

# Bharatanatyam

Originating from Tamil Nadu, Bharatanatyam is one of the oldest classical dance forms in India.

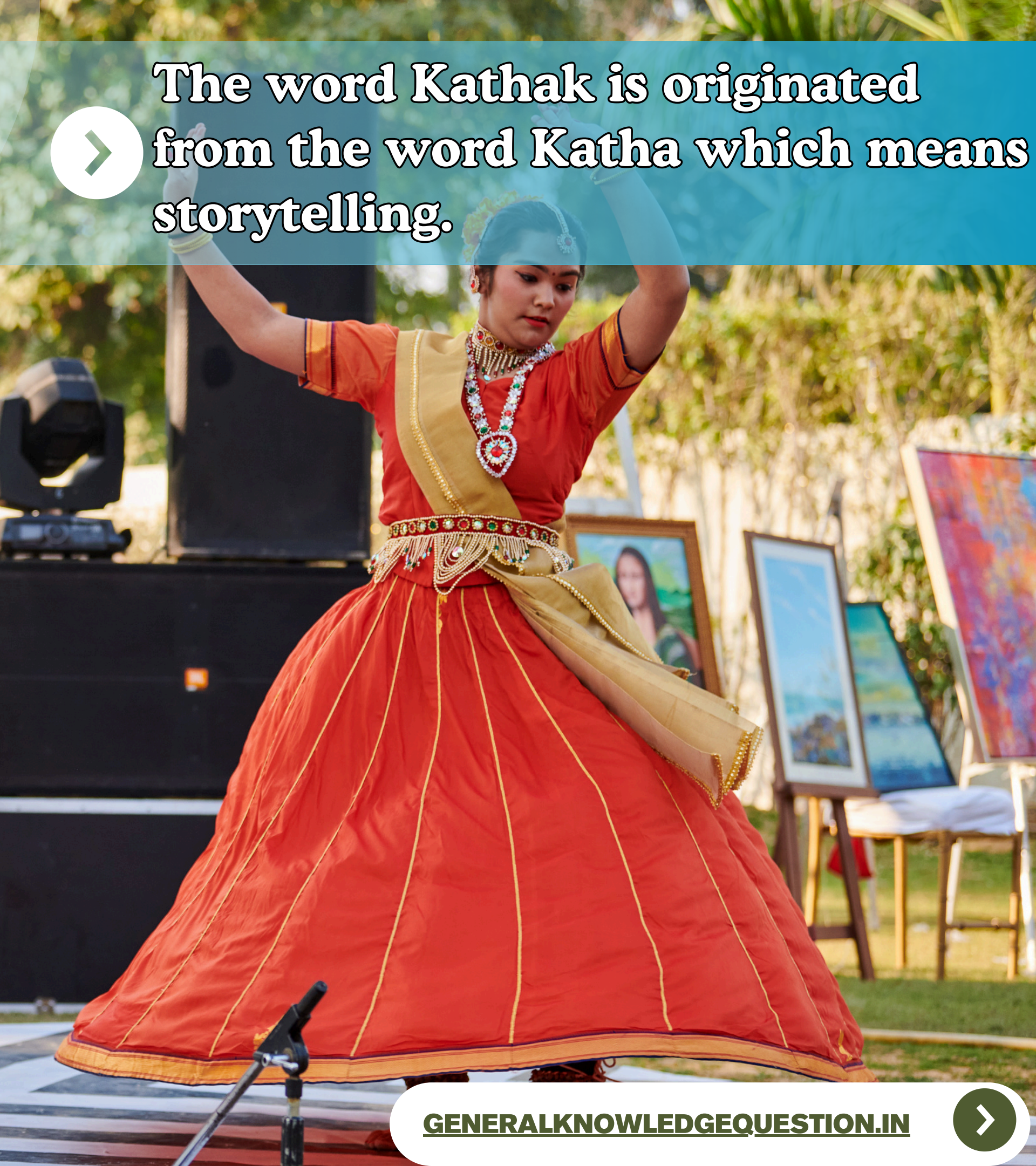




# Kathak



➤ The word Kathak is originated from the word Katha which means storytelling.





# Kathakali

Kathakali is a dramatic dance form from Kerala that combines storytelling, music, and elaborate costumes.





# Odissi

Odissi stands out from other forms of dances because of its Tribhangi posture, dealing with three body parts, i.e. head, bust, and torso.





# Manipuri

This traditional dance is mainly inspired by the rich culture of Manipur





# Kuchipudi

The background image shows three Kuchipudi dancers on a stage. On the left, a dancer in a yellow and red sari stands with hands in a prayer position. In the center, a dancer in an orange and blue sari is in a dynamic pose with one arm raised. On the right, a dancer in a white and gold sari is seated, holding a small object in her hands. All dancers are adorned with traditional jewelry, including necklaces, bangles, and anklets.

Kuchipudi, from Andhra Pradesh, is a theatrical dance form that incorporates elements of drama and storytelling.





# Mohiniyattam

The word Mohiniattam derives its meaning from the word Mohini, which means beautiful women and 'attam' which means dance.



# Sattriya

➤ Sattriya is a classical dance form from Assam, deeply rooted in Vaishnavism





# Bhangra

Bhangra is a folk dance form of Punjab.





# Garba

Garba is a traditional dance from Gujarat, performed during the Navratri festival.





# Dandiya Raas

➤ Dandiya Raas, often performed during Navratri, involves the use of sticks (dandiya)





# Gidda

A group of women in traditional Punjabi attire, including colorful saris and headscarves, are performing a dance. The women are wearing elaborate jewelry, including necklaces, bangles, and headpieces. The background is a solid blue color.

Gidda is a women-centric dance from Punjab, celebrating joy and femininity.



# Lavani

A group of Lavani dancers in vibrant, colorful saris (red, blue, green, and gold) performing a traditional dance. The dancers are adorned with jewelry and are captured in dynamic poses, with some holding large, colorful umbrellas. The background is dark, making the dancers and their attire stand out.

Originating from Maharashtra, Lavani is a fusion of dance and drama, often performed to the beats of dholki (drum).



# Kalbelia

➤ Kalbelia is a dance form performed by the snake charmers of Rajasthan





# Ghoomar



Ghoomar or ghumar is a traditional folk dance of Rajasthan.





# Chhau

The image shows three Chhau dancers in elaborate costumes performing outdoors. The dancer on the left is in a dynamic pose, wearing a tiger-print skirt and a white chest piece. The dancer in the center is wearing a blue and yellow costume with a large, ornate headdress. The dancer on the right is wearing a yellow and orange costume with a large, ornate headdress. They are all holding flowers and performing in a grassy area with a building in the background.

Chhau is a martial arts-influenced dance form that originates from the eastern states of India, including Odisha, West Bengal, and Jharkhand.



# Koli

Koli dance is performed by the fishing community of Maharashtra, celebrating their connection to the sea





# Bihu

Bihu is a traditional dance from Assam, celebrated during the Bihu festival.





# Nati

Nati is a traditional dance from Himachal Pradesh, performed during festivals and celebrations.





# Theyyam



Theyyam is a Hindu religious ritual practiced in northern Kerala and some parts of Karnataka. Theyyam is also known as Kaḷiyāṭṭam or Tīra.





# Yakshagana

Yakshagana is a traditional theater form from Karnataka, combining dance, music, and dialogue.





# Koodiyattam

Koodiyattam is an ancient Sanskrit theater form recognized by UNESCO.





# Nautanki

Nautanki is a folk theater and dance form from North India, known for its dramatic storytelling and musical elements.





# Pung Cholam



Pung Cholam is a traditional Manipuri dance form that features the use of traditional drums (pung).





# Matki

It is a solo dance performed by ladies on special occasions like weddings, birthdays, or any other special occasion.

