



# Folk Dance



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# Giddha

Giddha is a popular folk dance of Punjab and Punjabi women and girls ,which is performed on an occasions like birth , marriage etc. The meaning of Giddha is given with the clapping hands while singing traditional folk song in the background. The Giddha is also found during the Tiyan festival . This is the festival of the seventh month in which the married girls come to their home when they are mature and together with other married girls of the village they perform Giddha and enjoy the festival .

While performing Giddha , women and girls stand around in groups and one or two singing boliya followed by rhythmic clapping .The Giddha is also called Aadi's thraat and clap dance . Sometimes a rhythmic drum is also played .

This folk dance is disappearing day by day as today's girls and boys are moving towards westernization due to which the importance of folk dance and folk songs in Punjab and Punjabi culture is declining .

# Bhangra

**Bhangra** is a popular folk dance of Punjabi youth . Bhangra dancing to the joy of the farmers in ancient times when the main crop of Punjab was ripe, Bhangra is a folk dance to be danced in the fairs during Bhaishakhi which is associated with dhol and rhythm .

Bhangra has five main beats :-

- Bhandara
- Fight
- Bhangra
- Lady
- Chandelier

The basic meaning of Bhangra folk dance is fun, passion, love, and desire..

Like every folk dance ,Bhangra is also have a different costume, in which the youngsters performing Bhangra by wearing Kurta , Chadra , Turla wali turban , Kadhvi jutti and Kenthas . But day by day other folk dances are mixed in Bhangra just like other folk dances. And it is only danced on stages but initially during the early days they danced open spaces and fairs .

Even in Bhangra today we can clearly see the glimpse of westernization .

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