Dance for Social Cohesion and Development

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Dance education is the transferring of dance performance skills and knowledge of dance to students through teaching and training, or acquiring such knowledge and skills through research. The art of dance uses different ways to explore the meaning of human experience. It is far more than exercise or play. It is a powerful medium to express one's values, thoughts, and aspirations about the lives we live and the world in which we live. It is a perfect combination of physical activity, social interaction, and mental stimulation. Dancing enhances personal life in many ways: health, confidence, self-expression, social contact, relaxation, and fun.

As Sri Lanka experiments with new forms of education and a better future after an extended period of conflict, which had divisions within the country at its roots, a return of normalcy and a lasting state of peace can only be brought about through getting our communities to understand and embrace each other. Dance education can play a key role and entrust the youth of this country with the responsibility for achieving peace. The modern era requires people who are highly competent and youth who can be employed anywhere in the country and can communicate and exchange ideas wherever they may be. If the dream of making every student trilingual is realized, there will be no inequality or barriers within society and it will enhance the trust among communities as it demonstrates each other's willingness to bring about a change for long-lasting social cohesion. Dance processes require students to use critical thinking skills, excel in nonverbal reasoning and communication, exchange ideas, work cooperatively and collaboratively with others, and interact within a multicultural society. More comprehensively, education in the art of dance develops kinesthetic and spatial learning as well as intra and interpersonal knowledge of self and others.

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