** is the shadow puppet theatre tradition of the state of Andhra Pradesh in India.
- **Dappu Dance** is actually a complementary to the Dandora Dance in North India. In the coastal area of Andhra Pradesh this dance is also known as Tapetta.
- **Tappeta Gullu** is a kind of Folk Dance that derives its origin from the folk cultures in India.
- **The Lambadi** is performed by the Banjaras, a semi-nomadic tribe seen all over Andhra Pradesh. This dance is a colourful exposition of joy which is the highlight of many a festive occasion.
- **Kolatam** or the stick dance, is one of the most popular dance narratives in Andhra Pradesh. It is also called as Kolannalu or Kolkolannalu.

**Assam**

- **Bihu dance** is a group dance in which males and females dance together. The dance is performed to traditional Bihu music.
- **Bagurumba** is a folk dance in Assam which is performed by the Bodos tribe.
- **Bhortal Dance** is one of the most popular dances in the state of Assam. This dance is performed in a group. Six or seven dancers generally present the Bhortal dance together.
- **Jhumur dance** is a traditional dance of tea tribe communities of Assam. The dance is usually performed during Autumn season in Assam. This dance is also found in few parts of West Bengal.

**Arunachal Pradesh**

- **Bardo Chham** is a folk dance of Sherdukpens, a small community of West Kameng District of Arunachal Pradesh. Bardo Chham depicts the victory of good over evil.

**Bihar**

- **Jhijhian dance** is a folk dance practiced in the Bihar state of India. It is a ritualistic dance which is performed during the times when there is absolutely no rain and the land is sun parched. It is performed in a group.
- **Jat-Jatin Dance** is the most popular folk dance of North Bihar, especially in Mithila and Koshi region. It is performed by a pair of man and woman. Jat-Jatin is a folk dance of the same emigrant husband accompanied by his spouse.
- **Jhumeri Dance** of Bihar is similar to "Garba of Gujarat". Specialized to the married women, it is a folk dance of Mithilanchal of Bihar.
- **Sohar-Khilouna Dance**- The foremost event in one's life is his birth. The birth of a child is celebrated all over the country with different traditional rituals. In Bihar, ladies always sing Sohar on the occasion of birth ceremony of a child.
- **Sama Chakeva** is one of the important festivals of the young brothers and sisters in the northern part of India. It is mainly celebrated in Mithila region.



## Chhatisgarh

- **Raut Nacha** is a traditional folk dance usually done by Yadavs as symbol of worship to Krishna.
- **Panthi Dance**- This Indian folk dance is prominent ritual of the Satnami community of Chhattisgarh. The community celebrates the anniversary of the birth of Guru Ghasidas on Maghi Purnima.

## Gujarat

- **Garba** is customarily performed by women, the dance involves circular patterns of movement and rhythmic clapping. It popularly performed during Navratri. The word comes from "garbha deep" which is translated as either light in the inner sanctum of the temple or lamp inside a perforated earthen pot (which is often used in the dance).
- **Dandiya Raas** is an energetic, vibrant dance originating in the state of Gujarat. Often called the "stick dance" because it uses polished sticks or dandiya, it represents a mock-fight between Durga and Mahishasura, the mighty demon-king.
- **Tippani Dance** is form of folk dance originated from the Chorwad region of Saurashtra in Gujarat, India.
- **The Padhar dance** is a folk dance of Gujarat, India. It is performed by Padhar, a fishermen community living along banks Nal Sarovar of Bhal region. The dancer holds small sticks in his hands while dancing.

## Haryana

- **Phag Dance** this is a seasonal dance, through which agricultural people express their joy and vigour. During the month of February -March, they have a little leisure between sowing and harvesting.
- **Daph dance** is one of the popular folk dances of Haryana. Performed to show joy and happiness regarding a good harvest, this dance is popular in various regions of Haryana. The dance is majorly performed by Ahir Community.
- **The Dhamal dance** is famous in the Gurgaon area, which is inhabited by Ahirs. Men perform this dance outdoors only on moonlit nights of Phalgun month. It is said that the people perform this dance whenever their crop is ready for the purpose of the harvest.
- **Loor dance** Girls perform the Loor during the month of `Phalguna` (pring). This dance is named so because the word `Loor` means girl in the Bhangra area of Haryana. It is specially performed during the Holi festival.
- **Jhumar** is a folk dance widely performed by married women of Haryana. The dance is named after the ornament called 'Jhumar,' worn on the forehead by young married women. Ladies dressed in colorful costumes, move in a circle to the beats of dholak and thali.

## Himachal Pradesh

- **Nati** refers to the traditional dance of Kullu district of Himachal Pradesh. The dance is listed in the Guinness Book of World Records as largest folk dance. It is quite popular in whole Himachal Pradesh.
- **Kinnauri Nati** refers to the traditional dance of Kullu district of Himachal Pradesh. The dance is listed in the Guinness Book of World Records as largest folk dance. It is quite popular in whole Himachal Pradesh. Dance is also popular in Chandigarh where Himachali youth perform this on cultural programmes
- **Namgen dance** is performed in Himachal Pradesh. The Namagen dance is performed in the month of September to celebrate the autumn. They wear costumes which are largely woolen and studded with silver ornaments. Mostly men and women dance together.
- **Jhali** is a common dance form in the region little heard of outside the boundaries of Himachal Pradesh. Jhali is a dance of gaiety and gratefulness for the harvests.
- **Mahasu** folk dance is performed in praise of God. The dance is an important part of the Mahasu Devta fair held every August.
- **Dangi Nritya** originated in the Dangs. It is a tribal dance full of energy, skill and enthusiasm. Men and women interlock hands at the waist to form a chain and dance in sync while maintaining a serpentine movement.

## Jammu & Kashmir

- **The Rauf** is a folk dance form which is mainly practiced by the women folk of the Kashmir valley. There are several folk dance forms which have particularly originated and flourished in the state of Jammu and Kashmir.
- **The Hikar dance** is a very old form of folk dance which is being performed by the young girls in the marriage ceremonies in the valley of Kashmir.
- **Dhamali** is a dance performed by the people to pay respect and honor the dignified saint. This dance is performed by the disciples of Baba and his Sufi teachings.



## Jharkhand

- **Karma dance** which is also popularly known as Karma Naachis performed by the tribes of Jharkhand, Chhattisgarh, Madhya Pradesh, Bihar, Orissa and other regions of the country. This tribal dance is performed during the autumnal festival of Karma Puja.

## Karnataka

- **Yakshagana** is a traditional theatre form that combines dance, music, dialogue, costume, make-up, and stage techniques with a unique style and form. This theatre style is mainly found in Tulunadu and some parts of Malenadu regions of Karnataka
- **Suggi Kunita** is a festival dance in Karnataka. It is performed by Halakki Vokkaligas, a community of Karnataka.
- **Karaga** is a folk dance of Karnataka which originated as a ritual dedicated to Draupadi as known in these parts as Droupthamma. The ritual is performed on a full moon day.

## Kerala

- **Kathakali** is one of the major forms of classical Indian dance. It is a "story play" genre of art, but one distinguished by the elaborately colorful make-up, costumes and facemasks that the traditionally male actor-dancers wear.
- **Ottan Thullal** is a dance and poetic performance form of Kerala, India. It was introduced in the 18th century by Kunchan Nambiar.
- **Mohiniyattam** also referred to as Mohini-attam, is derived from "Mohini" – a famous female avatar of the Hindu god Vishnu in Indian mythology.
- **Kaikottikali** is an extremely popular folk dance performed by the maidens of Kerala. It is a group dance and is mainly performed on the occasion of Onam and Thiruvathira.

## Lakshadweep

- **Lava Dance** a folk dance mainly performed by the males in Lakshadweep, is a renowned traditional dance form performed on festive occasions. The word 'Lava' means beautiful dance, song and rhythmic movement.

## Madhya Pradesh

- **Tertali** is a folk dance performed by the Kamar tribes of Madhya Pradesh. It is an elaborate ritual with many elements of dance. This majestic dance is usually performed by two or three women, who sit on the ground.
- **Jawara**, a harvest dance, is usually performed in the Bundelkhand area of Madhya Pradesh. It reflects the gaiety and pleasure of the peasants who have attained a good harvest.
- **Matki Dance** is mostly performed in the Malwa region of Madhya Pradesh, India. It is a solo dance performed by ladies on special occasions like weddings, birthdays.
- **Phulpati Dance** is performed in Malwa region of India. This dance is performed by unmarried girls. It is performed on the occasion of Holi.
- **Grida Dance** is performed in the villages of Madhya Pradesh. This dance celebrates the flourishing of the 'rabi' crops (winter crops). It is performed by groups belonging to different villages, who gather together for this occasion.
- **Maanch** is a form of operatic ballet that is very popular in Malwa. It is a lyrical folk drama of Malwa region of the State Madhya Pradesh. The language of the Maanch is traditionally Malwi.

## Mizoram

- **Cheraw dance** is a ritual dance performed in Mizoram, India, consisting of four people holding two crossed pairs of bamboo staves.

## Manipur

- **Dhol Cholom**, a drum dance is one of the dances performed during Holi in Manipur.

## Maharashtra

- **Lavani** is a genre of music popular in Maharashtra. Lavani is a combination of traditional song and dance, which particularly performed to the beats of Dholki.
- **Koli Dance** is a popular dance form of the fishermen community of Kolis residing in the coastal areas of Maharashtra.



- **Lezim** is a folk-dance form Maharashtra. This dance is named after a wooden idiophone to which thin metal discs are fitted which produce a jingling sound and the dancers use this while dancing.
- **Pavri Nach** (also Tarpha Nach) is a renowned dance form of Maharashtra. It is an exclusive preserve of the Kokna tribes. The tarpha or pavri, a wind instrument made of dried gourd, is the chief instrument used in this dance. Hence the dance is known as Tarpha Nach or Pavri Nach.

## Odisha

- **Odissi** also referred to as Orissi in older literature, is a major ancient Indian classical dance that originated in the Hindu temples of Odisha.
- **Chhau dance** is a semi classical Indian dance with martial, tribal and folk origins in the eastern Indian states of Odisha, Jharkhand and West Bengal.
- **Ghumara Dance** is one of the most sought and leading folk dance form in Orissa. Ghumura dance is depicted in Sun Temple of Konark confirming this dance form is since the medieval period.
- **Gotipua** is a traditional dance form in the state of Odisha, India, and the precursor of Odissi classical dance. It has been performed in Orissa for centuries by young boys, who dress as women to praise Jagannath and Krishna.
- **Sambalpuri folk dance** is mainly originated from the Sambalpur District, Odisha.

## Puducherry

- **Garadi** is the most popular folk dance of Puducherry. The origin of this dance leads us to the Hindu epic Ramayana.

## West Bengal

- **Gambhira Dance** One of the folk dances of West Bengal, it is a traditional and devotional form of dance. This dance is performed by the devout devotees of Goddess Shakthi.
- **Kathi dance** is a folk dance performed in the West Bengal state of India. This dance is noted for its beautiful hand and leg coordination.
- **The Baul dance** of West Bengal is a very famous folk dance that explains the joys and sadness of life through a beautiful song and dance form.
- **Domni** is performed in Malda district. A Domni performance starts with a Vandana dedicated to God. Then the 'Mool Gayen' and 'Chhokras' offer devotional prayers.
- **Dhunachi** is a dance performed in Bengal for the Durga Pooja at the time of Dussehra. Women and Men wear traditional Bengali dresses and dance with a mud pot filled with burnt coconut shavings. This is known as a tribute to Maa Durga.

## Punjab

- **Bhangra** refers to several forms of folk dance and music that originate in the Punjab region of India. The dance is generally performed during the Vaisakhi festival that celebrates the harvest.
- **Giddha** is a popular folk dance of women in Punjab region of India and Pakistan. The dance is often considered derived from the ancient dance known as the ring dance.
- **Karthi** is a folk dance performed in Punjab. It is one of few dances in Punjab, which involves both men and women.
- **Kikkli** also spelled as Kikli, is one of the folk dances of Punjabi females performed by two girls holding hands and twirling each other in circle and balancing their positions in circular motions.
- **Sammi** is a traditional dance form originating from the tribal communities of Punjab. It is the dance of Punjabi women.

## Rajasthan

- **Ghoomar** is a traditional folk dance of Bhil tribe performed to worship Goddess Sarasvati which was later embraced by other Rajasthani communities.
- **Chakri dance** of Rajasthan is a local folk dance mainly of Kanjar tribe from Baran and Kota districts. While women dancers spin away to a certain rhythm, the unique background music is contributed by the local menfolk showing their skill with the musical instrument 'dholak'.
- **Gangaur** is colourful and one of the most important festivals of people of Rajasthan.
- **Kalbelia** is performed by Naachato Rajasthan the women's group of the Kalbelia community of Rajasthan.
- **Tera Tali** is famous folk dance of Rajasthan. Performed by the 'Kamar' tribe.



## Sikkim

- **Singhi Chham** is a masked dance of Sikkim, depicting snow lion - the cultural symbol of the state.

## Tamil Nadu

- **Bharatanatyam** is a major genre of Indian classical dance that originated in Tamil Nadu. Traditionally, Bharatanatyam has been a solo dance that was performed exclusively by women.
- **Thappattam**, is a dance in which folks beat Parai and dance to its rhythm. It is one of the oldest traditional dances, originally performed for multiple reasons, ranging from warning people about the upcoming war.
- **Karagattam** is a folk dance of Tamil country performed by villagers perform in praise of the rain goddess Mariamman. The performers balance a water pot on their head very beautifully.
- **Bommallattam or puppet dance** is very common in South India. In Tamil Nadu, marionettes are found in Salem, Kumbakonam and Mayiladuthurai i.e. both in Thanjavur district. Most often these are celebrated at temple festivals and exhibitions.
- **Oyilattam** is a folk dance with origins in the Madurai region of Tamil Nadu.
- **Kolattam** is a popular folk dance belonging to the state of Andhra Pradesh and Tamil Nadu.
- **Kummi** is one of the ancient forms of village dances of Tamil Nadu. It originated when there were no musical instruments, with the participants clapping their hands to keep time.
- **Bamber dance** this dance is performed inside a temple, around a lamp. The purpose is to worship Lord Krishna, and celebrate his frolics with the gopikas. This is performed during Ramanavami and Gokulashtami.
- **Chakkai Attam** is among the popular folk dances of Tamil Nadu.
- **Devarattam** is the dance of the Kambalathu Nayakar community of Tamil Nadu, who believe that they are the direct descendants of the 'devas' or gods.
- **Paraiyattam** Parai is the name of a rhythmic beat instrument and Paraiyattam is practiced among the suppressed Dalits classes of the people of the Tamil Nadu.

## Tripura

- **Hojagiri dance** is one of the famous dances of Tripura. The dance is performed on the occasion of HOJAGIRI Festivals or Laxmi puja, held in the following full moon night of Durga puja.

## Uttar Pradesh

- **Mayur Nritya or Peacock Dance** this is a folk dance from Brij region of Uttar Pradesh. This dance is associated with Lord Krishna and Radha.
- **Rasleela** is most popular form of folk dance of India, especially during the festivals of Krishna Janmashtami and Holi in the regions of Mathura and Vrindavan in Uttar Pradesh.

## Uttarakhand

- **Jhora** is one of the famous folk dances of Kumaon region of Uttarakhand. It is basically a dance form which is performed by the people belonging to both the high and low caste.
- **Chholiya** is a dance form practised in the Kumaun region of Uttarakhand. It is basically a sword dance accompanying a marriage procession but now it is performed on many auspicious occasions.