



GK Notes

Different States and their Folk Dances

Folk Dances of India

Folk Dances of India, which usually consist of just a few basic steps, are performed all over the world to commemorate the arrival of a new season, childbirth, marriages, gatherings, and other social events. Men and women participate individually in some Indian folk dances, while they dance together in others. Most of the time, the dancers would be joined by singers as they perform. The majority of folk dances have elaborately made costumes.

Important Dance Forms in India for SSC

The list of Folk Dances in India is the most useful General Knowledge, Static GK topic for people who are all preparing for competitive exams like SSC Exams. As per the exam analysis done till now there are approximately 2-3 questions asked from this topic in the SSC & Railways exams. We have provided you with thorough information about this topic in this article. As SSC exams are one of the most important exams for students who are aspiring to be Government officials therefore candidates need to prepare well for this topic i.e., Folk Dances of India in the exams.

Folk Dances of India State-wise

We all know that humans are sociable animals, and since the beginning of civilization, people have incorporated recreation into their daily lives. When it comes to dancing, prehistoric digs have yielded figurines of dancing people in groups. Every society that we see today has a long history of evolution, and throughout that evolution, they have acquired certain traits that set them apart. Their culture has become their identity, and India is the centre of many such cultures that coexist. In this article, we will talk about the folk dances of India. Folk dances are regionally specific dances that have persisted for generations. They provide us a look into the past and tell tales that highlight the dignity of society. Therefore, below we are going to provide the Folk Dances of India State-wise for your reference.

State	Dance forms
Arunachal Pradesh	Buiya, Chalo, Wancho, Pasi Kongki, Ponung, Popir, Bardo Chham
Uttar Pradesh	Nautanki, Raslila, Kajri, Jhora, Chappeli, Jaita
Chhattisgarh	Gaur Maria, Panthi, Raut Nacha, Pandwani, Vedamati, Kapalik, Bharthari Charit, Chandaini
Tamil Nadu	Bharatanatyam, Kumi, Kolattam, Kavadi
Goa	Tarangamel, Koli, Dekhni, Fugdi, Shigmo, Ghode, Modni, Samayi nrutya, Jagar, Ranmale, Gonph, Tonnya mell
Gujarat	Garba, Dandiya Ras, Tippani Juriun, Bhavai
Haryana	Jhumar, Phag, Daph, Dhamal, Loor, Gugga, Khor, Gagor
Kerala	Kathakali (Classical), Ottam Thulal, Mohiniattam, Kaikottikali
Mizoram	Cheraw Dance, Khuallam, Chailam, Sawlakin, Chawnglaizawn, Zangtalam, Par Lam, Sarlamkai/Solakia, Tlanglam



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Andhra Pradesh	Kuchipudi, Vilasini Natyam, Andhra Natyam, Bhamakalpam, Veerantayam, Dappu, Tappeta Gullu, Lambadi, Dhimsa, Kolattam, Butta Bommalu
Assam	Bihu, Bichhua, Natpuja, Maharas, Kaligopal, Bagurumba, Naga dance, Khel Gopal, Tabal Chongli, Canoe, Jhumura Hobjanai
Bihar	Jata-Jatin, Bakho-Bakhain, Panwariya, Sama Chakwa, Bidesia
Himachal Pradesh	Jhora, Jhali, Chharhi, Dhaman, Chhapeli, Mahasu, Nati, Dangi
Karnataka	Yakshagan, Huttari, Suggi, Kunitha, Karga, Lambi
Jharkhand	Alkap, Karma Munda, Agni, Jhumar, Janani Jhumar, Mardana Jhumar, Paika, Phagua, Hunta Dance, Mundari Dance, Sarhul, Barao, Jhitka, Danga, Domkach, Ghora Naach
Jammu and Kashmir	Bacha Nagma Dance, Dumhal Dance, Rouf Dance, Kud Dance, Bhand Pather, Hafiza dance.
Manipur	Dol Chalam, Thang Ta, Lai Haraoba, Pung Cholom, Khamba Thaibi, Nupa Dance, Rasilila, Khubak Ishei, Lhou Sha
Nagaland	Rangma, Bamboo Dance, Zeliang, Nsuirolians, Gethinglim, Temangnetin, Hetaleulee
Maharashtra	Lavani, Nakata, Koli, Lezim, Gafa, Dahikala Dasavtar or Bohada
Odisha	Odissi (Classical), Savari, Ghumara, Painka, Munari, Chhau
Madhya Pradesh	Jawara, Matki, Aada, Khada Nach, Phulpati, Grida Dance, Selalarki, Selabhadoni, Maanch
Meghalaya	Ka Shad Suk Mynsiem, Nongkrem, Laho
Tripura	Hojagiri
Rajasthan	Ghumar, Chakri, Ganagor, Suisini, Ghapal, Kalbeliya, Jhulan Leela, Jhuma
Sikkim	Yak Chaam, Denzong Gnenha, Tashi Yangku Dance, Khukuri Naach, Chutkey Naach, Maruni Dance, Chu Faat Dance, Sikmari, Singhi Chaam or the Snow Lion Dance
Uttarakhand	Barada Nati, Choliya Dance, Jagars, Jhora, Bhotiya Dance, Chancheri, Chhapeli, Langvir Dance, Langvir Nritya, Pandav Nritya, Ramola, Shotiya Tribal Folk Dances, Thali-Jadda and Jhainta
West Bengal	Kathi, Gambhira, Dhali, Jatra, Baul, Marasia, Mahal, Keertan
Punjab	Bhangra, Giddha, Daff, Naqual, Dhaman, Bhand



Classical Dances of India

India is the land of Art and Culture where there are different folk dances and classical dances of India which have always been a trade mark of Indian Culture. There are 8 Classical dances of India which are described as follows:

The table below mentions the eight classical dances of India:

Name of Classical Dance	Place of Classical Dance
Bharatanatyam	Tamil Nadu
Kathak	Northern India
Kathakali	Kerala
Kuchipudi	Andhra Pradesh
Manipuri	Manipur
Mohiniyattam	Kerala
Odissi	Odisha
Sattriya	Assam

The Sangeet Natak Academy (India's National Academy) only acknowledges eight Indian classical dances, however, the Ministry of Culture also counts the **Chhau Dance** as one, bringing the total number of Indian classical dances to nine.

Important Aspects of Classical Dances

There are two basic aspects of Natya Shastra (Classical Dances):

- **Lasya:** It denotes grace, bhava, rasa and abhinaya. It is symbolic to the feminine features of dance as an art form.
- **Tandava:** This is symbolic of the male aspects of dance and has more emphasis on rhythm and movement.

Three basic elements of a Classical Dance Act

- **Nritta** – These are the basic dance steps and are performed rhythmically but devoid of any expression or mood
- **Natya** – It means dramatic representations and refers to the story that is elaborated through the dance recital
- **Nritya** – refers to the sentiment and the emotions evoked through dance. It includes the mime and the different methods of expression including mudras in the dance



9 Rasas of Indian Classical Dance

The 9 Rasas of Indian Classical Dances are as follows:

Rasas	Attributes
Shringaara	Love
Roudra	Anger
Bibhatsa	Disgust
Veera	Heroism
Shaant	Peace and Tranquility
Hasya	Laughter and Comedy
Karuna	Tragedy
Bhayanak	Horror
Adbhuta	Wonder

Folk Dances of India Important Previous Years' Questions

The Folk Dances of India are an important topic for the [SSC & Railways exams](#) and therefore below we have provided important Folk Dances of India Important Previous Years' Questions that have been asked in the SSC Exams. These questions will give ideas to aspirants regarding the types of questions that are going to be asked in the examination.

1. 'Ponung' and 'Tapu' are popular dance forms from the state of _____.

- A. Chhattisgarh
B. Arunachal Pradesh
C. Goa
D. Bihar

Ans: B

2. From which of the following English words is the name 'Bhangra' derived in the context of Bhangra Dance?

- A. Hemp
B. Rhythm
C. Style
D. Movement

Ans: B

3. Which of the following is a UNESCO-recognised dance from?

- A. Bhangra
B. Dalkhai
C. Kalbelia
D. Giddha

Ans: C



4. The efforts of Siddhendra Yogi have brought glory to the dance form called _____.

- A. Bharatanatyam
- B. Mohiniyattam
- C. Kuchipudi
- D. Kathakali

Ans: C

5. Which of the following states does NOT figure among the places of origins of the Chhau Dance?

- A. Madhya Pradesh
- B. Jharkhand
- C. Odisha
- D. West Bengal

Ans: A

6. The Koya Dance is associated with which of the following states?

- A. Uttarakhand
- B. Odisha
- C. Punjab
- D. Rajasthan

Ans: B

7. 'Aaluyattu' is a folk-dance form from the state of _____.

- A. Nagaland
- B. Kerala
- C. Goa
- D. Haryana

Ans: A

8. Kathakali is a dance form traditionally associated with the state of:

- A. Andhra Pradesh
- B. Odisha
- C. Kerala
- D. Tamil Nadu

Ans: C

9. Which is a solo woman dance which was further developed by Vadivelu in 19th century?

- A. Manipuri
- B. Sattriya
- C. Mohiniattam
- D. Kathak

Ans: C

10. Nayana, Suvarna, Ranjana and Darshana are major proponents of which dance?

- A. Manipuri
- B. Odissi
- C. Bharatnatyam
- D. Sattriya

Ans: A



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