



# The Rhythm of Heritage

**Spin and sway, the folk way!**

**By Hamsini, Shiza, Nashwa & Sonal of 10 IG**





# Background

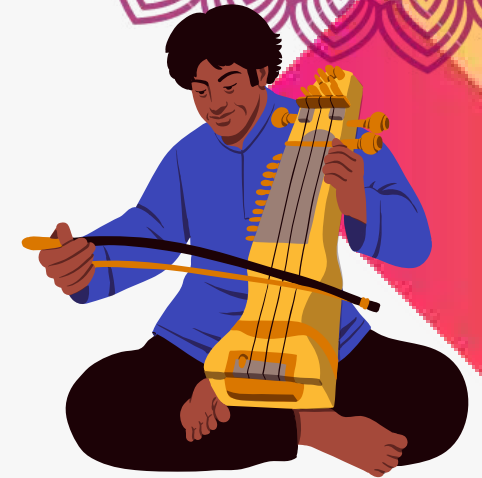
As Our **Global Perspectives Team Project** We Had To Choose An Issue, Research On The Same And Do Something To Address The Issue.

We Chose The Issue:-

**Decline Of Folk Dances In Urban Culture**

To Address The Issue We Plan On Having A **Talent Show** Where Different Groups Will Perform **Different Folk Dances From Different States.**

- **Main Aim:-** To Revive The **Various Folk Dances Of India** And **Spread Awareness** About How These Dance Forms Are Declining.



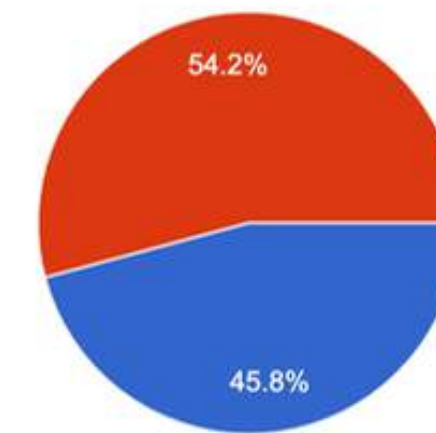




# Folk Dances

Do you know any folk dances from your native state ?

72 responses



## What Are Folk Dances?

Folk dances are traditional dances that come from the customs and culture of a particular group of people. They are usually performed by ordinary people to celebrate festivals, events, or daily life.



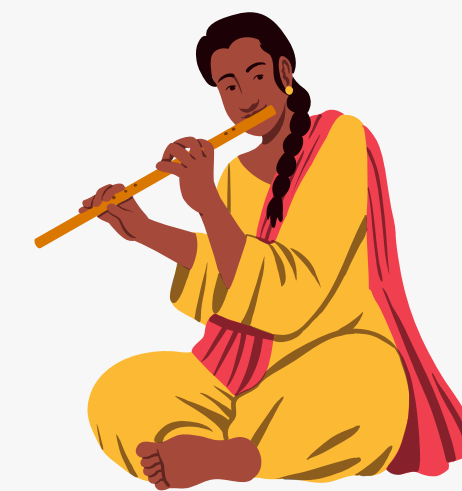




# Importance

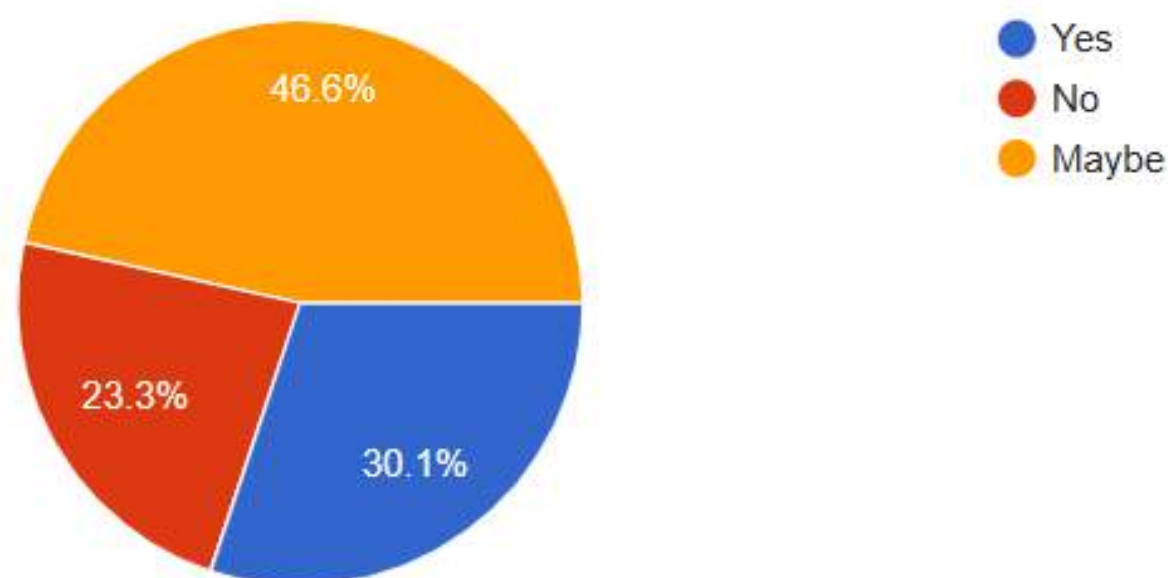
## Are Folk Dances Important?

Folk dances keep culture, traditions, and stories alive. They bring people together, celebrate heritage, and pass on values and customs to future generations.



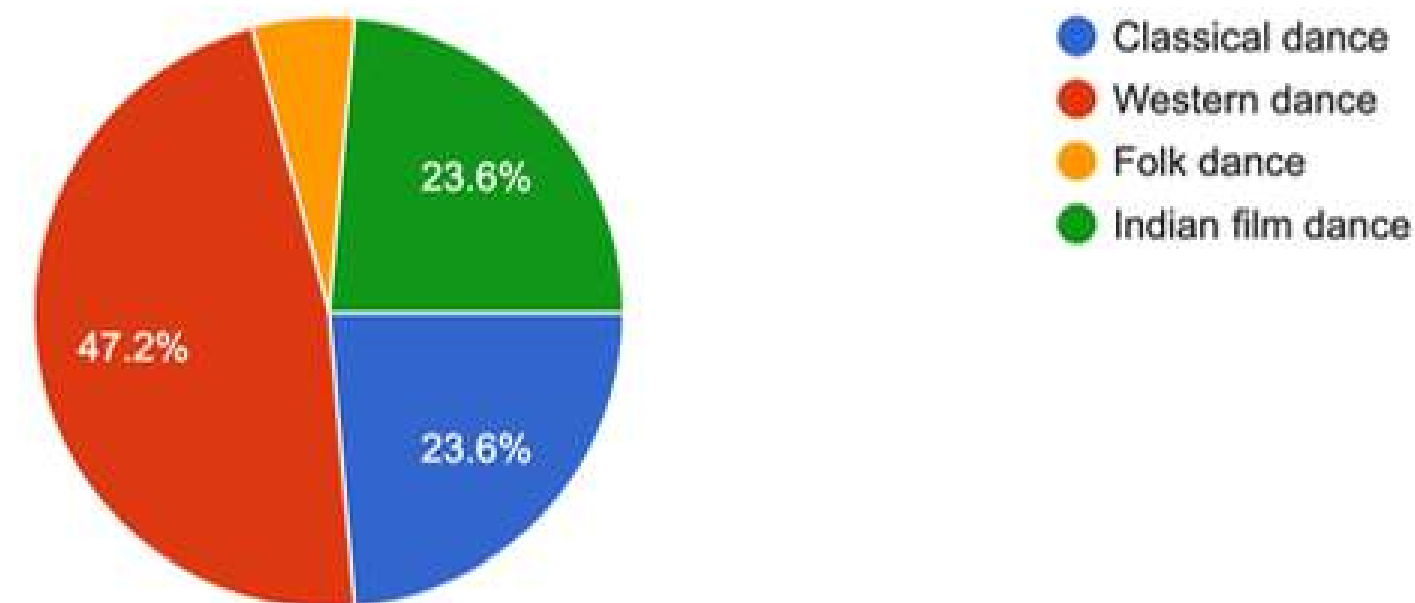
Do you think folk dances still matter to young people today?

73 responses



What do you prefer ?

72 responses







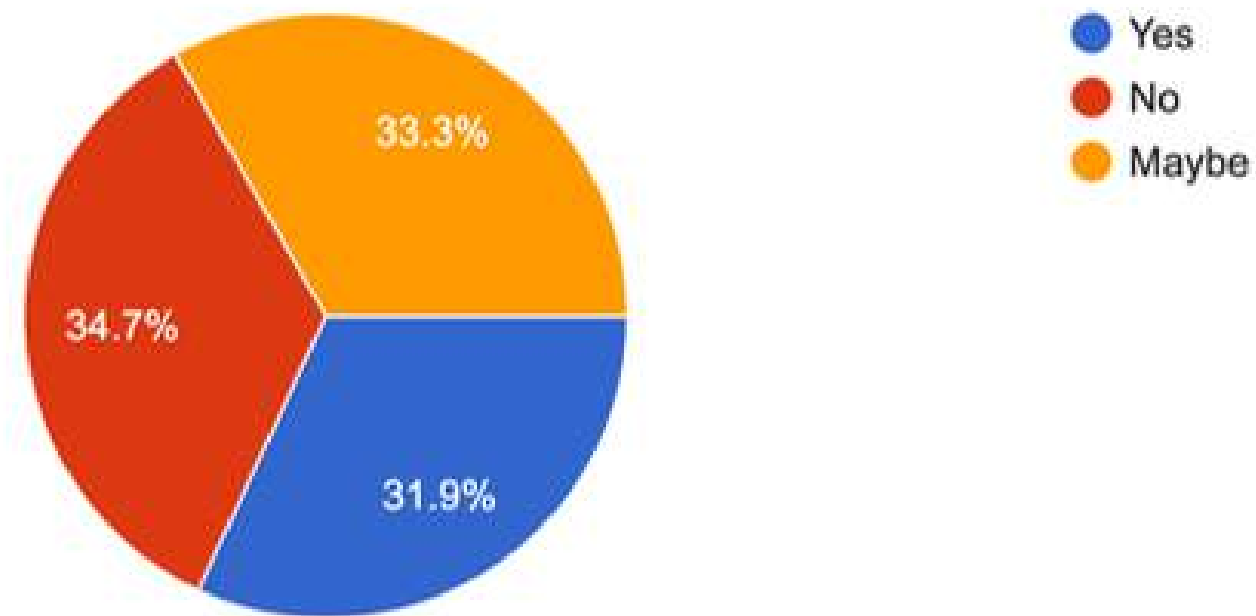
# Why This?

We conducted a **Survey** and **Interviews** and decided on conducting a **Talent Show**.



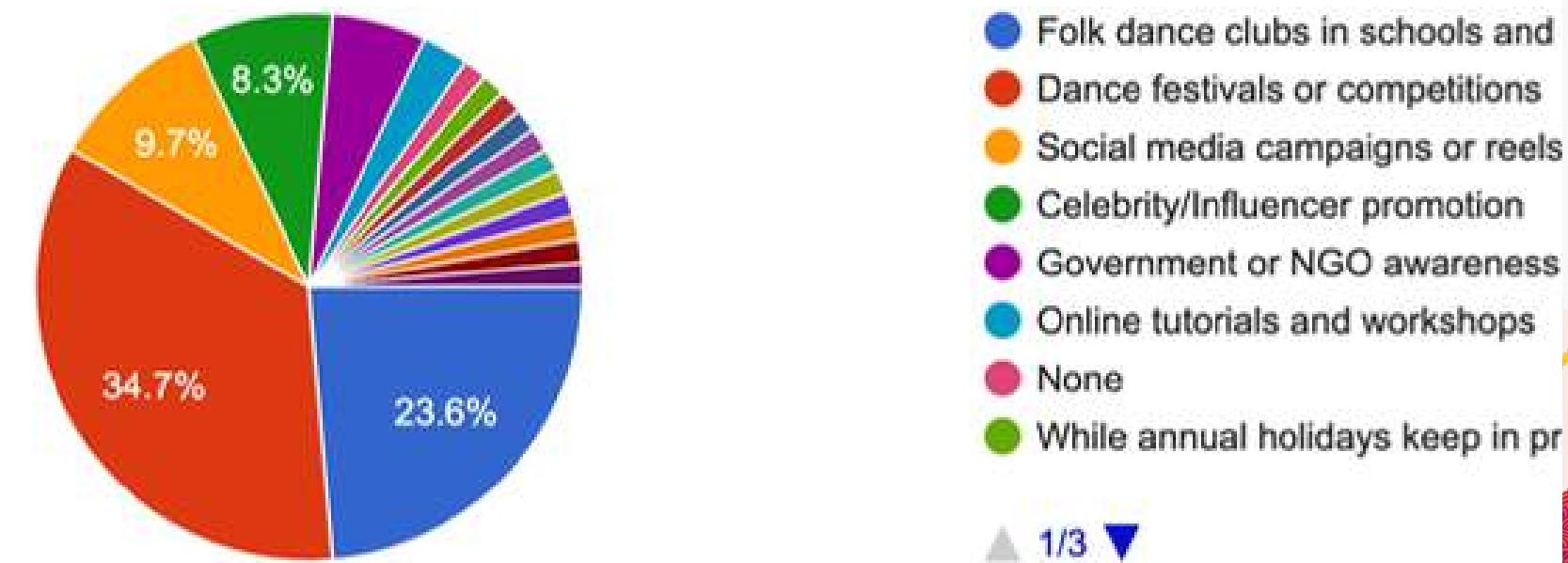
Would you like to learn a folk dance if given the opportunity ?

72 responses



What can we do to make folk dances a subject of interest to you ?

72 responses





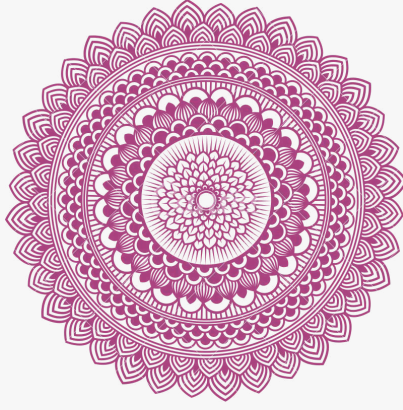


# Main Event

- Date- 18<sup>th</sup> November
- 3 Categories:-
  - 6th And 7th
  - 8th, 9th
  - 10th, 11th And 12th
- A **Talent Show** Where Each Category Will Have 3 Groups, Each Showcasing A Different Folk Dance From A Different State.
- They Will Each Have A **5min Performance** And **3min Of Research**.
- After The Event We Will Share **E-Certificates** To All The Participants And Distribute **CANDY!!!**







# Kerala



**Margamkali** is a traditional folk dance of Kerala performed mainly by the **Syrian Christian community**. It is usually performed by women dressed in white, **dancing in a circle around a lit lamp** while singing songs that tell the story of St. Thomas. Margamkali reflects devotion, cultural identity, and the harmony of Kerala's diverse traditions.







# Kerala



Thiruvathirakali, is a graceful traditional dance of Kerala performed by women during the Thiruvathira festival in the Malayalam month of Dhanu . The dancers form a circle around a lit lamp (nilavilakku) and move rhythmically to melodious folk songs, celebrating womanhood, devotion, and the divine union of Goddess Parvati and Lord Shiva.



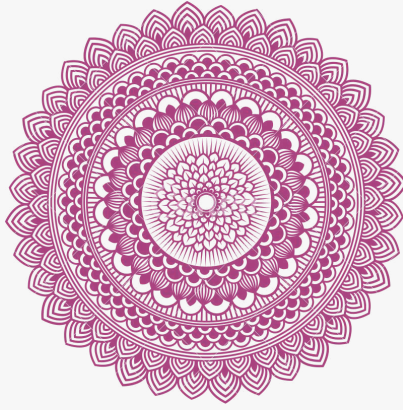


# Kerala



**Kolkali** is a folk art performed in the **Malabar region** of Kerala, India. The dance performers **move in a circle, striking small sticks** and keeping rhythm with special steps. The **circle expands and contracts** as the dance progress. The accompanying music gradually rises in pitch and the dance reaches its climax.





# Maharashtra



The **Koli Dance** originates from the **Koli fisherfolk community** of Maharashtra. It reflects their daily life and work, such as **rowing boats, casting nets, and battling sea waves**. Performed in pairs, the dance captures the rhythm of the sea and the joy of fishing. **Traditional Marathi songs** and clapping accompany the movements, celebrating the community's **unity and lively spirit**.







# Maharashtra



The **Dindi Wari Dance** is a **devotional** folk dance dedicated to **Lord Vithoba of Pandharpur**. It is performed during the **Ekadashi festival** by devotees known as Warkaris. The **dancers** **move in circles, singing abhangas** (devotional hymns) and expressing deep faith and joy. This dance reflects the spiritual **devotion and cultural unity** of Maharashtra's **pilgrimage tradition**.





# Maharashtra



Lezim Dance is a vibrant and energetic folk dance of Maharashtra, performed using a small jingling instrument called the Lezim. It features quick, synchronized steps, rhythmic movements, and dynamic group formations. Commonly seen in festivals, parades, and fitness events, the Lezim Dance symbolizes strength, coordination, and the festive energy of the people.





# Haryana



**Jhumar** is a graceful folk dance popular in Haryana, Punjab, and parts of Rajasthan. It features gentle, rhythmic movements in circular patterns to the tune of soft music and songs of love and happiness. The dance is often performed after harvests and during festive gatherings, symbolizing joy and prosperity.





# Haryana



The **Gugga dance** is a traditional folk dance of Haryana and parts of Rajasthan, performed in **honor of Gugga Pir**, a local deity believed to protect against snakebites. Devotees dance **energetically** to the beat of **drums and folk songs** during **processions and fairs**, reflecting deep faith and community devotion.





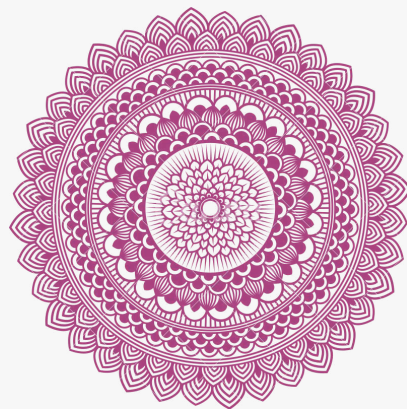
# Haryana



The **Phag or Phalgun dance** is a **lively** folk dance of Haryana, performed during the **month of Phalgun (February–March)** to celebrate the **arrival of spring and the harvest season**. Men and women dance together with **joyful movements and songs** that express love, happiness, and the spirit of rural life.







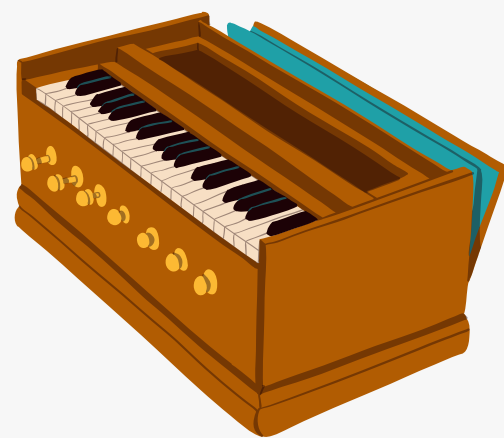
# Mizoram



The **Khuallam Dance**, is a popular Mizo community dance performed during **festivals and social gatherings**. Traditionally, it was performed to **welcome honored guests** who had traveled from distant villages. Dancers, usually men, wear **traditional Puandum** (a handwoven shawl) and move **energetically in rhythmic steps** to the beats of drums and gongs. The dance reflects the Mizo values of friendship, hospitality, and community spirit.





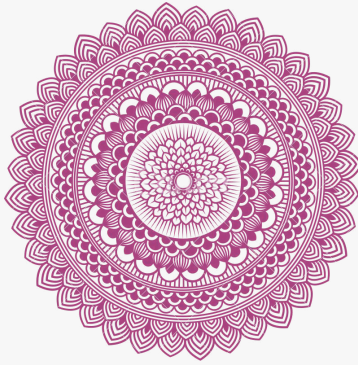
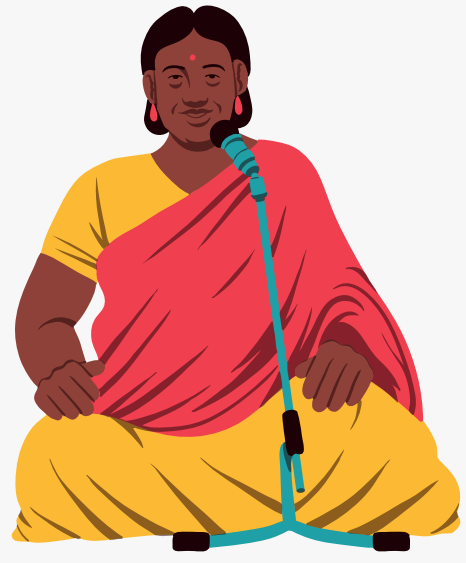


# Mizoram



The **Cheraw Dance**, also known as the **Bamboo Dance**, is one of the oldest and most famous traditional dances of Mizoram in Northeast India. It is performed by **men who rhythmically clap long bamboo staves** while **women dancers** step in and out of the moving bamboos with graceful and precise movements. Traditionally, it was performed to **celebrate successful harvests or marriage ceremonies**, but today it is often showcased at cultural festivals.





# Mizoram



The **Tlanglam Dance** is a vibrant and elegant Mizo group dance that symbolizes joy and unity. It is performed by both men and women dressed in colorful traditional attire, moving in well-coordinated patterns to the rhythm of traditional instruments. Originally performed during festive occasions and village celebrations, the dance represents harmony and the collective spirit of the Mizo people.







# Bengal



The **Dhunuchi dance** is a devotional dance performed during **Durga Puja** in West Bengal. Dancers hold **earthen incense burners (dhunuchis)** filled with burning coconut husk and incense, **moving rhythmically to the beats of the dhak (traditional drum)** as an offering to Goddess Durga. It symbolizes **devotion, energy, and festive spirit.**







# Bengal



The **Bratachari Kathi Nach** is a vigorous folk dance from Bengal, associated with the **Bratachari** movement founded by Gurusaday Dutt. Dancers perform rhythmic steps using small sticks (kathi), promoting discipline, unity, and national pride. The dance combines physical fitness with cultural expression.





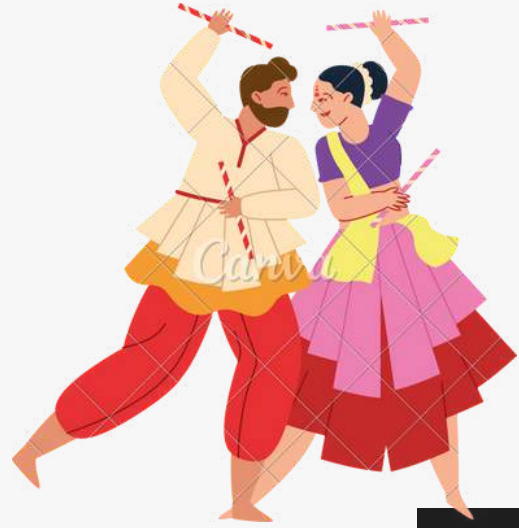
# Bengal



The **Rabindra Sangeet dance** is a graceful dance form performed to the **songs written and composed by Rabindranath Tagore**. It blends classical and folk styles, expressing **deep emotions, nature, and human values**. The dance reflects the **beauty and philosophy** of Tagore's music and poetry.







# Tamil Nadu



Kolattam dance is a traditional dance from south india performed primarily by women . It is also known as the **stick dance** and is popular in the states of **Andhra Pradesh** , **Tamil Nadu** and **Karnataka**. The dance involves **rhythmic hitting of sticks** accompanied by **folk music**. Kolattam is usually performed during **festivals and special occasions** , symbolizing community and togetherness.



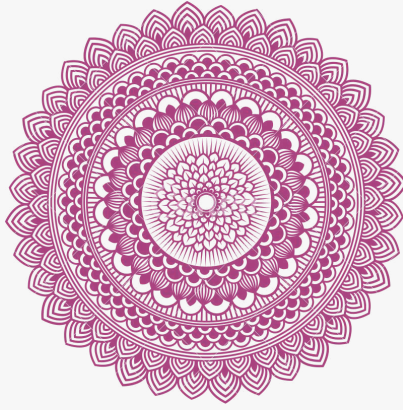


# Tamil Nadu

The **Kummi** is one of the **oldest folk dances** of Tamil Nadu, performed mainly by women who **stand in a circle and clap their hands rhythmically** while singing traditional songs. It is often performed **during festivals and harvest celebrations**, symbolizing **community harmony and happiness**.







# Tamil Nadu



The **Odilattam**, meaning “**Dance of Grace**,” is a folk dance of Tamil Nadu performed by men (and sometimes women) in **colorful costumes**, accompanied by **drums and traditional music**. Dancers move **rhythmically in rows or circles**, combining graceful steps with energetic movements that express **joy and celebration**.







# Thank You

We look forward to your support and can't wait to see you rock the stage!

So, Join **THE RHYTHM OF HERITAGE**

- A Folk dance fair,  
with Heritage in the air!

