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News: Garba Dance

- Recently, the United Nations Educational, Scientific and Cultural Organization (UNESCO), during its 18th session of the Intergovernmental Committee in Botswana, officially added Gujarat's iconic Garba dance to its esteemed Representative List of Intangible Cultural Heritage (ICH) of Humanity.

Garba Dance

- Garba is a form of Gujarati folk dance that is performed during the nine-day Hindu festival of Navratri, which celebrates the victory of good over evil.
- The name Garba comes from the Sanskrit word for womb, implying life, and creation.
- Garba dances celebrate fertility, honor womanhood, and pay respect to any of an array of mother goddesses.
- The dance also customarily marks a girl's first menstrual cycle and, later, her imminent marriage.
- The dance is performed around a centrally lit lamp or a picture or statue of the Goddess Shakti, who represents the feminine energy of the universe.
- Garba is accompanied by rhythmic music, singing, and clapping. The dance can be performed by anyone, regardless of age, gender, or social status.

- Modern Garba is heavily influenced by Dandiya Raas, a dance traditionally performed by men. The merger of these two dances has formed the high-energy Garba dance that is seen today.
- Garba fosters social equality by diluting socio-economic, gender, and rigid sect structures.
- It continues to be inclusive and participative by diverse and marginalized communities, strengthening community bonds.