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Eurythmy India

Eurythmy and Folk Dances of Gujarat

Growing up in India, I have experienced dance in different forms and for different purposes, social functions, religious functions, or simply for entertainment. So for a long time, I had a lot of interest in exploring different forms of dances from Gujarat. And I got this opportunity during our Eurythmy training, we were asked to present Eurythmy in our regional language. I started exploring poems and music in Gujarati language. While exploring for the poems I came across a song which had similar movements as Eurythmy, example - expansion and contraction, rhythms, weaving. We embody the movements that are the present in the cosmos. And gestures like rhythmic clapping or stamping gives healing effects. Also I was amazed that folk dances can be a part of therapy work too. I was curious to work on this subject. So for my final year research work, I decided to learn about the folk dances of Gujarat and the similarities between the two art forms. I presented a Eurythmy performance for a Gujarati poem and the music of that poem. It was a wonderful experience.

For my research work I have focused upon the following:-

- History of Eurythmy and Folk Dances of Gujarat.
- Different forms of Eurythmy and Folk Dances of Gujarat.
- Spiritual aspect of both the art forms.
- Change in the applications of the two art forms over the years.
- Healing effects of both the art forms.
- Similarities between the two art forms.