

The image features two dancers in traditional North Indian attire performing on a dark stage. The dancer on the left is wearing a green and orange costume with a large feathered headdress and is in a dynamic pose. The dancer on the right is wearing a red and white costume with a tall, pointed headdress and is standing on a large, ornate, cylindrical drum. The text "Dance forms of NORTH INDIA" is overlaid in the center in a white, outlined font.

Dance forms of NORTH INDIA

- Indian folk and tribal dances are an expression of joy. Folk dances are performed on every possible occasion, to celebrate the arrival of seasons, birth of a child, a wedding and festivals. The dances are simple in terms of steps or movements but burst with verve and vitality. Men and women perform some dances exclusively, while in some performances men and women dance together. On most occasions, the dancers sing themselves, while being accompanied by artists on the instruments. Each form of dance has a specific costume. Most costumes are flamboyant with extensive jewellery.





Folk dance of Bihus and Nagas of Assam

The north-east part of the country is the home for over 60 tribes, and each tribe has its own range of tribal dances. The dances of the Nagas and the Bihus of Assam are performed to celebrate spring and harvesting.



Dandiya

The main folk dance of Gujarat, the Dandiya, is performed using sticks. Each performer holds two sticks, which they strike alternately to the right and left while the group dances. They also move diagonally, clockwise, anti-clockwise, as they strike the sticks.



Bhangra

The Bhangra of Punjab is performed by men, to the rhythm of the drum. The dance includes a wide range of athletic leaps and jumps. Dancers stand on each other's shoulder while dancing to the music.



Bamboo dance of Mizoram

There are hundreds of Indian folk and tribal dances. Each region of India has its own folk dance. Both men and women perform the bamboo dance of Mizoram. While the men hold the bamboo, the women folk dance between the bamboo sticks. In this performance, the sound of the bamboo hitting each other is the rhythm.

Music of North India



- The flute, nagaswaram, veena, gottuvadhyam, thavil, mridangam and the plain drum are some of the ancient musical instruments of India.
- The sitar, tabla and violin come late than the other musical instruments. Except for the Veena, which is neatly fretted, all the instruments are negotiated by the method of trial and error.
- Their handling depends on the ingenuity and dexterity of the player.
- The Veena, gottuvadhyam, sitar and sarod, the stringed instruments are from Afghanistan.

