

**REPORT: Session on Ek Bharat Shresth Bharat Activity on 'FOLK DANCE OF SIKKIM'**

**DATE: January 23, 2026**

**CONDUCTED BY: Ms. Arvinder**

**PARTICIPANTS: 10 Students**

### **EVENT REPORT**

As part of Ek Bharat Shresth Bharat initiative, a special activity was conducted for the students of Dance club to introduce them to the vibrant traditional folk dances of Sikkim. The session began with a brief interactive presentation on the history, significance, and unique characteristics of Sikkimese cultural folk dances such as the rich traditions of the Lepcha, Bhutia, and Nepali communities.

The activity went beyond mere performance, serving as a powerful educational tool that allowed students to appreciate the deep connection between Sikkim's environment and its culture. By researching and portraying these dances, students gained insights into the state's geography, agricultural festivals like Dhan Nach, and the spiritual significance of the Mask Dances performed in monasteries.

The activity successfully fostered a sense of national integration and mutual respect, as students not only mastered the rhythmic footwork but also learned about the traditional attire and history of the Himalayan region.

The activity session concluded with a brief dance presentation that was meaningful and engaging, successfully enhancing students' understanding of Sikkim's culture and traditional folk dances.

