

Folk Dance of India, also known as *Lok Nritya*, beautifully reflects India's rich traditions, culture, and diversity. Each state has its own folk dance that celebrates festivals, harvests, and social events with energy and joy. From Punjab's vibrant Bhangra to Assam's rhythmic Bihu and Gujarat's colorful Garba, every dance form tells a story of its people and lifestyle. These *folk dances of India* not only preserve heritage but also unite communities across generations.

This topic is part of **General Studies Paper I (Indian Heritage and Culture)** in the **UPSC Examination**.

Download the Statewise List of Folk Dance PDF Here!

List of Folk Dances of Different States in India

The following table on the list of 29 states and their dance forms gives the major folk dances practiced in the states of the nation. These vibrant forms are typically non-religious and are performed to celebrate seasons, harvest, or social events.

Folk Dance of India with States	
State	Folk Dance of India
Himachal Pradesh	Kinnauri, Thoda, Jhora, Jhali, Chharhi, Dhaman, Chhapeli, Mahasu, Dangi, Chamba, Thali, Jhainta, Daf, Stick dance
Uttarakhand	Chappeli, Gadhwali, Kumayuni, Kajari, Jhora, Raslila, etc
Punjab	Bhangra, Giddha, Daff, Dhaman, Bhand, Naqual
Haryana	Jhumar, Phag Dance, Daph, Dhamal, Loor, Gugga, Khor, Gagor
Uttar Pradesh	Nautanki, Raslila, Kajri, Jhora, Chappeli, Jaita
Rajasthan	Ghoomar, Suisini, Kalbeliya, Chakri, Ganagor, Jhulan Leela, Jhuma, Suisini, Ghapal, Panihari, Ginad, etc

Gujarat	Garba, Dandiya Ras, Bhavai, Tippani Juriun, Bhavai
Maharashtra	Lavani, Nakata, Koli, Lezim, Gafa, Dahikala Dasavtar or Bohada, Tamasha, Mauni, Powara, Gouricha
Madhya Pradesh	Tertali, Maanch, Matki, Aada, Khada Nach, Phulpati, Grida Dance, Selalarki, Selabhadoni, Jawara etc
Chhattisgarh	Gaur Maria, Panthi, Raut Nacha, Pandwani, Vedamati, Kapalik, Chandaini, Bharthari Charit, Goudi, Karma, Jhumar, Dagla, Pali, Tapali, Navrani, Diwari, Mundari, Jhumar
Jharkhand	Karma Munda, Karma, Agni, Jhumar, Janani Jhumar, Mardana Jhumar, Paika, Phagua, Chhanu, Sarahul, Jat-Jatin, Karma, Danga, Bidesia, Sohrai, Hunta Dance, Mundari Dance, Sarhul, Barao, Jhitka, Danga, Domkach, Ghora Naach
Bihar	Jata-Jatin, Bakho-Bakhain, Panwariya, Sama-Chakwa, Bidesia, Jatra
West Bengal	Purulia Chhau, Alkap, Kathi, Gambhira, Dhali, Jatra, Baul, Marasia, Mahal, Keertan, Santhali Dance, Mundari dance, Gambhira, Gajan, Chaibari Nritya
Sikkim	Chu Faat, Yak Chaam Sikkari, Singhi Chaam or the Snow Lion, Yak Chaam, Denzong Gnenha, Tashi Yangku, Khukuri Naach, Chutkey Naach, Maruni Dance
Meghalaya	Laho, Baala, Ka Shad Suk Mynsiem, Nongkrem
Assam	Bihu, Bichhua, Natpuja, Maharas, Kaligopal, Bagurumba, Naga dance, Khel Gopal, Tabal Chongli, Canoe, Jhumura Hobjanai, etc

Arunachal Pradesh	Chham, Mask dance (Mukhauta Nritya), War dance, Buiya, Chalo, Wancho, Pasi Kongki, Ponung, Popir, Bardo
Nagaland	Chong, Khaiva, Lim, Nuralim, Bamboo Dance, Temangnetin, Hetaleulee. Rangma, Zeliang, Nsuirolians, Gethinglim
Manipur	Thang Ta, Lai Haraoba, Pung Cholom, Rakhai, Nat Rash, Maha Rash, Raukhat, Dol Cholam, Khamba Thaibi, Nupa Dance, Raslila, Khubak Ishei, Lhou Sha
Mizoram	Cheraw Dance, Khuallam, Chailam, Sawlakin, Chawnglaizawn, Zangtalam, Par Lam, Sarlam Kai/ Solakia, Tlanglam, Khanatm, Pakhupila, Cherokan
Tripura	Hozagiri
Odisha	Ghumara, Ranappa, Savari, Ghumara, Painka, Munari, Chhau, Chadya Dandanata
Andhra Pradesh	Ghantamardala, Ottam Thedal, Mohiniattam, Kummi, Siddhi, Madhuri, Chhadi, Vilasini Natyam, Bhamakalpam, Veeranatyam, Dappu, Tappeta Gullu, Lambadi, Dhimsa, Kolattam, Butta Bommalu
Karnataka	Yakshagana, Huttari, Suggi, Kunitha, Karga, Lambi
Goa	Fugdi, Dhalo, Kunbi, Dhangar, Mandi, Jhagor, Khol, Dakni, Tarangamel, Shigmo, Ghode, Modni, Samayi nrutya, Jagar, Ranmale, amayi nrutya, Tonnya mell
Telangana	Perini Shivatandavam, Keisabadi

Kerala	Ottam Thulal, Kaikottikali, Tappatikali, Kali Auttam
Tamil Nadu	Karagam, Kumi, Kolattam, Kavadi

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