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## Dance gurus help business students ward off high stress

*The Main Lessons Include How To Control Emotions While Managing People And Handling A Range Of Workplace Issues*

Sruthy Susan Ullas | TNN

Bangalore: What CEOs and management gurus can't teach the MBA students, classical dancers can — in controlling emotions and coordinating matters. This is the new realization that the management schools are waking upto these days.

Academics do not deal with the emotional level and day-to-day interaction with team members. We realized the importance of emotions in dealing with people. Nobody can control them as gracefully as dancers. So we started the programme three years back

**Spokesperson | HAL MANAGEMENT ACADEMY**

Many management schools in the city are conducting lectures and workshops by dancers for their students. And, the main lesson the artistes have to offer the B-students is how to control emotions while managing people and handling issues.

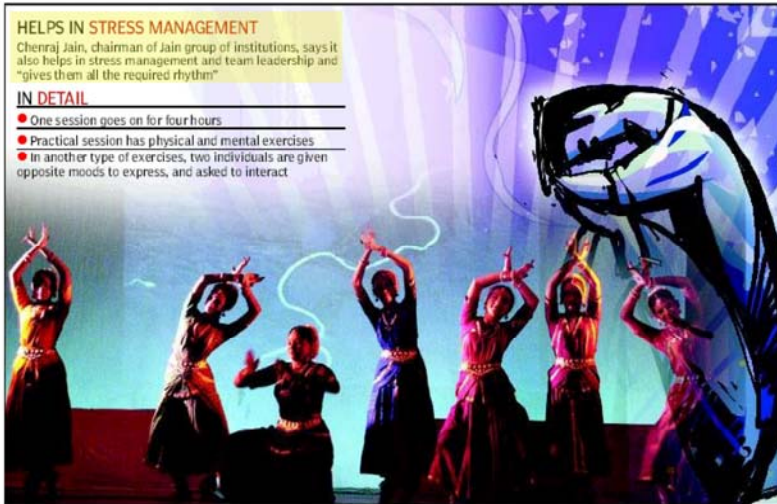
"Dance thrives on navarasas and

### HELPS IN STRESS MANAGEMENT

Chenraj Jain, chairman of Jain group of institutions, says it also helps in stress management and team leadership and "gives them all the required rhythm"

#### IN DETAIL

- One session goes on for four hours
- Practical session has physical and mental exercises
- In another type of exercises, two individuals are given opposite moods to express, and asked to interact



we know how to manage them. One of the things we teach the students is how to keep emotions at bay and not overreact at times. It comes handy for any manager while dealing with people," said Kiran Subramanyam, a professional Bharatnatyam dancer who conducts such workshops.

The classes not only help them to understand themselves but also the highs and lows of the other person's emotions as well and manage an "uncomfortable situation". The dancers also say they can help these people change negative emotions into positive feelings.

Apart from this, the dancers can also offer tips on how to manage issues. "We manage mind, body and soul while dancing. Multitasking is what we do and what we can help them with. We can help people manage themselves and coordinate issues," said Sandhya Kiran, another dancer.

#### HOW THE SESSION WORKS

The ways they do vary with the dancers. "One session would go on for four hours. It starts with a lecture, a demonstration and then a practical session with the students. We make it all fun, making it more interesting than the routine lectures," said Sandhya.

The practical session consists of physical and mental exercises. "We give them situations to react to. In one of the exercises, we make them act like characters of Mahabharata in certain situations. We help them express each emotion the right way," Kiran said.

In another of such exercises, two individuals are given opposite moods to express. Then they are asked to interact. "Exercises make you emotionally high and feel good," she said.

#### HUGE SUCCESS IN COLLEGES

Institutions like HAL Management Academy, PES, Matha Amritanandamayi Institute of Technology and MES are some of the colleges that have used the help of dancers to teach the students to manage people. Most of them admit that it was a huge success.

"Academics do not deal with the emotional level and the day-to-day interaction with team members. We realized the importance of emotions in dealing with people. Nobody can control them as gracefully as dancers. So we started the programme three years back. It is an empathetic part of managing and an essential part of communication," said a spokesperson of HAL Management Academy.

Many students write back saying how dance has helped them to balance things in life. The rhythm has indeed been set in their lives.

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