

Best Practice 2

Title of the practice : YOGA DANCE

The context :

- Most of the people are suffering from various diseases internally and externally. We noticed the need for such activity which would bring change in the life style and get benefited through entertainment
- The activity 'Yog-Nritya" started along with Yog-Nritya Pariwar Chandrapur.

OBJECTIVES :

- 1 Men and women in the area should enjoy a healthy life.
2. to bring together to people.
3. Should be physically and mentally fit.
4. Nutritious exercise should be done for all organs from head to toe in minimum time.
5. Free, easy, natural folk dance training should be given to all.

Practice:

- Yog-nritya Pariwar Chandrapur team was invited for the 3 days camp to give training to college team and locals.
- After three days training locals were selected to give training to others.
- With the music people started to enjoy yoga.
- Students as well as teachers also participated in the activity.
- Local people started taking interest and the numbers got increased.
- On the initial stage, there were below 50 participants in yoga dance but gradually it increase to more than 100.
- The practice is continuously going on since a year. And near about 50-60 local people are regularly coming at 5.30 o'clock in the morning at college compus. 40 minutes yoga dance is enjoyed by all the participants. One chargeable Sound box has been purchased with collection from beneficiary of the activity who willingly contributed for the purchase.
- Variety of exercises done through dance.
- Acupressure practice focuses on particular point while dancing.
- Acrobatics exercise also is used while doing yoga dance

Problems Encountered:

1. As Ashti locality is a rural area, women did not dare to come for yoga dance initially because of shyness. .
2. Traditional women felt shy while doing yoga dance.
3. Characteristics of traditional dress wearers: Women wearing Lugde, sarees and men wearing dhotis found it difficult to exercise wearing t-shirts and lowers for proper dancing.
4. Since we work all day in the field, why should we do yoga, many people had this feeling in their minds that they were not eager to come to do yoga.

Evidence of Success :

- Students as well as teachers started taking interest in the practice. As a result they got health as well as mental benefit.
- Local people also started to come in groups and got physical health as well as mental health benefits.
- Many locals expressed the satisfaction over the activity as their earlier health issues got reduced.
- One heart patient, in spite of Doctor's warning , continued in the regular yoga dance and got tremendously benefited.
- Many people experience reduced in weight.
- Many people told their interest gradually increased in day to ay life.
- The activity connected staff with locals.
- People started celebrating Birthdays and Marriage anniversaries of the participants.

Resources required :

- Only willingness of people was required for the activity which was not seen on the initial stage among people, but after counselling and awareness rallies from the college the scenario got changed.
- One sound box was required for the activity which was managed by the training team in the beginning. Later it was purchased by the participants.

Teachers and students tried to remove shyness among people with rallies and awareness.