



Members of the Club for the session 2021-22:-

Sr. No.	Name	Position Held
1	Mr. Manu Mahajan	Coordinator
2	Mrs. Anuja Sharma	Member
3	Mr. Anup Dilta	Member
4	Ms. Aahana Chatterjee	Student Coordinator
5	Ms. Janvi Chauhan	Student Coordinator

## ACTIVITIES FOR THE SESSION 2021-22

### FOLK DANCES OF HIMACHAL PRADESH

An Online Presentation on the topic “Folk Dances of Himachal Pradesh” was organized by St. Bede’s College, Shimla under the chairmanship of Mr. Manu Mahajan on March 19, 2022, at 4:30 p.m under Ek Bharat Shreshtha Bharat.

After a brief address by the EBSB coordinator Ms. Annanya Mahajan, student of St. Bede’s college made a presentation on the topic ‘Folk Dances of Himachal Pradesh’. She explained about the traditional dances of Himachal Pradesh and their significance in tribal and non-tribal life of H.P. reflecting the culture and the traditions of Himachal. She explained that festivities in the State are incomplete without dances. Dance forms such as Nati are performed all over the region and it has also been recorded in the **Guinness World records**. Annanya told us about some of the dance forms of Himachal like *Losar Shona Chuksam* (Kinnaur), *Dangi* (Chamba), *Gee Dance* and *Burah dance* (Sirmour), *Naati*, *Kharait*, *Ujagjama* and *Chadhgebrikar* (Kullu), and *Shunto* (Lahaul & Spiti). People of the State generally enjoy folk music. Himachali dance forms are highly varied, quite intricate in their movements and dresses. Samaira Mahajan also presented a beautiful Himachali song which was adored by all the students.

After the presentation, there was an interactive session in which teachers and students shared their views and appreciated each other’s culture.



*EBSB Club*  
*St. Bede's College, Shimla*



**KAHM UNITY WOMEN'S COLLEGE  
MANJERI, KERALA**

**&  
ST. BEDE'S COLLEGE, SHIMLA,  
HIMACHAL PRADESH**

## **FOLK DANCES OF HIMACHAL PRADESH**



[meet.google.com/yos-xbqr-vsm](https://meet.google.com/yos-xbqr-vsm)

<EBSB COORDINATORS>

**DR N V FATIMATHU ZUHARA**

**MR. MANU MAHAJAN**

<STUDENT COORDINATORS>

**Shamila Rustha  
Rafa**

**KAHM Unity Women's college**

**Aahana Chatterjee  
Janvi Chauhan  
St. Bede's College**





*EBSB Club*  
*St. Bede's College, Shimla*

**Dr. N.V Fatimathu Zuhara, EBSB Coordinator, Kahm Unity Women's College, Kerala**





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*St. Bede's College, Shimla*

**Annanya Mahajan presenting power point presentation on Folk Dances of H.P**

**EK BHARAT SHRESHTHA BHARAT**

**ST BEDE'S COLLEGE SHIMLA**

- PRESENTED BY-  
TEZAL CHAUHAN  
DIKSHIKA GANGTA  
ANANYA MAHAJAN  
KAJAL THAKUR
- COORDINATED BY-  
MR.MANU MAHAJAN  
MR.ANUP DILTA

**ANANYAA MAHAJAN**

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## Folk Dances of Himachal Pradesh

### HIMACHAL PRADESH



Himachal Pradesh also known as "Devbhumi" as it is regarded as the land of the gods.

- Himachal is peppered with the awesome landscape that is a dream everyone.
  - Himachal Pradesh is a state with 12 districts that are Kangra, Bilaspur, Mandi, Chamba, Una, Sirmour, Lahul and Spiti, Shimla, Hamirpur, Kullu, Kinnaur and Solan.

### SHIMLA

Like the people of Shimla, the music and dance are very simple and beautiful.

It reflects the culture and the tradition of Himachal Pradesh. Dance forms such as Nati are performed all over the region. Nati is the most famous dance of Himachal Pradesh. This "traditional dance" essentially derives its root from the state of Himachal Pradesh and is also popular in the union territory of Chandigarh.

### KINNAUR

Kinnauri Nati is a folk dance which is originated in Himachal Pradesh. This dance is closely related to nature. This dance of state has two goals that is it welcomes the coming of New Year and it also an indication of rich harvest.



### CHAMBA

Chamba and the surrounding district have many local customs in dancing, illustrating the differences in geographical, anthropological and social cultures and religious beliefs in the area.

A solo dance or a dance of two people such as the Phrasit or Khud-dumir is commonly performed during the Nuwala ceremony and other important occasions, such as marriages etc. and the Dangri and Sikri are said to be of note.

Notable male dances include the Gaddi and Gujjar dances, Dandara, Aist, Gherda, Nachan, Dharumade, the Khud-dumir and the Chhinjhari. Notable female dances include the Ghurei, Dandi and KSB. Whist dances such as the Chide



### Lahaul and Spiti

AND SHABU: These are two popular dances of the Lahaul valley people and are performed at the Buddhist Gompas in the region of the Buddha. Shan means a song of or the Buddha.

danced to these songs are known as songs. It is a tribal dance which is



### MANDI

- The people of Mandi are informally called Mandiyats and Mandiali language is generally used at local level for communication.
- Sepu Wadi is the official and main cuisine of Mandi which is served in Dham (lunch) organized in functions and parties.
- Banbra is the main folk dance performed in theatrical shows on Mandi and is also famous for the international Mandi Shivaratri festival held for seven days in the month of March every year.



### KANGRA



Among the dances of this region, Jhamakada is most popular. The form of dance is also known as Nanoo Vinayaka and Navami Ka Swan. It is a group dance performed exclusively by the ladies. Earlier men were not allowed to watch it and if they were caught peeping in they were

### UNA

- Una is a district in the Indian state of Himachal Pradesh. Una shares its border with the Hoshiarpur and Rupnagar districts of Punjab and Kangra, Hamirpur and Bilaspur districts of Himachal Pradesh. The terrain is generally semi-hilly with low hills.
- The Bhanga is a dance which originated in the Punjab and is also performed in some areas of Una.



### HAMIRPUR

- Hamirpur district is in the Indian state of Himachal Pradesh. The headquarters of the district are in the town of Hamirpur. With an area of 1,118 square kilometres or 432 square miles, it is the smallest district of Himachal Pradesh.

- Horn Dance: It is a traditional dance of Hamirpur people, which is performed, in the cold and dark nights of January. The

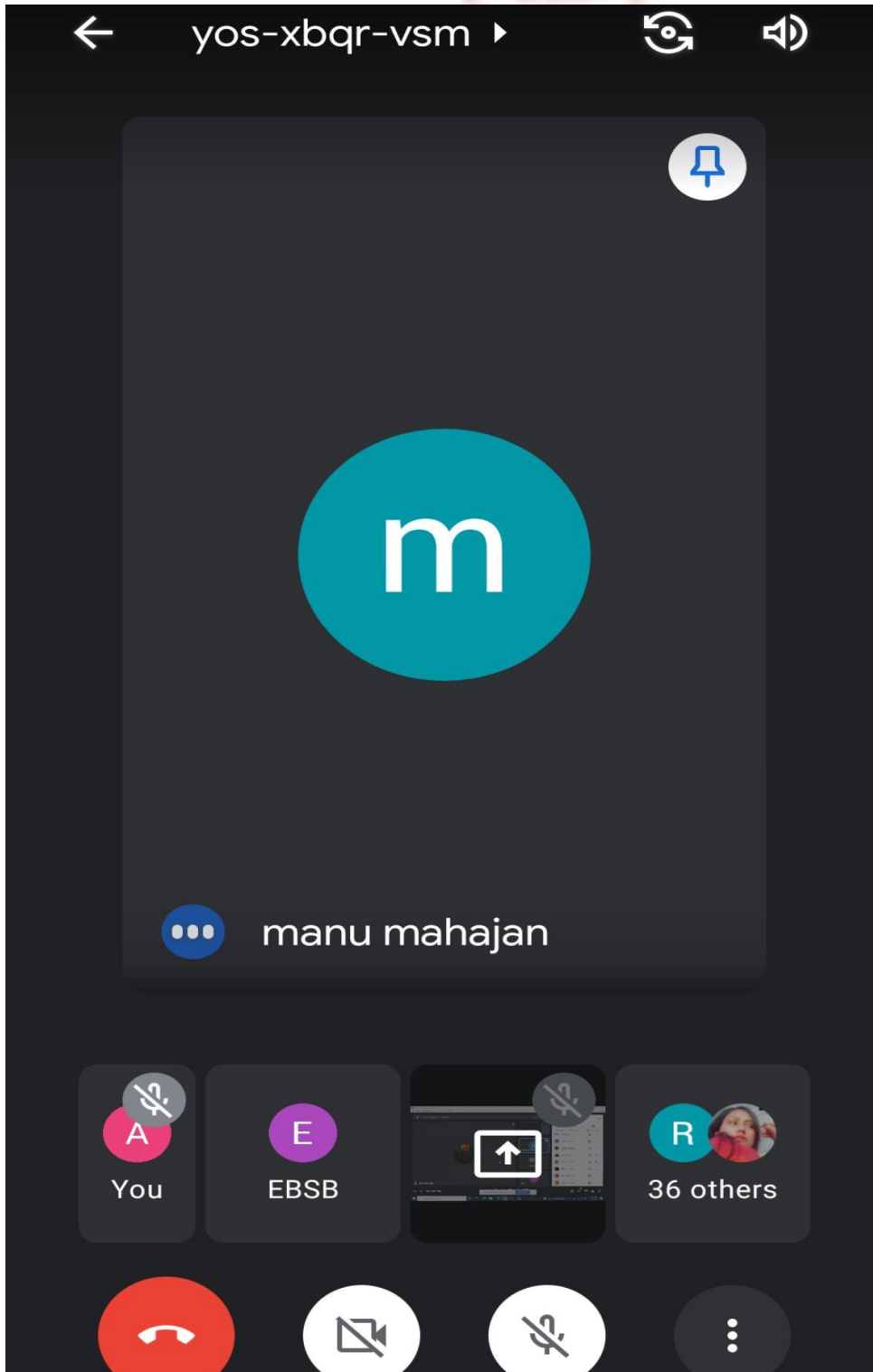






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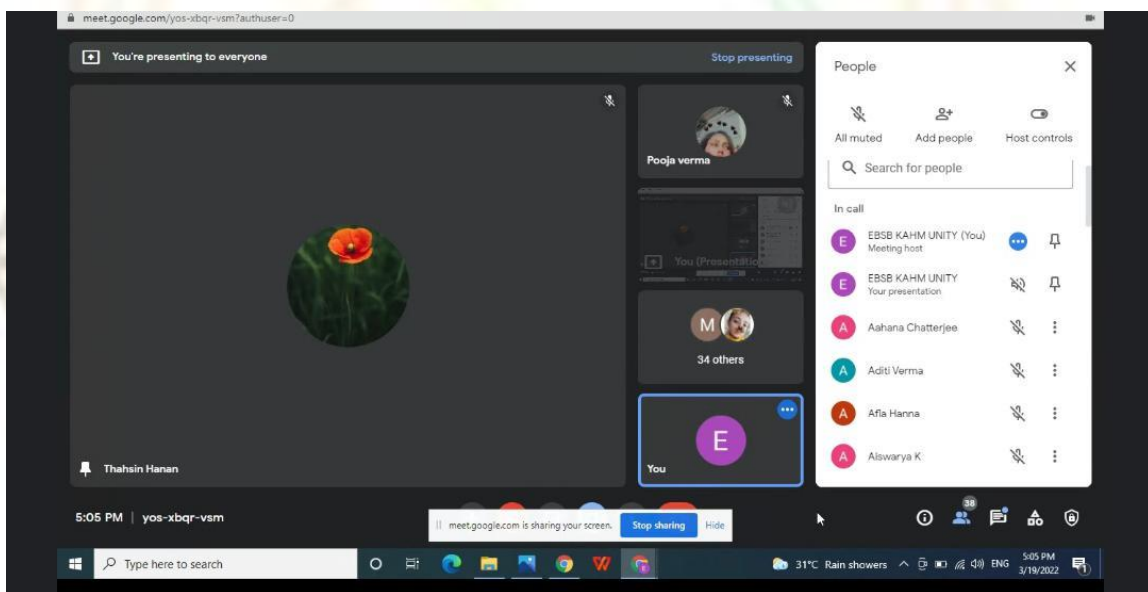
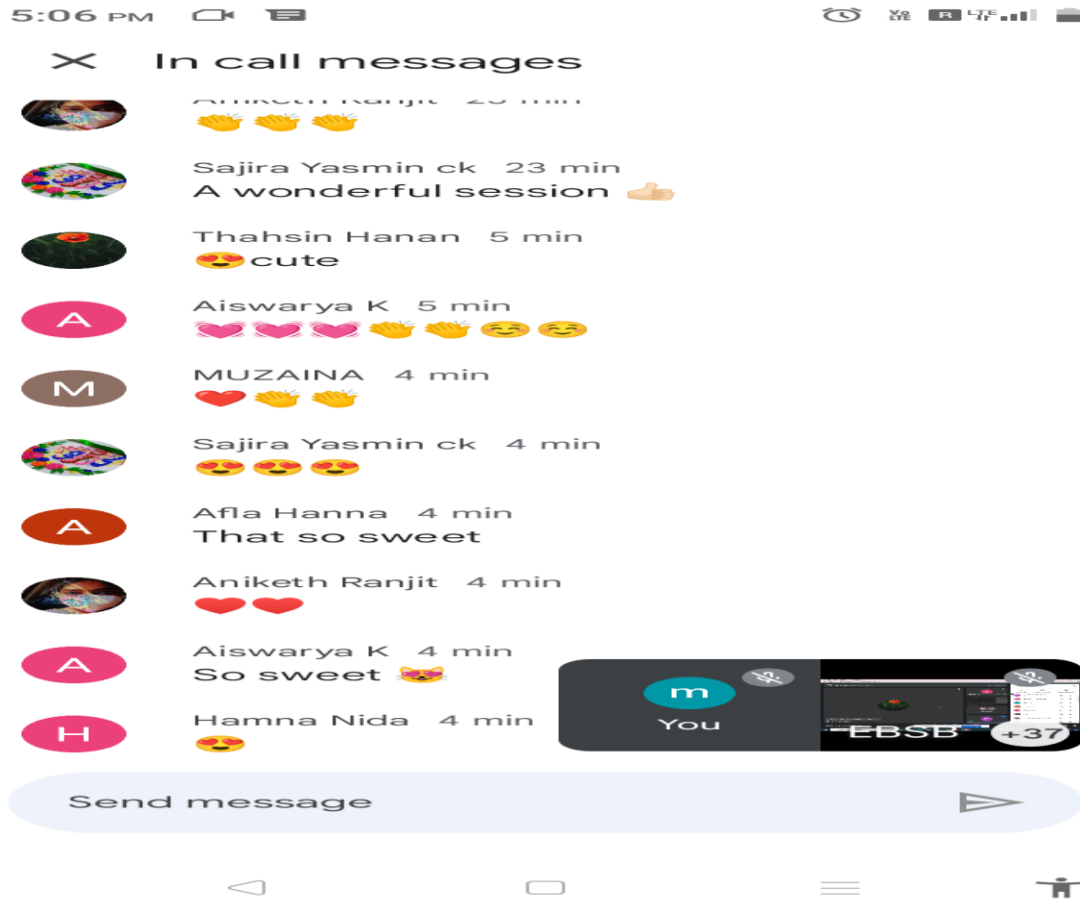
**Vote of thanks by Mr. Manu Mahajan, EBSB coordinator, St. Bede's College, Shimla**





# EBSB Club St. Bede's College, Shimla

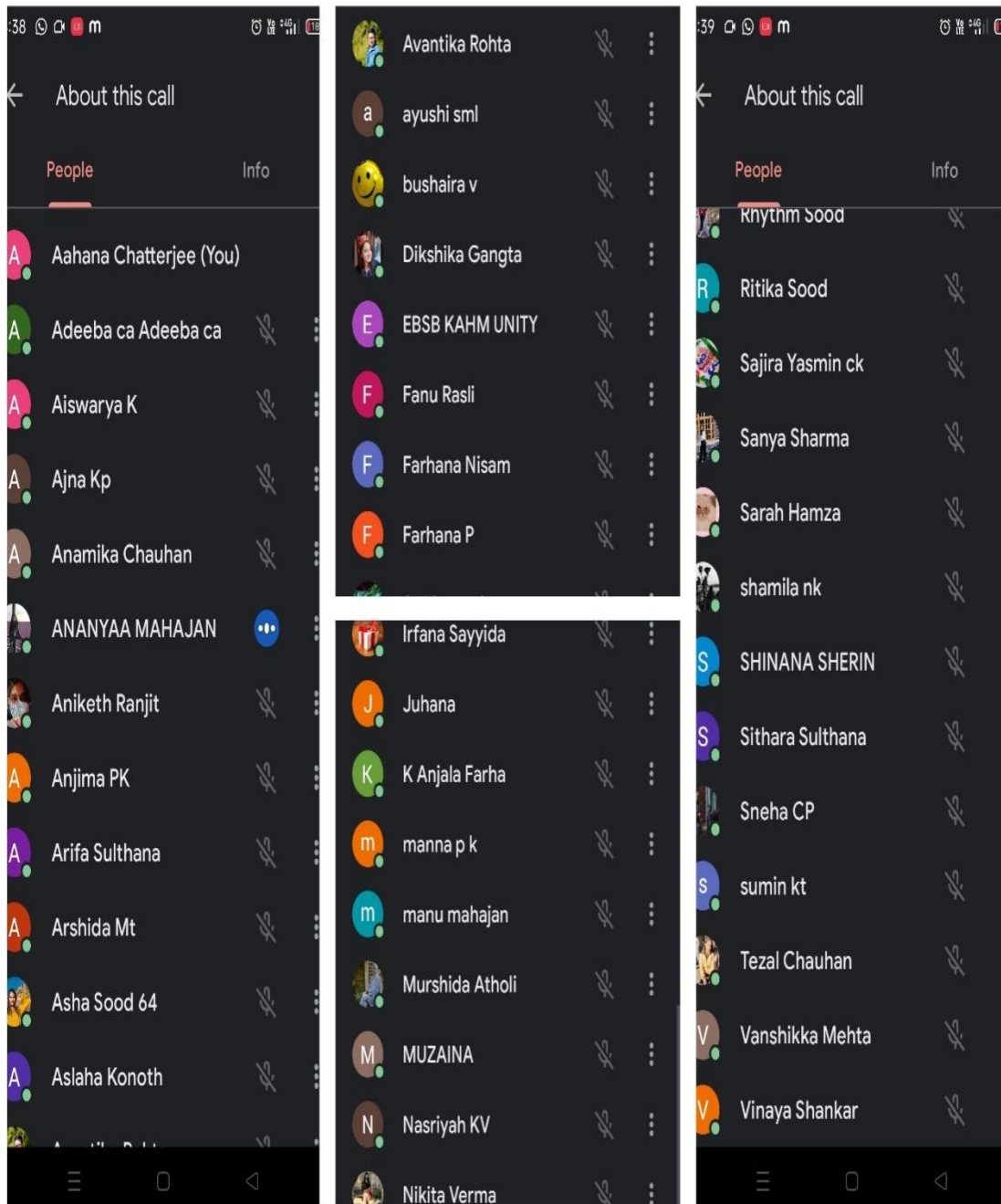
## Participants attending the Webinar





## *EBSB Club St. Bede's College, Shimla*

### **St. Bede's College Shimla and Kahm Unity Women's College, Kerala Students Interaction**







# *EBSB Club* *St. Bede's College, Shimla*

