

## 24.6 Paper Presentation XI "Community" Abstract

### **Imagining the future of dance as an agent for social change.**

**By Tora Crockford & Liz Terracin**

The innovative rethink of dancing environments and increases in online participation prompted by Covid-19 delivers opportunities to set new terms of engagement for audiences and artists to support the future sustainability of dance. People dance for many reasons- audience development relies on improving access.

Disability informed practice is well-resourced to lead the way, modelling how agency to shape and form creative practice, when given to a person, group or community makes for more meaningful practice with strengthened relevance.

By positing dance as the purposeful manipulation of human movement for the functional need of social connection, creative expression becomes a unifying human characteristic, not a quality to judge or evaluate. This frame takes us beyond ability/disability, gender, race and other ways we define, identify and separate, and towards a future where dance can deliver perspectives that inform, challenge and rebalance, and reveal new narratives that reflect and enrich contemporary society.

### **Choreographing spatial explorations a/r/tographically**

**By Peter Cook**

As an artist/researcher/teacher (a/r/tographer), my choreographic practice is the centre of my scholarly pursuits, informing my teaching and learning, in and through Dance. Making the works is pivotal to my and my students' understanding of what to teach, how to learn, and in developing a deep appreciation for the art form. The collaborative experiences build nuances for curriculum and pedagogy, while producing exemplary useable resources. This paper presents two original dance works, that I created, to explore spatial ramifications using digital editing tools. The completed artworks provide insights into the choreographer's own practice, teaching tools for exploring space and relationships in selected environments, and iterative personal and professional development opportunities. The methodology and methods presented contribute to the re/imagining of dance education in the future, offering considerations for creating, teaching and learning of choreography during and post-pandemic.

## **Role and Relevance of Dance Movement Therapy (DMT) in Promoting Mental Health and Wellbeing: A Special Focus on Women's Mental Health during the COVID 19 Pandemic**

**By Sohini Chakraborty**

Dance Movement Therapy (DMT) plays a significant role in improving mental health conditions and promoting well-being. In numerous studies worldwide, DMT has been shown to improve quality of life and reduce clinical symptoms such as depression, anxiety. Evident positive effects commonly found are: confidence, well-being, positive mood, body image, affect and self-regulation. DMT has been a tool for working with survivors trauma for enabling them to reclaim their bodies from violence and abuse. Since it is an experiential methodology, it allows participants to process their emotions in a safe environment. In a recent Global People's Report (2021), 51% of respondents reported worsening mental health since COVID began. According to a United Nations report (2020) women's health generally has been adversely impacted too. This paper will present Kolkata Sanved Wellbeing Model, which has used DMT to raise awareness about wellbeing to help thousands of women during the COVID 19 Pandemic.

## **Disability, Desi Hip-Hop Dance and Wellness On Terrace**

**By Naman Kumar**

Here I will analyse the wellness of the disabled body and freestyle of Desi hip-hop dance. Vinod Thakur, 21 is a physically disabled multi-talented artist who proves to India and the world of hip-hop dance. Being differentially abled and faced hardship as a result of his profession as he uses his body to do freestyle dance. In 2015, Vinod went to dance India dance, a TV program run by Sony entertainment media and won the award. There is something spectacular in the dominant depictions of hip-hop dance culture as well and how this artist pushed themselves towards wellness through freestyle dance when it came to distance in a situation like the COVID pandemic. In some ways, nothing more needs to be said about disability and hip-hop, not because the job has already been done, but because both are already over-represented, particularly by people who do not directly connect with either community.