



*Moving Bodies. Moving Minds*  
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## **Gujarati Mid Day 2018**

(Gist of the article translated in english)

Devika Mehta Kadam

Here is the gist of translation to the gujarati article, for those who are interested. "Devika Mehta, a dance movement therapist in Mumbai, talks about her experience of how dance therapy works with the elderly populations. She talks about the successful results she has seen in her practice and working with this population of the last 9 years. She has a masters from UK, in Dance Movement Psychotherapy, M.A. In Clinical Psychology and M. A. in Indian Folk Dance. She has worked with Parkinson's disease, dementia, depression and stroke within the elderly population. According to her, the mind and the body are interconnected and changes in one affect the other. When movement reduces as one approaches an older age, mental concerns increase due to this reduction. Dance therapy is not just about performing or learning a certain dance form. It is important to understand the difference between dancing and dance therapy. Even if certain parts of your body are unable to move, by using breath, visualization and improvised movements one can reconnect and activate the mind and the body. There are no prescriptive moves for any difficulty. Clinical training and a client Centred approach offers the best results since each individual is different. Dancing is a part of our culture whether it is via festivals, seasons or weddings. There is no age bar to how and when one can move. She also was invited to America to share her work with the Parkinson's population.

