

SHAPING THE FITNESS VISION OF INDIA THROUGH DANCE

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ABSTRACT

Reading is to the mind, what dance is to the body. Dancing regularly is rewarding the body with the release of feel-good Endorphins and strength. Dance and healthy eating can help make our life more diverse and interesting. People often seek creative ways to be physically active and remain healthy in their daily life. To get out of the boredom of daily routine one should stop sticking to the same exercise routine all the time. Throughout multiple lockdowns, many people had to adjust to how and where they dance and exercise. From this, a new mental notion that one can dance, and exercise anywhere has continued to rise. The fitness mindset that craves flexibility and convenience is apparent as well as the awareness that fitness can be for everyone. Exercise includes various forms of activities like running, cycling, swimming, dancing, sports and yoga. This article focusses on the various forms of dance fitness routines which have taken avatar in recent times.

Keywords: Stress Reliever, Endorphins, Dance Movement Therapy (DMT), Mood Swings, Depression

Stress is the foremost culprit in numerous health issues in recent decades. It is the physical and mental response of our bodies to life's challenges. Overcoming stress and leading a stress-free life is the prime task in this modern world. Yoga, Meditation and Aerobic workouts have gained popularity in recent times as they prove to be effective stress reducers. Another recent development is the Dance therapy which has come to vogue. Dance has the magical ability to eliminate and reduce stress from everyday life. Dancing is the most refreshing and effective way to mitigate stress. This paper endeavours to create awareness on Dance fitness as a significant stress reliever and how it facilitates people to achieve their ideal body image, their confidence and happiness. This article also highlights the importance of a fit and healthy physique as the very basic of a stress-free life.

On the occasion of National Sports Day, PM Narendra Modi launched a nation-wide Fit India Movement to encourage strengthening physical health by setting goals for everyday. This movement had been announced on August 25 during his Mann Ki Baat address. The physical and mental health situation in India is sadly regressing. While several initiatives have been launched to reverse this, it is important to remember that

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