

## A STUDY ON DANCE THERAPY AS AN INCLUSIVE TEACHING STRATEGY

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### ABSTRACT

Each student's learning potential and strength is different, even within a category of able or disabled learners. Benefits of using creative movement and dance as teaching tools in the classroom increases student's understanding of content and improves classroom behaviour. Integration of these activities while teaching may help to meet the needs of different learners, especially slow and weak learners in a more meaningful manner. The research objective is to find out whether Dance therapy helps learners in improving their focus towards studies. Primary data was collected through 85 learners and two Dance Movement Therapy therapists. Based on research findings, this article addresses the advantages for all learners. This research paper is a simple study on importance of Dance Therapy and its inclusion in learner's life. If one is an active person along with the good academic skills, it is best to tailor for practice, concentration, patience and training schedule because dance therapy can develop one's personality along with educational abilities. It is said that, the main aim of Education is to achieve an all-round development of Personality. The study tries to find out the basic knowledge about dance therapy as understood by the therapist and learners. From the responses of respondents and therapists, it is recommended that our Government should incorporate Dance as part of curriculum and education system.

**Keywords:** Dance Movement Therapy, education, inclusion, physical fitness

### Introduction

Throughout history, educational philosophers have all encouraged the use of movement to promote learning. Many teachers remain focused on verbal/linguistic and logical/mathematical intelligences. In addition to increased student knowledge about a topic, student's behaviour also improves when dance experiences are added to the curriculum. When creative energy is aligned with learning objectives, a positive environment is created. Though many think of dance only as an entertainment it is actually one of the most external aspects of unfolding the unbounded potentials of the human mind and soul. We believe when one is in peace within, the journey through life becomes calmer, happier and more fulfilled. Regular practice of dance has brought remarkable lifestyle changes in

the performers. People have reported a healthy, happier living, increased tolerance and mindfulness. In this modern era, the education has become one of the basic needs of the mankind. According to many Psychologists, the personality of an individual is not a single entity, but it is composite of various aspects such as physical, mental, emotional (stress, anxiety, depression), social, spiritual, intellectual etc. Hence, the development of all these aspects is the main aim of education.

### Literature review

India Today (2018) magazine article explains that Dance is an incredible way to keep your mind sharp and healthy. Dance is a physical interpretation of what the music says. It's a great way to release energy, shed inhibitions and let your emotions out. It boosts confidence, focus, concentration, positive