

Folk Dances of Arunachal Pradesh 2026, Name, Famous Dance Form List

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The **Folk Dances of Arunachal Pradesh** represent the rich cultural traditions of its indigenous communities. These dances are closely linked with agriculture, seasonal festivals, religious beliefs, social customs and historical memories. Every dance has a distinct purpose, ranging from seeking a good harvest and prosperity to celebrating bravery, fertility and community unity. Traditional Folk Songs, colourful handwoven costumes, ornaments, musical instruments and ritual performances together make these dances an important part of the state's cultural heritage and preserve oral traditions across generations.

Folk Dances of Arunachal Pradesh 2026

Folk Dances of Arunachal Pradesh are performed during major festivals, religious ceremonies, agricultural celebrations and important social occasions. They are not merely forms of entertainment but also preserve oral history, heroic traditions, spiritual beliefs and community identity. Many dances narrate stories of ancestors, agricultural practices and victories through songs and rhythmic movements. These performances also strengthen social bonds while displaying the unique customs, attire, ornaments and artistic traditions of different communities across the state.

List of Famous Folk Dances of Arunachal Pradesh 2026

There are numerous traditional Folk Dances of Arunachal Pradesh, each reflecting a unique cultural tradition, festival, community belief or historical memory preserved through generations. The List of Main Folk Dances of Arunachal Pradesh has been provided below:

Ponung Dance of Arunachal Pradesh

- It is one of the best known dances of the Adi community.
- Ponung is mainly performed by women during Solung, before harvesting and on other auspicious occasions.
- A male Miri leads the performance using the Yoksa, a sword like instrument that produces rhythmic sounds while singing traditional hymns.
- Women dancers wear the traditional Gale skirt, Galup blouse, conical headgear made from Gale and ornaments such as Gol Pota, Madoli, Nok, Tampilang, Sumbi/Humbi, Sondorong and Tadok.
- Graceful hand movements and coordinated chorus singing define the performance.
- The songs performed during Ponung narrate the history of the Adi people, agricultural traditions and community heritage.
- The dance is performed to pray for a healthy village, abundant crops, prosperity and overall well being before the harvest season.

Yakjong Dance of Arunachal Pradesh

- Yakjong is another important Adi dance performed during the Unying Aran (Aran) festival.
- Men, women and children all participate together, making it one of the few dances without age or gender restrictions in Arunachal Pradesh.
- During Yakjong, performers move from one household to another carrying decorated sticks while singing and dancing.
- Welcoming the performers is traditionally believed to bring blessings, prosperity and a bumper harvest to the host family.
- Families often offer money or food as a gesture of respect.

Delong Dance of Arunachal Pradesh

- Delong is an energetic folk dance performed exclusively by men of the Adi community during the Etor festival.
- The performance takes place inside the village Dere, the traditional community hall where villagers gather for important social and cultural activities.
- Etor is associated with repairing or constructing protective fences around agricultural fields to prevent damage from roaming domestic animals.
- After completing this community work, men assemble in the Dere to perform Delong under the guidance of a Miri, who sings traditional hymns.

Tapu War Dance of Arunachal Pradesh

- Tapu is the traditional war dance of the Adi community and is performed only by men during the Uying Aran festival.
- The performance symbolically drives away evil spirits while preserving memories of ancient warfare and heroic traditions.
- Dancers wear traditional warrior costumes, carry swords and shields and perform vigorous battle formations with loud victory cries.
- The choreography recreates scenes of combat, courage and triumph, reflecting the martial heritage of the Adi people.
- The Tapu War Dance gained national attention when performers from Arunachal Pradesh presented it during the Republic Day Parade 2022 at Rajpath in New Delhi.

Popir Dance of Arunachal Pradesh

- Popir is the principal folk dance of the Galo community and is performed during the Mopin festival.
- It is traditionally associated with Mopin Ape, regarded as the goddess of abundance and fertility, symbolising prosperity and agricultural well being.

Gumrak Paksong Dance of Arunachal Pradesh

- Gumrak Paksong is the major traditional dance of the Mishing community and is performed during the Ali Aye Ligang festival.
- The dance celebrates the beginning of the agricultural cycle and reflects the community's close relationship with farming traditions.

Rikhampada Dance of Arunachal Pradesh

- Rikhampada belongs to the Nyishi community and is performed during the Nyokum festival.
- Traditionally believed to have been introduced by Abotani, the dance has become an important symbol of Nyishi cultural identity and festive celebrations.

Khampti Dance of Arunachal Pradesh

- The Khampti community presents dramatic dance performances during Khamsang, Sankian and Potwah festivals.
- These performances narrate religious and historical stories in open courtyards using gongs and cymbals, with men traditionally performing female roles.

Idu Mishmi Ritual Dance of Arunachal Pradesh

- The Idu Mishmi community performs ritual and fertility dances during ceremonies such as Rren, Mesalah, Aihim and Aihm.

- Priests and priestesses perform these dances with drums and horn bugles, while selected villagers may also participate.

Daminda Dance of Arunachal Pradesh

- Daminda is associated with the Apatani community and forms an important part of the Dree festival.
- The celebrations include traditional exchanges of rice beer, bacon, roasted meat and community gatherings, strengthening social harmony.

Bardo Chham Dance of Arunachal Pradesh

- Performed by the Sherdukpen community, Bardo Chham means the “Dance of the Zodiacs.”
- Based on the belief in twelve symbolic evils representing the months of the year, the dance portrays the victory of good over evil during community festivals.

Pasi Kongki Dance of Arunachal Pradesh

- Pasi Kongki is a traditional dance of the Adi community dedicated to the brave Pasi, who risked their lives to transport essential supplies to villages.
- Through songs and rhythmic movements, the dance honours courage, sacrifice and service.

Wancho Dance of Arunachal Pradesh

- The Wancho community performs this dance during the Oriah festival celebrated in March and April.
- The performance strengthens unity among community members while marking the arrival of the spring season through collective celebration.

Chalo Dance of Arunachal Pradesh

- Chalo Dance is performed by the Nocte community during the Chalo Loku festival held in October and November.
- It marks the end of one agricultural season and welcomes the beginning of the next paddy cultivation cycle.

Buiya Dance of Arunachal Pradesh

- Buiya is performed by men and women of the Digaru Mishmi community during festivals including Tazampu, Duiya and Tanuya.
- It is also presented after major feasts and family gatherings, highlighting celebration, cooperation and social bonding.

Cultural Importance of Arunachal Pradesh Folk Dances

These dances preserve oral traditions, historical narratives, agricultural knowledge, religious beliefs and indigenous customs. Along with traditional attire, ornaments, songs and music, they continue to safeguard the cultural identity and living heritage of Arunachal Pradesh for future generations.

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