

Sriju exploring

Regional Dance Forms of India



Regional Dances of India

Garba – The Rhythm of Gujarat

Hi! Let's learn about Garba!

Garba is a traditional folk dance of Gujarat, performed during Navratri.

The circular movement represents the cycle of life and devotion Durga.

Everyone dances together in a circle—no stage, no spotlight!

Bright traditional costumes make Garba vibrant and festive.

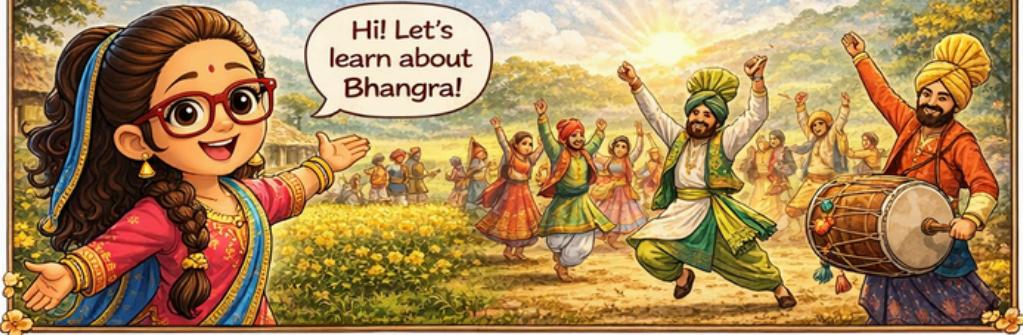
Garba brings communities together

More than a dance, Garba is a celebration of culture and unity.

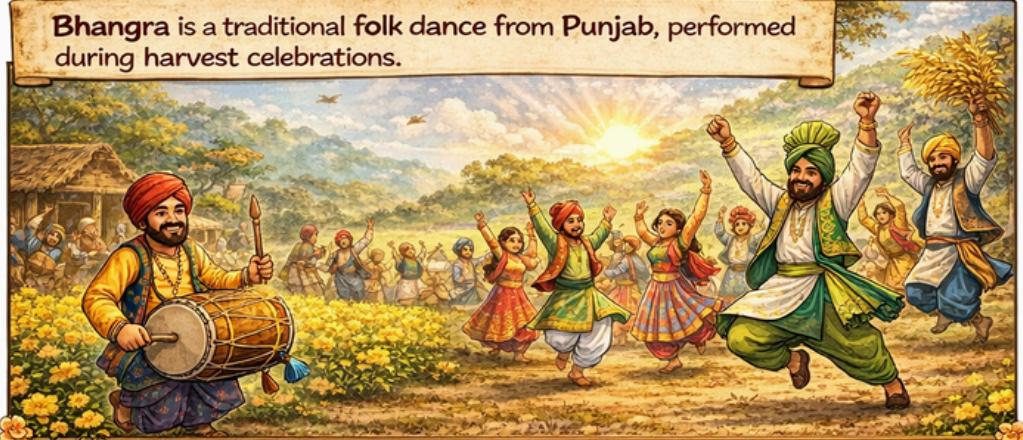
Next, let's explore another regional dance of India!

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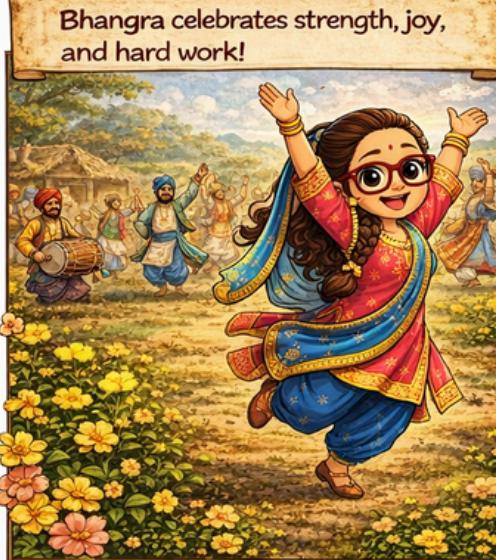
Bhangra - The Energy of Punjab



Bhangra is a traditional folk dance from Punjab, performed during harvest celebrations.



Bhangra celebrates strength, joy, and hard work!



The **dhol** drum sets the rhythm and drives the dance.

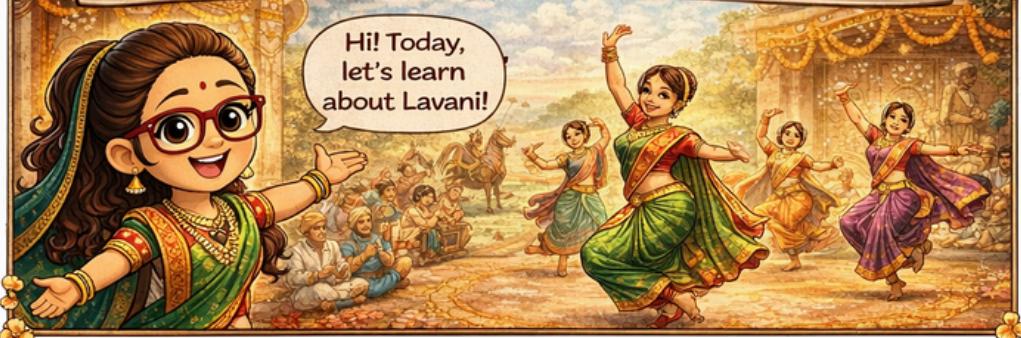


Bhangra brings people together in happiness and pride!



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Lavani - The Soulful Dance of Maharashtra



Lavani is a traditional folk dance of Maharashtra, blending music, dance, and storytelling.



It tells stories of love, valor and social issues, with powerful, expressive lyrics.



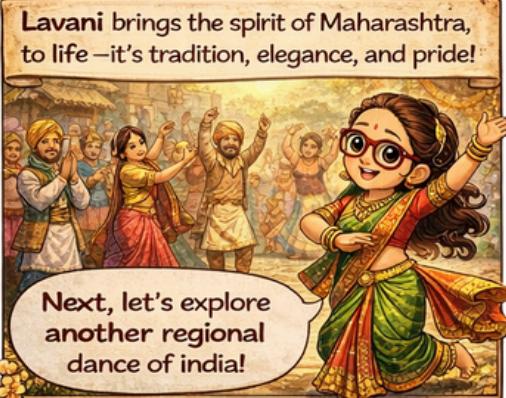
Lavani is all about emotion, energy, and grace!



The music is driven by the dhakki drum, lezim, and lively beats.



Lavani brings the spirit of Maharashtra, to life—it's tradition, elegance, and pride!



Next, let's explore another regional dance of India!

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Ghoomar - The Graceful Dance of Rajasthan

Hi! Shall we explore Ghoomar?

Ghoomar is a traditional folk dance of Rajasthan, famous for its twirling movements and vibrant costumes.

It is performed to celebrate joyful occasions like weddings and festivals.

Ghoomar is all about beauty, elegance and fun!

The dancers wear regal Rajasthani ghagras, with elegant jewellery and a veil.

I'm twirling like a princess!

Ghoomar brings Rajasthan's royal heritage to life—it's full of grace, joy, and pride!

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Yakshagaana -

The Vibrant Folk Theater of Karnataka



Yakshagaana is a traditional folk theater from Karnataka, blending dance, music, dialogue, and drama.



Yakshagaana is famous for its grand costumes, bold makeup, and towering headgear!



It brings epic tales from the **Ramayana**, **Mahabharata**, and **Puranas** to life.



Every movement is expressive, dramatic, and filled with storytelling!



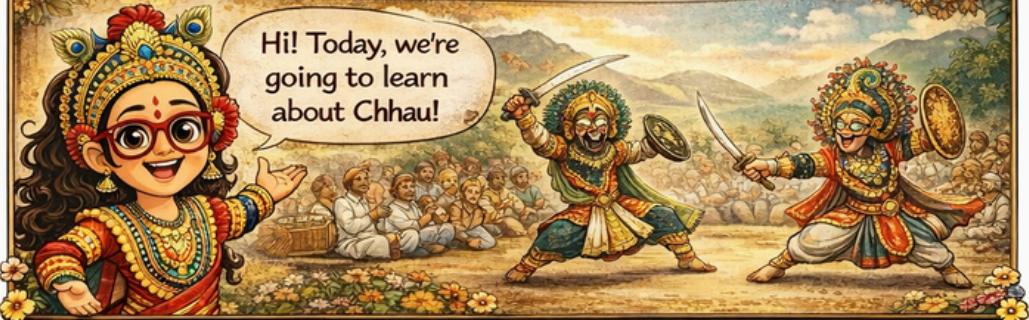
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Chhau -

The Dynamic Martial Dance of Odisha,
Jharkhand & West Bengal



Chhau is a traditional martial dance from Odisha, Jharkhand and West Bengal known for its powerful moves and masked performers.



It tells stories of valor, deities, and folklore, with plenty of action and acrobatic!



Chhau is famous for its stunning, vibrant masks and elaborate, colorful



The music is full of energy, driven by the dhol, dhumsa, shehnai and flute!



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another regional
dance of India!

Regional Dances of India

Karagattam -

The Vibrant Pot Dance of Tamil Nadu

Hi! Today, let's learn about Karagattam!



Karagattam is a traditional folk dance from Tamil Nadu, where dancers balance decorated pots on their heads and perform lively movements.

The dance is a tribute to the water goddess Mariamman, seeking rain, prosperity, and a bountiful harvest.



Karagattam is set to energetic folk music featuring the thavil drum, nadaswaram, cymbals, and lively rhythms!

Karagattam showcases the joyful spirit of Tamil Nadu with grace, devotion, and impressive skill!



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