



Dances Around The World

How does dancing benefit our communities and our culture?


BY: SHAUN, MUSTAFA, KRISHNA, TANYA AND SHRITA





Advantages Of Dancing:


Dancing is made for everyone. Literally. Dancing has it all. It is the one platform, where not only does it keep you healthy and in shape, but it also has many health benefits to convince you to take up this art. And what's more exciting, it the fact that age is not a limitation here! Dancing is made for all genders and ages.





Advantages Of Dancing:

Dancing helps in the improvement of your heart and increases the muscular strength of your lungs. It also helps in the increase of motor fitness, toning of muscles, strength and weight balance, and helps your bones grow stronger. It also helps in the betterment of your body coordination. Helps increase flexibility, improve balance, giving more confidence, and puts one in a better headspace.






Is dance a good platform to express feelings?

It is a frequently asked question. On google, there are 3,36,00,000 results when you search this question. There are many interviews, or videos of people expressing how dance has helped them or given them a chance to speak up.

Many things can't be put into words or penned down. Frankly, sometimes, we need to get things out of our systems. And in those times, dancing has been seen as one of the most beneficial ways to express how we feel.



A good platform to express the culture of a region, or minority group? :

The talent shows like Indias got talent, dance India dance, etc organized by different Television channels like Sony, star plus, zee Tv set a good platform for all those who wish to express their culture and tradition through various dance forms.

During the celebrations of each festival like Holi, Janmashtami, Navratri, Christmas, Diwali, all the minorities display their cultural heritage through different dance forms.

Why do people like dancing?

"If you ask me why I enjoy it, I am afraid I do not have one coherent answer. Because my relationship to dance is irrational. It is an emotional thing. It is who I am. But it also made me who I am. It has a certain tone of back and forth to it." A Quora user answered.

Dance is something, that means a lot to some. And not all those meanings need to be the same for everyone. All these reasons, hold different meanings to each individual.

Which styles of dancing are most popular in your region?

Bharatanatyam, Kathak, Contemporary,

Hip Hop, Locking And Popping,

Salsa, Jive





Which style of dancing is more appealing to the group members?

Shaun: b-boying, hip hop, krumping, popping, and whacking, overall the western styles

Mustafa: western, b-boying

Krishna: aerial

Tanya: shuffling


Shrita: contemporary





Do you have facilities in your school for learning
dance?

In school, we have jazz as a part of the SP (A activities (Sports and performing arts). Inter-house competitions, school assemblies, Student farewell programs, culminating activities, sports day, Annual days, and many other talent shows organized by our school serve as a platform for the students to showcase their dancing talents.



Which is the most popular TV show related to dance?

Dance Plus (tagline: Ise Kehte Hain Dance) is an Indian dance competition reality television series, which premiered on 26 July 2015 and broadcast on Star Plus. The series is produced by Frames Production house and concrete Brew Studios. The auditions for the show were administered in thirteen cities in India, between 3 June 2015 and 11 October 2015. The series is hosted by Raghav Juyal, with Remo D'Souza the Super Judge. Dharmesh Yelande, Sumeet Nagdev, Punit Pathak and Shakti Mohan, Karishma Chavan, and Suresh Mukund are the mentors of the show.

Which is the most popular TV show related to dance?

Dance+ 5 meets the amazing talent of solo, duo, and group dancers. For several months, the auditions of the show were happening across the country, out of which, a number of the simplest dancers were seen showcasing their skills ahead of Remo D'Souza. This time too, the judges include Puneet Pathak and Dharmesh Yelande. Unlike other seasons, Shakti Mohan won't be seen as a neighborhood of this season of Dance+. Instead of Shakti, this season will see the addition of two new judges, Suresh Mukund and Karishma Chauhan. In total, four Captains and one Super Judge, Remo will mentor the contestants of the season. Suresh Mukund is that the choreographer of 'Kings United', the first Indian dance cluster to win the 'World Hip Hop Championship'. He has additionally been a region of the 'Dance Champions' to be ventilated on crew cast. Raghav Juyal is that the host of the show.




A few moments from the show...





Reflection by Krishna


The entire project went smoothly, we communicated with students from the Netherlands and we understood their cultural dances. However, this experience could have been made more interesting if students met on an online call and communicated and discussed their ideas thoroughly. Nevertheless, we created a separate group and asked questions, and learned about their ethnic dances.





Reflection by Shaun

Regardless of the pandemic, we had a lot of fun doing the activities assigned to us. Although managing them was a tough time, we understood and learned a lot overall, we learned some stuff about our own country that we didn't know. Overall this was a valuable experience and I'm excited for more.





Reflection by Tanya


The conversations when we had a meet with the Netherland students went very well although I wish I couldn't have interviewed the people sooner so that the editors could edit the post faster and didn't have to worry about the deadlines. Our group effort was good and even with a lot of pressure, we could do well. The teacher in charge was great support and helped us in every way possible to push us to do our best. The exchange students were really friendly and answered every question we had. It was a fun experience, doing this project with the group.





Reflection by Mustafa


The Eumind that was conducted online was gratifying even though we weren't able to meet our European mates due to the horrible situation in every country. Our meetings were conducted online which helped me gain credence as I was talking to new people. I acknowledged European nature as its a necessity to have knowledge about every country's tradition. Due to the covid situation, we were unable to meet which is very rejecting but we managed to get interviews and everything that was necessary for the same. It would be astounding if we would be able to come there and the Dutch mates could come here but that wasn't possible :) Still it was memorable!!





Reflection by Shrita

Since it was my first time doing something like Eumind, I was very excited to see the endless opportunities it had to offer (such as the trip to the Netherlands). But due to the global pandemic, it was a little difficult to connect with the other students online which made it difficult to get the information we needed for our projects. Regardless, we (my group) worked together and filled in for each other if one of us wasn't available due to schoolwork. Thanks to the Netherland kids, who were kind enough to clear our doubts and help us with the information we needed. In the end, I had a great experience and enjoyed working.




Compare the style of dancing parents/grandparents practiced mostly with the style of dancing of students

Add a little bit of In India various dance forms represent the multilingual and multicultural society. Here we have different dance forms representing either a festival, a religious procession or any cultural activity. In Netherlands the cultural activity is not as vast as India and so the number of dance forms are lesser as compared to the Indian dance forms. Dances in India serve as a platform for various professions and so meet the needs of the ever increasing population. We would like to conclude with this thought that cultures and traditions of an area specifies it's dance forms and we will always respect these diverse dances. text



Conclusion:

Now, I think I can finally conclude, that dancing helps us to showcase our emotions with graceful movements, tell a story that we may not be able to put in words, and lastly, lets us be who we want to be. It helps us stay fit, pass on the talent with others, and lets us enjoy the art as it is.





Thank you!