

# INSERVICE TEACHER'S TRAINING

## ISCPRTs 20 {I SPELL}

- ▶ **SUBJECT** : EVS
- ▶ **TOPIC** : BULLET POINTS AND TIPS BASED ON “BACK TO BASICS “
- ▶ **THEME** : FOLK DANCES OF INDIA

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# FOLK DANCES OF INDIA





# BULLETS POINTS/ SUGGESTIONS

- ▶ FOLK DANCES
- ▶ THEIR ORIGIN
- ▶ THEIR DEVELOPMENT
- ▶ THEIR BROAD CATEGORIES
- ▶ FEW EXAMPLES
- ▶ INDIAN FOLK DANCES IN INTERNATIONAL SCENARIO





# FOLK DANCES AND THEIR ORIGIN

## ► Origin of Folk dance :

Folklore is defined as “pulse of the people” and “wealth of society.” Folk dances are the dances of the people which are performed on the spot. All that is expressed by them is natural and original, effortlessly with great ease and grace. These are performed by the whole village community, by the young and the old alike. It marks the celebration of a wedding, a festival, a harvest, an initiation of a maiden or sometimes a funeral rite too.





# Folk Dances

can be categorized broadly as :

- ▶ 1) *Cultural or Semi-Religious Folk Dances*
- ▶ 2) *Social Folk Dances*
- ▶ 3) *Warrior Dances*
- ▶ 4) *Seasonal Dances*





# Cultural or Semi-Religious Folk Dances :

- ▶ These are performed for local village Deities or the evil spirits or ghosts for the betterment of the village society. These group dance are sacred in nature







# Social Folk Dances:

- ▶ These are performed as part of the celebration of the ceremonies like the weddings, naming and cradling of children or sometimes the ceremonies for the dead. On hearing the news, that is good the villagers get into the act of joyous celebration through the art of dancing.





# Seasonal Dances

- ▶ These are performed to exhibit the joy of the tribe after a good harvest, danced generally during the Spring or the Rainy seasons. It could also be an offering to the rain Gods to shower blessings on the community for a quiet and prosperous living.





# Warrior Dances:

- ▶ These are performed just before the tribe is to leave on a big hunt, after a hunt, to mark the sacrificial ceremony with the sacrificial animal in the centre, or when the war with the other tribe has to be accomplished.





A Folk dance is a dance developed by people that reflect the life of the people of a certain country or region.





# Folk Dance –

A popular dance considered as part of the tradition of a particular people or area.







THESE DANCE ARE  
USUALLY HELD AT  
SOCIAL  
FUNCTIONS OF  
PEOPLE, WITH  
LITTLE OR NO  
TRAINING, OFTEN  
TO TRADITIONAL  
MUSIC.







**Folk Dance  
are formed  
to simply  
express joy  
and  
happiness  
among  
themselves**







**EVERY COUNTRY HAS  
ITS OWN FOLK DANCE**







India being a country of  
“UNITY IN DIVERSITY” has  
many FOLK Dance





- |                              |                |
|------------------------------|----------------|
| ▶ ASSAM                      | - BIHU         |
| ▶ RAJASTHAN                  | - GHOOMAR      |
| ▶ GUJRAT                     | - DANDIYA      |
| ▶ MAHARASHTRA                | - LAAVINI      |
| ▶ UTTER PRADESH              | - MAYUR NRITYA |
| ▶ PUNJAB                     | - BHANGRA      |
| ▶ ODISHA                     | - CHHAU        |
| ▶ ARUNACHAL PRADESH<br>CHHAM | - BARDO        |
| ▶ CHHATTISGARH               | - RAUT NACHA   |
| ▶ HIMACHAL PRADESH           | - NATI         |

# STATES AND THEIR FOLK DANCES







## BIHU (ASSAM)

PERFORMED BY MALE AND FEMALE TOGETHER IN THE CLASSIC STYLE  
“ASSAM” DRESS.







# GHOOMAR

## (RAJASTHAN)

- It's a traditional women's Folk dance of Rajasthan. It has got its name from “GHOOMAR” and the dance shows the colours of Ghaghra.





# DANDIYA (GUJARAT)

- It is an energetic, vibrant dance originating in the state of Gujarat. Polished sticks or Dandiya are used.





# LAAVINI

(MAHARASHTRA)



- ▶ Laavini is a famous folk dance of Maharashtra. It is a combination of traditional song and dance, which is particularly performed to the beats of dholki





# MAYUR NRITYA (UTTER PRADESH)

- It is one of the Folk dances of UTTER PRADESH. In this dance form girls are being dressed as peacocks and wearing a glittering head dress complete with a beak.





# BHANGRA

## (PUNJAB)



- ▶ It is one of folk dance of PUNJAB. This dance is done in classic style Punjabi dresses and with instruments dhol, chimta, algoza.







# CHHAU

## (ODISHA)

- ▶ **IT is one of Folk dance of ODISHA. It has its base in the martial arts tradition. It is a mock battle between two groups.**





# BARDO CHHAM

## (ARUNACHAL PRADESH)

- ▶ This is a religious folk dance in Arunachal Pradesh and this dance is specially performed by a small community in West Kameng District. [Sherdukpens](#), a community in Arunachal Pradesh performs this dance every year to protect its community from the evil forces.
- ▶ They believe that every month of a year has some kind of evil power, and the community members wear some animal masks and dance with the beating of drums.





# RAUT NACHA

## (Chhattisgarh)

- This is one of the most popular folk dance forms in Chhattisgarh. This dance is basically performed by Yadavs which are known as descendants of Lord Krishna, and they perform with some girls and dramatize some scenes of Lord Krishna's lifestyle with his *gopis*.





# NATI

## (Himachal Pradesh)

- ▶ Nati is one of the most traditional folk dances in India, which is mainly originated from Kullu district of Himachal Pradesh. This dance form is listed as largest folk dance in Guinness Book of World Records in 2016.





# Poikal Kudirai Attam (Tamil Nadu)

- This folk dance is known as false legs dance in Tamil Nadu where dancers wear some dresses and they act like a horse. This is a traditional folklore dance which is based on the theme of 'raja Sedingu', who was known as a popular Rajput ruler.





# INDIAN FOLK DANCES AT INTERNATIONAL PLATFORM

- ▶ The Punjabi folk dances like Bhangra and Giddha are now recognized even at International level.
- ▶ This dance is also very popular among the teenagers and you can find some Bhangra dance shows in foreign countries like USA, UK and Canada.







**THANK YOU**

