

## **HARMONISING VALUES - TRADITIONAL INDIAN DANCE AND MUSIC IN CHILDREN'S MORAL AND CULTURAL DEVELOPMENT**

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### **Abstract:**

*In India, art, culture and heritage are not limited to showing creativity or beauty. It connects spiritual beliefs and reflects philosophy. It showcases culture, people's lifestyles, and helps people from diverse communities and backgrounds to stay connected. India's economy, environmental balance, and environmental morality reflect the essence of the Indian knowledge system. It is deeply rooted in the local people's traditions and knowledge system of the various communities.*

*Traditional Indian art forms, dance and music go beyond entertainment; they help develop values like discipline, cooperation, empathy, coordination and emotional understanding. Modern education focuses on books and screens, but traditional art forms focus more on practical approaches, which improve the concentration and memory of children. By integrating traditional art forms, education gets connected to cultural roots and becomes more meaningful.*

*The aim of this paper is to understand how India's traditional art and culture form the foundation of the Indian knowledge system and how they contribute to the learning and development of society.*

**Keywords :** *Tradition, Art Preservation, Education, Value-based Education, Indian Knowledge System, Holistic approach*

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### **Introduction :**

India is a diverse country. About 64 types of art and culture are mentioned in ancient texts like the Vedas, mythological and classical sources. In that the researcher wants to inculcate the values of Indian classical dance and music. It carries knowledge, values and cultural heritage.

Due to globalisation and screen time, children are losing connection with the Indian cultural values, which creates a gap between their understanding and behaviour. The National Education Policy (NEP 2020) highlights the importance of the holistic development of the student. It seems that many schools focus only on the academic growth of children but now, according to NEP 2020, holistic development is equivalent to academic development of the students.

Therefore, Indian music(Hindustani and Carnatic music) and dance (Bharatnatya, Kathak, etc.) transform the philosophical ideas(Sanskar) from one generation to another, helping in solving this problem by inculcating the moral values and cultural framework through facial expressions, emotions and body movement.

This paper explains the art of Indian dance and music for inculcating the moral, cultural and social values in children.

**Objective :**

1. To examine the role of Indian music and dance in shaping children's moral values.
2. To understand how participation in these art forms promotes discipline, empathy and social responsibility among children.
3. To explore the impact of classical dance and music on children's emotional and ethical understanding.

**The role of traditional Indian Music and Dance:**

**Music:**

Indian music has been rooted for thousands of years and is a part of the country's cultural, spiritual and philosophical life. Music history dates back to the Vedic age. One of the examples is Samveda, which is entirely musical in nature. Some Sanskrit texts, spanning about 2000 years old, classify musical instruments into 4 groups. This classification is based on the sources of vibration strings, membranes, symbols and air. Indian music is divided mainly into two classical traditions – Hindustani (North) and Carnatic(South). Both of these types focus on raga(Melody) and tala(rhythm)

Apart from these 2 forms, India has a variety of folk, devotional and regional styles. We can classify Indian musical instruments into 4 types. Chordophones include Sitar, Sarod, Veena and others in which strings play a vital role in emitting different sounds whereas in aerophones, wind is used in making sounds. Flute, Shenai, and Harmonium are types of aerophone instruments. Tabla, Mridangam and dhol form the membranophone type of instruments. Ghatam and Manjira are classified under idiophone instruments.

Music mainly brings out human emotions from within. According to IKS music is a source of knowledge, spirituality and disciplinary practice. Indian music is a powerful tool that supports value based education. It increases creative thinking and concentration.

**Values inculcated by music in students:**

- 1) **Concentration and Focus:** Learning rhythm and melody improves attention span as it requires coordination between both.
- 2) **Improves imagination:** Creating music requires great imagination power to create innovative music.
- 3) **Moral Values :** Devotional and folk songs convey values like honesty, kindness, community welfare and cultural respect.
- 4) **Builds confidence :** Stage performance builds self confidence in students and presentation skills.
- 5) **Musical therapy :** It helps students to relax, reduce stress and anxiety as well as help express emotions.

**Dance:**

Indian Dance has a long history dating back to prehistoric times. We can find evidence of the dance even in Harappan civilizations. In ancient times, it was closely linked to spirituality and rituals. In the mediaeval period dance was performed particularly in temples as a symbol of devotion. Natya Shastra, by Bharat Muni, established the foundation of Indian dance.

If we talk about the modern period, traditional dance forms declined under colonial powers. However, in the 20th century it was restored by Rukmini Devi Arundale.

Various dance forms represent India's diverse culture, traditions, language and history. It is a means by which communities come together for celebrations. As India is a diverse nation so are the dance forms. Dance forms are mainly classified into 2 broad categories.

### **1. Classical Dance Forms :**

- Bharatanatyam
- Kathak
- Kathakali
- Manipuri
- Odissi
- Mohiniyattm

### **2. Folk Dance Forms :**

- Lavani (Maharashtra)
- Bhangra(Punjab)
- Yakshagana(Karnataka)
- Garba(Gujrat)
- And many more like Goomar, Chhau etc.

Dance is a form of story telling by facial expressions, hand gestures and body movements.

#### **Values and impact of dance on students:**

**Discipline:** Like any other art form, dance requires patience and discipline. Regular practice of expressions, gestures and body movements builds self control and discipline.

**Concentration and memory improvements:** As dance requires coordination of steps, rhythms, expressions and requires focus it improves concentration and sharpens memory.

**Enhances Physical Health:** Dance promotes a healthy lifestyle which in turn helps students to keep mind and body clean and healthy. Improves flexibility, strength and coordination.

**Promote cultural awareness:** Traditional dances help students connect deeply to cultural heritage. Develops respect for diverse indian culture.

**Teamwork and Cooperation:** Group dance performances encourage collective efforts and responsibilities.

**Mental Wellbeing:** Like music, even dance acts as a stress reliever and reduces anxiety, improves mood and helps in reducing depression if any.

#### **Conclusion :**

Traditional Indian dance and music are much more than mere a means of entertainment. They help children to connect with the cultural root and are powerful tools for shaping children's overall development. Children learn discipline, self-control, team work, respect and many other values. They represent an ancient and sustainable knowledge system.

Therefore, including dance and music in education help in children's holistic development. It not just helps in academics but also helps children learn moral values, physical health and emotional growth. Policy makers and Institutions must collaborate in preserving these art forms through documentation and education. This will ensure it is not lost and can be passed from one generation to another. This will make learning more meaningful.

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