#### Diwali

For Hindus, Diwali is one of the most important festivals of the year and is celebrated in families by performing traditional activities together in their homes. *Diwali* or *Divali* is a contraction of the Sanskrit word *Deepavalli* that means "row of lamps". Small clay lamps filled with oil are lighted to signify the triumph of good over evil. These lamps remain lit through the night and houses are cleaned to welcome the goddess Lakshmi.

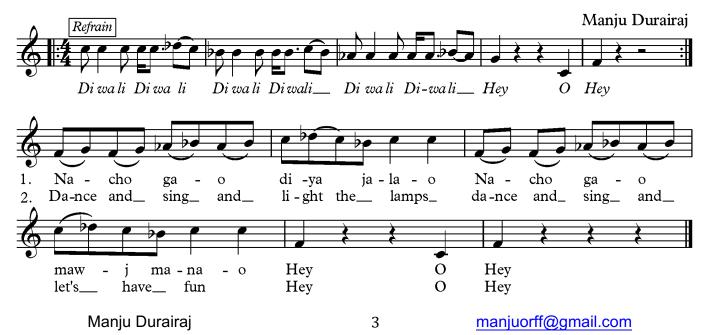
Firecrackers are burst to drive away evil spirits. During Diwali, all the celebrants wear new clothes, and share sweets and snacks with family members and friends.

Diwali, in some regions, is considered to be the celebration of the marriage of Lakshmi with Lord Vishnu. In the eastern state of Bengal the festival is dedicated to the worship of Mother Kali, the dark goddess of strength. Lord Ganesha, the elephant-headed God, the symbol of auspiciousness and wisdom, is worshiped in most Hindu homes on this day. For Jains, Deepavalli has an added significance to the event of Lord Mahavira attaining *nirvana*. Diwali also commemorates the return of Lord Rama along with Sita, his wife and Lakshman, his loyal brother, after his fourteen-year exile and his victory over the demon-king Ravana. In joyous celebration of the return of their king, the people lit up the kingdom with earthen *diyas* (oil lamps) and burst crackers.

### **Diwali Dandiya**

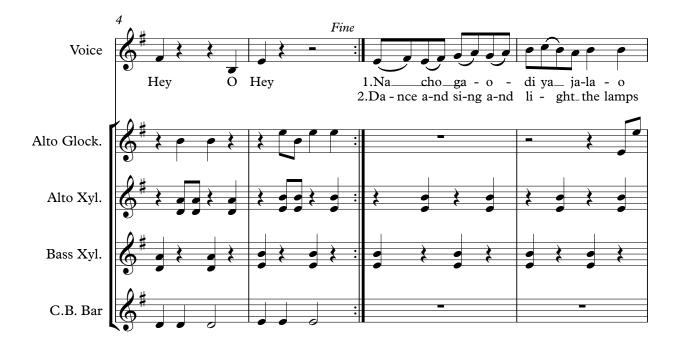


Dandiya is a folk dance, from the state of Gujarat, India. It is now a popular social dance in Indian communities all over the world. The name originates from the word 'dandi' or 'stick'. Each dancer has a pair of dandiya sticks. However, pulli, lummi, or longer rhythm sticks that are more widely available may be substituted.

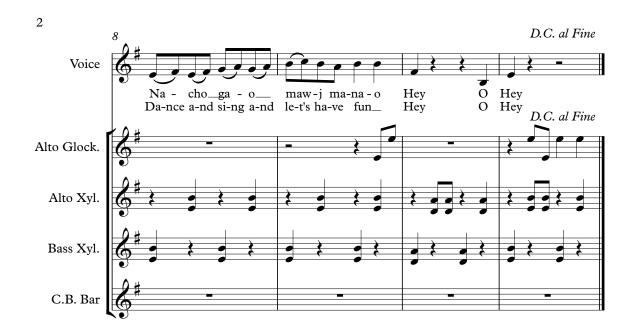


# Diwali Dandiya





## FISD August 2016



## 5 Step Dandiya

- Lean left, strike own left stick
- Lean right, double stick with partner
- Lean left, double stick with partner
- Lean left, strike own left stick
- · Strike partner's right stick with right stick
- Twirl or spin left to new partner

