



# **DANCE: FOR CELEBRATION, RECREATION AND ENTERTAINMENT**

**CASE STUDY/INSIGHT**

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There may be few occasions in your life when nobody was around and you might have danced in your style. Isn't it? Why? Because, when our heart is filled with an unlimited amount of joy, our body reacts in the form of dance sometimes even when we are not prepared for it.

Dance in the basic sense means body movements. Movement is the basis of the life of all creatures in this world. We all move in a very specific, certain way based on our physique.

Dance is one of the main expressions of joy in all cultures that includes not just humans but all other creatures as well. Trees, plants, animals, birds, and humans express themselves through movements. When these movements are set to rhythm and performed in sequence with grammar, it is called dance. The grammar varies with geography, context, and time, paving ways to the origin of different dance styles as well.

Dance is a form of language used to communicate all kinds of emotions. Dance is always accompanied by music and rhythm. The audience can experience themselves dancing within while watching a dance performer. Dance is a mode of communication for dancers to themselves and the ones watching and enjoying. It is an art that will give happiness to both the performer and audience. It engages one's physical and psychological senses and thus communicates through bodily gestures.

Dance plays an important social role in all cultures, in matters of celebration, recreation, and entertainment. For example, in some countries, it has integrated itself with the society and is significantly embedded in the culture.



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In some countries and cultures, dance plays a very important role in their life. Dances performed on a stage often tell a story using special costumes and scenery. Sometimes, it simply compliments musical treats and entertainment. Some dances are primarily for social interactions or exercise. Dance is a very good form of exercise which brings down excess weight, keeps the body supple and helps in the proper functioning of organs. These days there are several reality shows on televisions to showcase the talents of dancers and the outstanding performers take dancing as their career as well.

Dance provides better physical and mental health, enhancing emotional and social well-being. It improves cardiovascular health, balance, and strength. It increases cognitive and brain performance and boosts up mood. It also provides confidence by throwing away the insecurity and fear feelings in life. Dance makes you feel happy, eliminates stress and depression, improves confidence and self-esteem, and also improves memory and intelligence.





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Many have gained popularity through their pure sense of entertainment and dance. Micheal Jackson, Madonna, Shakira, Hrithik Roshan, Tiger Shroff, Farah Khan, Madhuri Dixit, Aishwarya Rai Bachan, Prabhu Deva, Raghava Lawrence, Raju Sundaram, Kala, Brinda, Sridhar, Kalyan, Allu Arjun, Kamal Hassan, Sai Pallavi, Shobana, Vineeth, Lakshmi Gopaldaswamy, Sudha Chandran are some of the examples.

