

# The *rhythm of life*

Priyanka Mantri's penchant for dance has helped her "let go" in times when she has had it the toughest.

**W**e as human beings probably learnt to respond to rhythmic bodily movement with its sensations and impulses, even before the term 'dance' evolved. While each of us have our own reason to dance, notwithstanding, dance is a beautiful way of expressing one's emotions and feelings. In times when everyone is running against time, dancing serves as a reprieve. For Priyanka Mantri of Mantri Developers, dance is the rhythm of her life, which always brings a huge smile on her face, even if she is exhausted after a long day's work. "Since a very early age, I developed a penchant for dancing. Dancing has always helped me to express my emotions and feelings, allowing me to "let go" in times when I have had it tough," quips Mantri.

Extremely passionate about dancing, Mantri is vocal about the fact that in spite of a satisfying career, it is dancing that allows her to lose herself in the moment. Dance has always been an excellent outlet to channelize her energy. "It is one of the best ways to loosen up after a hectic day at work. I feel, it's an exciting workout routine to keep your body and mind healthy. It stabilizes and as well as helps to gain better control of the body," she says. "I ensure I dance at least for an hour each day. This not just improves my physical performance but also increases my energy level. Besides, it has definitely helped me in dealing with stress. It always alleviates my mood, and instantly puts me in a better frame of mind," Mantri adds.

Mantri loves to experiment with new dance forms because she believes that when one learns a new dance style, it's like learning about a new culture and heritage. "I am particularly fond of learning western dance styles. I constantly keep experimenting with new dance forms," she says.

As the Head Mantri S.E.V.A, her portfolio keeps her constantly on her toes. Leading the CSR wing for the company, she actively participates in serving the people and community. All this while, her passion has never taken a backseat. "When you truly love something, you will always find a way to make time for it. It's all



about managing your time well," she affirms. "Dance is that one thing that fills me with life and joy, it has changed the way I approach things. The dance movements have become another language or lens through which I see things. I believe if you're truly passionate, you will carve out some regular time to do what you love," she adds.

When it comes to work, Mantri candidly shares that dance has always helped her achieve more equilibrium in making decision. While it has enhanced her communication skills, it has on the other hand, helped her keep her cool even in stressful situations. "Remembering dance steps are a good mental exercise. It improves memory and keeps the mind

young, quick, alert and open. Experimenting with new dance styles has helped me adapt to new changes more efficiently. It drives me to challenge myself to try different approaches to work. It has helped me build trust in turn enabling me to function more effectively in a team," she asserts. She further mentions that the time, dedication and coordination that dance demands have reflected in

her work. She has been able to improve her managerial skills and given her an artistic outlet. Through dance, she has discovered a routine to physical rejuvenation.

While her fondness for dance is evident, she also shares the dancing is equivalent to meditation as it helps her connect to her inner self. "Dance has brought a considerable difference in my personality. It has boosted my confidence level and opened my mind to more creative perspectives, apart from improving my communication skills. Moreover, it has me calmed me down," she concludes.



### Dancing involves...

Technique

Timing

Eye and hand coordination

Rhythm, emotion and personality

## My mantra in life

I believe in living life to the fullest and accept every challenge that comes your way. I overcome hurdles by confronting fear and turning mental blocks into building blocks. I always stay focused on my goals and never quit till I am convinced that I have given my best.

## My beginner's tips

Dancing is more to do with the heart than the mind. You enjoy something when you really love what you are doing. Initially, take the time to learn a little about dance styles and then choose the one that you think suits you best. Learn to feel the music and express those feeling with your body. It is important to become familiar with the rhythm, listen to music suited to your dance style to get a better understanding of the beat and style. Most importantly relax and have fun and the rest will just follow naturally.

### DID YOU KNOW

Soparrkar, who is a pro in ballroom dancing, offers dance lessons at the offices of HUL, Lintas, Hinduja Hospital, Jet Airways, ICICI, Westside and Citibank among others to train employees in dance forms like salsa, samba, rumba, cha cha cha, waltz and tango among other international forms of dancing.

## Expert says....

Jacqueline Bonsee, senior modern and classical languages major, said she dances for fun and exercise at least once a week, preferably more. "Everything about dancing is amazing. It releases endorphins, which makes me happy, keeps me active, and it's the best stress reliever because it makes me feel so free," she said. "Everybody dances in the car and in their rooms, but there is something so great about the experience of going out and dancing in public. I'm naturally a shy person, so it forces me to get out of my shell and is a great way to meet people."

Brenda Goodwin, instructor in the health, physical education and recreation department, said, "There should be a variety of physical activities available to people and not just what our culture currently thinks is important, such as football or jogging. Practically everyone listens to music, so dance is a great alternative to more traditional exercise."

**Source:** <http://www.the-standard.org/life/dancing-boosts-health-relieves-stress>

According to choreographer Sandip Soparrkar, "Western dancing has actually become very popular with corporates. With work pressure increasing and long working hours, employees don't have the time and the energy to indulge in any such activity after office hours. "So now with offices offering dance classes, the employees can relax and learn new forms in the office itself." "Attending dance classes in office helps people come out of their shells and instills confidence in them."

It helps develop their personalities, which is an added advantage. People from all age groups can learn these forms," he adds.



According to Tijo Rolls of Tijo's Dance Academy, western dancing helps employees in many ways. "Firstly, it is a stress buster and very enjoyable. Then the employees learn a new form of dance; and the main thing is that employees from different departments and levels dance in the same area. "This helps to break the ice among people of different levels in the organization and encourages team spirit," said Tijo, who along with his trainers, takes classes in companies like McCann Erickson, Tata Consultancy Services, Deloitte and 3G among others.

**Source:** <https://www.facebook.com/notes/chartered-club-ca-chartered-accountant-cs-cwa-cfa-cpa-cima-etc/corporates-offering-dance-classes-to-de-stress-employees/428201442291>



## Research shows....

- ▶ According to a 2008 study in the American Journal of Health Education, dance was also found to increase life satisfaction. Dance is an outlet for emotional expression, stress reduction and creativity that benefits youth during stressful situations by channeling their energy positively and helping them bond with peers.
- ▶ A paper published in the American Journal of Dance Therapy linked tango training, meditation and exercise with reductions in stress and improvements in insomnia.
- ▶ Another study in 2004 by three American universities examined the psychological and neuroendocrine (specifically, the stress hormone cortisol) effect of taking yoga and African dance classes, with positive results in terms of perceived stress amongst the participants. There is a wealth of evidence that shows that combining dance with relaxation modalities is effective and enjoyable for participants of all ages.