

Using dance as a therapeutic art

Introduction by **TRIPURA**

TRIPURA works with most Tripura Khasi dance therapists. What exactly is contemporary dance therapy? "Dance therapy is a combination of physical and psychotherapy. Dance therapy is used to help disabled as well as normal individuals to improve movement, coordination, attention span and social skills", says Tripura.

An master of the self-made methodology dance therapy is not dance, dance movement vocabulary is taught to them in the initial therapy sessions.

After participants learn dance vocabulary, they are familiarised with body language and are encouraged to develop their own language using the dance vocabulary. They are guided at all times, so that they are comfortable and are choose their movements by observing movements by the instructor.

"Dance therapy", continues Tripura, "helps to express bottled up emotions. Anger, fear, pain and anxiety can all be expressed through dance and dance therapy is a valuable guide in the process of expressing your emotions through dance".

Situations are created in the dance floor and aggression is brought out in a safe, structured manner. The philosophy of dance therapy is in terms of dance,

is the constant search for something new. Before it is set, but this unique therapy method is used by Tripura for some management and comparison among art and activities should consider dance therapy as a valuable alternative in other forms of stress management.

Just teaching a performance by Tripura, is relaxing, working and having fun with a good and easy feeling as they call it. Tripura has started conducting therapy sessions for stress management and TBC operations have been among the first to adopt dance therapy to manage

everyday stress. Dance is a very relaxing experience as this performing art is a reward of the best and happiest moments of the happiest and best nights.

Tripura does a lot of work with disabled children. She uses dance therapy to help children who are blind, deaf, mentally retarded or physically disabled, express themselves. "The impression I got from usually retarded children using dance therapy was extremely satisfying", says a delighted Tripura.

These children were taught to express their verbal wishes through touch or in other words by touching the body. It took four to six weeks of therapy before achieving equal awareness among these children. Her

changes for over 45 years, are done per week to all an effective use of the 197. Her work with children suffering from Down's syndrome is commendable. She brought about considerable changes in communication and attention span of such children using dance therapy.

Tripura also teaches dancing to children and is a consultant to newspapers in Education (2002) for the weekly edition of The Times of India. Her film workshops on modern contemporary dance for school children, in schools all over Bangalore who are a part of NCC.

"My dream is to set up a dance studio and live there", says Tripura, smiling optimistically. There is tremendous therapeutic potential in Indian dance forms. Bharatanatyam gestures are an ideal medium for non-verbal communication. Kollam, or Garba crum holds up a circle which is surrounded by some the best of western dance.

Indian folk dances especially the dances of the north eastern states, have tremendous potential in building of team, co-operation among team members, co-ordination of activities in a group, besides other psychological benefits like a sense of belonging and identity.

The Bill Good Dance project dancers a great opportunity for social interaction and the two

and full therapeutic potential of Indian folk dance form and their associated motifs. "I would like to do such a research project on my own personal 1.5th anniversary, continues Tripura.

Tripura Khasi is a dance graduate from Kollam, Kerala. She has also participated in dance movement therapy from March 2002 for summer therapy offered in the Department of Education, UCC.

She has travelled extensively in India and abroad as a dancer and choreographer with various dance troupes. She is currently working as a therapist at the Arise Health Rehabilitation Bangalore.

The dance performance in Bangalore include the "Dance of Love, Success, "Dance of Happiness and a great experience in "Dance to 25".

"Dance can make magical and magical in a person. What is the better way to express yourself than to express it through dance with the engagement of every part of the body", says Tripura.

Contemporary dance and dance therapy are increasingly becoming more important in the history of performing arts in Bangalore, and Tripura Khasi has played a role in the evolution of dance therapy and management of stress using modern contemporary dance movements.

AVOCATION