

As you know that questions from **Folk dances of different states** are usually asked in almost every competitive exam like **CDS, CAPF, AFCAT & Air Force Group X & Y** etc. So keeping the importance of the topic in mind, below is the list of all important folk dances which will be helpful to cover 1-2 marks in Competitive Exams.

You can Read **Part I** of the [Different Dance Forms of India](#).

## Different Dance Forms of India (Part II)

### 1. Dance forms in Arunachal Pradesh are:



Dance performed in Arunachal Pradesh is divided into different categories from different tribes & is performed on special occasions. Some dances are based on drama with different mystical stories. These eight groups are divided into four groups with two sub-groups.

The first group is the part of rituals dance forms, theme of second group relates to harvesting & domestication of animals. The third group dance theme is associated with the funeral ceremony in which the soul is guided by the priest & the last fourth group consists of fertility dance form

- **The Wancho Dance**
- **Idu Mishmi Ritual Dance**
- **Digaru Mishmi Buiya Dance**
- **Khampti Dance**
- **Buiya Dance**
- **Ka Fifai Dance-Drama**
- **Ponung Dance**

- **Sadinuktso**

These dance form are performed by the tribes of Arunachal Pradesh & is performed in groups of men & women accompanied by songs. But some of the dances are restricted to men only such as war dance or ritualistic dance of the Buddhist tribe.etc.

- **Aji Lamu**
- **Chalo**
- **Hiirii Khaniing**
- **Lion and Peacock dance**
- **Pasi Kongki**
- **Ponung**
- **Popir etc.**

## 2. Dance forms in Chhattisgarh are:-



- **Pandwani:** A traditional folk dance based on the story which depicts the character of Pandavas , leading the character of epic Mahabharata. This dance group is started by the leader & then followed by the rest of the members.
- **Raut Nacha:** This dance form is performed by the Yadavs/yaduvanshis group an appreciation towards Lord Krishna. The theme relates to the fight between king Khansa & Lord Krishna.
- **Panthi:** A popular dance form performed by the Satnami community on special occasions by installing an idol of Jaitkham.

- **Sua Nacha:** This dance form is also known as parrot dance as in this dance style women's keep a parrot in between & dance around it in a circle.
- **Karma:** This dance form is performed by the tribal groups during the karma festival. Karma is a festival in which the Karma devta is worshipped & is considered as the cause of good & bad fortune.

### 3. Dance forms in Goa are:



- **Shigmo:** This dance form is performed in the month of March by the Hindu community to celebrate or welcome the spring season.
- **Mussal:** This form is cast by the Kshatriyas & the theme is classic warrior celebrating the victory.
- **Dekhni:** It is a type of Konkani language means “bewitching beauty”. This solo song with dance is only performed by women's & the theme of the dance is of a devdasi girl who comes to a river bank to go to other side as she has been appointed for a dance in the wedding.
- **Dhalo:** This dance form is the oldest form as it comes from the ancient folk dance of Goa. In this style usually, two groups are being formed each comprising 12 women's & it is also a slow dance form. It is performed on the moonlight night in the month of Pausha.
- **Fugdi:** The most popular dance form of Goa & also known as Foodgi. The virtue of this dance is that is non-seasonal i.e. performed in all seasons & in all important social & religious occasions.
- **Goff:** This dance form is performed during the shigmo festival in which only men participates because the dance theme is based on wars.

- **Kunbi:** It is a folk song introduced by the earliest settlers of tribal community in Goa. This dance form is fast & non-religious, performed in groups by women dancers.
- **Lamp Dance:** In this dance form one has to manage these brass lamps with burning wicks on head & also in the hands. Name of this dance form is derived from the brass lamps used shigmo festival.

#### 4. Dance forms in Gujarat are:-



- **Tippani Dance:** This is a unique dance form performed by the women of seaside striking the dance floor with sticks.
- **Bhavai:** This dance pattern involves only male artists & even the portion of women is performed by males. The theme of this dance is related to social issues of the society.
- **Dandiya Raas:** The most enjoyable & famous dance form of Gujarat. In this dance form, both men & women participate & perform in a choreographed manner with sticks known as dandiya.
- **Garba:** It is the popular dance form of Gujarat & is said to have an ancient origin. This dance form represents the life cycle from birth to death. Both the men's & women's wear colourful clothes.

#### 5. Dance forms in Haryana are:-



- **Saang:** A religious & folk tales based dance pattern performed in an open place.
- **Chhathi:** It is Celebration of the birth of a male child & is celebrated on the sixth day after birth. The dance is performed by the women's in night.
- **Khoria:** This dance form is similar as to jhumar dance form in which women wears gold work skirts with colourful drape. A circle pattern is formed which is started by one & continued by rest other females.
- **Dhamal:** This form is related from the ancient form of Mahabharata in which the dance is performed on the beat of dhol, nagara etc.
- **Jhumar:** This dance form is also known as Haryanvi gidda similar to Punjabi gidda in which women's perform on the dholak & thali. The origin of the name is from the jhumar worn by married women's.
- **Loor:** This dance form is usually performed around holi festival to welcome the spring season & harvesting of crops.
- **Gugga:** Ritualistic male dance dedicated to gugga pir & is usually performed in the month of august.
- **Phag:** Seasonal folk dance performed by the local people in the month of Feb-March in occasion of agricultural harvesting.

#### 6. Dance forms in Kerala are:-



- **Mohiniyattam:** it is a classical dance form of Kerala. It is derived from the words “Mohini”(beautiful women) and “attam”(dance). It is a beautiful feminine style with surging flow of body movements.it is the tradition of devadasi system, which later grew and developed a classical status. The credit for reviving the Mohiniattam dance in the nineteenth century goes to Swati Trinual.
- **Theyyam:** This dance form is popular & oldest dance form carried from thousands of years. In this dance form rituals are being practised & are famous because of accessibility to lower castes.th Century.
- **Thullal:** This dance form is a solo & recitation both emerged from
- **Thirvathirakali:** This dance form is performed by groups of women during the Onam festival.
- **Duffmuttu or Aravanmuttu:** This dance form is particularly for the muslim community. It is performed on Arabic music.
- **Oppana:** This dance form also relates to the Muslim community. It is a bridal group dance performed for entertainment.
- **Kathakali:** It is the oldest form of dance, was originated around years ago & famous worldwide. Generally performed by male dancers with heavy costumes inspiring with the mystical stories.
- **Margamkali:** This dance form is very ancient and the most popular artistic performance prevalent among the Syrian Christians of Kerala. It is performed mostly by men on festive occasions.
- **Thitambu Nritham:** This dance form is performed by the Namboothiris other Brahmin community.

#### 7. Dance forms in Mizoram are:-



- **Cheraw Dance:** It is the ritual dance performed in the Mizoram in which Mens holding bamboo sticks & girls cross them in & out on the beat.
- **Chheih Lam:** This dance symbolizes the completion of the day's work.

#### 8. Dance forms in Nagaland are:-



In Nagaland, different dance is performed by different tribes as dance is an important part of everyone's life. So some dances are:

- Aaluyattu
- Agurshikukula
- Butterfly Dance
- Changai Dance
- Mayur Dance
- Leshalpatu
- Rengma
- Shankai & Moyashai

#### 9. Dance forms in Odisha are:-



- **Oddissi:** This dance form is the oldest & the ancient dance form. It was originated in the Hindu temples & is related to Lord Shiva & Surya. Different religious stories are explained with the help of different mudras as this dance form also has its parts in the medieval era as various temples were built during that period.
- **Chhow:** This folk dance is related to war theme dance since the ancient time period.
- **Patua Dance:** This is a ritual dance form associated with the mother goddess. It is celebrated in the month of March/April in village streets.
- **Ghoomra Dance:** This dance form is related to the skin of a reptile. In this form, vibrant dance is performed only by males which are accompanied by drums.
- **Mask Dance:** In this dance style a pattern is followed by wearing a mask of different creatures such as humans, animals etc. & is performed in religious festivals.

#### 10. Dance forms in Rajasthan are:-





- **Ghoomar:** Dance played by women in a circle form in a clockwise direction then anticlockwise.
- **Kalbelia:** This dance form is performed by the women's of kalbelia community.
- **Bhavai:** It is the important dance form in which women carry a brass pitcher around 8 or 9 & have to balance it while dancing.
- **Kachchi Ghodi:** In this dance form both men & women take part in which a dummy horse is tied around their waist.

#### 11. Dance forms in Sikkim are:-



- **Singhi Chham:** Also known as Snow lion dance as this dance form shows the legendary snow lion & an important cultural symbol of Sikkim.
- **Yak Chham:** This dance form is to honour yak, an animal on which they are dependent for survival.
- **Maruni Dance:** In this dance is performed on special occasions like weddings, etc.
- **Khukuri Dance:** This dance form is a religious dance form performed while sending soldiers to battle.

**12. Dance forms in Telangana are: -**



Perini Sivatanlavam or Perini Thandavam is the only dance & ancient dance form of Telangana. This dance form is also known as the dance of warriors as the theme is related to the warriors before leaving the battlefield achieved in front of Lord Shiva.

**13. Dance forms in Tripura are:-**



- **Hojagiri:** It is the dance of the tribal community & is based on balance & dedication.
- **Garia:** This dance form is performed in Garia puja festival in the month of March-April on the beats of drums.
- **Bijhu:** This is a dance form performed on the New Year according to the Bengali calendar.

**14. Dance forms in Uttar Pradesh are: -**



Uttar Pradesh is full of rich heritage & cultures & is formed with different dance- drama combination, Such as

- Ramlila
- Raslila
- Nataunki
- Naqaal
- Charukala dance

**15. Dance forms in Tamil Nadu are:**



- **Bharatanatyam:** it is one of the most popular classical Indian dance. It is almost 2000 years old. It is believed that Bharatanatyam was revealed by Lord Brahma to Bharata, a famous sage who then codified this sacred dance in a Sanskrit text called the Natya Shashtra. Natya Shashtra divides dance into two distinct forms – nritta and nritya. The Bharatanatyam dance flourished in the Hindu temples of south india. The temple dancers are called Devadasis or servants of god. The present form of Bharatanatyam dance was evolved by Poniah Pillai of Tanjore and his brothers. Formats of Bharatanatyam consist of Alarippu(invocation), Jathi Swaram(note combinations), Shabdham(tones and lyrics), Varnam(a combination of pure dance and abhinaya) lighter items like Padams and Javalis (all erotic) and finally the Thillana(again pure dance).
- **Devarattam:** It is a pure folk-dance form performed once in a year in the near temple but it is restricted to rajkambalam nayakar community.
- **Kolattam:** It means the fun & joy of games. in this stick of around one foot is held in hands & beaten to make it sharp.
- **Bommalattam:** It is the Puppet show held almost in every state during fairs & festivals.

Other dance forms are performed are:

- **Karagattam or Karagam**
- **Mayil Attam or Peacock dance**
- **Paampu attam or Snake Dance**
- **Oyilattam**
- **Puliyattam**
- **Poikal Kudirai Attam**
- **Theru Koothu**

**16. Dance forms in Karnataka are:-**



- **Yakshagana:** The popular Dance drama form believed to be originated in 16<sup>th</sup> This dance drama is usually performed after winter crops are harvested in the night.
- **Bhootha Aradhane:** In dance form, Idols are worshipped & characterized by drums & firecrackers.
- **Dollu Kunitha:** Another popular ritualistic dance form performed by only men of the shepherd community.
- **Veeragaase Dance:** An effective dance form based on Hindu mythology, usually performed in the month of August & November. This dance is performed at Mysore Dasara.
- **Joodu Haligi:** A distinct dance form in which a haligi is round made of buffalo hide & played with a short stick.