

BONHOMIE THROUGH DANDIYA RASS

Dandiya Ras is a beautiful way of re-creating the mythological battle between GOOD and **EVIL**, with **GOOD** triumphing over evil.

Since Dandiya Rass is a community dance activity which helps to improve people's mental health, this dance form brings in a sense of unity, as doing certain coordinated steps can be a fun way of being part of a larger group. Since this rhythmic dance form requires full concentration, it helps divert one's mind from the day's stress.



In line with this, to give our students a break from the monotony of regular school routine, and as a stress buster just before their examinations, a fun dance event was organized on Tuesday 4th October 2022 . Around 2200 students from classes 3 to 12, along with their teachers assembled on the school ground at 12:00 PM. The vibrant turf of our school came alive as our children in colourful PT Kits danced rhythmically to the beats of some popular and pulsating dandia numbers . It was a splendid sight to watch the children and staff enjoy themselves!



The event was not only enjoyed and appreciated by our students , but it was also extremely well received by the parents. The joyful faces that we witnessed on field that day was a reassurance to us teachers that most of the students were relieved of stress in them and are perhaps in a better frame of mind to prepare for the forthcoming examinations.

Thanks to our Principal Mr McPherson,
Headmaster Mr Eates and
Headmistress, Mrs Dunn for their
whole hearted support and encouragement.

Jayashree Venkateswaran

