



WHEN GOA BECAME A CREATIVE
ESCAPE FOR KERALA ARTISTS



FOOD TO PROTECT SKIN
FROM UV RAYS

Blending styles & generations in modern dance

International Dance Day is observed on April 29 by UNESCO as a celebration of dance. Dance has been an integral part of the Goan society and now ballroom dancing is making way for more international dance genres among children and youngsters

Doley D'Crus dolcy@herald-goa.com

International Dance Day has been celebrated on April 29 by UNESCO for all genres of dance. Goans love to dance and this passion can be first seen among children who enjoy dance as an activity which later grows into a passion that becomes a profession. Dance has evolved across the world and in Goa too, children and youngsters are embracing different dance genres.

Nurturing young talent through dance camps

While it is all fun and excitement at the beginning of dance classes, as the children grow up they face challenges in continuing the classes. National-level dance winner, Amit Rajput of Amit Rajput Dance Academy in Ponda, is currently organising a summer camp for children where they are introduced to Bollywood and Western contemporary jazz. "For beginners, especially younger kids, Bollywood works well as it's fun and familiar. As they grow, we gradually introduce more complex styles like contemporary and jazz," says Amit. Despite the excitement, many children drop out around ages 9-10, often due to academic pressure or shifting interests. "Exams and studies take priority, or they switch to other schools or activities. If they really want to take it further, we guide them to train in Mumbai, where they can learn from the best. Our role is to build their foundation and support their growth if they're passionate," adds Amit, who organises an annual event, Dance of Kings, which includes celebrity judges, certification, and free workshops for kids.

Focussing on performance-oriented training

Cecille Rodrigues of Encore Academy of Performing Arts trains children in dance genres. But this summer, the academy is also including senior citizens. They are conducting free dance classes for senior citizens every Monday, Wednesday and Friday at Don Bosco Oratory, Panjim. A dance programme is designed with a performance-oriented approach, setting the stage for dancers of all ages, from 3 to 80 years old, to showcase their skills at a major event called Spotlight on May 13 at Kala Academy, Panjim. The event will feature a range of dance styles inspired by different musical eras, including the '70s, '90s, and 2000s. "We have a set format because we are prepping them for a stage performance. It's not just about teaching a style; it's about creating a whole routine for a live performance," explains Cecille. Dancers undergo 16 to 18 classes focused on various aspects of performance: stretching, flexibility, body isolations, and learning choreography. Young dancers explore multiple styles in one routine, from hip-hop and Bollywood to contemporary dance



Balakrishna Nabar, a
84 year old dancer

and gymnastics, allowing them to develop into well-rounded performers. "We push them to the maximum. Just like you see on a dance reality show, we aim for excellence. If students show promise, we encourage them to go even further," she adds.

For the programme, the younger dancers will perform to older music hits, while the senior dancers perform to today's tracks. The highlight is the mash-up of different musical eras, giving every dancer, no matter their age, a chance to shine. Cecille says, "Dance is for everyone," says the instructor. "It's about pushing yourself, learning new things, and having fun."

Ballroom dancing still has a strong following

Ballroom dancing is still relevant for weddings and formal dances, and many dancers want to get it right. Not just an elegant art form, these ballroom dances are also viewed as a lifestyle and fitness trend. "Student numbers have been increasing and classes are running full," says Martin D'Costa of Dance Illusions.

Today, ballroom is more than just steps—it's becoming a hobby, a fitness routine, and a form of self-expression, especially among middle-aged learners. "People are picking it up not just to perform, but to stay active and enjoy learning something new. The most popular styles include waltz, cha-cha, and bachata—ideal for social events rather than competitions. This is more about social dancing—something you can do at weddings or parties," adds Martin.

Specialising in Slow Foxtrot, Salsa, Bachata, Viennese Waltz, Cha-Cha, Samba, Rumba, Waltz, and Jive, the academy will celebrate its 19th anniversary on May 1 with a grand ballroom event at The Flora Grand, Vasco, including a Bachata free workshop at 8 pm.



PIC SHERMAN PIERES

Contemporary, Jazz, and Hip-Hop are booming among youth

Dance trends are rapidly evolving, and today's youth are leaning more towards contemporary, jazz, and hip-hop than traditional ballroom styles. "Youngsters today are used to parties—they have a natural groove when it comes to dancing socially. They vibe more with styles like jazz and hip-hop, and ballroom has seen a drop in numbers," says Glavan D'Mello, artistic director at Dance-O-Philia Academy. Ballroom still finds a place in social gatherings, especially through bachata and salsa nights for the youth. Children are more attracted towards dance forms like ballet and jazz, and adults put on their dancing shoes for jazz, hip-hop, and Bollywood. The increase in interest for styles like contemporary and hip-hop is also influenced by the growing popularity of dance reality shows in India. "Earlier, everything was Bollywood. Now, because of TV shows, people—including parents—are more educated about international dance forms. Parents want to upgrade the skills of their children. That's why contemporary and jazz have become more training-oriented," explains Glavan.



Damodar Mauzo's Konkani novel gets a Hindi translation

Jnanpith awardee, Damodar Mauzo's Konkani novel, 'Jeev Diun Kai Chya Marun' translated into Hindi by Ramita Gurav titled, 'Jaan Di Jayein Ya Chai Ho Jaayein' will be released today

Arti Das

Many a times translation is considered as a technical job where you are expected to furnish the text in a required language. But, it is to get the right essence and flavour of the book, which is sometimes beyond the words.

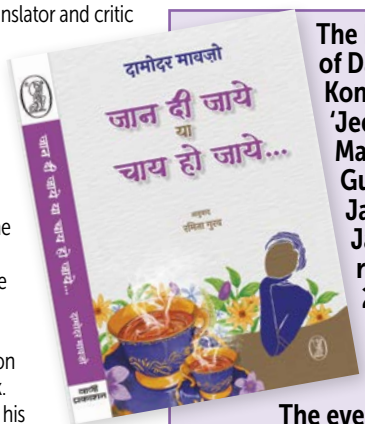
"When you are translating you have to retain the soul of the original text. The reader should feel that they are reading the original text," says Ramita Gurav, translator of the Hindi novel, 'Jaan Di Jayein Ya Chai Ho Jaayein' which is based on Damodar Mauzo's Konkani novel, 'Jeev Diun Kai Chya Marun.'

This Hindi translation which is published by Vaani Prakashan Group, will be

launched by renowned writer, translator and critic Prof Harish Trivedi.

Ramita, who is an associate professor of Hindi at St Xavier's College, Mapusa, maintains that the translator is like a detective as he/she are always in search of that exact word or meaning. She further adds that the translator has to know the social, political, geographical knowledge of the target language along with literal meaning of the words. This is Ramita's third book of translation based on Damodar Mauzo's work. She has translated a collection of his short stories in Hindi, titled, 'Mannat' published by Vani Prakashan and prior to that 'Swapna Premi', published by Rajkamal Prakashan.

The most challenging part for her was the title of the book. "It is a quite an unusual title and when you read the book, there's a lyrical tone to it. I had to bring in that into the title. Also, the book has lot of references of books and also it deals with lot of human emotions. So, I had to get all that correct," says Ramita, who took around



The Hindi translation of Damodar Mauzo's Konkani novel, 'Jeev Diun Kai Chya Marun' by Ramita Gurav, 'Jaan Di Jayein Ya Chai Ho Jaayein...' will be released on April 29 at 5 pm at Multi-Purpose Hall, Sanskruti Bhavan, Panjim. The event is open to all.

one year to translate this novel into Hindi.

This novel is a story of self-discovery of a teenager called Vipin Porob, who has spent his childhood in a loveless and lonely atmosphere. The novel also deals with changing Goan social-cultural scenario, while exploring the emotional and existential questions faced by the protagonist.

Damodar Mauzo, while explaining about the book, states that for him exploring the mind of

a teenager was not a challenge, "I believe that for any writer his/her childhood memories are indelible, they always remain with them. Being a father of three daughters, they have shared their anxieties with me. Also, I have six grandchildren who are very close to me and I speak to them without any apprehension or agitation, and I believe that I am quite close to today's younger generation. So, due to all this, it was not difficult for me to get into the world of Vipin Porob."

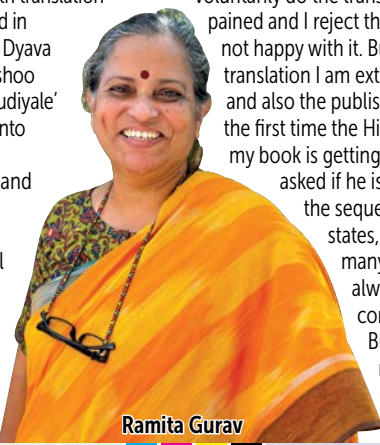
This Hindi translation is the fourth translation of the novel as it is already translated in Marathi by Shaila Mauzo titled 'Jeev Dyava Ki Chaha Ghyava'; in Kannada by Kishoo Barkur titled 'Jeeva Kodale Chaha Kudiyaale' and recently into English by Jerry Pinto titled 'Boy Unloved'.

Damodar maintains that Hindi and English are like bridge languages as they help in getting the book translated further in other regional languages. "I have observed that when my book gets translated in Hindi, it gets easily translated in other north Indian languages and when in English it gets

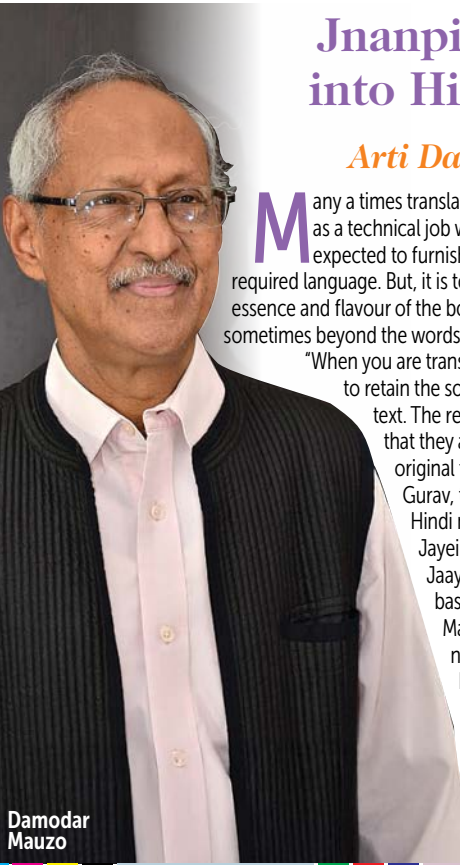
translated in south Indian languages. Thus, I get new set of readers like my book 'Karmelin' got translated even in Maithili, Sindhi, which are lesser known literary languages. It was an out of this world experience for me to get feedback from these readers."

He also pointed out that he is very meticulous about his translators and has a long association with them like his English translator, Xavier Cotta. He adds, "Sometimes people voluntarily do the translation and I feel pained and I reject them because I am not happy with it. But with Ramita's translation I am extremely happy and also the publishers. This is for the first time the Hindi translation of my book is getting released."

When asked if he is planning to write the sequel of this novel, he states, "As the novel has many open ends, I can always pick up and continue. I may do it. But right now I am not contemplating on that."



Ramita Gurav



Damodar Mauzo