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DANCE FORMS OF INDIA

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In all the [Bank and Government exams](#), every mark counts and even 1 mark can be the difference between success and failure. Therefore, to help you get these important marks we have created a Free E-book on **Dance Forms of India**.

The list of all the major **Dance Forms of India** is given in in the following pages of this Free E-book on **Dance Forms of India**.

Sample Questions -

Q. Mohiniattam is the Classical Dance form associated with?

- (a) Karnataka
- (b) Tamil Nadu
- (c) Telangana
- (d) Kerala

Answer: Option D – Kerala

Q. 'Baul' is folk dance associated with the State of -

- (a) West Bengal
- (b) Mizoram
- (c) Meghalaya
- (d) Assam

Answer: Option A – West Bengal

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Dance Forms of India

Major Classical Dance forms in India

Dance	State	Description
Bharatnatyam	Tamil Nadu	It is a delightful combination of four elements i.e. expression, music, beats, and dance. The accompanying music in Bharatnatyam is classical Carnatic. The costumes are similar to Indian sarees with vibrant colours and made of Kanchipuram silk and Banaras silk.
Kathak	Uttar Pradesh	The word Kathak is originated from the word Katha which means storytelling. Traditionally this dance was more religious in nature, typically narrating the stories of Radha and Krishna. The dancers dance to the rhythm of table or pakhawaj
Kathakali	Kerala	Kathakali means story play; hence the stories of Ramayana and Mahabharata act as a source for a lot of performances. This form of dance is known for its heavy, intense makeup and costumes.
Kuchipudi	Andhra Pradesh	It is a combination of speech, Abhinaya (mime) and pure dance. Kuchipudi performance is more like a dance drama where dancers play different roles based on the drama content.
Manipuri	Manipur	The main characteristics of this dance are colourful decoration and costumes, charming music, gentle and swaying petal-soft foot movements and delicacy of performance. This traditional dance is mainly inspired by the rich culture of Manipur.
Mohiniattam	Kerala	The word Mohiniattam derives its meaning from the word Mohini, which means beautiful women and 'attam' which means dance. Thus, this form of dance represents a beautiful feminine grace. These dances are based on love and emotion themes.

Dance	State	Description
Odissi	Odisha	Performed by 'Maharis' or female temple servants, this dance form has a close association with the temples and temple sculptures. Odissi stands out from other forms of dances because of its Tribhangi posture, dealing with three body parts, i.e. head, bust, and torso.
Sattriya	Assam	It is an art which represents dance-drama performances with a unique combination of hand gestures, footwork, expressions, and body movements. Most of the themes of dance related to Ram and Sita or Krishna and Radha.



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Major Folk Dances of All Indian States

State	Folk Dance
Andhra Pradesh & Telangana	Chhadi
	Ghantamardala
	Kuchipudi (Classical)
	Kummi
	Madhuri
	Mohiniattam
	Ottam Thedal
	Siddhi
Arunachal Pradesh	Mask dance (Mukhauta Nritya)
	War dance
Assam	Bagurumba
	Bichhua
	Bihu
	Canoe
	Jhumura Hobjanai
	Kaligopal
	Khel Gopal
	Maharas
	Naga dance
	Natpuja
Tabal Chongli	
Bihar	Bakho-Bakhain
	Bidesia
	Jata-Jatin
	Jatra
	Panwariya
	Sama-Chakwa
Chhattisgarh	Goudi
	Jhumar
	Karma
	Dagla
	Diwari
	Mundari
	Navrani
	Pali
	Tapali

State	Folk Dance
Goa	Dakni
	Jhagor
	Khol
	Mandi
Gujarat	Bhavai
	Dandiya Ras
	Garba
	Tippani Juriun
Haryana	Daph
	Dhamal
	Gagor
	Gugga
	Jhumar
	Khor
	Loor
	Phag Dance
Himachal Pradesh	Chamba
	Chhapeli
	Chharhi
	Daf
	Dangi
	Dhaman
	Jhainta
	Jhali
	Jhora
	Mahasu
	Nati
	Stick dance
	Thali
Jammu & Kashmir	Damali
	Hikat
	kud Dandi nach
	Mandjas
	Rauf
Jharkhand	Bidesia
	Chhanu
	Danga
	Jat-Jatin
	Karma
	Sarahul
	Sohrai

State	Folk Dance
Karnataka	huttar
	Karga
	Kunitha
	Lambi
	Suggi
	Yakshagan
Kerala	Kaikottikali
	Kali Attam
	Kathakali (Classical)
	Mohini-attam
	Ottam Thulal
	Tappatikali
Madhya Pradesh	Matki
	Ahirai
	Badhai
	Baredi
	Bhagoria
	Gangaur
	Naurata
Maharashtra	Dahikala Dasavtar or Bohada
	Gafa
	Gouricha
	Koli
	Lavani
	Lezim
	Mauni
	Nakata
	Powara
	Tamasha
	Manipur
Manipuri (Classical)	
Nat Rash	
Rakhal	
Raukhat	

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State	Folk Dance
Meghalaya	Baala
	Laho
Mizoram	Cherokan
	Khanatm
	Pakhupila
Nagaland	Chong
	Khaiva
	Lim
	Nuralim
Odisha	Chadya Dandanata
	Chhau
	Ghumara
	Munari
	Odissi (Classical)
	Painka
	Savari
Punjab	Bhagra
	Daff
	Dhaman
	Giddha
Rajasthan	Chakri
	Ganagor
	Ghapal
	Ghumar
	Ginad
	Jhulan Leela
	Jhuma
	Panihari
	Suisini
	Sikkim
Chu Faat	
Gayley-Yang Dance	
Ghantu	
Kinchum – Chu – Bomsa	
Maarooni Dance	
Nyongri – Nyot	
Shelo	
Sherpa Dance	
Tamang Selo	
Yak Chham	

State	Folk Dance
Tamil Nadu	Bharatnatyam
	Kavadi
	Kolattam
	Kumi
Tripura	Bizu Dance
	Cheraw
	Dailo Nritya
	Gajan
	Galamuchamo
	Garia Dance
	Hai Hak Dance
	Hozagiri
	Jhum Dance
	Lebang Boomani
	Sangrai – Mog Dance
	Wya Dance
Uttar Pradesh	Chappeli
	Jaita
	Jhora
	Kajri
	Nautanki
	Raaslila
Uttarakhand	Chappeli
	Gadhwali
	Jhora
	Kajari
	Kumayuni
	Raaslila
West Bengal	Baul
	Dhali
	Gambhira
	Jatra
	Kathi
	Keertan
	Mahal
	Marasia

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