

PROJECT ON

IMPACT OF COVID19 PANDEMIC ON DANCE AND DANCERS

SUBMITTED BY
ATHIRA BABY
SB19BHA013

FINAL YEAR B.A BHARATHANATYAM

ST. TERESA'S COLLEGE

DEPARTMENT OF BHARATHANATYAM



AFFILIATED TO M.G UNIVERSITY 2019-2022

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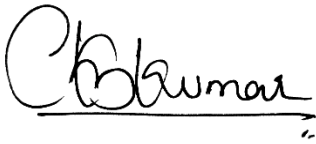
I would like to thank the senior most Bharathanatyam teacher Dr. BEENA D and Mrs. RIA RAVINDRAN, Ms. ARUNIMA JR Mr. SURESH KUMAR (HOD), Ms. DRISHYA P. P Mr. CHANDRAKUMAR for their necessary Support, guidance, suggestions, and encouragement through my work.

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CERTIFICATE

Certified that is a record of final year project on '**IMPACT OF COVID_19 PANDEMIC ON DANCE AND DANCERS**'. Submitted by Athira Baby -SB19BHA003 and submitted partial fulfillment of the requirement of award of B.A Bharathanatyam this college.



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INTRODUCTION

Here on the topic 'impact of covid19 pandemic on dance and dancers' deals with the crisis faced by the artist

Study object: To understand the impact of covid 19 pandemic on dance and dancers

The COVID-19 pandemic delivered a critical blow to the world's economies in 2020. The dance field was crippled at the onset of the pandemic in March 2020 and would remain so for the next nine months or more, due to mandated theater and studio closings, and travel and quarantine restrictions. The Covid-19 pandemic brought with it not just physical but mental stress and with everyone locked down Not just the public, health professionals and frontline workers who were out at work while the nation was shut down ***Indian classical dancers are finding it difficult to survive in a market economy where packaging and commercialisation play a dominant role.*** individuals expressed that their most critical needs during the pandemic were access to mental health care, physical health care and maintenance, and IT/technical equipment and resources. What is clear from these COVID-19 impact surveys is that the dance field in its entirety has been severely affected by this global pandemic. Results indicate massive cancellations; losses in earned income for organizations and individuals; and increased expenses incurred to combat the virus and protect the art form, its creators, and its supporters. the onset of the pandemic, and the most recent data, tells a definitive story about the economic and social impact of COVID-19 and the efforts of the dance field to rebound from this pandemic.

ASPECT THAT ARE MOST AFFECTED

- Iteration and guidance by guru
- Regular practice
- Lack of motivation
- Supportive dance mates
- Financial aspect
- Work life balance
- Live performance
- Workshops
- Knowledge exchange

WHAT OTHER ASPECTS?

- Availability of resource material
- Not satisfied with online teaching
- Classroom competitiveness
- Fitness of dance
- Mental health
- Social media negative pressure
- Decreased self esteem
- Network and technical difficulties
- Space for practice
- Audience artist connection

ADVANTAGE

- Adaptability
- Nocommute
- Learning tech
- Geography
- Moreworkshop
- Time management
- Discipline
- Self development
- More exposure atrist across the globe
- More pratice time

DISAVANTAGE

- Finance
- Reach younger kids
- Structuring degree studies
- Work life balance
- Overpriced workshops
- Social media saturation
- Government benefits
- Artist support system

IMPACTS ON PHYSICAL AND MENTAL HEALTH

The most critical needs during the pandemic were access to mental health care, physical health care and maintenance. COVID-19 impact surveys is that the dance field in its entirety has been severely affected by this global pandemic. Results indicate massive cancellations; losses in earned income for organizations and individuals; and increased expenses incurred to combat the virus and protect the art form, its creators, and its supporters.

Every organization and individual dance artist had to embrace the concept of sharing dance digitally to keep it alive to share with those who enjoy and support the art form. Both individual and foundation donors that were able came forward in unprecedented ways to support dance companies and individual dancers by increasing their giving. In conjunction with advocacy work by Dance/USA and other performing arts organizations in Congress and with local and state governments, the field was able to benefit from Federal and state relief programs to weather the pandemic.

Unfortunately, some companies will not survive this pandemic, though we will not know the numbers until dance companies begin reporting closures. The impact of this pandemic has been exceptionally critical on individuals in the dance field. In addition to the financial impact, individual dancemakers who typically spent hours daily, pre-pandemic, honing their bodies and minds, have been subject to quarantine and isolation that threaten both their livelihood and their artistic future in the dance field.

The other story that is still emerging as recovery and reopening are discussed is the mental health impact/crisis of surviving the COVID-19 pandemic. Individual respondents overwhelmingly stated that their most critical need during the crisis was access to mental health resources. And while this problem is not unique to the dance field — the entire world suffered in some way from lack of connection and physical interaction along with too many unimaginable losses of lives and health experienced. The mental impact will continue long after the pandemic is over. It is imperative that in trying to find ways to survive and thrive post-pandemic, the dance and performing arts field advocate for greater access to mental health support and services.

HOW TO OVERCOME

- Scholarships
- Relief funds
- Job opportunities
- Resource -About workshops,portals
- Vaccination for artist -live performance
- Offline class permissions
- Platforms to perform

As the dance world begins to move toward the light at the end of the pandemic tunnel, we see from our survey respondents that the dancefield, as ever, is adapting and surviving. Organizations are reopening and dancers and choreographers are returning to studios and stages around the country – albeit with new and enhanced safety measures. Dance organizations, individual artists, service organizations, vendors to the field, audiences, and supporters have galvanized in extraordinary, creative, and novel ways to survive this pandemic.

Digitizing dance has brought the art form in all its varieties and genres to audiences who may not have otherwise attended a live dance performance. It will be exciting to observe how audiences and company revenues develop in light of this increased access and awareness.

The importance of dance during the time of coronavirus

As the pandemic has pressed on, people have found innovative ways to come together. There have been dances of gratitude, dances with masks, dances that connect, as a way of encouraging people to dance their blues away.

When one dances, one connects to the music and to the self. In that one moment, you become one with yourself and the universe. Art transcends all barriers and boundaries. With art there is no race, religion, age or colour; just the joy of rhythm. A joy that melds diversities and has the power to bring people together in one voice. The current Covid-19 pandemic is enough to daunt even the strongest, but dance with its unique power is already serving as a useful vehicle of hope and positivity to bring relief into a world that could be perceived as struggling under a huge cloud of uncertainty and gloom. Dating back to history and ancient civilisations, dance has always been used in various ways, be it prayer, celebration or war. Today we are in a war of a different kind. The whole world is fighting one common enemy, the coronavirus.

In times like these where people are forced to insulate themselves, dance and music are slowly becoming a common way to bring people together and cheer them on. The internet is full of free concerts, and celebrated dancers and artists are beaming out art from their living rooms, making the experience so much more real and personal. Just what the doctor ordered - to spread hope and reassurance. A lot of performances are also being shared on the internet as a way of keeping people engaged and positive. Aside from this, individuals and groups are sharing all kinds of dances.

Students who enrol in our dance classes, do so for various reasons. Many want to make a career in dance, some want to tone their bodies, while others want to get rid of the inhibitions of social dancing and just have fun. But one quest binds every student and that is that dance frees the mind and soul. According to a Harvard Health Review article, exercise, as in dance, can not only “promote chemical balance” but also “deepen the mind-body connection.” during the class, stress levels dive and the endorphins take over and this makes the mind calm. It can be a hugely spiritual experience. When one dances, one connects to the music and to the self. In that one moment, you become one with yourself and the universe. It is no wonder that throughout history so many cultures have used dance as a way of meditation and connecting with the almighty. At a time like this, dance can also be seen as a way to meditate. In a way, dancing is many things rolled in one - cheerleader, doctor, priest, entertainer and physical trainer.

The best part everyone is exposed to some form of dance or the other, so taking the first step is just a small decision away. A decision to stay positive, happy and healthy and share that with others. You could take it on as a family drill or just dance by yourself in the safety of your own space. The key is to express yourself and let your spirit free. No need for perfection. Lock yourself into a room, or put on your headphones, play your favourite track and let your body flow. Just in letting go, you are in tune with yourself and that is perfection enough. Forget about being in step or whether you match up to anyone else - today you just dance for you. You dance to celebrate life and the gift of being born. You dance with gratitude, love and trust knowing all will soon be well. The world is dealing with something larger than life and while we take the time to pause and think of all those suffering, we must also take the time to celebrate ourselves and others and turn this world of gloom and doom into one of hope, love and togetherness. Today the air is cleaner, the sky is bluer, the trees are greener and life all around is dancing a dance of celebration.

HOW DANCING CAN IMPROVE MENTAL FITNESS DURING COVID-19 PANDEMIC

It has never been more challenging to keep our mind and body active as it has been since the COVID-19 pandemic started. More people are forced to stay at home, employees have new work-from-home arrangements, and many students are studying at home. The ongoing pressure to abide by strict social distancing and isolation rules can leave us feeling exhausted mentally, emotionally, and physically.

The good news is that dancing can have a dramatic impact on our overall wellbeing. If you are wondering how dance lessons in Vaughan can improve your mental fitness during the pandemic, here's what you need to know.

While you are physically exerting yourself, you are also concentrating on nailing the choreography and experimenting with new movements to express yourself. Many dancers are so focused on the choreography and movements that they forget how tired they are until the end of class.

Builds Confidence

For most people, starting a workout or exercise routine can be a battle of confidence. Starting a dance class can make you feel awkward and out of place because you are unfamiliar with the movements and choreography. But the key to become an expert at anything is practice. You cannot give up because you feel uncomfortable at first or because you lack confidence. It is the results that come after you put in the work that will make you feel confident. The more confident you feel in the studio, the more confident you will feel elsewhere in your life. Dance is a massive confidence booster, and that confidence can translate into multiple areas of your life.

Makes You Body-Aware

Dance can teach you so much about your body. People who are not physically active may carry extra weight in their knees, hips, or lower back, and might never activate their core or glute muscles. However, dance is a vital step toward injury prevention. The training involved will strengthen core muscle groups, so every movement is performed in a safer and more mobile way. When your body is performing as it should, it makes a big difference in your confidence and energy levels, which can impact your mental well-being.

Reduces Depression and Anxiety

Physical activity like dance has been shown to significantly reduce levels of stress, anxiety, and depression. Much like aerobic exercise, dance classes can provide great relief from tension and stress. This is because dopamine and endorphins are released during physical exercise. These are two neurotransmitters that are responsible for feelings of happiness and pleasure.

Dancing also promotes an experience known as “flow”. This is almost like a meditative state that brings the dancer into a deep focus where they are attentive solely to the movements, music, and rhythms instead of thinking about unrelated worries and stresses. Getting into this flow state of mind also contributes to helping you become more mindful of your mental state.

Helps with Emotional Expression

Not everyone can express their emotions well through words. The benefit of dance is that it teaches emotional expression through movement. Dancers who are going through difficult times can translate those feelings and release those difficult emotions through the steps and routines learned through a dance class.

What an individual may not be able to express in words they can express in dance. The development of emotional expression that comes through dance relates directly to the reduction of depression and improvement of mental focus. Being able to recognize your emotions and translate them or express them in some way is important to avoiding depression during the pandemic.

Reduces Dizziness and Improves Strength

Since dance bolsters physical and mental health, it can prevent falls, improve flexibility and posture, and even ease anxiety by lifting your mood. This fun activity sharpens your mind while increasing aerobic power and strength. By attending dance classes, you can build social bonds and reduce pain and stiffness in your body. While a lack of flexibility and joint pain and stiffness may not be a concern for younger people, the benefits of dance can prevent these issues from happening as you get older.

Creates a Community of Like-Minded People

The COVID-19 pandemic has greatly impacted our communities. Depending on where you live, there are strict restrictions on the number of people that can gather indoors at a time. Many people have yet to visit their family members since the lockdown earlier this year. Virtual dance classes are a great way to get connected to a community of like-minded people. If you used to dance at a studio before the pandemic, virtual classes are a great option for you to stay connected.

even if you are unable to attend in person. Additionally, there are dance studios that have met all the safety and health requirements, so that you can dance in studio with a smaller group. If you want to make lifelong friends or meet other like-minded creatives, dance classes might be just what you need.

Improve Your Mental Health and Well-Being with Performing Dance Arts

If you're tired of feeling unmotivated or struggle with mental health issues, there are many reasons why you should consider dance classes. Aside from the reasons mentioned above, dance classes can help you focus on something that you can be proud of, taking your mind off your stress and worries. Dance has physical, mental, and emotional benefits that can last with you throughout your entire life.

Performing Dance Arts' dance studio in Vaughan employs trained instructors with years of industry experience and skill. Our classes cater to children of all ages and skill levels.

Children can also struggle with mental health issues during the pandemic, which is why we are happy to provide dance classes to help improve their quality of life

