

Traditional dance forms of Himachal

Himachal is a land of festivals and dances. The festivals in Himachal are of varied nature. Traditional dances are performed on every occasion like weddings, festivals, child birth, etc. Each form of dance has its own specific costume. Some of the most popular dance forms are given below.

1. Dangi Dance: One of the major folk dances of the state which is based on one of the oldest folk tales performed in the temple of Naina devi during the harvest season. It is a dance form of Chamba area. The dance is full of excitement.
2. Chhanak Chham Dance: It is famous in the Lahaul-spiti region in the memory of Lord Buddha and offered as a tribute to him.
3. Rakshasa: This dance is usually performed in the Kinnaur district of H.P. This dance is performed wearing the demon mask. This dance is performed to protect the crops from evil spirits and demons in the region.

Apart from this there are several other forms like Dhure dance, Nati, Thoda dance etc.