

Folk Dance

By Dr. Gaurav Garg



Arunachal Pradesh

Lion And Peacock Dance: The dance is a form of folk dance which is practiced by the Monpa tribe of the Tawang area.

Pasi Kongki Dance: It is a traditional and popular folk dance of Adi Tribes. In this dance, the song narrates the picturesque social activities of the Pasi of Siang valley.

Popir Dance: The Galo tribes were a god fearing set of people and believed that if god was with them nobody can be against them. The Popir dance has its origin in that belief of the Galos.



Bardo Chham: It is a folk dance of Sherdukpens, a small community of West Kameng District of Arunachal Pradesh, Bardo Chham is based on the stories of good and evil.



Aji Lamu – Performed by Monpa tribe. These are usually group dances.

Chalo Dance: The Chalo is a folk dance form of the Nocte tribe. The Nocte tribe celebrates the three day long festival of Loku which is a harvest festival.

Hiirii Khaniing Dance: One of the cultural showcases of the Apatani tribe. This particular dance form is inspired by the dance performed by Buddhists in the earlier times.



Ponung Dance: Ponung Dance is popular and the most common folk art form. It is traditionally the folk dance of the Adi community, who are known for their rich cultural way of living.

Buiya Dance: The Digaru Mishmis have two types of dances called **Buiya and Nuiya**. The Buiya dance has two kinds of movements and is performed for entertainment while the Nuiya is a ritual dance performed by a priest.

WANCHO DANCE: The Wancho Tribes perform dances during appropriate occasions like festivals, ceremonies, etc. The Wancho are a tribal people inhabiting the Patkai hills of Longding District

Bihar

Bidesia Dance: It is the most popular folk dance of Bihar people. The dance is said to have originated in the 20th century. **Bhikari Thakur** is believed to be the father of this dance style. He raised conflicting issues prevailing in society.

Fagua Dance: It is a special dance form and also a type of folk song which is sung and performed in the festival of Holi.

Jhumri Dance: It is another popular dance form of Bihar. It is very much similar to Garba of Gujrat.

Jat-Jatin Dance: It 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.

Man goes to far-off place to earn livelihood. Jat-Jatin is a folk dance of the same emigrant husband accompanied by his spouse. Apart from poverty and sorrow, this dance reflects a rainbow of the sweet and tender quarrel as well as some complaints between husband and wife.

Jhijhian Dance: It is another dance style popular in Bihar. This is a ritualistic dance performed during no-rain time and aims at making the God of rain happy. The dance is accompanied by a song which is full of prayers to Lord Indra, the rain God

Domkach Dance: It is performed by women during marriage in house of Bridegroom. In Bihar, Domkach dance is performed in Mithila and Bhojpur regions.

Kajari Dance: It is a popular dance form in Bhojpuri speaking region of Bihar. The dance starts in the month of 'Shravan' or the starting of the monsoon season every year and lasts for the entire duration of rain.

Sohar Dance: It is mainly performed to celebrate the birth of a child. Sohar is also a type of folk song which is sung in order to praise the child and women dance on it.

Goa

Dhalo Dance: It is a popular ritual folk dance form from Goa, India. The dance is performed by women and serves as a prayer of protection for their households. It is conducted over a period of 1 week in the month of Pousha at the onset of winter.



Kunbi Dance: - Kunbi dance is a tribal folk dance of the Kunbi community of Goa that portrays social themes. The dance is simple in its presentation and is performed during various social occasions

Lamp Dance: Lamp Dance also known as **Divlyanchi Nach** is a dance in Goa performed by women during Shigmo festival. In this dance the Goan women balance heavy brass lamps with burning wicks on their heads



Fugdi Dance: It is a Goan folk dance performed by the women in the Konkan region during Hindu religious festivals like Ganesh Chaturthi and Vrata or towards the end of other dances like Dhalo

Shigmo Dance: The Shigmo is a traditional dance of Goa and is performed during the advent of spring season.

Dekhni Dance: Dekhni is a semi classical Goan dance form. The word Dekhni means “beauty” in Konkani.

Dekhni song and dance is performed by a row of girls or women only, carrying small earthen oil lamps. In this dance various women or girls who act as servants of God and perform around a lovely woman who is the main character in the dance.



Morulem is a traditional folk dance in Goa performed during the Shigmo festival by the backward community. It derives its name from the peacock also known as "Mor" in konkani. The dance is also known as a peacock dance and performed to the soft music of a light drum.

Karnataka

Yakshagana: It is a traditional Indian theatre form, developed in Dakshina Kannada, Udupi, Uttara Kannada, Shimoga and western parts of Chikmagalur districts, in the state of Karnataka and in Kasaragod district in Kerala that combines dance, music, dialogue, costume, make-up, and stage techniques with a unique style and form.



Kunitha Dances: Kunitha literally means dance in Kannada.
There are many such Kunithas around the state.

**Dollu Kunitha, Gorava Kunitha, Kangadilo Kunitha, Somanna Kunitha,
Suggi Kunitha, Pooja Kunita etc.**

Gorava Kunitha of Karnataka is typically performed by groups of 10 to 11 men. They usually belong to the singing tribe of the Goravas, who are strong worshipers of Lord Shiva

Gaarudi Gombe: It is a folk dance prevalent in the state of Karnataka, India. Dancers adorn themselves with giant doll-suits made of bamboo sticks.

The term **Gaarudi-Gombe means** magical-doll in the native language, Kannada. This dance is performed during major festivals and also in the procession held during the festivities of Mysore Dasara.

This dance is also known as **Tattiraya** in the coastal districts of Karnataka. The term Tattiraya means a person carrying a doll made of bamboo stick



Nagamandala Dance: It is a form of snake worship that is predominant in the coastal districts of Dakshina Kannada and Udupi.

Komb-aat: It is a religious dance form performed in temples. It is performed by the men of Kodava.

Bolak-aat: This dance form is performed by Kodava men dressed in all black with an oil lamp in the open field. The dancers hold chavri (yak fur) in one hand and the Kodava sword odi kathi in the other.

Ummatt-aat: This dance is performed by the Kodava women wearing the traditional Kodava dress with jewellery and kumkuma on their forehead.

Peeli-aat: This dance form is performed by men in temples where the dancers hold peacock feathers while performing

Kamsale Dance: Kamsale is known as Beesu Kamsale. It is a unique folk art performed by the devotees of **God Mahadeshwara**. Kamsale also refers to a brass made musical instrument.

Its origin is traced to the Mythological period. It is a group dance form performed by the menfolk in villages in the Mysore, Nanjanagudu, Kollegala and Bangalore areas in Karnataka.

Veeragase: It is a vigorous dance based on Hindu mythology and involves very intense energy-sapping dance movements performed by Jangama. Veeragase is one of the dances demonstrated in the **Dasara procession held in Mysore.**

Pili Yesa: Pili Yesa in Tulu "**Tiger Masque**" is a folk dance unique in coastal Karnataka. Pilivēṣa is performed during Navratri to honour the Goddess Durga whose favoured animal is the tiger. It was originated in Udupi District of Karnataka.



Jammu & Kashmir

Kud Dance: which is performed by the local people of Jammu's middle mountain ranges, is basically a ritual to honour the Lok Devatas or the Gods of the people. The Gods are sometimes also referred to as Gramdevatas meaning the Gods of the village.

Dumhal Dance: Dumhal is a dance performed in Jammu and Kashmir of India by the Watal tribe. Only the men folk of the wattal are privileged to perform this dance, on specific occasions and at set locations.



Rouf Dance: This dance form is practiced on festive occasions like Eid and Ramzan days. It is performed by a group of women standing face to face to each other, but the most notable feature of this dance form is the footwork of the dancers.



Bachha Nagma: It is generally performed at cultural gatherings or special functions like weddings and is only and only performed by boys. During the Bacha Nagma, a teenaged **boy dressed as a girl dancer**, who is trained in the Hafiza style of dancing sings Kashmiri Ballad and dances.

Hafiza Dance: It is a dance that is performed at weddings and is a form of Kashmiri traditional dance.

Bhand Pather: It is a form of Theatre dance performed in Kashmir

Wuegi-Nachun: This dance form is generally performed after all the rituals of wedding when the bride is about to leave her parental home. Kashmiri Pundit females gather around bridal rangoli and dances.

Kerala

Chakyar Koothu: It is primarily a highly refined monologue where the performer narrates episodes from Hindu epics (such as the Ramayana and the Mahabharata) and stories from the Puranas.

Theyyam: otherwise known as Kaliyattam, is a sacred ritual dance performed to glorify the goddess **Kaali**. The term 'Theyyam' is supposed to be the corrupt form of the Malayalam word 'Daivam', meaning God.



Theyam



Chakyar Koothu

Ottan Thullal: is a Comedic dance and poetic performance form of Kerala. It was introduced in the eighteenth century by Kunchan Nambiar, one of the Prachina Kavithrayam (three famous Malayalam language poets).

It is accompanied by a mridangam (a barrel shaped double headed drum) or an idakka (drum and cymbal).



Thiruvathirakali or Kaikottikaliis a unique dance performed in Kerala on the auspicious day of Thiruvathira, the birthday of Lord Shiva.

It is performed by women who seek blessings for eternal marital bliss. It falls in the Malayalam month of Dhanu (December-January).



Thirayattam: It is a ritualistic performing ethnic art form of north Kerala. It blends dance, theatre, music, satire, facial painting, body painting, masking, martial art and ritualistic function



Duffmuttu: It is an art form prevalent in the Malabar region of the state of Kerala in south India. It derives its name from the duff, a percussion instrument made of wood and ox skin. The word duff is of Arabic origin and is also called a thappitta.

Duffmuttu is performed as social entertainment and to commemorate festivals, uroos (festivals connected with mosques) and weddings.



Margamkali: It is an ancient Indian round dance of the St. Thomas Christians community based in Kerala state, mainly practiced by the endogamous sub-sect known as the Knanaya or Southist Christians.

Thidambu Nritham: It is a ritual dance performed in Temples of North Malabar.

It is mainly performed by Namboothiris, and rarely other Brahmin communities like Shivalli, Karhade and Havyaka. It is an elegant dance carrying the decorated image of the deity (thidambu) on the head

Padayani: It is also called Padeni (from the Malayalam word for military formations), is a traditional folk dance and a ritual art from the central portion of the Indian state of Kerala.

A ceremonial dance involving masks, it is an ancient ritual performed in Bhagavati temples. The dance is performed in honor of Bhadrakaali



Maharashtra



Dhangari Gaja: The Marathi dance known as Dhangari Gaja is one of the most famous folk dances of Maharashtra. It is performed by the shepherds of Sholapur district who are well-known as Dhangars. Dhangari Gaja is a dance form performed to please their God Biruba and gain his blessing

Koli Dance: The folk dance of Maharashtra, Koli dance is performed by the Koli fishermen. Koli dance actually illustrate the struggles and hardships faced by the fishing community in earning their livelihood.

Povadas Dance: It's a form of Marathi ballad, portraying the life of Shri Chatrapati Shivaji Maharaj.

Lavani Dance: The word Lavani is derived from the word **Lavanya** which means **beauty**. The dance is performed to the enchanting beats of Dholak by the **women wearing 9-yard saree**. Lavani is a combination of traditional song and dance, which particularly performed to the beats of **Dholki**, a percussion instrument.



Pavri Nach: Also known as 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.

Dindi Dance: It's a religious folk dance performed on the day of Ekadashi, falling in the Karthik month. The dance form portrays the naughty and playful nature of Lord Krishna.

West Bengal

Raibenshe: Alternatively, Raibeshe is a genre of Indian folk martial dance performed by male only. Presently, it is performed mostly in Birbhum, Bardhaman and Murshidabad districts.

Dhunachi: It is a dance performed in Bengal for the Durga Pooja at the time of Dussehra



Raibenshe



Dhunachi

Baul Dance: The Baul or Bauls are a group of mystic minstrels of mixed elements of Sufism and Vaishnavism. They can often be identified by their distinctive clothes and musical instruments.



Gambhira dance: It is performed on the song of the same name. In this dance, there are two main dancers, who are accompanied by a chorus. The two main dancers perform the role of nana (maternal grandfather) and nati (grandson), respectively.

two dancers indulge in dialogue and express their concerns about social, political issues.

Jhumair: Jhumair is folk dance of Western parts of West Bengal performed during harvest season and festivals



Domni Dance: It is performed in Malda district. A Domni performance starts with a Vandana dedicated to God. Then the 'Mool Gayen' (Lead Character/Protagonist) and 'Chhokras' (Supporting Characters) offer devotional prayers.

Alkap: It is a rural performance, popular in many places of Bengal, especially in Rajshahi, Maldah and Murshidabad districts of the state. This is associated with the Gajan Festival of Shiva around the middle of April.

Alkap is an amalgamation of music, dance and theatrical presentation. The programme is a reflection of rural society and puts the focus on the prevailing socio-economic condition of the rural masses.

Andhra Pradesh

Vilasini Natyam: It is an Indian classical dance form originating in Andhra Pradesh. Its repertoire comprises temple dances, court dances, and dance operas of female singer-dancers of Telugu origin.

Veeranatyam: 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 Shiva



Dhimsa Dance: It is a dance of young and old, men and women of **Valmiki, Bagata, Khond and Kotia tribes** living in the enchanting Araku Valley in the hilly tracts of Vishakhapatam district. Dhimsa dancers give their performances during the festival seasons, village fairs and at the marriage ceremonies.

Lambadi Dance: Associated with daily tasks harvesting, planting, sowing etc., the Lambadi is performed by the Banjaras, a semi-nomadic tribe seen all over Andhra Pradesh.



Kolannalu or kolkolannalu (also named kolattam), or the stick dance, is one of the most popular dance narratives in Andhra Pradesh. It is also called as Kolannalu or Kolkolannalu.

A rural art usually performed during village festivals, kolattam is a combination of rhythmic movements, songs and music. It is known as Dandia ras in Gujarat, Garbha in Rajasthan, etc



Burra Katha: Burra Katha, also spelled Burrakatha, is an oral storytelling technique in the Jangam Katha tradition, performed in villages of Andhra Pradesh and Telangana. The topic will be either a Hindu mythological story (Jangam Katha) or a contemporary social issue.

Butta bommalu: A typical folk dance form, popular in Tanuku of West Godavari District of Andhra Pradesh, Butta Bommalu which literally means basket toys are made of wood-husk, dry grass and cow dung.



Bhama Kalapam: It's another form of Classical dance in Andhra Pradesh. The entire dance revolves around Satyabhama. She had been the beautiful yet jealous wife of Lord Sri Krishna.

Tholu bommalata: Tholu bommalata literally means "the dance of leather puppets" (tholu – "leather" and bommalata – "puppet dance"). Its performers are part of a group of wandering entertainers and peddlers who pass through villages during the course of a year.

Tappeta Gullu: Popular in Srikakulam and Vizianagaram Districts, this is a devotional dance which invokes the Rain God with its vigour, rhythm and tempo.

Telangana

Perini Sivatanavam: It is an ancient dance form, from Telangana, which has been revived in recent times. It originated and prospered in Telangana, during the Kakatiya dynasty.

It is a dance form usually performed by males. It is called 'Dance of Warriors'. Warriors before leaving to the battlefield enact this dance before the idol of Lord Śiva (Siva).



Haryana

Jhumar Dance: The dance named after an ornament called "Jhumar", the Jhumar dance is also one of the popular folk dances of Haryana. This traditional dance is specially performed by the young girls who are married. In some parts of the state, Jhumar dance is also popularly known as the '**Hariyanvi Gidda**'

Gugga Dance- The dance was named Gugga by the devotees of saint Gugga. performed exclusively by men.

Daph Dance: Daph Dance is mainly a seasonal dance performed by farmers to commemorate a bountiful harvest on the advent of spring season.

Loor Dance: Girls perform the Loor dance, during the month of Phalguna also known as the spring season. This Loor dance is named after the girls in the Bangar area of Haryana. It is specially performed during the Holi festival.

Dhamal Dance: is performed in the month of Phalgun and is an expression of the deeper emotions of the people. It is said that the people performs this dance whenever their crops is ready for harvesting.

This dance form is very popular among the people of Mahendargarh, Jhajjar and the Ahirs of the Gurgaon. The origins of the dance may be traced back to the *Mahabharata*.

Phag Dance: This dance form is performed by the farmers in the month of Phalgun.

Saang Dance: The dance mainly reflects the religious stories and folk tales that are performed in open public places and it lasts for 5 hours.

Khoria Dance: This dance is popular in the central region of Haryana and is connected with the daily affairs of the people and with the most important events like the harvest, agricultural work, etc.

Punjab

Bhangra Dance: performed during Baisakhi only by the men in Punjab

Giddha Dance: The dance form of Giddha originated from West Punjab. This dance form is derived from the ancient style of ring dancing which creatively displays the feminine grace, elegance and flexibility.



Sammi Dance: The tribal communities of Punjab perform the Sammi Dance, which is popular in Sandalbar, which now is in Pakistan. Just like Giddha, this folk dance form of Giddha is danced in a circle.

Kikli Dance: Kikli is more of a sport than a dance and is generally popular within the young girls.

Jaago dance: The term Jaago in Hindi literally means to 'wake up' like its connotation; this popular dance tends to arouse the member of a household where marriage is in progress.

Luddi Dance: It is also a male folk dance of Punjab and it is to celebrate a victory or success that is gained in any field.

Teeyan dance: It is a popular dance practiced in the Punjab state of India. This dance is performed during the Teeyan festival.

The Teeyan festival is also called as women's dance festival as it revolves around the women. The word 'Teeyan' reflects the celebration of flourishing and blissful married life.

Tamil Nadu

Kummi Dance: This is performed by women. The women stand in a circle and dance clapping their hands rhythmically to lifting songs. Practiced during various religious ceremonies

Kazhi Attam or Kolattam: Kazhi means stick and games. It is danced by both men and women, during festivals, auspicious days and weddings.

Kavadi Aattam ("Burden Dance") is a ceremonial sacrifice and offering practiced by devotees during the worship of Lord Murugan, the Hindu God of War.

It is a central part of the festival of **Thaipusam** and emphasizes debt bondage. Devotees process and dance along a pilgrimage route while bearing these burdens.



Oyilattam Dance: It is a folk dance with origins in the Madurai region of Tamil Nadu. It was traditionally a dance where a few men would stand in a row with two kerchiefs perform rhythmic steps to the musical accompaniment.

Karagattam/ Karakaattam (water pot dance) - is an ancient folk dance of Tamil Nadu performed in praise of the rain goddess Mariamman.

The performers balance a pot on their head

Bamber dance: This dance is performed inside a temple, around a lamp. The purpose is to worship Lord Krishna.

Chakkai Attam: Teak wooden pieces size of 7 X 3/4 inch are held between the fingers which make the noise. Eight to ten dancers stand in a circle or parallel lines.

Kamandi or Kaman Pandigai Dance: This is celebrated to commemorate the puranic event when Manmada the God of Love was burnt to ashes by Siva in anger.

Kai Silambu Attam: performed in temples during Amman festivals or Navaratri festival.

Parai Attam: The subtle form of dance accompanied by captivating music, is an ancient rural folk art. Earlier it was used in wars too.

Puliyattam or Puli Aattam(Tiger Dance): This dance form usually comprises a troupe of 6 performers aping the movements of the majestic, predatory tigers.

Poikkaal Kuthirai Aattam or Artificial Horse Dance: This folk dance is performed to the worship of Amman Temple Festivals, Ayyanar, Abinesh prevails Thanjavur.



Poikkaal Kuthirai Aattam
or Artificial Horse Dance



Puliyattam or Puli Aattam
(Tiger Dance)

Villu Paatu: It is an ancient form of musical story-telling in India.

Shattam dance: This form of art is devoted to 'Perumal' (Maha Vishnu).

Oyil Kummi: No other musical instruments are used in this dance except the ankle-bells. This dance is performed by men only, during temple festivals.

Mayil Attam or Peacock dance:

Poi Kal attam: A dance performed with false legs i.e. by tying wooden sticks to the legs.



Meghalaya

Nongkrem Dance: It is basically a religious festival wherein the heavenly deities are thanked for good harvest, harmony and prosperity.

Shad Suk Mynsiem: This is again a thanksgiving festival showing the sense of gratitude of the people of Khasi Hills. It is held during the spring.

Bahdienkhlam: The advent of monsoon in July brings the celebration of Behdienkhlam. It occupies an important place in the hearts of the Jaintia tribe.



Nongkrem Dance



Shad Suk Mynsiem

Lahoo dance is one of the traditional dance of Jaintia tribe of Meghalaya.

Dorsegata Dance: In the Derogata Dance Festival in Meghalaya, it is the women who get the priority over their counter-parts as they are bestowed with the coveted opportunity to strike down the multicolor turbans worn by the males.

Manipur

Nupa Pala:- Nupa Pala which is otherwise known as Kartal Cholom or Cymbal Dance is a characteristic of the Manipuri style of dance and music.



Dhol Cholom: One of the instruments that dominate Manipuri dances is the drum. Dhol Cholom, a drum dance is one of the dances performed during Holi in Manipur.



Maibi Dance:- During the festival of **Lai-Haraoba** which is an annual ritual festival of the Meiteis, the inhabitants of the valley of Manipur perform this dance.

Pung cholom: The Pung cholom (meaning "roar of the drums") is a Manipuri dance. It is the soul of Manipuri Sankirtana music and classical Manipuri dance.

Thang ta Dance -Known as the art of sword and spear, this Manipuri traditional dance features a wide range of martial arts weaponry in their performance.



Maibi Dance



Pung cholom

Khamba Thoibi Dance:- Khamba Thoibi dance is a duet of male and female partners, a dance of dedication to the sylvan deity.

Nagaland

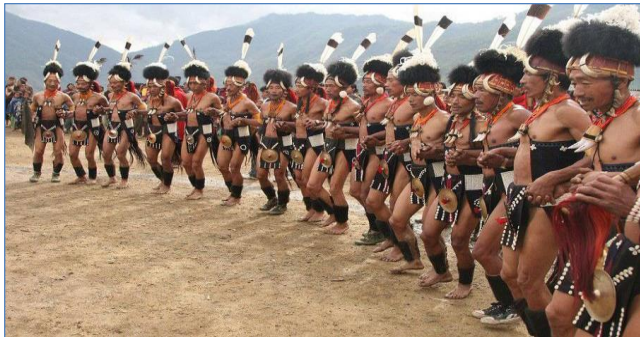
Rengma: This dance is performed by the Rengma tribe, especially during the Ngada festival.

Udoho (Angami War Dance): Udoho is the war dance of Angami tribe. The literal meaning of Udoho is holding spear and shouting on enemy. It depicts the position of warrior in the village.

Zeliang dance: It is the most recognizable tribal dance of Nagaland. It is performed by men and women of Zeliang tribe.



Chang Lo: The Chang Lo (also known as Sua Lua) is a dance of the Chang tribe of Nagaland. It was performed to celebrate the victory over enemies in the earlier times.



Changsang: Changsang dance is performed in praise of the birth-place of mankind and the earth

Monyu Asho: This dance is performed by the Phom Nagas during the festival Mhonyu. It marks the end of the winter and beginning of summer.

Kukuyipheto: This dance is performed during a grand feast known as 'Feast of Merit', And is carried out by all the able-bodied men in full traditional attire.

Melo Phita: Melo Phita dance is performed by the Angami Nagas during the Sekrenyi festival.

Angushu Kighilhe: This is a war dance performed by the menfolk of Sumi tribe during the festival.

Rukhyo-Sharu: The word 'Rukhyo-Sharu' literally means 'victory dance' which is performed by the Lotha tribe of Nagaland

Langnyu-Khiamtsangshe: This form of dance is performed by the Khiaminungan tribe of Nagaland during two of their most important festivals i.e. Miu and Tsokum, which are co-related to each other. The villagers go out to their fields where they cook and eat followed by singing and performing this dance.

Akok-Khi: This dance is performed by the Sangtam tribe during the Amongmong festival.

Khupielili: This dance is an integral part of the Nazu festival of the Pochury tribe. Khupielili is the dance where only womenfolk participate

Mizoram

Khuallam: Khuallam literary means 'Dance of the Guests'. It is a dance usually performed in the ceremony called 'Khuangchawi'.

Cheraw Dance: Cheraw dance is a traditional cultural dance performed in Mizoram, India, consisting of mostly six to eight people holding a pairs of bamboo staves on another horizontally placed bamboo on the ground.



Sarlamkai/Solakia: This is an impressive dance originating from the Pawi and Mara communities in the southern part of Mizoram. In older days when the different tribes were constantly at war with each other, a ceremony to deride the vanquished beheaded skull of the enemy was usually held by the victor.

Chailam: Chailam is a popular dance performed on the occasion of 'Chapchar Kut' one of the most important festivals of the Mizos.



Chawnglaizawn : This is a popular fold dance of one of the Mizo communities known as Pawi. This dance is performed in two different occasions.

- (i) It is performed by a husband to mourn the death of his wife
- (ii) Chawnglaizawn' is performed on festivals and also to celebrate trophies brought home by successful hunters.

Chheihlam: People squat around in a circle on the floor, sing to the beat of a drum or bamboo tube while a pair of dancers stand in the middle, recite the song and dance along with the music.



Zangtalam: The dance is mainly performed by the 'Paihte' tribe. It is a community dance where everyone can participate and celebrate the happy moments together.

Sawlakia Dance: Sawlakia was presented previously to celebrate winning a war.

Par Lam Dance: In this dance, female dancers wear multi-coloured clothing and tuck flowers in their hair. They dance to the tunes of songs which are sung by them

Tripura

Bizu Dance: The Bizu Dance is a unique dance of the 'Chakma' community. 'Bizu' means 'Chaitra Sankranti' or the end of the Bengali calendar year.

Lebang Boomani Dance: The 'Lebang Boomani' Dance is the harvest dance of Tripura

Garia Dance: The Garia Dance is an essential part of the 'Garia Puja'. The sacred deity is worshipped through singing and dancing



Hodaigri (Hojagiri) Dance: This dance is presented in a festival that is celebrated annually in the month of April, just before the selection of a place for 'Jhum' cultivation, to pray to the local Goddess of Wealth 'Mainuma'.



Hai Hak Dance: The 'Hai Hak' Dance is a new dance connected with 'Jhum' cultivation and performed by the 'Halam' area.

Jhum Dance: This dance portrays their life style, mode of cultivation, culture and traditions.

Galamuchamo Dance: The 'Tripuri' community performs this dance at the end of the harvesting season.

Sangrai Dance: the young members of the 'Mog' community move from house-to-house carrying the religious 'Wish Yielding Tree' (Kalpataru) on their heads. This ceremony features singing with dancing.

Gajan Dance: The 'Gajan' festival is celebrated by The Bengali community of Tripura. Prayers are offered to Lord Shiva for a happy and wealthy new year.

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