

## DANCE IN INDIA

### ❖ Bharatanatyam

Bharatanatyam is a dance of Tamil Nadu in southern India. It traces its origins back to the Natyashastra, an ancient treatise on theatre written by the mythic priest Bharata. Originally a temple dance for women, Bharatanatyam often is used to express Hindu religious stories and devotions. It was not commonly seen on the public stage until the 20th century. The dance movements are characterized by bent legs, while feet keep rhythm. Hands may be used in a series of mudras, or symbolic hand gestures, to tell a story.

### ❖ Kathakali

Kathakali comes from southwestern India, around the state of Kerala. Like Bharatanatyam, Kathakali is a religious dance. It draws inspiration from the Ramayana and stories from Shaiva traditions. Kathakali is traditionally performed by boys and men, even for female roles. The costumes and makeup are especially elaborate, with faces made to look like painted masks and enormous headdresses.

A dance of northern India, Kathak is often a dance of love. It is performed by both men and women. The movements include intricate footwork accented by bells worn around the ankles and stylized gestures adapted from normal body language. It was originated by Kathakas, professional storytellers who used a mixture of dance, song, and drama. Like other Indian dances it began as a temple dance, but soon moved into the courts of ruling houses.

### ❖ Manipuri

Manipuri comes from Manipur in northeastern India. It has its roots in that state's folk traditions and rituals, and often depicts scenes from the life of the god Krishna. Unlike some of the other, more rhythmic dances, Manipuri is characterized by smooth and graceful movements. Female roles are especially fluid in the arms and hands, while male roles tend to have more forceful movements. The dance may be accompanied by narrative chanting and choral singing.

### ❖ Kuchipudi

Unlike the other styles mentioned, Kuchipudi requires talent in both dancing and singing. This dance, from the state of Andhra Pradesh in southeastern India, is highly ritualized, with a formalized song-and-dance introduction, sprinkling of holy water, and burning of incense, along with invocations of goddesses. Traditionally the dance was performed by men, even the female roles, although now it is predominantly performed by women.

### ❖ Odissi

Odissi is indigenous to Orissa in eastern India. It is predominantly a dance for women, with postures that replicate those found in temple sculptures. Based on archaeological findings, Odissi is believed to be the oldest

of the surviving Indian classical dances. Odissi is a very complex and expressive dance, with over fifty mudras (symbolic hand gestures) commonly used

### ❖ **Bhangra**

Belonging to Punjab, Bhangra is a heart-pumping dance adorned with the loud beats of dhol( traditional Indian instrument). It is very prevalent in traditional Punjabi festivals.

### ❖ **Garba**

Garba comes from Gujarat which is a traditional dance form dedicated to Goddess Durga. It is performed in a couple on the typical Gujarati music, and the sticks are used to perform this art form.

### ❖ **Rouf**

Rouf Performed by the Kashmiri people to celebrate their festivals and important occasions, Rouf is a soothing dance form generally performed by the female dancers on the traditional Kashmiri music

### ❖ **Ghoomar**

Ghoomar Wearing heavy jewellery and the beautiful costumes you will find the people of Rajasthan dancing on the beats of music to give away their traditional dance form. Ghoomar includes the intriguing circular movements complemented by the hand gestures.

### ❖ **Chhau**

The beautiful women dressed in the elegant attire performing the dance form of Chhau is what you see during the festival time in Kolkata. The popular art coming from eastern India is considered as the dance in the form of martial arts.

### ❖ **Bihu**

Young men and women mostly perform this joyous folk dance from Assam during the Bihu festival. The dancers follow a pattern of rapid hand movement, quick steps and a rhythmic swaying of hips wearing the traditional Assamese clothing with beautiful accessories.

### ❖ **Lavani**

Originated from the state of the Maratha Empire, Lavani is a dance form of Maharashtra. The female-oriented dance is a blend of traditional music and tales of deities. The origin of Lavani comes from the word Lavanya which means beauty. Apart from helping in the upliftment of the Marathi folk theatre, the dance form was also a morale booster during the war in the 18th century. Lavani has two forms; one that's philosophical - Nirguni Lavani and the other that's sensual- Shringar Lavani. With the powerful and quick foot-tapping tempo, the dance form is performed along with the beats of the Dholak. The stories or subjects this dance is based on revolves around topics of religion, politics, and society and mostly romance. Dancers are dressed in nine-yard

of saree with golden jewellery. The dance was initially staged at local temples in the form of worship, but now it's a sensual dance performed to the pulsating beats rendering a socio-political satire.

### ❖ **Mohini**

In Indian mythology, Mohini is the female avatar of Lord Vishnu, and the meaning of Attam in Malayalam is rhythmic motion hence adhering to the dance of the divine enchantress. It is the second most popular dance form of Kerala. This classical Indian dance form roots from the age-old Sanskrit text - Natya Shastra. It is traditionally performed by women following a repertoire of Carnatic music, singing and acting a play. At times, the song, a typical hybrid of Malayalam and Sanskrit also called Manipravalam, is sung by the performer herself.

### ❖ **Sattriya dance**

Mahapurusha Sankaradeva, a Vaishnava saint and reformer of Assam, introduced Sattriya dance in the 15th century AD. This dance form was preserved in the Sattras or the Vaishnava Maths; therefore, it remained a living tradition. This dance was an artistic way of presenting mythological teachings. Traditionally this dance was performed by the male monks or bhokots. However, today, the practice has changed in many ways. The theme is not just related to mythology, and the performances are not limited to the Sattras. Even women can perform Sattriya dance and on the stage.

### ❖ **Folk dance**

Generally, a type of dance that is a vernacular, usually recreational, expression of a past or present culture. The term folk dance was accepted until the mid-20th century.